GATESHEAD OLDER PEOPLE'S ASSEMBLY

England & Wales · Charity number 1155832

Details

Other names	Gateshead 50+
Status	Registered
Legal form	CIO
Registered	2014-02-18
Register	View on the Charity Commission register

Contact

Address	178 Split Crow Road Deckham Gateshead Tyne and Wear NE8 3UB
Phone	01914381721
Email	info@gatesheadopa.org.uk
Website	http://www.gatesheadopa.org.uk/

Activities

Objects: TO PROMOTE THE RELIEF OF OLDER PEOPLE IN GATESHEAD (THE AREA OF BENEFIT) BY SUCH CHARITABLE MEANS CALCULATED TO RELIEVE THEIR NEEDS.

Activities: Gateshead Older People's Assembly offers opportunities for over 50s to maintain their health and independence through socialising, exercising, and learning. We support activities in community venues across our borough and maintain a wellness hub for over 50s in Deckham. For more information, please visit www.gatesheadopa.org.uk

Classification

- **How:** Provides Services
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Environment/conservation/heritage, Economic/community Development/employment
- **Who:** Elderly/old People

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Geography

- Gateshead

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£274,279	£244,540	-	-
2024-03-31	£249,197	£255,852	-	-
2023-03-31	£214,967	£206,256	-	-
2022-03-31	£254,282	£201,684	-	-
2021-03-31	£315,624	£274,395	-	-

Trustees

Name	Role	Appointed
COUNCILLOR WILLIAM DICK BA HONS		2023-05-15
Eileen Barrass		2025-06-23
Hilary Riley		2025-06-23
Margaret Barrett		2020-01-10
Marion McMahon		2016-10-07
Patricia Ann Morton		2025-06-23

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GATESHEAD OLDER PEOPLE'S ASSEMBLY

England & Wales - Charity number 1155832

Accounts



Impact Report

1 April 2024 to 31 March 2025

GATESHEAD 50+

A word from our **Chief Executive**



I am delighted to present our Impact Report for 2024/25, which clearly demonstrates the invaluable role Gateshead 50+ continues to play within our community. Our core mission is to offer affordable, age-appropriate activities to help older people stay active and socially connected, preventing isolation and challenging ageing stereotypes.

The necessity of our work is evident. Our data shows that 45% of our beneficiaries live alone, 67% have a long-term health condition, and 60% use our community pantry. The activities and projects we oversee at Gateshead 50+ are co-created with support and input from our beneficiaries. This not only allows us to ensure we are providing appropriate opportunities to socialise, exercise, and learn, but also to be certain that what we do is created FOR older people BY older people.

We are certainly not out of the woods in relation to the cost-of-living crisis in the UK, particularly here in Gateshead, and we will endeavour to continue making as much of what we offer free at the point of use as possible so that no older person, regardless of their financial situation, is left out.

Craig Bankhead
Chief Executive

About **Gateshead 50+**



Gateshead 50+ is an independent charity dedicated to helping make Gateshead a great place to grow older. We offer a wide range of affordable, age-appropriate activities designed to help older people stay active, socially connected, and engaged in their community.

We believe that it's never too early to start preparing for later life and by lowering barriers to participation, we can help prevent isolation, support older people's mental and physical wellbeing, and make ageing in Gateshead a more fulfilling experience.

Each year, we offer over 1,000 activities for older people at our Deckham wellness hub. Since 2018, we have also set up hundreds of classes for over 50s in community venues across Gateshead, contributing to a thriving network of local opportunities for older people to socialise, exercise, and learn.

We aren't interested in reinforcing the stereotypes of ageing. Our programme of activities is designed to challenge those stereotypes and build a community where older people feel valued as contributors, not just recipients of support.

Our Trustees

Bill Dick, Chair
Marion McMahon, Treasurer
Margaret Barrett
Joice Ndambona (retired October 2024)
Sue Renforth (retired October 2024)

Our Staff Team

Craig Bankhead, Chief Executive
Nicola Bruce, Health & Wellbeing Manager
Lola McPartland, Project Manager

Our Impact

As a charity, we work hard to ensure that the activities we offer our beneficiaries are making a difference to their lives. We evaluate our work by compiling case studies and asking beneficiaries to complete functional assessments and/or surveys. Case studies are available on our website and functional assessment results can be found in our project reports.

Every year, we survey the beneficiaries who visit our Deckham hub to ensure the opportunities we offer are meeting their needs. We are pleased to share the highlights from our October 2024 survey. Firstly, about our beneficiaries:



Our beneficiaries range in age from 49 to 91. Our average beneficiary age is 72.2.



74% of our beneficiaries are female
26% of our beneficiaries are male



67% of our beneficiaries have a long term health condition



18% of our beneficiaries have caring responsibilities



45% of our beneficiaries live alone



60% of our beneficiaries use our no-questions-asked community pantry



17% of our beneficiaries are aged 49 to 64

65% of our beneficiaries are aged 65 to 79

18% of our beneficiaries are aged 80+



Our average beneficiary visits us 2.25 times per week.

Our most active beneficiaries take part in 9 of our activities per week.

- **52% take part in at least two activities per week**
- **36% take part in at least three activities per week**
- **19% take part in at least four activities per week**
- **10% take part in at least five activities per week**

Here's what our beneficiaries had to say about the impact taking part in our activities has on their lives:



89% have made friends with whom they now socialise



68% have learned new skills



77% feel happier



50% visit their GP less frequently since joining us



89% feel their physical health has improved



91% feel their mental health has improved



100% say we offer newcomers a warm welcome



100% say they would recommend our activities to family and friends



Our Year **in Review**

We are delighted to share the highlights of our 2024/25 activities programme. This year, we focused on expanding the programme of activities on offer at our Deckham wellness hub and increasing our beneficiaries' awareness of ways to improve their financial resilience.

April through June 2024







- supported MHA Communities Gateshead West in the set up of Singing for the Brain and Love to Move (two new activities suitable for those living with dementia)
- due to high demand, our bi-monthly art group began meeting weekly
- support from Pargiter Trust ensured that three of our Deckham fitness classes would remain free for another year
- our craft group welcomed Steph Capewell, chief executive of the Love, Amelia charity, to which the group donates hundreds of handmade items for babies and children each year



- support from Persimmon Homes ensured our no-questions-asked community pantry would be available to those who take part in our Deckham activities for another year

- our Super Quiz winners enjoyed day trips to Ambleside and Grasmere and Stokesley, Helmsley, and Brymor Dairy







July through September 2024

- BBC Radio Newcastle visited our walking football team to do a feature focusing on the benefits of exercise in later life

- after a successful trial period, we added curling to our Deckham schedule permanently

- Community Foundation North East featured our popular Never Too Old to Rock project







- launched summer financial awareness campaign which included an energy advice and support session, Pension Credit checks, and information about doorstep sellers







October through December 2024

- support from the Ringtons Fund (Community Foundation North East) ensured two of our fitness classes would remain free for an additional year and secured an instructor for our art group for a year

- Gateshead Talking Therapies delivery of a three-week sleep quality course at our Deckham hub









- launch of our Christmas Connections programme, which included a trip to see the pantomime at Little Theatre Gateshead, a Christmas crafts session, our Christmas quiz and ukulele concert, a Christmas raffle, gingerbread decorating, Santa's Workshop gift wrapping sessions, a trip to the cinema, several Christmas meals, and a Never Too Old to Rock peformance night at The Three Tuns



















January through March 2025

- added a second weekly session of pickleball to our Deckham schedule due to high demand
- Fraud and Scams Awareness session delivered in partnership with Yorkshire Building Society
- Easter egg drive for Gateshead Food Bank
- Thirty-seven of our beneficiaries enjoyed a day trip to Yarm, Stokesley, and Great Ayton
- Fire Safety talk delivered with Tyne and Wear Fire and Rescue Service
- supported delivery of a free over 50s bootcamp in Ryton
- Financial Wellbeing session delivered in partnership with Yorkshire Building Society





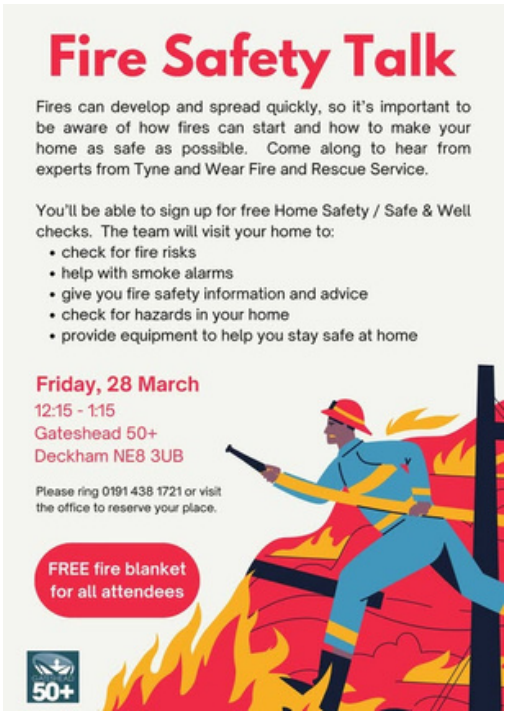












Why we're here

To understand why it is so important for over 50s in Gateshead to have opportunities to improve their health and maintain their independence, we need to consider the realities of ageing in our borough. Factors such as deprivation, falls, and loneliness significantly affect the wellbeing of older residents.

Deprivation

Gateshead ranks 47th out of 317 local authorities in England for deprivation, with income deprivation among older people 36.4% higher than the national average. Our wellness hub is located in Deckham, one of the 4% most deprived areas in the country.

Deprivation can drastically affect life expectancy. On average, someone born in one of Gateshead's most deprived areas can expect to live over a decade less than someone born in the most affluent parts of England (15.1 years less for men and 13.9 years less for women).

For many older people, activities that support wellbeing such as fitness classes, cultural events, or short courses are out of reach due to cost. To address this, we provide free or low-cost opportunities for older residents to exercise, socialise, and learn.

Falls

Emergency admissions due to falls in people aged 65+ are 15% higher in Gateshead than the national average. By 2040, falls among this age group are projected to rise by 25%, with hospital admissions increasing by 34%.

In some Gateshead wards, rates of hip fracture admissions are particularly high when compared to the English average – 64% higher in Bridges, 59% higher in High Fell, and 47% higher in Lobley Hill and Bensham.

Hip fractures can have devastating consequences. More than 30% of older people die within a year, 20% move into a care home, and only 46% return to their previous level of independence. Research from the University of Bristol (2020) suggests that reducing healthcare inequalities in deprived areas could save up to £28.8 million annually in hip fracture treatment costs.



It is therefore essential that evidence-based falls-prevention activities are embedded in the work of organisations supporting older people. Gateshead 50+ is commissioned by Gateshead Council to deliver our Staying Steady falls-prevention programme and we support the delivery of evidence-based Tai Chi and Strength & Balance classes across the borough.

Loneliness

Loneliness is another major challenge. According to a 2020 Brunel University London report, people aged 50+ living in the poorest areas of the country are more likely to experience loneliness. In Gateshead, 34% of people aged 65+ live alone, and in our most recent survey, 45% of our beneficiaries reported living alone.

Loneliness can make people feel vulnerable, increasing their risk of depression and physical health decline. The English Longitudinal Study of Ageing shows that people aged 50+ in poor health are 3.7 times more likely to be often lonely, and those with financial barriers to participation are 2.3 times more likely to experience frequent loneliness.

Our programme creates a sustainable network of local classes and activities for people over 50, helping them form lasting friendships within their communities. By hosting activities in accessible community venues, we reduce travel barriers and enable older residents to attend independently, fostering meaningful social connections that extend beyond the sessions themselves.



The Big Picture

Our programme is designed to tackle deprivation, prevent falls, and reduce loneliness, helping older residents feel connected and supported. By engaging fully with what we offer, people over 50 can improve their physical health, boost their confidence, reduce depression and anxiety, and ultimately increase their lifespan – all while strengthening their ties to the local community.

Our Investors

Gateshead 50+ is delighted to have the support of some of the UK's most forward-thinking investors. Thanks to them, we are in a position to be able to respond to our beneficiaries' needs quickly, making an immediate and measurable difference to their quality of life.

THE ALBERT HUNT TRUST

Anton Jurgens Charitable Trust

BALLINGER CHARITABLE TRUST

Community Foundation North East

GREGGS FOUNDATION

Gateshead Council

HADRIAN TRUST

McCARTHY STONE FOUNDATION

Persimmon Together, we make your home

POSTCODE COMMUNITY TRUST

Schroder CHARITY TRUST

Share Gift

SIR JAMES KNOTT TRUST

SPORT ENGLAND

THE CONSIDERED ASK

the Tudortrust



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www.gatesheadopa.org.uk

Registered Charity Number 1155832

Gateshead 50+ is the working name of Gateshead Older People's Assembly.

GATESHEAD OLDER PEOPLE'S ASSEMBLY

REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

Charity No 1155832

GATESHEAD OLDER PEOPLE'S ASSEMBLY

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Legal and administrative information

Board of Trustees:	W. Dick (chair) M. McMahon (treasurer) J. Ndambona (retired October 2024) S. Renforth (retired October 2024) M. Barrett
Registered Office:	178 Split Crow Road Gateshead Tyne & Wear NE8 3UB
Accountants:	TIG Accountants Metropolitan House Longrigg Road Swalwell Gateshead NE16 3AS
Bankers:	Unity Trust Bank PO Box 7193 Planetary Road Willenhall WV1 9DG

Report of the Trustees
Year ended 31 March 2025

The trustees of Gateshead Older People's Assembly are delighted to present our annual report for 2024/2025. We are an independent charity dedicated to making Gateshead a great place to grow older. Our core mission is to offer a wide range of affordable, age-appropriate activities designed to help our community members stay active, socially connected, and engaged. We believe it is never too early to prepare for later life, and by lowering barriers to participation, we help prevent isolation and support mental and physical wellbeing.

During the financial year April 1, 2024, to March 31, 2025, we focused on expanding our activities at the Deckham wellness hub and increasing our beneficiaries' awareness of ways to improve financial resilience. Each year, we offer over 1,000 activities at our Deckham hub and have set up hundreds of classes in community venues across Gateshead since 2018.

Our October 2024 survey showed the positive difference we are making. Our beneficiaries range in age from 49 to 91, with an average age of 72.2. We are aware that 67% of participants have a long-term health condition, and 45% live alone. Furthermore, 60% utilise our no-questions-asked community pantry[1]. On average, our members visit us 2.25 times per week, with 52% taking part in at least two activities per week.

The feedback from our beneficiaries highlights the success of our programme:

- 91% feel their mental health has improved.
- 89% feel their physical health has improved.
- 89% have made friends with whom they now socialise.
- 77% feel happier, and 50% visit their GP less frequently since joining us.
- We are proud that 100% of those surveyed said they would recommend our activities to family and friends.

Highlights from the past year included the continuation of our successful community pantry, a visit from BBC Newcastle to highlight the importance of exercising in later life, the introduction of curling to our weekly calendar of events as well as a second pickleball session each week. We also ran a frauds and scams awareness session based on beneficiary demand. Due to high demand, we increased our Art Group from fortnightly to weekly. We also ran a summer financial awareness campaign, which included an energy advice session, Pension Credit checks, and information on protecting against doorstep sellers.

Reserves policy and going concern

The trustees aim to maintain free reserves in unrestricted funds at a level which equates to at least six months of charitable expenditure. The trustees consider that this level will provide sufficiently for any contingency planning should the need arise. The management team provides the trustees with a twelve-month rolling budget forecast which is updated every quarter. This provides sufficient foresight and time to be able to address any issues before they arise.

The trustees consider the charity is currently in a financially stable position and have no concerns about the charity's continuing existence and success.

Structure, governance, and management
Gateshead Older People's Assembly is a charitable incorporated organisation (CIO). The organisation was registered with the Charities Commission on 18 February 2014. Trustees are invited from all interested bodies and are selected by the trustees.

The board of trustees would like to take this opportunity to thank all the staff, volunteers, funders, investors, and beneficiaries for another exciting year in the charity's development.

Financial review
The financial statements show a surplus of £29,739 with a restricted surplus of £28,451.

Restricted funding is the main type of income and expenditure. Monies are received for running costs of the office, activities, and salaries.

Signed on behalf of the board of trustees, on 17 December 2025.

W. Dick
Chair

Report of the Independent Examiner to the trustees of Gateshead Older People's Assembly

I report on the financial statements of Gateshead Older People's Assembly for the year ended 31 March 2025 which are set out on pages 5 to 11.

Respective responsibility of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011(the 2011 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to

- examine the accounts under section 145 of the 2011 Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act), and
- state whether particular matters have come to my attention.

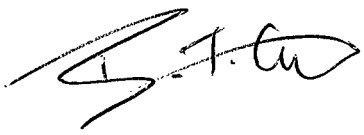
Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 386 of the Companies Act 2006; and to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

B Gill FCCA
Metropolitan House
Longrigg Road
Swalwell
Gateshead
NE16 3AS



Date: 17 December 2025

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Statement of Financial Activities
Year ended 31 March 2025

	Notes	Unrestricted	Restricted	Total 2025	*Total 2024*
Income		£	£	£	£
Other income		5,032		5,032	*1,155*
Grants	2	46,550	222,697	269,247	*248,042*
Total income		51,582	222,697	274,279	*249,197*
Expenditure					
Charitable activities	3	50,294	194,246	244,540	*255,852*
Total expenditure		50,294	194,246	244,540	*255,852*
Net income		1,288	28,451	29,739	*(6,655)*
Transfers					-
Net movement in funds		1,288	28,451	29,739	*(6,655)*
Total funds brought forward		50,669	169,330	219,999	*226,654*
Total funds carried forward		51,957	197,781	249,738	*219,999*

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Balance Sheet as at 31 March 2025

	Notes	Unrestricted	Restricted	2025	2024
		£	£	£	£
Fixed assets					
Tangible assets	8	564	-	564	752
Current assets					
Cash at bank and in hand		78,369	178,453	256,822	227,082
		78,369	178,453	256,822	227,082
Creditors – amount due within one year	9	-	7,648	7,648	7,835
Net current assets		78,369	170,805	249,174	219,247
Net assets		78,933	170,805	249,738	219,999
Funds of the charity	10	78,933	170,805	249,738	219,999

The financial statements were approved by the trustees on 17 December. and signed on the trustees behalf by:

W Dick
Chair

1 **Basis of preparation of financial statements**

The financial statements have been prepared in accordance with 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 2015) – (Charities SORP (FRS 1023), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

Basis of accounting

The charity has adopted the accruals basis of accounting as required by the regulations.

Income

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

Expenditure

Costs are recognised as and when there becomes a legal or constructive obligation committing the charity to pay out the resources.

Funds accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the funder, donor or through the terms of an appeal.

Depreciation

Depreciation is charged at 20% reducing balance per year

2 **Grants**

	2025 £	2024 £
Unrestricted		
Greggs Foundation	**20,800**	*20,000*
Headley Trust	**-**	*20,000*
The Tudor Trust	**-**	*29,000*
Masonic Charitable Trust	**-**	*5,000*
Akzo Nobel – Community Foundation	**-**	*-*
The Albert Hunt Trust	**3,000**	*-*
The McCarthy Stone Foundation	**8,250**	*-*
Sharegift	**5,000**	*-*
The Schroder Charity Trust	**4,000**	*-*
The Anton Jurgens Charitable Trust	**5,000**	*-*
The Hadrian Trust	**500**	*-*
	46,550	*74,000*
Restricted		
The Tudor Trust	**31,167**	*-*
The Ballinger Charitable Trust	**20,000**	*20,000*
National Lottery Community Fund Reaching Communities	**-**	*65,000*
The Sir James Knott Trust	**10,000**	*5,000*
Gateshead Council – Staying Steady	**30,000**	*30,000*
Kellet Fund at the Community Foundation	**19,500**	*16,250*
National Lottery Community Fund Awards For All	**-**	*9,971*
Gateshead Council – Walking Football	**2,144**	*4,380*
Gateshead Council – Health Walks	**-**	*9,970*
Community Foundation Prime Fund	**-**	*5,000*
Community Foundation Waiting Well	**-**	*5,000*
Connected Voice	**3,450**	*-*
Pargiter Trust – Community Foundation	**-**	*3,471*
Postcode Community Trust	**40,000**	*-*
Community funding – P&G Warm Space	**10,000**	*-*
Persimmon Homes	**5,000**	*-*
Sport England	**12,050**	*-*
Community Foundation – Ringtons Fund	**5,000**	*-*
The Considered Ask Foundation	**34,386**	*-*
	222,697	*174,042*
Total grants	**269,247**	*248,042*

3 Expenditure

Charitable activities	Unrestricted £	Restricted £	2025 £	*2024 £*
Salaries and pensions	**25,000**	**130,737**	**155,737**	*145,871*
Capital and equipment	**5,000**	**3,425**	**8,425**	*10,972*
Sessional instructors	**-**	**35,647**	**35,647**	*35,385*
Filming and promotion	**-**	**-**	**-**	*-*
Utilities and services	**7,000**	**13,611**	**20,611**	*27,991*
Miscellaneous	**1,910**	**-**	**1,910**	*3,108*
Consumables and equipment	**-**	**-**	**-**	*-*
Community pantry	**-**	**8,845**	**8,845**	*7,642*
Beneficiary enrichment activities	**2,000**	**1,981**	**3,981**	*10,462*
Travel, training and transport	**3,439**	**-**	**3,439**	*9,381*
Accountancy	**5,945**	**-**	**5,945**	*4,790*
Depreciation				*250*
	50,294	**194,246**	**244,540**	*255,852*

4 Trustees expenses

Expenses paid to trustees during the year: £Nil (2024: £Nil)

5 Fees for examination of the accounts

	2025 £	*2024 £*
Fee for reporting on the accounts	**4,608**	*4,790*

6 Wages

	2025 £	*2024 £*
Gross wages	**131,121**	*128,364*
Social security cost	**9,306**	*8,814*
Pensions	**15,634**	*8,693*
Total staff costs	**155,899**	*145,871*

7 Staff numbers

Staff numbers during the year were as follows

	Part time	Full time	Total
Management and administration	-	3	3

8 Fixed assets

	Furniture & equipment £
At valuation	
As at 1 April 2024	6,701
Additions	-
As at 31 March 2025	6,701
Depreciation	
As at 1 April 2024	5,949
Depreciation for year	188
As at 31 March 2025	6,137
Net book value	
As at 31 March 2025	564
As at 31 March 2024	*752*

9 Creditors – amount falling due within one year

	2025 £	*2024 £*
Creditors	768	*768*
Taxes and accruals	3,530	*3,850*
Other creditors	3,350	*3,217*
	7,648	*7,835*

10 Net movement on funds

	As at 1 April 2024	Income	Expenditure	Transfer	As at 31 March 2025
Unrestricted	**£**	**£**	**£**	**£**	**£**
General	50,669	51,582	50,294	-	**51,957**
Restricted					
Other Funds	169,330	222,697	194,246	-	**197,781**
	219,999	274,279	244,540	-	**249,738**

GATESHEAD OLDER PEOPLE'S ASSEMBLY

England & Wales - Charity number 1155832

Accounts

GATESHEAD 50+














ANNUAL IMPACT REPORT

1 April 2023 to 31 March 2024



A word from our chief executive

It's been another tough year for older people living in the UK, as inflation and the cost of living have continued to increase at a higher rate than any uplift in state pension income. This imbalance has a far great impact in areas of higher deprivation, such as Gateshead, which is within the 15% most deprived areas in the country. This reduction in spending power not only affects people's choices around heating and eating, it also has a knock-on effect on their ability to afford to meet friends outside of their homes, resulting in increased loneliness and social isolation.

Naturally, the demand for our classes and activities, the vast majority of which are now free of charge, has increased in the past 12 months at a rate far greater than ever before. The wide-ranging opportunities we offer help Gateshead's over 50s to improve their physical and mental health, increase their independence, and provide opportunities to socialise in a welcoming environment. The statistics within this report speak for themselves in that regard.

The principle that underpins all of our classes and activities is that we will support older people to improve their health, wellbeing, and independence. This approach supports an increase in healthy life expectancy (HLE), which is currently only 62.4 years for men, and 62.7 years for women in the UK. This principle applies to our Staying Steady falls prevention classes, our Never Too Old to Rock group, and everything inbetween.

In the next year, we will be prioritising an increase in the number and capacity of classes and activities on offer, we will be strengthening links with partner organisations to better support older people in Gateshead, and we will continue to listen people aged 50+ from Gateshead, to ensure we are addressing all barriers to participation in activities designed to improve independence.

Craig Bankhead
Chief Executive

ABOUT US



We want to help make Gateshead a great place to grow older and we believe everyone should have access to fun and affordable ways to socialise, exercise, and learn.

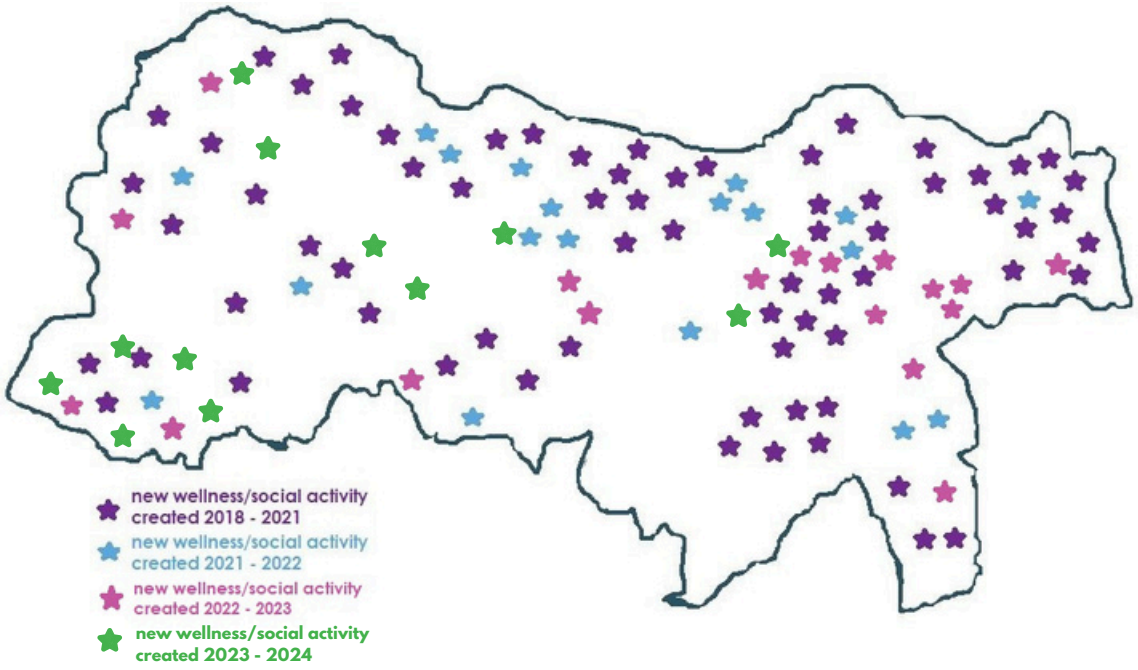
As a charity, we focus on early intervention with a view to helping over 50s maintain their health, mobility, and independence. We avoid reinforcing the negative stereotypes associated with ageing and focus on offering engaging social activities, learning opportunities, and wellness programmes through which our beneficiaries can progress as they build their fitness and confidence.

Our programme is open to all Gateshead residents aged 50+. We set up and support activities all across our borough and also maintain a thriving wellness hub for older people at our base in Deckham.

New wellness activities

This year, we've continued to set up new wellness activities for over 50s in community venues across Gateshead. All of the new classes we support are delivered free of charge for the first six weeks to allow our beneficiaries a chance to try something new without making a financial commitment.

This year, we set up 12 new classes, including Tai Chi, pickleball, gentle yoga, low impact exercise, Pilates, Rhythm for Wellbeing, Singing for the Brain, Love to Move, Stretch & Tone, and mat-based yoga.



In addition to setting up new classes across Gateshead, we maintain a wellness hub for older people in Deckham. Here, we offer 100 opportunities for over 50s to socialise, exercise, and learn each month.

March Activities in Deckham

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football (D) 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket
4 11 - 11:45 Dancercise 12 - 12:45 Strength & Balance 1 - 2:30 Staying Steady (referral) 2:30 - 4:30 Walking Football 5:30 - 7:30 Never Too Old to Rock	5 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers 2:45 - 3:45 Ukulele Group (£5)	6 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits 1:30 - 2:15 Mat-based Yoga	7 10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 1:30 - 2:30 Seated Yoga	8 9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football (GS) 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket
11 11 - 11:45 Dancercise 12 - 12:45 Strength & Balance 1 - 2:30 Staying Steady (referral) 2:30 - 4:30 Walking Football 5:30 - 7:30 Never Too Old to Rock	12 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers 2:45 - 3:45 Ukulele Group (£5)	13 10 - 12 Social Group (£2) 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits 1:30 - 2:15 Mat-based Yoga	14 10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 11 -1 Art Group (£1) 1:30 - 2:30 Seated Yoga	15 9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football (D) 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket

Opportunities to socialise and learn

Our mental health is as important as our physical health, so we work to ensure over 50s in Gateshead have ample opportunities to stay socially connected and engage in life-long learning.

This year, we continued our **Lunch & Learn series**, at which attendees enjoyed hearing from an expert guest speaker whilst enjoying lunch. Topics this year included:

- Scams Awareness
- Walk Leader training
- Community Cancer Champion training
- Dementia Friends training

Our **Never Too Old to Rock** project has continued to grow, with dozens of over 50s learning to play drums, guitar, and bass. Learners are now forming their own bands and we're looking forward to hosting our own NTOtR mini-festival in 2025.



Our **singing group** continues to grow and is always adding new songs to its repertoire. Our **craft group** has worked incredibly hard to produce hundreds of items for donation to other local charities this year. Our **art group** continues to explore new techniques and has spent lots of time focusing on the use of watercolours and landscape drawing this year.







We've enjoyed the benefits of fresh air and sunshine this year. Our weekly **walking group** has clocked in hundreds of miles and has explored dozens of our region's parks, seafronts, and nature trails. After most walks, the group enjoys a meal or pops into a cafe for a chance to socialise.

This year saw the return of our **annual beach day**, which is another fantastic opportunity to get some fresh air (and fish and chips!). We spent the day at Sandhaven Beach and enjoyed walking football, backyard cricket, and a sandcastle-building competition.

Two of the most frequently-requested activities this year were **British Sign Language classes and cookery classes**. In the spring, we offered a 10-week introductory BSL course, which received rave reviews. We were absolutely delighted to partner with Blackfriars Restaurant to offer a series of international cookery classes over the summer.





Falls prevention

We continue to be commissioned by Gateshead Council to deliver **Staying Steady**, our falls prevention programme. This year, we delivered 12 cohorts of classes in six venues across the borough.

Staying Steady is a free 20-week course designed for people aged 50+ who wish to improve their balance and increase their confidence and independence. The programme is comprised of a series of evidence-based exercises designed to improve strength and balance and, along with Tai Chi, is a recognised falls prevention activity by the National Institute for Health and Care Excellence (NICE).

> I have regained the confidence to go out walking by myself after a very bad fall. I had stopped doing most things due to a lack of confidence and now I am back taking part in the groups and activities that I enjoy.

> I feel so much more confident in my day-to-day activities including sitting down and getting up from chairs. Also, knowing that if I fall, I have a system in place to get up off the floor. I am looking forward to starting Tai Chi on a Tuesday.

> I can now walk around the house without my walking sticks and feel a lot more confident when I am out and about. My mobility in my shoulders is a lot better, making reaching and doing my hair a lot easier and without pain.

> I am so much more confident and I am now walking better and no longer have to use my stick. Getting up from a chair is so much easier and I feel confident when exercising. I am going to return to the dancercise class now I have my confidence back.

> This has given me motivation to become more active, to continue to improve my mobility. I am regularly taking part in the Zoom class and will be continuing chair yoga and Keep Fit, Strong, and Steady, too.

> My strength, balance, and confidence have dramatically improved and I now have a regular routine of exercising at home, as well as going to some classes. I was falling over a lot and that has become less frequent. I have learnt some good tips on how to get up from the floor with more ease.

Cultural Connections

Over the past year, our Cultural Connections project has taken us all around the region to experience the very best of what the northeast has to offer. In total 213 over 50s took part!

We visited the Bowes Museum, Holy Island, Whitby, York, the Durham Dales, and Northumberland. We worked with local artists and saw the Royal Northern Sinfonia perform at The Glasshouse Centre for International Music. We also attended plays at Little Theatre Gateshead and Northern Stage.

We attended the England v. Scotland women's match at the Stadium of Light and created fabulous masterpieces at The Kiln Pottery Studio. Ten beneficiaries completed a qualification in British Sign Language and we enjoyed dozens of the latest blockbusters at Trinity Square's Vue cinema.

The Cultural Connections project was designed to give our beneficiaries opportunities to engage in local cultural events, learn new skills, and make new social connections.





OUR IMPACT

As a charity, we work hard to ensure that the activities we offer our beneficiaries are making a difference to their lives. We evaluate our work by compiling case studies and asking beneficiaries to complete functional assessments and/or surveys. Case studies are available on our website and functional assessment results can be found in our project reports.

Every year, we survey the beneficiaries who visit our Deckham hub to ensure the opportunities we offer are meeting their needs. We are pleased to share the highlights from this year's survey. Firstly, **about our beneficiaries**:



Our beneficiaries range in age from 49 to 91. Our average beneficiary age is 72.2.



74% of our beneficiaries are female
26% of our beneficiaries are male



67% of our beneficiaries have a long term health condition



18% of our beneficiaries have caring responsibilities



45% of our beneficiaries live alone



60% of our beneficiaries use our no-questions-asked community pantry



17% of our beneficiaries are aged 49 to 64

65% of our beneficiaries are aged 65 to 79

18% of our beneficiaries are aged 80+



Our average beneficiary visits us 2.25 times per week.

Our most active beneficiaries take part in 9 of our activities per week.

- **52% take part in at least two activities per week**
- **36% take part in at least three activities per week**
- **19% take part in at least four activities per week**
- **10% take part in at least five activities per week**

Here's what our beneficiaries had to say about **the impact taking part in our activities has on their lives:**



89% have made friends with whom they now socialise



68% have learned new skills



77% feel happier



50% visit their GP less frequently since joining us



89% feel their physical health has improved



91% feel their mental health has improved



100% say we offer newcomers a warm welcome



100% say they would recommend our activities to family and friends



WHY WE'RE HERE

To understand why it is so vital that older people in Gateshead have opportunities to improve their health and maintain their independence, we must consider the current context of growing older in our borough. Deprivation, falls, and loneliness all have a tremendous impact on the lives of older people in Gateshead.

Deprivation

- Gateshead is ranked as the 47th most deprived of England's 317 local authorities.
- Gateshead's rate of older people experiencing income deprivation is 36.4% higher than the national average.
- Our wellness hub is based in Deckham, which is among the 4% most deprived areas in England.
- Deprivation can have a dramatic effect on life expectancy. On average, someone born in one of Gateshead's most deprived areas can expect to live over a decade less than if they had been born in one of England's most affluent areas (15.1 years less for men and 13.9 years less for women).

In real terms, experiencing deprivation at such rates means that 'luxuries' like fitness classes, cultural events, and short courses are out of reach for many older people in our borough. To combat this, we offer free or low-cost options for older people to exercise, socialise, and learn.

Falls

- The rate of emergency admissions for injuries due to falls in people aged 65+ is 15% higher in Gateshead than the English average.
- It is predicted that by 2040 there will be a 25% increase in the number of people aged 65+ experiencing falls and a 34% increase in the number of older people admitted to hospital as a result of a fall.
- In some Gateshead wards, the rate of emergency hospital admissions due to hip fracture are dramatically higher than the English average -- 64% higher in the Bridges ward, 59% higher in High Fell, and 47% higher in Lobley Hill and Bensham.
- After a hip fracture, more than 30% of older people die within a year, 20% enter a care home, and only 46% return to their usual residence or previous level of independence.
- Research from 2020 by the University of Bristol indicated that if healthcare inequalities in the most deprived areas of England were reduced, up to £28.8 million each year in hip fracture treatment costs could be saved.

It is therefore essential that evidence-based falls-prevention activities are embedded in the work of organisations working with older people. We are commissioned by Gateshead Council to deliver our Staying Steady programme and we also support the delivery of evidence-based Tai Chi practice across the borough.

Loneliness

- According to a 2020 Brunel University London report, those aged 50+ living in the poorest areas of the country are more likely to suffer from loneliness.

- In Gateshead, 33.9% of people aged 65+ live alone. In our most recent survey, 45% of our beneficiaries told us they live alone.

- Loneliness can lead to feeling vulnerable, which can lead to depression and a serious decline in physical health and wellbeing.

- According to the English Longitudinal Study of Ageing, people aged 50+ are 3.7 times more likely to be often lonely if they are in poor health and 2.3 times more likely to be often lonely if they have money issues that prevent them from doing the things they want to do.

Our programme of setting up a sustainable network of classes and activities for over 50s all across Gateshead gives them the opportunity to establish friendships with others who live near them, ensuring real social connections which exist beyond the boundaries of the group. Setting up activities in community venues also encourages over 50s to attend independently, eliminating the need for long (and increasingly expensive) journeys.

The Big Picture

By design, our programme of activities seeks to address problems caused by deprivation, reduce falls, and help our beneficiaries feel part of their local community. By taking full advantage of what we offer, over 50s could improve their physical health, increase their confidence, reduce levels of depression and anxiety, and ultimately increase their lifespan.



OUR INVESTORS

We are delighted to have the support of many of the UK's most forward-thinking investors. Thanks to these funders, we are in a position to be able to respond to our beneficiaries' needs quickly, making an immediate and measurable difference to their quality of life.

BALLINGER CHARITABLE TRUST

Community Foundation

COMMUNITY FUND

Gateshead Council

GREGGS FOUNDATION

THE HEADLEY TRUST

SIR JAMES KNOTT TRUST

Masonic Charitable Foundation

the Tudor trust



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www.gatesheadopa.org.uk

Registered Charity Number 1155832

Gateshead 50+ is the working name of Gateshead Older People's Asssembly.

GATESHEAD OLDER PEOPLE'S ASSEMBLY

REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

Charity No 1155832

GATESHEAD OLDER PEOPLE'S ASSEMBLY

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Legal and administrative information

Board of Trustees:	W. Dick (chair, appointed May 2023) M. McMahon (treasurer) J. Ndambona S. Renforth M. Barrett
Registered Office:	178 Split Crow Road Gateshead Tyne & Wear NE8 3UB
Accountants:	TIG Accountants Metropolitan House Longrigg Road Swalwell Gateshead NE16 3AS
Bankers:	Unity Trust Bank PO Box 7193 Planetary Road Willenhall WV1 9DG

The trustees are delighted to report that Gateshead Older People's Assembly has yet again had a successful year supporting older people in Gateshead. We have once more increased the number of health and wellbeing opportunities for older people in Gateshead this year, to meet a sizeable growth in demand. Not only that, but the proportion of activities that are now free of charge has increased significantly, meaning we can support more people who are feeling the effects of the cost-of-living crisis.
This year, we have set up twelve new wellness activities across the borough as well as in our centre in Deckham, where we now have 100 opportunities to socialise, exercise, and learn taking place every month. The majority of which are free of charge.

In addition to the 100 opportunities taking place every month, we also provide a relaxing space for our beneficiaries to socialise informally over free tea, coffee, and biscuits all day, Monday to Friday. Very often, people arrive half an hour before their class to socialise, and they also stay behind afterwards to catch up with friends they've made at our thriving wellbeing hub. Participants also get to access our community pantry, which offers our beneficiaries free food and toiletries to help reduce their weekly spend.
This year, through our annual survey of around 150 beneficiaries, we have discovered the following:

- The average age of our beneficiaries is 72.2 years
- 67% are living with a long-term health condition
- 45% live alone
- 18% have caring responsibilities
- 60% regularly use our no-questions-asked community pantry

The demand for our services continues to grow, as the proportion of older residents in Gateshead increases. The is also growth in demand for our flagship Staying Steady falls prevention programme, commissioned by Gateshead Council. This 20-week programme, taking place in 12 locations across Gateshead every year, has helped hundreds of older people at risk of falling to improve their strength, balance, and mobility.

On behalf of the trustee board, I'd like to express our thanks to the hard-working staff team, to all our stakeholders, and to all our funding partners, who provide the necessary resources needed to continue this valued work for Gateshead's older people.

Reserves policy and going concern
The trustees aim to maintain free reserves in unrestricted funds at a level which equates to at least six months of charitable expenditure. The trustees consider that this level will provide sufficiently for any contingency planning should the need arise. The management team provides the trustees with a twelve-month rolling budget forecast which is updated every quarter. This provides sufficient foresight and time to be able to address any issues before they arise.

The trustees consider the charity is currently in a financially stable position and have no concerns about the charity's continuing existence and success.

Structure, governance, and management
Gateshead Older People's Assembly is a charitable incorporated organisation (CIO). The organisation was registered with the Charities Commission on 18 February 2014. Trustees are invited from all interested bodies and are selected by the trustees.

The board of trustees would like to take this opportunity to thank all the staff, volunteers, funders, investors, and beneficiaries for another exciting year in the charity's development.

Financial review
The financial statements show a deficit of £6,655. Restricted deficit was £4,270. This was spending from funds carried over from the previous accounting period.

Restricted funding is the main type of income and expenditure. Monies are received for running costs of the office and salaries.

Signed on behalf of the management committee, on 6/1/25 2024.

W. Dick
Chair

Report of the Independent Examiner to the trustees of Gateshead Older People's Assembly

I report on the financial statements of Gateshead Older People's Assembly for the year ended 31 March 2024 which are set out on pages 12 to 18.

Respective responsibility of trustees and examiner
The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011(the 2011 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to

- examine the accounts under section 145 of the 2011 Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act), and
- state whether particular matters have come to my attention.

Basis of independent examiner's report
My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 386 of the Companies Act 2006; and
to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

B Gill FCCA
Metropolitan House
Longrigg Road
Swalwell
Gateshead
NE16 3AS

Date: 6/1/25 2024

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Statement of Financial Activities
Year ended 31 March 2024

	Notes	Unrestricted	Restricted	Total 2024	*Total 2023*
Income		£	£	£	£
Other income		1,155	-	1,155	*8,260*
Grants	2	74,000	174,042	248,042	*206,707*
Total income		75,155	174,042	249,197	*214,967*
Expenditure					
Charitable activities	3	77,540	178,312	255,852	*206,256*
Total expenditure		77,540	178,312	255,852	*206,256*
Net income		(2,385)	(4,270)	(6,655)	*8,711*
Transfers		-	-	-	-
Net movement in funds		(2,385)	(4,270)	(6,655)	*8,711*
Total funds brought forward		53,054	173,600	226,654	*217,943*
Total funds carried forward		50,669	169,330	219,999	*226,654*

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Balance Sheet as at 31 March 2024

	Notes	Unrestricted	Restricted	2024	2023
		£	£	£	£
Fixed assets					
Tangible assets	8	752	-	752	1,002
Current assets					
Cash at bank and in hand		49,917	177,165	227,082	229,462
		49,917	177,165	227,082	229,462
Creditors – amount due within one year	9	-	7,835	7,835	3,810
Net current assets		49,917	169,330	219,247	225,652
Net assets		50,669	169,330	219,999	226,654
Funds of the charity	10	50,669	169,330	219,999	226,654

The financial statements were approved by the trustees on 6/1/25 and signed on the trustees behalf by:

W Dick
Chair

1 **Basis of preparation of financial statements**
The financial statements have been prepared in accordance with 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 2015) – (Charities SORP (FRS 1023), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

Basis of accounting
The charity has adopted the accruals basis of accounting as required by the regulations.

Income
Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

Expenditure
Costs are recognised as and when there becomes a legal or constructive obligation committing the charity to pay out the resources.

Funds accounting
Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.
Restricted funds are subjected to restrictions on their expenditure imposed by the funder, donor or through the terms of an appeal.

Depreciation
Depreciation is charged at 20% reducing balance per year

2 **Grants**

	2024 £	2023 £
Unrestricted		
Greggs Foundation	**20,000**	-
Headley Trust	**20,000**	20,000
Tudor Trust	**29,000**	-
Bernicia Foundation	**-**	10,000
Masonic Charitable Trust	**5,000**	5,000
Akzo Nobel – Community Foundation	**-**	2,000
	74,000	37,000
Restricted		
Tudor Trust	**-**	28,000
Ballinger Charitable Trust	**20,000**	-
Gateshead Council	**-**	4,850
National Lottery Community Fund Reaching Communities	**65,000**	55,877
Heart Research UK	**-**	1,605
Sir James Knott Trust	**5,000**	5,000
Gateshead Council – Staying Steady	**30,000**	10,000
NHS/CCG – Staying Steady	**-**	20,625
Kellet Fund at the Community Foundation	**16,250**	16,250
Shears Foundation	**-**	5,000
National Lottery Community Fund Awards For All	**9,971**	-
Gateshead Council – Walking Football	**4,380**	-
Gateshead Council – Health Walks	**9,970**	9,620
Community Foundation Prime Fund	**5,000**	-
Community Foundation Waiting Well	**5,000**	-
Connected Voice	**-**	4,000
Pargiter Trust – Community Foundation	**3,471**	8,880
	174,042	169,707
Total grants	**248,042**	206,707

3 Expenditure

Charitable activities	Unrestricted £	Restricted £	2024 £	2023 £
Salaries and pensions	50,000	95,871	145,871	127,233
Capital and equipment	3,500	7,472	10,972	8,331
Sessional instructors	-	35,385	35,385	30,778
Filming and promotion	-	-	-	960
Utilities and services	15,000	12,991	27,991	16,247
Miscellaneous	1,000	2,108	3,108	771
Consumables and equipment	-	-	-	17,866
Community pantry		7,642	7,642	-
Beneficiary enrichment activities	-	10,462	10,462	-
Travel, training and transport	3,000	6,381	9,381	-
Accountancy	4,790	-	4,790	3,820
Depreciation	250	-	250	250
	77,540	178,312	255,852	206,256

4 Trustees expenses

Expenses paid to trustees during the year: £Nil (2023: £Nil)

5 Fees for examination of the accounts

	2024 £	2023 £
Fee for reporting on the accounts	4,790	3,820

6 Wages

	2024 £	2023 £
Gross wages	128,364	112,372
Social security cost	8,814	7,358
Pensions	8,693	7,503
Total staff costs	145,871	127,233

7 Staff numbers

Staff numbers during the year were as follows

	Part time	Full time	Total
Management and administration	-	3	3

8 Fixed assets

	Furniture & equipment £
At valuation	
As at 1 April 2023	6,701
Additions	-
As at 31 March 2024	6,701
Depreciation	
As at 1 April 2023	5,699
Depreciation for year	250
As at 31 March 2024	5,949
Net book value	
As at 31 March 2024	752
As at 31 March 2023	*1,002*

9 Creditors – amount falling due within one year

	2024 £	2023 £
Creditors	768	370
Taxes and accruals	3,850	3,440
Other creditors	3,217	-
	7,835	3,810

10 Net movement on funds

	As at 1 April 2023	Income	Expenditure	Transfer	As at 31 March 2024
Unrestricted	£	£	£	£	£
General	53,054	75,155	77,540	-	**50,669**
Restricted					
Other Funds	173,600	174,042	178,312	-	**169,330**
	226,654	249,197	255,852	-	**219,999**

GATESHEAD OLDER PEOPLE'S ASSEMBLY

England & Wales - Charity number 1155832

Accounts

GATESHEAD 50+

GATESHEAD OLDER PEOPLE'S ASSEMBLY

Annual Impact Report

1 April 2022 to 31 March 2023



A word from our chief executive

I begin this year's introduction to our Annual Impact Report with the very sad news that in July and in December, we lost two of our longest-serving trustees, Brian Coates and Angela Currie.

Brian, who served as our chair for the past 4 years, was an enormous asset to the organisation, working hard to help us improve quality of life for older people living in Gateshead. Angela was involved in almost everything the Assembly did. When she wasn't busy being a trustee, she ran a social group, volunteered in our community café, the credit union, the QE hospital, and anything else she could help out with. Brian and Angela will be sadly missed by everyone involved with Gateshead Older People's Assembly.





One of the many things close to both of their hearts was the alleviation of financial hardship. We're currently experiencing a devastating cost of living crisis, with the prices of fuel, energy, and food increasing far more rapidly than older people's incomes. This situation is felt far more acutely because of the after-effects of the COVID pandemic, Brexit, and in a region that has suffered massively disproportionate cuts to local services from central government.

Basic human needs like being able to socialise and exercise are increasingly becoming commodified, and the people who have the least are being squeezed out because of their financial circumstances. This is why I am delighted that Gateshead Older People's Assembly offers such a wide range of free and low-cost activities for people living in one of the most deprived regions in our country. In this past year, we have expanded the number of free and low-cost activities available to the people of Gateshead, we have increased the geographical spread of our opportunities for people to socialise, exercise, and learn, and we have helped improve the lives of thousands of older people across our wonderful borough.

And our plans for next year? Many more opportunities to socialise, exercise, and learn, resulting in healthier and happier older people.

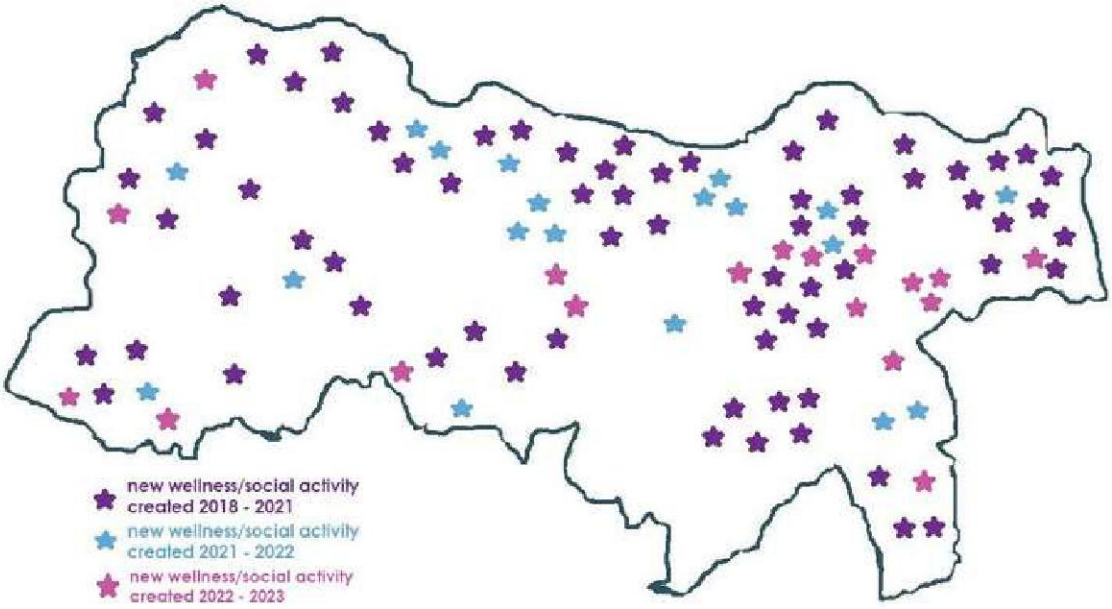
Craig Bankhead
Chief Executive

What we do

We want Gateshead to be a great place to grow older and we believe everyone should have access to fun and affordable ways socialise, exercise, and learn. As a charity, we focus on early intervention with a view to helping over 50s maintain their health, mobility, and independence. We avoid reinforcing the negative stereotypes associated with ageing and focus on providing a programme of activities through which beneficiaries can progress as they build their strength and confidence.

Wellness activities

This year, we've continued to set up new wellness activities for over 50s in Gateshead's community venues. All of the new classes we support are delivered free of charge for at least the first 6 weeks to allow over 50s to try something new without making a financial commitment.



This year, we set up 18 new classes in 13 of Gateshead's 22 wards.

- Cricket
- Tai Chi x 3
- Gentle Circuits x 2
- Keep Fit, Strong, and Steady
- Stretch and Core
- Line Dancing x 2
- Seated Yoga
- Yoga
- Dancercise
- Meditation and Relaxation
- Mobility Fit
- 50+ Boxing x 2
- Zumba Gold



In addition to setting up new classes across Gateshead, we maintain a thriving wellness hub for older people in Deckham. Here, we offer over 100 opportunities for over 50s to socialise, exercise, and learn each month.

March Activities in Deckham

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 - 12:00 Social Group (£1) 11:30 - 12:15 Strength & Balance (£4) 12:30 - 13:15 Dancercise (£4) 13:30 - 14:15 Pilates (£4)	2 10:30 - 12:30 Art Group (£1) 10:30 - 12:30 Craft Group (£2) 13:30 - 14:30 Gentle Yoga	3 10:00 - 10:45 Beginner Line Dancing (£4) 10:00 - 12:00 Walking Football 11:00 - 11:45 Line Dancing (£4) 11:30 start Health Walk 12:00 - 13:15 Cricket
6 10 - 10:45 Dancercise (£4) 11 - 11:45 Dancercise (£4) 12 - 12:45 Strength & Balance (£4) 17:30 - 19:30 Never Too Old to Rock	7 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 13:00 - 14:30 Gateshead 50+ Singers 14:45 - 15:45 Ukulele Group (£4)	8 10:00 - 12:00 Social Group (£1) 11:30 - 12:15 Strength & Balance (£4) 12:30 - 13:15 Dancercise (£4) 13:30 - 14:15 Pilates (£4)	9 10:30 - 12:30 Art Group (£1) 10:30 - 12:30 Craft Group (£2) 13:30 - 14:30 Gentle Yoga	10 9:30 - 10:15 ZOOM Active at Home 10:00 - 10:45 Beginner Line Dancing (£4) 10:00 - 12:00 Walking Football 11:00 - 11:45 Line Dancing (£4) 11:30 start Health Walk 12:00 - 13:15 Cricket
13 10 - 10:45 Dancercise (£4) 11 - 11:45 Dancercise (£4) 12 - 12:45 Strength & Balance (£4) 17:30 - 19:30 Never Too Old to Rock	14 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 13:00 - 14:30 Gateshead 50+ Singers 14:45 - 15:45 Ukulele Group (£4) 16:30 - 18:30 Art with Alan	15 10:00 - 12:00 Social Group (£1) 11:30 - 12:15 Strength & Balance (£4) 12:30 - 13:15 Dancercise (£4) 13:30 - 14:15 Pilates (£4) 14:45 - 16:15 Lunch & Learn (ring to book)	16 10:30 - 12:30 Art Group (£1) 10:30 - 12:30 Craft Group (£2) 13:30 - 14:30 Gentle Yoga	17 9:30 - 10:15 ZOOM Active at Home 10:00 - 10:45 Beginner Line Dancing (£4) 10:00 - 12:00 Walking Football 11:00 - 11:45 Line Dancing (£4) 11:30 start Health Walk 12:00 - 13:15 Cricket
20 10 - 10:45 Dancercise (£4) 11 - 11:45 Dancercise (£4) 12 - 12:45 Strength & Balance (£4) 17:30 - 19:30 Never Too Old to Rock	21 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 13:00 - 14:30 Gateshead 50+ Singers 14:45 - 15:45 Ukulele Group (£4) FREE Tai Chi for anyone presenting a National Lottery ticket or scratch card as part of the National Lottery Open Week celebrations	22 10:00 - 12:00 Social Group (£1) 11:30 - 12:15 Strength & Balance (£4) 12:30 - 13:15 Dancercise (£4) 13:30 - 14:15 Pilates (£4)	23 10:30 - 12:30 Art Group (£1) 10:30 - 12:30 Craft Group (£2) 13:30 - 14:30 Gentle Yoga	24 9:30 - 10:15 ZOOM Active at Home 10:00 - 10:45 Beginner Line Dancing (£4) 10:00 - 12:00 Walking Football 11:00 - 11:45 Line Dancing (£4) 11:30 start Health Walk 12:00 - 13:15 Cricket
27 10 - 10:45 Dancercise (£4) 11 - 11:45 Dancercise (£4) 12 - 12:45 Strength & Balance (£4) 17:30 - 19:30 Never Too Old to Rock	28 10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 13:00 - 14:30 Gateshead 50+ Singers 14:45 - 15:45 Ukulele Group (£4) 16:30 - 18:30 Art with Alan	29 10:00 - 12:00 Social Group (£1) 11:30 - 12:15 Strength & Balance (£4) 12:30 - 13:15 Dancercise (£4) 13:30 - 14:15 Pilates (£4)	30 10:30 - 12:30 Art Group (£1) 10:30 - 12:30 Craft Group (£2) 13:30 - 14:30 Gentle Yoga	31 9:30 - 10:15 ZOOM Active at Home 10:00 - 10:45 Beginner Line Dancing (£4) 10:00 - 12:00 Walking Football 11:00 - 11:45 Line Dancing (£4) 11:30 start Health Walk 12:00 - 13:15 Cricket

For those who are unable to attend our face-to-face classes, we offer a free weekly wellness class via Zoom. Our Active at Home participants receive an exercise band and expert instruction from our health and wellbeing manager.

We are also pleased to support the delivery of a weekly walking programme. Every Friday morning, around 30 over 50s meet to enjoy a 3-4 mile walk. The location varies each week, but always includes a stop at a cafe to enjoy refreshments and some social time.

This year, we were delighted to expand our Staying Steady falls prevention programme. We now deliver twelve cohorts in six locations across Gateshead and have continued to see incredible progress in participants' mobility, flexibility, and balance.



Opportunities to socialise and learn

Our mental wellbeing is as important as our physical wellbeing, so we work to ensure over 50s in Gateshead have ample opportunities to stay socially connected and engage in life-long learning.

This year, we hosted a fantastic series of Lunch & Learn events at which attendees enjoyed hearing from an expert guest speaker whilst enjoying a lovely lunch. Topics this year included:

- Energy advice and support
- Walk leader training
- First Aid essentials
- Tackling loneliness
- Making your money work for you
- Frugal foodie fun

Our Never Too Old to Rock project has grown and our tutors are now teaching dozens of over 50s how to play guitar, bass, and drums each week. The group learns a new song every month and divides into bands to showcase their talent at our regular performance nights. A few participants have become so confident on their instruments that they've started to attend buskers' nights. In the longer term, we'd love to see some of our bands performing at local venues!

We also started organising cinema visits this year. So many people dislike going to the cinema alone, so we were very pleased to be in a position to offer tickets to a variety of films people could attend together. The cinema trips have proven so popular that we will be seeking funding to support more trips in the future.

This summer, we celebrated the return of our annual beach day. We took advantage of the good weather and enjoyed walking football, cricket, and surfing lessons at Sandhaven Beach in South Shields.







The Gateshead 50+ singing group has grown to nearly 40 members and continues to enjoy singing a selection of pop hits. Those who take part in our singing group tell us time and again how singing boosts their mood and, in some cases, has improved their cardiovascular health. This year, we recorded a series of performance videos which are available on our YouTube channel.



Our art, craft, and social groups have enjoyed another year of success. The groups continue to welcome new members and have expanded the range of activities they enjoy together. Our art group is now working with a tutor to explore different media and techniques. New guest speakers and day trips have been added to our social group's calendar and the craft group is now regularly producing loads of lovely knitted and crocheted items for beneficiaries of the Love, Amelia charity.

We ensure that those who come along to our wellness classes have a chance to socialise, too. After each class, everyone is invited to stay to enjoy free refreshments and some social time. Those who stay after tell us this time is invaluable for forming new friendships and learning more about the other activities on offer at our wellness hub.









Why our work is essential

To understand why it is so vital that older people in Gateshead have opportunities to improve their health and maintain their independence, we must consider the current context of growing older in our borough. Deprivation, falls, and loneliness all have a tremendous impact on the lives of older people in Gateshead.

Deprivation

- Gateshead is ranked as the 47th most deprived of England's 317 local authorities.
- Gateshead's rate of older people experiencing income deprivation is 36.4% higher than the national average.
- Our wellness hub is based in Deckham, which along with neighbouring wards High Fell and Felling are the three most deprived wards in Gateshead and among the 10% most deprived areas in England.
- Gateshead residents live two years less than the English average. Deprivation exacerbates this discrepancy. On average, someone born in one of Gateshead's most deprived areas can expect to live over a decade less than if they had been born in one of England's most affluent areas (15.1 years less for men and 13.9 years less for women).

In real terms, experiencing deprivation at such rates means that 'luxuries' like fitness classes, cultural events, and short courses are out of reach for many older people in our borough. To combat this, we offer free or low-cost options for older people to exercise, socialise, and learn.



Falls

- The rate of emergency admissions for injuries due to falls in people aged 65+ is 15% higher in Gateshead than the English average.

- It is predicted that by 2040 there will be a 25% increase in the number of people aged 65+ experiencing falls and a 34% increase in the number of older people admitted to hospital as a result of a fall.

- In some Gateshead wards, the rate of emergency hospital admissions due to hip fracture are dramatically higher than the English average -- 64% higher in the Bridges ward, 59% higher in High Fell, and 47% higher in Lobley Hill and Bensham.

- After a hip fracture, more than 30% of older people die within a year, 20% enter a care home, and only 46% return to their usual residence or previous level of independence.

It is therefore essential that evidence-based falls-prevention activities are embedded in the work of organisations working with older people. We are commissioned by Gateshead Council and North East and North Cumbria Integrated Care Board to deliver our postural-stability-instructor-led Staying Steady programme and also support the delivery of evidence-based Tai Chi practice across the borough.







Loneliness

- According to a 2020 Brunel University London report, those aged 50+ living in the poorest areas of the country are more likely to suffer from loneliness.
- In Gateshead, 33.9% of people aged 65+ live alone.
- Loneliness can lead to feeling vulnerable, which can lead to depression and a serious decline in physical health and wellbeing.
- According to the English Longitudinal Study of Ageing, people aged 50+ are 3.7 times more likely to be often lonely if they are in poor health and 2.3 times more likely to be often lonely if they have money issues that prevent them from doing the things they want to do.

Our programme of setting up a sustainable network of classes and activities for over 50s all across Gateshead gives them the opportunity to establish friendships with others who live near them, ensuring real social connections which exist beyond the boundaries of the group. Setting up activities in community venues also encourages over 50s to attend independently, eliminating the need for long (and increasingly expensive) journeys.

The big picture

By design, our programme of activities seeks to address problems caused by deprivation, reduce falls, and help our beneficiaries feel part of their local community. By taking full advantage of what we offer, over 50s could improve their physical health, increase their confidence, reduce levels of depression and anxiety, and ultimately increase their lifespan.





Measuring our impact

The numbers

In order to ensure we're meeting our goal of ensuring over 50s in Gateshead have access to local health and wellness activities, we monitor the numbers of sessions delivered each year as well as the total number of attendances. Here's how we've done this year:

Activities at our Deckham wellness hub this year	943 sessions delivered	13,783 attendances
New activities set up this year	268 sessions delivered	2,782 attendances
Activities set up 2018 - 2021 which are still running	2,450 sessions delivered	29,400 attendances
TOTAL for 2022/23	**3,661 sessions delivered this year**	**45,965 attendances this year**





Beneficiary feedback

Every year, we survey our beneficiaries to make sure the opportunities we offer are meeting their needs. Here are the highlights from this year's beneficiary survey:

81% feel happier as a result of taking part in our activities

60% visit their GP less frequently since joining us

86% now socialise with someone they met at one of our activities

100% say we create a warm and welcoming environment for newcomers

60% feel more relaxed

43% say they feel more connected to their community

76% say their physical health has improved

54% feel more confident

63% say their mental health has improved

59% say they have more energy

48% have learned new information or developed new skills since joining us

100% would recommend our activities to their friends and family





Having become a widow in my early 50s, this group has really helped my mental health by meeting people and enjoying many varied activities.



I suffer from anxiety and depression and this group has helped enormously. I have made new friends and meet up for coffee!



I really enjoy all your activities and have made some friends for life. The instructors are fabulous and I would recommend you to anyone.



This service is second to none and offers help and friendship to all. I have more confidence since coming here.



I have found that I have more energy and I love meeting new people. Coming here gives me something to look forward to.



I am so pleased I plucked up the courage to enter this fantastic place. It's made my retirement so much easier!



You offer something for everyone and there always seems to be a warm welcome for anyone wanting to try something new.



Staying Steady feedback

Our Staying Steady falls-prevention programme is designed to help over 50s improve their balance, strength, and mobility and regain their independence. We have delivered this programme since 2016 and, to date, over 80% of those who complete the course move on to participate in other community-based exercise classes or resume long-abandoned hobbies like bowls, swimming, and rambling. Most importantly, course participants report that they are able to complete personal care and household tasks with more ease, helping them to maintain their independence and self-efficacy.



I feel more confident walking around and no longer need a stick for balance. I can get off the floor much easier and I can now get in and out of the bath, which I could not do before. I have started to do dancercise and Tai Chi and I am walking my dog twice a day now.

I am able to do activities for longer and can more easily clean my house. Last week I went up a ladder to change a bulb! I have also booked a holiday to Portugal -- this is something that I would not have had the confidence to do before!





I can now reverse my car and check my blind spots with ease because I can move a lot better. I have also noticed a big improvement in my walking. I have just started an exercise class in Whickham, so will keep going with my exercise.

My balance has improved and I can stand on one leg to put on my trousers. I used to have to sit down or lean against a wall before. I have now started Tai Chi and have also gone back to swimming once a week!





I can bend a lot better which helps enormously to wash the bottom half of my body, pick up things, etc.. I also get up and down on the floor easily. I am going to continue with the balance exercises at home and I am a member of two walking groups.

Community connections

This year, we've greatly expanded and strengthened our relationships with local community organisations, instructors, businesses, and community venues.





















































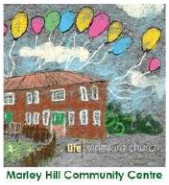


















Thank you to our investors

We are delighted to have the support of many of the UK's most forward-thinking investors. Without their support, our work would be impossible. Thanks to these investors, we are in a position to be able to respond to our beneficiaries' needs quickly, making an immediate and measurable difference to their quality of life.

BALLINGER
CHARITABLE TRUST

THE BERNICIA FOUNDATION

COMMUNITY FUND

Community Foundation

Connected Voice

Gateshead Council

THE HEADLEY TRUST

Heart Research UK

Masonic Charitable Foundation

NHS
North East & North Cumbria

The Shears Foundation

SIR JAMES KNOTT TRUST

the Tudor trust



Gateshead Older People's Assembly
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NE8 3UB

0191 438 1721
www.gatesheadopa.org.uk

Registered Charity Number 1155832



GATESHEAD OLDER PEOPLE'S ASSEMBLY

REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

Charity No 1155832

GATESHEAD OLDER PEOPLE'S ASSEMBLY

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Legal and administrative information

Board of Trustees:	W. Dick (chair, appointed May 2023) M. McMahon (treasurer) J. Ndambona S. Renforth M. Barrett A. Dougall B. Coates (deceased July 2022) A. Currie (deceased December 2022)
Registered Office:	178 Split Crow Road Gateshead Tyne & Wear NE8 3UB
Accountants:	TIG Accountants Metropolitan House Longrigg Road Swalwell Gateshead NE16 3AS
Bankers:	Unity Trust Bank PO Box 7193 Planetary Road Willenhall WV1 9DG

The trustees are pleased to report that the charity achieved its highest-ever levels of engagement this year, with 3,661 activity sessions delivered at which there were 45,965 attendances by over 50s. By focusing on the set-up of new wellness classes and social groups in community venues across Gateshead, we are well on our way to achieving our goal of ensuring no older person in our borough lives more than 10 minutes away from an opportunity to socialise, exercise, or learn.

While our charity is thriving, many of our beneficiaries are not. The continuing rise in the cost of living is making it difficult for some older people to afford 'luxuries' like leisure classes or socialising. To counteract this, we have

- worked to secure funding to allow us to offer 78% of the activities at our Deckham hub at a cost of £2 or less, with the majority being free of charge
- secured funding to offer our beneficiaries opportunities to socialise – free cinema tickets, day trips, theatre visits, and cultural events are now on offer every month
- continued to offer beneficiaries a warm space in which to relax and enjoy free refreshments before and after every activity
- started to offer a small no-questions-asked food and personal hygiene pantry open to anyone attending our Deckham hub

Our beneficiaries continue to tell us that coming along to our activities has a positive impact on their health and wellbeing. This year's beneficiary survey tells us:

- 86% now socialise with someone they met at one of our activities
- 60% visit their GP less frequently than they did before joining us
- 76% say their physical health has improved as a result of joining us
- 63% say their mental health has improved as a result of joining us
- 81% feel happier as a result of taking part in our activities

For an in-depth look at what we've achieve this year, please take a look at our 2022/23 Impact Report, which is available at www.gateshead opa.org.uk/our-impact/annual-report

Reserves policy and going concern
The trustees aim to maintain free reserves in unrestricted funds at a level which equates to at least six months of charitable expenditure. The trustees consider that this level will provide sufficiently for any contingency planning should the need arise. The management team provides the trustees with a twelve-month rolling budget forecast which is updated every quarter. This provides sufficient foresight and time to be able to address any issues before they arise.

The trustees consider the charity is currently in a financially stable position and have no concerns about the charity's continuing existence and success.

Structure, governance, and management
Gateshead Older People's Assembly is a charitable incorporated organisation (CIO). The organisation was registered with the Charities Commission on 18 February 2014. Trustees are invited from all interested bodies and are selected by the trustees.

The board of trustees would like to take this opportunity to thank all the staff, volunteers, funders, investors, and beneficiaries for another exciting year in the charity's development.

Financial review
The financial statements show a surplus of £8,711. Restricted surplus was £13,295. This is carried forward into the next accounting period.

Restricted funding is the main type of income and expenditure. Monies are received for running costs of the office and salaries

Signed on behalf of the management committee, on 31 July 2023.

W. Dick
Chair

Report of the Independent Examiner to the trustees of Gateshead Older People's Assembly

I report on the financial statements of Gateshead Older People's Assembly for the year ended 31 March 2023 which are set out on pages 12 to 18.

Respective responsibility of trustees and examiner
The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011(the 2011 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to

- examine the accounts under section 145 of the 2011 Act,
- follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act), and
- state whether particular matters have come to my attention.

Basis of independent examiner's report
My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement
In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 386 of the Companies Act 2006; and
to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

B Gill FCCA
Metropolitan House
Longrigg Road
Swalwell
Gateshead
NE16 3AS

Date: 31 July 2023

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Statement of Financial Activities
Year ended 31 March 2023

	Notes	Unrestricted	Restricted	Total 2023	*Total 2022*
Income		£	£	£	*£*
Donations		-	-	-	*421*
Other income		8,260	-	8,260	*1,070*
Grants	2	37,000	169,707	206,707	*252,791*
Total income		45,260	169,707	214,967	*254,282*
Expenditure					
Charitable activities	3	49,844	156,412	206,256	*201,684*
Total expenditure		49,844	156,412	206,256	*201,684*
Net income		(4,584)	13,295	8,711	*52,598*
Transfers		-	-	-	-
Net movement in funds		(4,584)	13,295	8,711	*52,598*
Total funds brought forward		57,638	160,305	217,943	*165,345*
Total funds carried forward		53,054	173,600	226,654	*217,943*

Balance Sheet as at 31 March 2023

	Notes	Unrestricted	Restricted	2023	*2022*
		£	£	£	*£*
Fixed assets					
Tangible assets	8	1,002	-	1,002	*1,252*
Current assets					
Cash at bank and in hand		52,052	177,410	229,462	*220,277*
		52,052	177,410	229,462	*220,277*
Creditors – amount due within one year	9	-	3,810	3,810	*3,586*
Net current assets		52,052	173,600	225,652	*216,691*
Net assets		53,054	173,600	226,654	*217,943*
Funds of the charity	10	53,054	173,600	226,654	*217,943*

The financial statements were approved by the trustees on _____ and signed on the trustees behalf by:

W Dick
Chair

1 **Basis of preparation of financial statements**
The financial statements have been prepared in accordance with 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 2015) – (Charities SORP (FRS 1023), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

Basis of accounting
The charity has adopted the accruals basis of accounting as required by the regulations.

Income
Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

Expenditure
Costs are recognised as and when there becomes a legal or constructive obligation committing the charity to pay out the resources.

Funds accounting
Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.
Restricted funds are subjected to restrictions on their expenditure imposed by the funder, donor or through the terms of an appeal.

Depreciation
Depreciation is charged at 20% reducing balance per year

2 **Grants**

	2023 £	2022 £
Unrestricted		
Gateshead Council Covid Response	-	2,667
Headley Trust	20,000	20,000
Leathersellers	-	5,000
Bernicia Foundation	10,000	-
Masonic Charitable Trust	5,000	5,000
Garfield Weston Foundation	-	20,000
Akzo Nobel – Community Foundation	2,000	-
	37,000	52,667
Restricted		
Tudor Trust	28,000	28,000
Ballinger Charitable Trust	-	15,000
Newcastle Gateshead CCG	-	20,280
Gateshead Council	4,850	8,000
National Lottery Community Fund Reaching Communities	55,877	46,106
Heart Research UK	1,605	6,420
Sir James Knott Trust	5,000	-
Gateshead Council – Staying Steady	10,000	-
NHS/CCG – Staying Steady	20,625	-
Kellet Fund at the Community Foundation	16,250	25,000
Shears Foundation	5,000	-
National Lottery Community Fund Covid Response	-	10,000
Sports England Capital Fund	-	6,156
Gateshead Council – Health Walks	9,620	-
Community Foundation	-	1,500
Edberts House	-	19,800
Connected Voice	4,000	-
Pargiter Trust – Community Foundation	8,880	-
Trusthouse	-	10,000
North Music Trust	-	2,742
GMBC	-	1,120
	169,707	200,124
Total grants	206,707	252,791

3 Expenditure

Charitable activities	Unrestricted £	Restricted £	2023 £	2022 £
Salaries and pensions	20,543	106,690	127,233	112,554
Capital and outdoor area development	8,331	-	8,331	-
Sessional exercise instructors	-	30,778	30,778	28,844
Filming and promotion	960	-	960	-
Utilities and services	8,700	7,547	16,247	20,600
Miscellaneous	-	771	771	17,626
Consumables and equipment	7,240	10,626	17,866	17,227
Accountancy	3,820	-	3,820	4,442
Depreciation	250	-	250	391
	49,844	156,412	206,256	201,684

4 Trustees expenses

Expenses paid to trustees during the year: £Nil (2022: £Nil)

5 Fees for examination of the accounts

	2023 £	2022 £
Fee for reporting on the accounts	3,820	4,442

6 Wages

	2023 £	2022 £
Gross wages	112,372	102,530
Social security cost	7,358	6,406
Pensions	7,503	3,618
Total staff costs	127,233	112,554

7 Staff numbers

Staff numbers during the year were as follows

	Part time	Full time	Total
Management and administration	-	3	3

8 Fixed assets

	Furniture & equipment £
At valuation	
As at 1 April 2022	6,701
Additions	-
As at 31 March 2023	6,701
Depreciation	
As at 1 April 2022	5,449
Depreciation for year	250
As at 31 March 2023	5,699
Net book value	
As at 31 March 2023	1,002
As at 31 March 2022	*1,252*

9 Creditors – amount falling due within one year

	2023 £	*2022 £*
Creditors	370	*622*
Taxes and accruals	3,440	*2,964*
	3,810	*3,586*

10 Net movement on funds

	As at 1 April 2022	Income	Expenditure	Transfer	As at 31 March 2023
Unrestricted	£	£	£	£	£
General	57,638	45,260	49,844	-	**53,054**
Restricted					
Other Funds	160,305	169,707	156,412	-	**173,600**
	217,943	214,967	206,256	-	**226,654**

GATESHEAD OLDER PEOPLE'S ASSEMBLY

England & Wales - Charity number 1155832

Accounts



Annual Impact Report

April 2021 - March 2022

GATESHEAD OLDER PEOPLE'S ASSEMBLY

GATESHEAD 50+












gatesheadopa.org.uk


Welcome to our impact report

At Gateshead Older People's Assembly, our mission is to improve the health and wellbeing of Gateshead residents aged 50+. To achieve this, we design, establish, and promote empowering, engaging, and enjoyable activities and classes for over 50s all across our borough.

We work closely with our beneficiaries to create a person-centred programme of activities designed to respond to the challenges they're facing and fulfill their needs and interests, allowing them to thrive and take an active role in their communities and families.

Everyone wants to live a happy and healthy life. We want to help make that happen for our beneficiaries. We know that everyone is different and we never make assumptions about what they need or want. We avoid offering activities based on the stereotypes associated with ageing and will continue to ensure we provide a wide variety of opportunities for over 50s to socialise, exercise, and learn in Gateshead.









Why our work is essential

To understand why it is so vital that older people in Gateshead have opportunities to improve their health and maintain their independence, we must consider the current context of growing older in our borough. Deprivation, an ageing population, and geography all have a tremendous impact on the lives of Gateshead.

On the borough-wide level,

- Gateshead is ranked as the 47th most deprived of England's 317 local authorities according to the 2019 Index of Multiple Deprivation.

- Gateshead's rate of older people experiencing deprivation is 40% higher than the national average.

- At 77.5 for men, and 81.4 for women, life expectancy in Gateshead is lower than the English averages of 79.6 and 83.1 respectively. Deprivation exacerbates this discrepancy -- on average, someone born in one of Gateshead's most deprived areas can expect to live 9.3 (men) and 7.3 (women) years less than if they had been born in one of the more affluent areas.

- Our population is ageing -- 40% of Gateshead's population is aged 50+ and the number of those aged 65+ has increased by 15% over the last decade.

Data from 2019 shows that the rates of conditions affecting mainly older people are due to rise dramatically by 2035:

- dementia by 37.9%
- falls by 28.8%
- mobility issues by 32.6%

When planning our work for 2021/22, we recognised the challenges faced by over 50s as a result of COVID-19. Our beneficiaries have reported to us that their mental and physical health are in decline as a result of the pandemic and its associated lockdowns. In our February 2021 beneficiary survey:

- 54.8% felt their fitness had decreased since the start of the pandemic
- 47.6% felt that their mental health had deteriorated since the start of the pandemic

Some of our fittest beneficiaries have suffered falls and many have started to struggle with anxiety and depression. In June 2020, Muir Gray (visiting professor in the Nuffield Department of Primary Health Care at the University of Oxford) and William Byrd (Honorary Senior Lecturer, European Centre of Environment and Human Health, University of Exeter) noted that "imposed sedentary behaviour for three months in those over the age 70 years, or with long term conditions, would result in an extra 7000 premature deaths". It is widely acknowledged that we will be facing a deconditioning pandemic on the other side of COVID-19 and our anecdotal evidence bears this out.









Finding a new normal

In many ways, April 2021 was a fresh start for us. The world was just opening up again following a winter lockdown, over which we delivered all of our activities and groups via Zoom.

Things changed, however, thanks to the completion of our new outdoor exercise area at our Deckham base, which allowed us to expand our provision to include COVID-secure face-to-face exercise sessions in addition to our Zoom activities.

A return to outdoor exercise was most welcome as our beneficiaries had been unable to exercise together for nearly six months. From July 2021, we began a phased reintroduction of our social activities and learning opportunities.





Keeping it local

In addition to the activities and groups we support at our base in Deckham, we focus on providing easily accessible opportunities for over 50s all across Gateshead to socialise, exercise, and learn with a view to improving their health and maintaining their independence.

Since 2018, we've set up new classes and groups using our free taster model, which allows over 50s to take part free of charge for the first six weeks. We cover the instructor's hourly rate and room hire costs, provide them with marketing materials, and assist with promotion. This gives the new group a strong start and a sustainable future after the free taster period comes to an end.

Establishing activities in their local community

- gives over 50s the opportunity to establish friendships with others who live near them, ensuring real social connections which exist beyond the boundaries of the group,

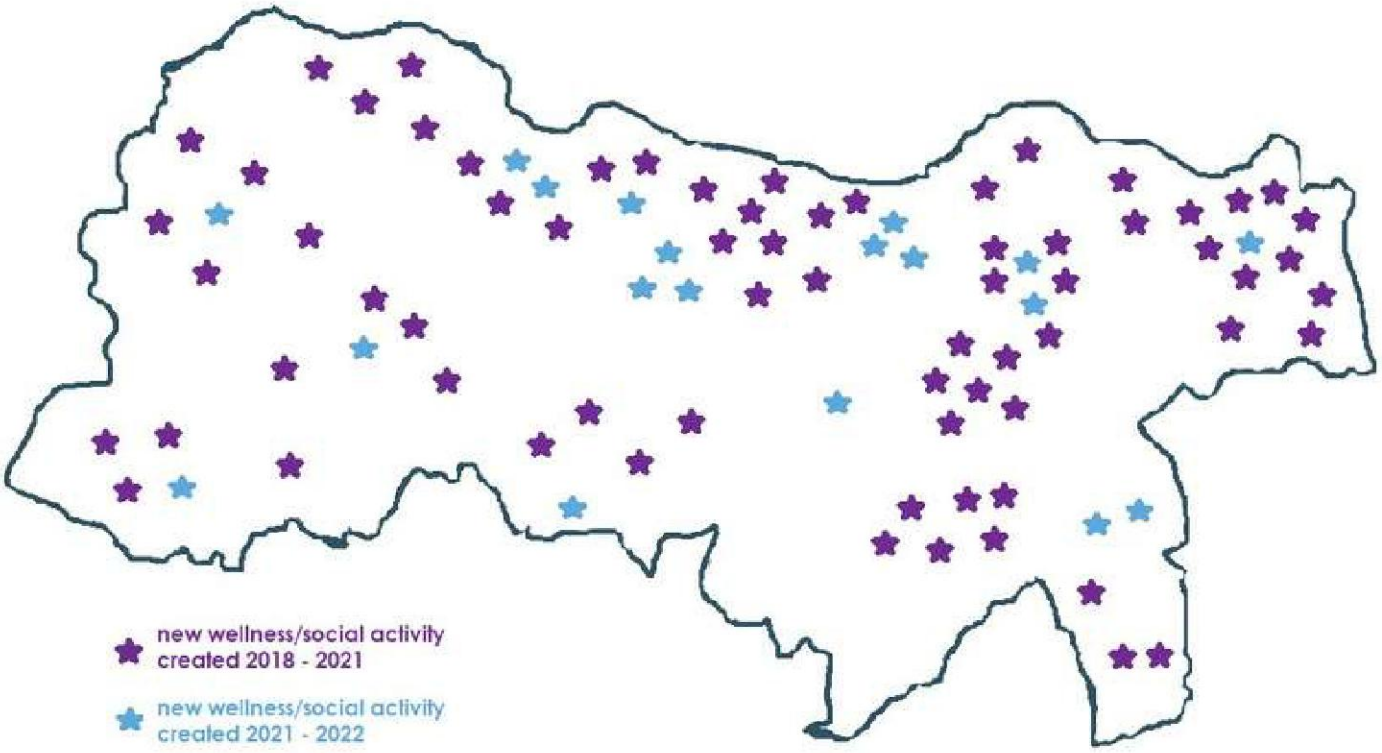
- encourages over 50s to attend groups independently, eliminating the need for long (and increasingly expensive) journeys,

- gives over 50s a say in deciding they types of activities available in their communities, and

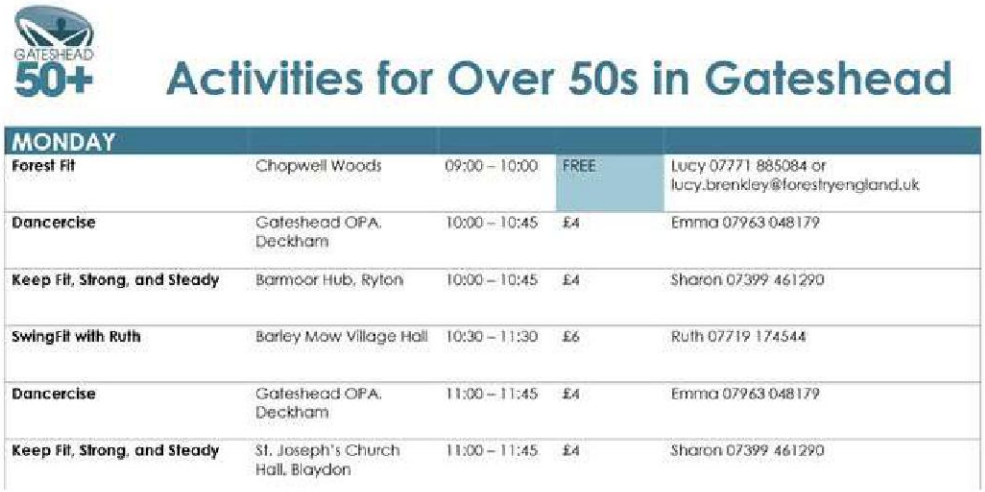
- contributes to maintaining a sustainable network of community venues and local instructors.



This year, we greatly expanded the number and types of opportunities available to over 50s in our borough and we have plans to introduce even more new classes over the coming years.



We have also resumed the publication of our Gateshead-wide activities guide, which highlights opportunities suitable for over 50s in a variety of locations in our borough. The guide is incredibly popular with over 50s themselves and is also an important tool for healthcare workers and community navigators wishing to signpost their clients to new activities.



GATESHEAD 50+

Activities for Over 50s in Gateshead

MONDAY				
Forest Fit	Chopwell Woods	09:00 – 10:00	FREE	Lucy 07771 885084 or lucy.brenkley@forestryengland.uk
Dancercise	Gateshead OPA, Deckham	10:00 – 10:45	£4	Emma 07963 048179
Keep Fit, Strong, and Steady	Barmoor Hub, Ryton	10:00 – 10:45	£4	Sharon 07399 461290
SwingFit with Ruth	Barley Mow Village Hall	10:30 – 11:30	£6	Ruth 07719 174544
Dancercise	Gateshead OPA, Deckham	11:00 – 11:45	£4	Emma 07963 048179
Keep Fit, Strong, and Steady	St. Joseph's Church Hall, Blaydon	11:00 – 11:45	£4	Sharon 07399 461290

Our beneficiaries say . . .

This year, we supported the delivery of 1,532 activities and classes for over 50s, at which we counted 19,384 attendances. Here's what those who took part said about the opportunities we offer:

38% say they visit their GP less frequently than they did before coming along to our activities



74% of our beneficiaries now socialise with someone they met at one of our activities

71% say that they would not exercise regularly without our classes

A staggering 44% of our current beneficiaries joined us this year

73% feel happier as a result of taking part in our activities

The classes are very well organised. They help lift you up. It helps with my mental health, knowing you can come to a class and meet new friends and cheerful people.



These classes have been life savers. I could not do without exercise and seeing people. The staff are marvellous and the facilities are great.

I have felt less isolated. I have felt connected. My mental health has improved and I feel more confident meeting people. I feel part of the community now and connected to my local area. I feel that my physical health has improved and my wellbeing overall has benefitted.

Brilliant community spirit. Great to meet other like-minded people. Lifted my low self-esteem and promoted positive mental health.





The classes are wonderful and really interactive. They have supported us in every way. Lovely people and always happy.

My mum has dementia and attending classes has made such a positive difference to her life. Seeing other people and the fabulous class leader make it such fun for her.

These classes have been a lifeline for me through the pandemic. I was so grateful for the Zoom classes when we couldn't come physically. They have made isolation from others easier to manage. Thank you!



Our wellness programme

This year, we've offered our widest range of wellness classes to date. For much of the year, we adopted a hybrid model of delivery, offering classes via Zoom alongside COVID-compliant face-to-face sessions at our Deckham base and other community venues.

- Dancercise
- Tai Chi
- Strength and Balance
- Gentle Yoga
- Walking Football
- Health Walks
- Pilates
- Introductory Yoga
- Keep Fit, Strong, and Steady
- Stretch and Flex Yoga
- Burlexercise
- Movement to Celebrate You
- Beginners Tai Chi
- Zoom Bellydance
- Zoom Staying Steady at Home
- Zoom Gentle Yoga
- Zoom Tai Chi
- Zoom Pilates
- Zoom Dancercise







Our wellness programme is designed to allow for progression, is tailored to suit those with long-term health conditions, and is always growing to ensure our beneficiaries have regular opportunities to try something new.

Those who take part in our wellness classes are invited to stay after to enjoy refreshments and socialise. This gives everyone an opportunity to get to know each other and is where new friendships are established.



By taking part in our wellness activities, over 50s can

- improve their cardiovascular health
- reduce levels of depression and anxiety
- improve their strength, flexibility, and mobility
- improve their bone density
- increase their confidence levels
- expand their social connections
- increase their lifespan

Social activities and opportunties to learn

This year saw the return of our popular social and activity groups, which were sorely missed by our beneficiaries. These included:

- Never Too Old to Rock
- Gateshead 50+ Singers
- Ukulele group
- Deckham social group
- Art group
- Craft group
- Samba drumming group
- Computer drop-in
- Christmas craft sessions
- Healthy heart sessions













Staying Steady

Gateshead Older People's Assembly is commissioned by Newcastle Gateshead Clinical Commissioning Group to deliver falls prevention classes for over 50s in our borough.

Tai Chi and exercises led by a postural stability instructor are recognised by the National Institute for Health and Care Excellence (NICE) as the only forms of evidence-based falls prevention exercise.

Our falls prevention programme, Staying Steady, runs for 20 weeks in 4 community venues. The programme of exercises and education is free of charge and participants work to improve their core strength, balance, and agility with the long-term goal of preventing falls.



We've been delivering Staying Steady since 2016, which means we are in the fantastic position of being able to see how taking part in the programme has changed the lives of over 50s in the longer term. Those who complete our Staying Steady programme lower their chances of having a fall, feel more independent, and move on to take part in other activities beneficial to their physical and mental health.



"I am able to do activities for longer and can more easily clean my house. Last week I went up a ladder to change a bulb! I have also booked a holiday to Portugal -- this is something that I would not have had the confidence to do before!"



"I feel more confident walking around and no longer need a stick for balance. I can get off the floor much easier and I can now get in and out of the bath, which I could not do before. I have started to do dancercise and Tai Chi and I am walking my dog twice a day."



"My balance has now improved and I can stand on one leg to put on my trousers, as I used to have to sit down or lean against a wall before. I have now started Tai Chi and have also gone back to swimming once a week."

Community connections

This year, we've greatly expanded and strengthened our relationships with local community organisations, instructors, businesses, and community venues.

























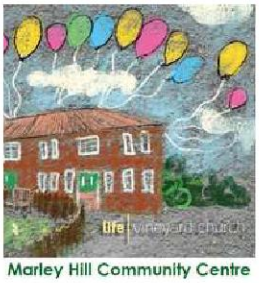
































Thank you to our investors

We are delighted to have the support of many of the UK's most forward-thinking investors. Without their support, our work would be impossible. In a year when our beneficiaries' needs changed on a near-constant basis, support from these investors gave us the freedom to innovate and respond quickly.































Gateshead Older People's Assembly
178 Split Crow Road
Deckham
Gateshead
NE8 3UB

0191 438 1721
www.gatesheadopa.org.uk

Registered Charity Number 1155832

GATESHEAD
OLDER PEOPLE'S
ASSEMBLY

GATESHEAD
50+

GATESHEAD OLDER PEOPLE'S ASSEMBLY

REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

Charity No 1155832

GATESHEAD OLDER PEOPLE'S ASSEMBLY

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Report of the Trustees
Year ended 31 March 2022

The trustees present their report and the financial statements of the charity for the year ended 31 March 2022.

Legal and administrative information

Board of Trustees:	B Coates A Currie A Dougall M McMahon J Ndambona S Renforth M Barrett
Registered Office:	178 Split Crow Road Gateshead Tyne & Wear NE8 3UB
Accountants:	Murray and Lamb Accountants A6 Kingfisher House Kingsway Team Valley Trading Estate Gateshead Tyne & Wear NE11 0JQ
Bankers:	Unity Trust Bank PO Box 7193 Planetary Road Willenhall WV1 9DG

Report of the Trustees
Year ended 31 March 2022

The trustees are delighted to report that this year has been another of tremendous growth for Gateshead Older People's Assembly. We have continued to set up and support wellness classes and social opportunities for over 50s all across our borough and are on track to set up our 100th group next year.

With nearly 23,000 attendances at our activities and group this year, we are well on our way to exceeding our pre-COVID levels of engagement within the next 12 months. At our Deckham wellness hub, we continue to welcome new faces each week and are offering our fullest schedule of activities to date.

Our Staying Steady falls prevention programme has expanded by 50% thanks to investment from Gateshead Council and we are looking forward to publishing our next progress report soon. Since 2016, our Staying Steady programme has helped over 650 older people regain their confidence, strength, and mobility, resulting in many returning to long-abandoned hobbies, taking up regular exercise, and playing a more active role in their families and social circles.

This year has seen the introduction of several new initiatives including our new health walks programme, the Gateshead 50+ Employability project, the planting of a community orchard at our Deckham hub, the official launch of our purpose-built outdoor exercise venue, and our Lunch and Learn series. We received local media coverage for our chatty bench project, designed to encourage everyone to get talking again after lockdown restrictions were lifted.

We were delighted to be in receipt of a North East Charity Award in October 2021.

To learn more about the the work we've done to help make Gateshead a great place to grow older, please visit http://www.gateshead opa.org.uk/our-impact/annual-report/

Reserves policy and going concern
The trustees aim to maintain free reserves in unrestricted funds at a level which equates to at least six months of charitable expenditure. The trustees consider that this level will provide sufficiently for any contingency planning should the need arise. The management team provides the trustees with a twelve month rolling budget forecast which is updated every quarter. This provides sufficient foresight and time to be able to address any issues before they arise.

The trustees consider the charity is currently in a financially stable position and have no concerns about the charity's continuing existence and success.

Structure, governance, and management
Gateshead Older People's Assembly is a charitable incorporated organisation (CIO). The organisation was registered with the Charities Commission on 18 February 2014. Trustees are invited from all interested bodies and are selected by the trustees.

The board of trustees would like to take this opportunity to thank all the staff, volunteers, funders, investors, and beneficiaries for another exciting year in the charity's development.

Financial review

The financial statements show a surplus of £52,598. Restricted surplus was £41,229. This is carried forward into the next accounting period.

Restricted funding is the main type of income and expenditure. Monies are received for running costs of the office and salaries

Signed on behalf of the management committee, on 31/10/22

A Currie
Vice Chair

Report of the Independent Examiner to the trustees of Gateshead Older People's Assembly

I report on the financial statements of Gateshead Older People's Assembly for the year ended 31 March 2022 which are set out on pages 5 to 11.

Respective responsibility of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011(the 2011 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to

Examine the accounts under section 145 of the 2011 Act

To follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act) and

To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 386 of the Companies Act 2006; and to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities,have not been met; or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

R A Page FCCA
A6 Kingfisher House
Kingsway
Team Valley Trading Estate
Gateshead
NE11 0JQ

Date: 1/11/22

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Statement of Financial Activities
Year ended 31 March 2022

	Notes	Unrestricted	Restricted	Total 2022	*Total 2021*
Income		£	£	£	*£*
Donations		**421**	**-**	**421**	*135*
Other income		**1,070**	**-**	**1,070**	*22,083*
Grants	**2**	**80,667**	**172,124**	**252,791**	*293,406*
Total income		**82,158**	**172,124**	**254,282**	*315,624*
Expenditure					
Charitable activities	**3**	**64,146**	**137,538**	**201,684**	*274,395*
Total expenditure		**64,146**	**137,538**	**201,684**	*274,395*
Net income		**18,012**	**34,586**	**52,598**	*41,229*
Transfers		**-**	**-**	**-**	*-*
Net movement in funds		**18,012**	**34,586**	**52,598**	*41,229*
Total funds brought forward		**39,626**	**125,719**	**165,345**	*124,116*
Total funds carried forward		**57,638**	**160,305**	**217,943**	*165,345*

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Balance Sheet as at 31 March 2022

	Notes	Unrestricted	Restricted	2022	*2021*
		£	£	£	*£*
Fixed assets					
Tangible assets	8	1,252	-	1,252	*1,565*
Current assets					
Cash at bank and in hand		56,386	163,891	220,277	*189,643*
		56,386	163,891	220,277	*189,643*
Creditors – amount due within one year	9	-	3,586	3,586	*25,863*
Net current assets		56,386	160,305	216,691	*163,780*
Net assets		57,638	160,305	217,943	*165,345*
Funds of the charity	10	57,638	160,305	217,943	*165,345*

The financial statements were approved by the trustees on 31/10/22 and signed on the trustees behalf by:

A Currie

A Currie
Vice Chair

1 **Basis of preparation of financial statements**

The financial statements have been prepared in accordance with 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 2015) – (Charities SORP (FRS 1023), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

Basis of accounting

The charity has adopted the accruals basis of accounting as required by the regulations.

Income

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

Expenditure

Costs are recognised as and when there becomes a legal or constructive obligation committing the charity to pay out the resources.

Funds accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.
Restricted funds are subjected to restrictions on their expenditure imposed by the funder, donor or through the terms of an appeal.

Depreciation

Depreciation is charged at 20% reducing balance per year

2 **Grants**

	2022 £	2021 £
Unrestricted		
The Tudor Trust	**28,000**	30,000
Gateshead Council Covid Response	**2,667**	21,351
Community Foundation TW&N	**-**	10,000
The Headley Trust	**20,000**	-
The Leathersellers' Company	**5,000**	5,000
National Lottery Well Tuned Gateshead	**-**	590
Masonic Charitable Foundation	**5,000**	-
Garfield Weston Foundation	**20,000**	-
	80,667	66,941
Restricted		
Ballinger Charitable Trust	**15,000**	15,000
Newcastle Gateshead CCG	**21,400**	-
Gateshead Council	**8,400**	-
National Lottery Community Fund Reaching Communities	**46,106**	37,183
Heart Research UK	**6,420**	-
The Greggs Foundation	**-**	15,000
Gateshead Council Innovation and Development	**-**	14,072
Tudor Trust Staff Wellbeing Fund	**-**	2,000
Kellett Fund at the Community Foundation	**25,000**	-
Community Foundation TW&N	**-**	64,710
National Lottery Community Fund	**10,000**	50,000
Sport England Capital Fund	**6,156**	18,500
The Bernicia Foundation	**-**	10,000
Community Foundation	**1,500**	-
Edberts House	**19,800**	-
The Trusthouse Charitable Foundation	**10,000**	-
North Music Trust – Well Tuned Gateshead	**2,742**	-
	172,124	226,465
Total grants	**252,791**	293,406

3 Expenditure

Charitable activities	Unrestricted £	Restricted £	2022 £	*2021 £*
Salaries and pensions	**49,044**	**63,510**	**112,554**	*95,810*
Capital and outdoor area development	-	-	-	*48,551*
Sessional exercise instructors	-	**28,844**	**28,844**	*33,178*
Filming and promotion	-	**8,850**	**8,850**	*64,804*
Utilities and services	**2,042**	**18,558**	**20,600**	*16,813*
Miscellaneous	**3,000**	**5,776**	**8,776**	*5,733*
Consumables and equipment	**5,227**	**12,000**	**17,227**	*6,489*
Accountancy	**4,442**	-	**4,442**	*2,626*
Depreciation	**391**	-	**391**	*391*
	64,146	**137,538**	**201,684**	*274,395*

4 Trustees expenses

Expenses paid to trustees during the year: £Nil (2021: £Nil)

5 Fees for examination of the accounts

	2022 £	*2021 £*
Fee for reporting on the accounts	**4,442**	*1,000*

6 Wages

	2022 £	*2021 £*
Gross wages	**102,530**	*89,282*
Social security cost	**6,406**	*4,460*
Pensions	**3,618**	*2,068*
Total staff costs	**112,554**	*95,810*

7 Staff numbers

Staff numbers during the year were as follows

	Part time	Full time	Total
Management and administration	1	2	3

8 Fixed assets

	Furniture & equipment £
At valuation	
As at 1 April 2021	6,701
Additions	-
As at 31 March 2022	6,701
Depreciation	
As at 1 April 2021	5,136
Depreciation for year	313
As at 31 March 2022	5,136
Net book value	
As at 31 March 2022	1,252
As at 31 March 2021	*1,565*

9 Creditors – amount falling due within one year

	2022 £	*2021 £*
Creditors	622	-
Taxes and accruals	2,964	*25,863*
	3,586	*25,863*

10 Net movement on funds

	As at 1 April 2021	Income	Expenditure	Transfer	As at 31 March 2022
Unrestricted	£	£	£	£	£
General	39,626	82,158	64,146	-	**57,638**
Restricted					
Other Funds	*125,719*	172,124	137,538	-	**160,305**
	165,345	254,282	201,684	-	**217,943**

GATESHEAD OLDER PEOPLE'S ASSEMBLY

England & Wales - Charity number 1155832

Accounts

GATESHEAD OLDER PEOPLE'S ASSEMBLY

REPORT AND FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

Charity No 1155832

GATESHEAD OLDER PEOPLE'S ASSEMBLY

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GATESHEAD OLDER PEOPLE'S ASSEMBLY
Report of the Trustees
Year ended 31 March 2021

Legal and administrative information

Board of Trustees:	B Coates A Currie A Dougall M McMahon J Ndambona S Renforth M Barrett
Registered Office:	178 Split Crow Road Gateshead Tyne & Wear NE8 3UB
Accountants:	McCready Page LLP 511 Durham Road Gateshead Tyne & Wear NE9 5EY
Bankers:	Unity Trust Bank PO Box 7193 Planetary Road Willenhall WV1 9DG

The trustees present their report and the financial statements of the charity for the year ended 31 March 2021.

To say our 2020/21 financial year had an unusual start is an understatement. We, along with the rest of the country, found ourselves in the first of the lockdowns associated with the COVID-19 pandemic. This presented some interesting challenges for a charity focused on bringing people together.

It wasn't all doom and gloom, however, as we were able to identify new and different ways of working to achieve our strategic goals.

As the vast majority of our beneficiaries were shielding, we stayed in touch via telephone through the early part of the lockdown. We were absolutely delighted to hear that the friendships made in our classes and groups were still holding strong. Most of our beneficiaries were enjoying regular telephone calls with friends they'd met through our activities and some who lived alone had paired up to create their own bubbles.

Outdoor Exercise Programme

In anticipation of shielding restrictions loosening in July 2020, we began work on our outdoor area. An area previously used for storage was totally transformed into a 96m² turfed area suitable for socially-distanced exercise. After a few weeks of work, we were finally in a position to offer our beneficiaries the opportunity to safely meet each other again after a break of nearly three months.





We worked with our team of trusted instructors to develop a COVID-secure wellness programme comprised of our most popular classes:



We were also fortunate to secure outdoor venues at local bowls clubs for the delivery of Tai Chi classes in Winlaton, Leam Lane, and Pelaw.



Keeping Well at Home

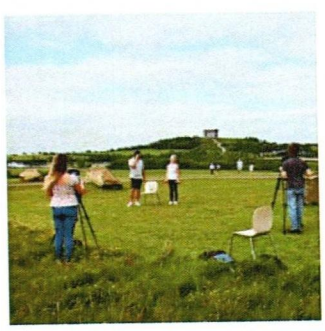
While we were very happy to be able to resume the delivery of face-to-face classes and groups, we knew there was work yet to be done. We were conscious that many of our beneficiaries were still shielding and attending face-to-face classes simply was not an option for them. We were also closely following the coverage of the deconditioning epidemic affecting older people who had been unable to leave maintain their physical health during lockdown.

While online provision solved some of the problem, we knew that a sizeable percentage of older people do not have access (or choose not to access) the Internet. Our Keeping Well at Home television programme was launched as a result. We partnered with Local TV to deliver a nationally-televised daily exercise programme targeting older people who needed to exercise at home.

Keeping Well at Home with Gateshead Older People's Assembly was broadcast from July through November 2020. A total of 60 episodes were filmed and an episode was broadcast seven times each day. Viewers could tune in via Freeview, Virgin Media, or Sky. On average, 100,000 viewers were recorded each day and we heard from viewers from Alnwick all the way to Wales.





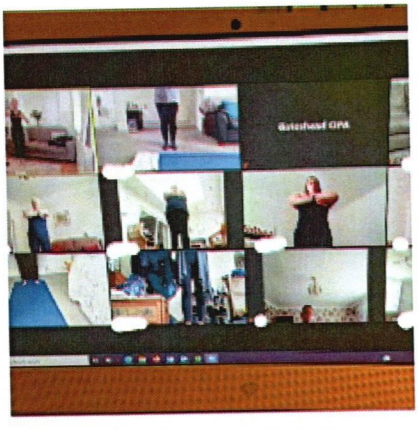


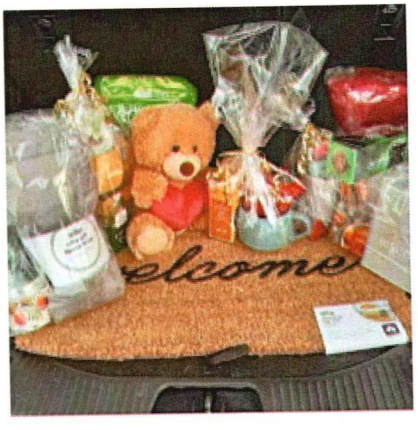
Our Zoom Programme

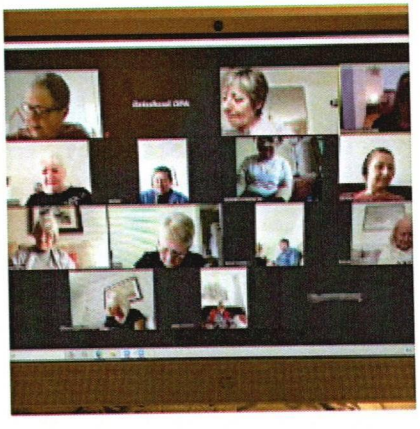
As the cold weather closed in, we made the decision to move our activities to Zoom. Our Zoom programme commenced in November 2020 and is still running. The programme content has changed over time according to the wishes of our beneficiaries.



Our Zoom programme provided essential opportunities for our beneficiaries to exercise and socialise over the dark winter months. One of the highlights of the programme was the delivery of quiz and bingo prizes to each week's winners, many of whom were receiving no other visitors during this time.







Healthy meal deliveries

There's no denying that the pandemic, its associated lockdowns, and the dark winter months were having a devastating impact on the mental health of some of our beneficiaries. Several told us that they had simply lost the will to cook for themselves and were surviving on cereal and tinned soup.

To help, we began preparing and delivering three healthy meals to those beneficiaries each week. In addition to providing much-needed nutrition and taking away the bother of having to cook, the deliveries provided an opportunity to socialise for several of these

beneficiaries, especially those living alone.





Beneficiary Feedback

We began surveying those attending our classes in January 2020 with a view to understanding the impact coming along to our classes has on their lives. Through March 2020, we had responses from 212 participants. These survey results were always intended to be included in our 2020/21 annual report, but it is important to clarify that these responses reflect our pre-COVID offer.

The top three reasons why our beneficiaries take part in Gateshead Older People's Assembly activities are:

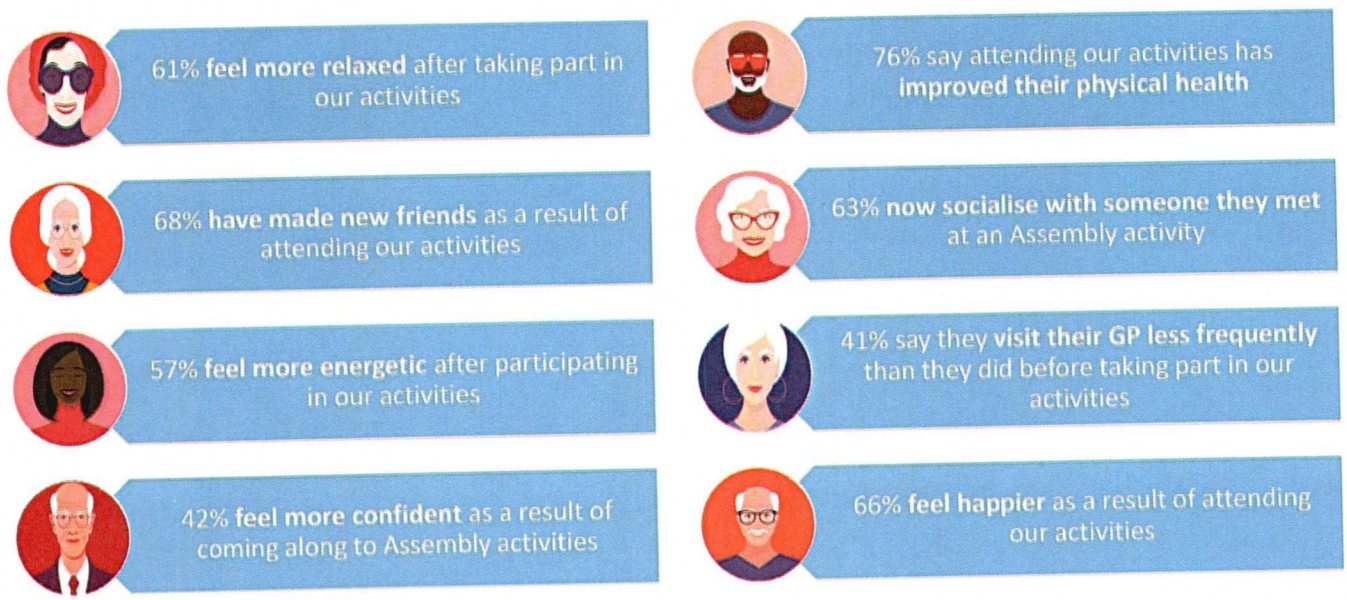


We asked participants why they initially decided to join one of our classes. We hypothesised that improving one's physical health would be the main driver. That was certainly in the top three, but we found it interesting that for many, the social element was more important. They joined a wellness class primarily to meet new people – the exercise and subsequent improvements to physical health were an added bonus.

Taking part in something new was also a major driver for many and they told us that the fact that many of our classes were offered through our 10-week free taster model gave them the freedom to try something new without making a financial investment.

We wanted to find out if our beneficiaries felt less socially isolated as a result of taking part in Assembly activities. We also wanted to understand how participation in Assembly wellness classes affected beneficiaries' perceptions of being more capable of self-care.

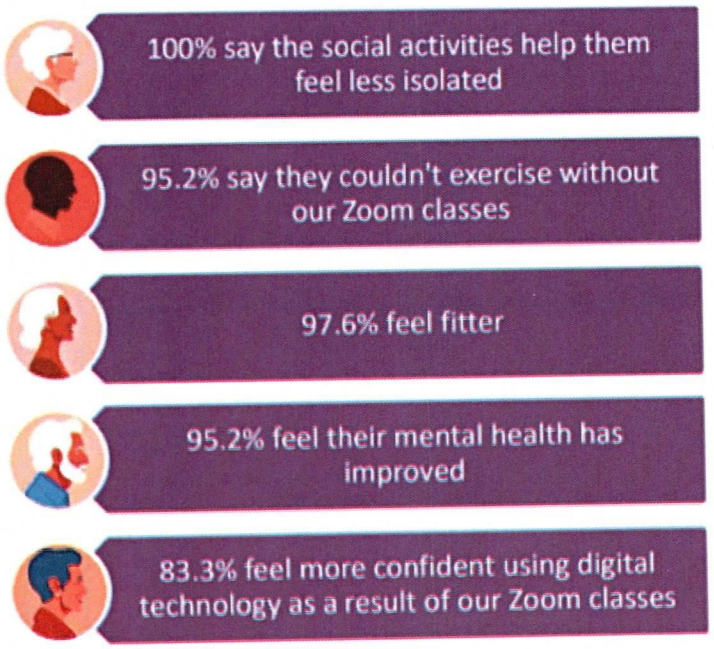
The survey results indicated that the vast majority of participants expanded their social network and made friends (68%) with whom they now socialise (63%) as a result of taking part in Assembly activities. In addition, 42% of attendees said taking part in their new class made them feel more connected to their local community.

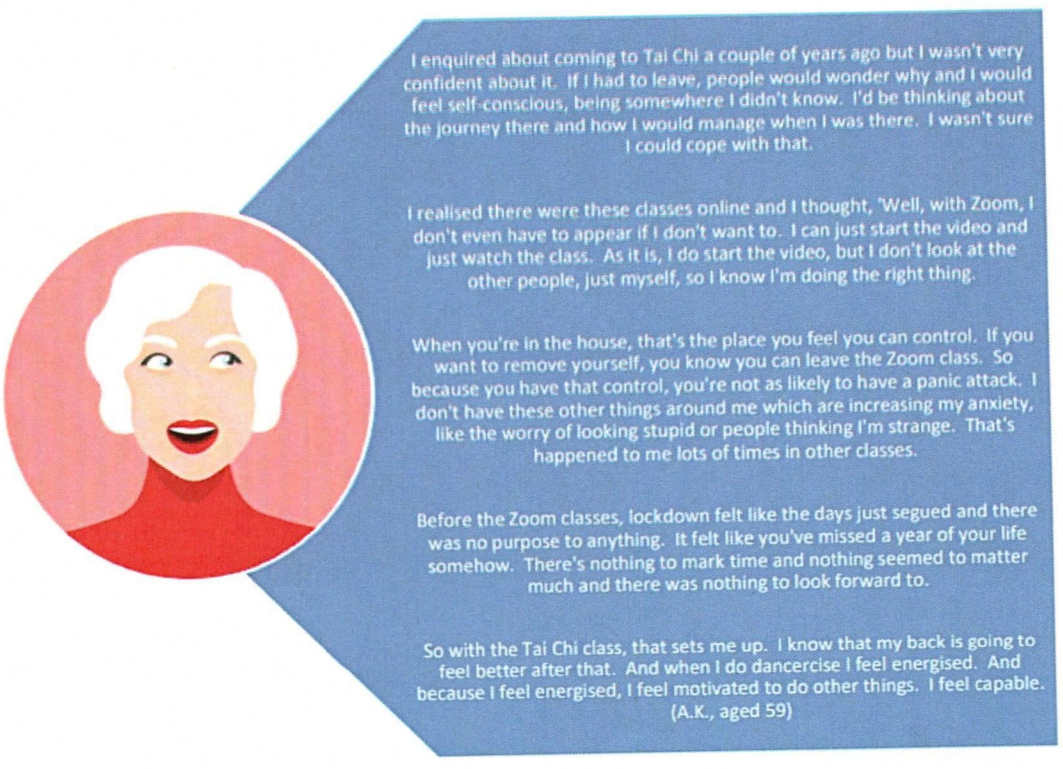


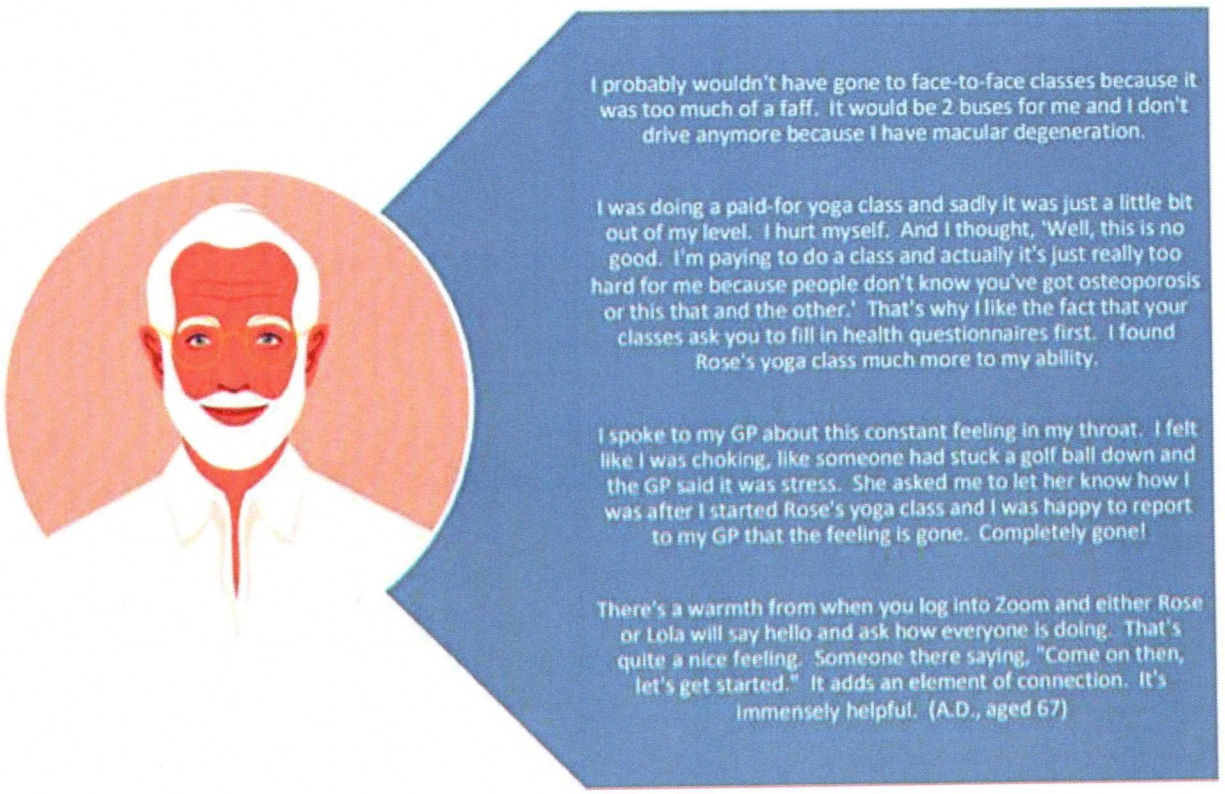
In terms of feeling more capable of self-care, participation in Assembly activities has had a positive impact on attendees' mental and physical health. Over three-quarters (76%) reported an improvement in their physical health and 57% said they felt more energetic. Attendees also reported feeling happier (66%), more relaxed (61%), and more confident (42%).

We were delighted to hear that 41% of attendees say they visit their GP less frequently than they did before taking part in Assembly activities.

In February 2021, we sought feedback from those taking part in our Zoom programme. Here's what they had to say:







What we've learned this year and how we're changing what we do as a result

The last year has been full of challenges and we've had to change direction more than once, but we are proud of what we've achieved and our beneficiaries' feedback has been invaluable in helping us understand the impact of our work on their lives.

Developing our outdoor space was not something we'd seriously considered doing before the pandemic, but we now have a beautiful, purpose-built area for our beneficiaries to exercise and socialise and we don't know what we would do without it! The area is the main reason we have been able to continue to offer older people opportunities to exercise and socialise throughout the pandemic and it will massively increase our capacity to deliver a wider variety of activities for our beneficiaries moving forward.

We have also learned that online provision is much more popular with our beneficiaries than we previously thought. Uptake on our Zoom programme far exceeded our expectations and we will now be embedding online opportunities in as many of our programmes and projects as is practical.

The biggest lesson we've learned over the past year is to not make assumptions. When the lockdowns began, there were certain beneficiaries who we assumed would absolutely sail through and those who would require more support. In several cases, our assumptions were turned on their heads. Our 'movers and shakers' often turned out to be the ones who suffered the most from a lack of social contact and our quieter beneficiaries were perfectly

happy to spend lots of time in their own company.

As a team, we have all noted that one of the benefits of the last year is that it has given us the opportunity to learn more about our beneficiaries on a personal level. We really have come together as a family, are supporting each other in new ways, and have strengthened our connections.

Trustees
The trustees who served during the year were as follows:

M Barrett
B Coates - Chair
A Currie – Vice Chair
A Dougall
M McMahon - Treasurer
J Ndambona
S Renforth

Reserves policy and going concern
The trustees aim to maintain free reserves in unrestricted funds at a level which equates to at least six months of charitable expenditure. The trustees consider that this level will provide sufficiently for any contingency planning should the need arise. The management team provides the trustees with a twelve month rolling budget forecast which is updated every quarter. This provides sufficient foresight and time to be able to address any issues before they arise.

The trustees consider the charity is currently in a financially stable position and have no concerns about the charity's continuing existence and success.

Structure, governance, and management
Gateshead Older People's Assembly is a charitable incorporated organisation (CIO). The organisation was registered with the Charities Commission on 18 February 2014. Trustees are invited from all interested bodies and are selected by the trustees.

The board of trustees would like to take this opportunity to thank all the staff, volunteers, funders, investors, and beneficiaries for another exciting year in the charity's development.

Financial review
The financial statements show a surplus of £41,229. Restricted surplus was £39,360. This is carried forward into the next accounting period.

Restricted funding is the main type of income and expenditure. Monies are received for running costs of the office and salaries

Signed on behalf of the management committee, on 18 November 2021

B Coates
Trustee



Report of the Independent Examiner to the trustees of Gateshead Older People's Assembly

I report on the financial statements of Gateshead Older People's Assembly for the year ended 31 March 2021 which are set out on pages 12 to 18.

Respective responsibility of trustees and examiner

The charity's trustees are responsible for the preparation of the financial statements. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011(the 2011 Act) and that an independent examination is needed. Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to
Examine the accounts under section 145 of the 2011 Act
To follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act) and
To state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the financial statements presented with those records. It also includes consideration of any unusual items or disclosures in the financial statements, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements to keep accounting records in accordance with section 386 of the Companies Act 2006; and
to prepare financial statements which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or to which, in my opinion, attention should be drawn in order to enable a proper understanding of the financial statements to be reached.

R A Page FCCA
511 Durham Road
Low Fell
Gateshead
Tyne & Wear
NE9 5EY



Date: 18 November 2021

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Statement of Financial Activities
Year ended 31 March 2021

	Notes	Unrestricted	Restricted	Total 2021	*Total 2020*
Income		£	£	£	*£*
Donations		135	-	135	*3,232*
Other income		22,083	-	22,083	*5,006*
Grants	2	66,941	226,465	293,406	*197,210*
Total income		89,159	226,465	315,624	*205,448*
Expenditure					
Charitable activities	3	87,290	187,105	274,395	*160,747*
Total expenditure		87,290	187,105	274,395	*160,747*
Net income		1,869	39,360	41,229	*44,701*
Transfers		-	-	-	*-*
Net movement in funds		1,869	39,360	41,229	*44,701*
Total funds brought forward		37,757	86,359	124,116	*79,415*
Total funds carried forward		39,626	125,719	165,345	*124,116*

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Balance Sheet as at 31 March 2021

	Notes	Unrestricted	Restricted	2021	2020
		£	£	£	£
Fixed assets					
Tangible assets	8	1,565	-	1,565	1,956
Current assets					
Cash at bank and in hand		38,061	151,582	189,643	125,322
		38,061	151,582	189,643	125,322
Creditors – amount due within one year	9	-	25,863	25,863	3,162
Net current assets		38,061	125,719	163,780	122,160
Net assets		39,626	125,719	165,345	124,116
Funds of the charity	10	39,626	125,719	165,345	124,116

The financial statements were approved by the trustees on 18 November 2021 and signed on the trustees behalf by:

B Coates
Trustee

B Coates

1 **Basis of preparation of financial statements**

The financial statements have been prepared in accordance with 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 2015) – (Charities SORP (FRS 1023), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102).

Basis of accounting

The charity has adopted the accruals basis of accounting as required by the regulations.

Income

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

Expenditure

Costs are recognised as and when there becomes a legal or constructive obligation committing the charity to pay out the resources.

Funds accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are subjected to restrictions on their expenditure imposed by the funder, donor or through the terms of an appeal.

Depreciation

Depreciation is charged at 20% reducing balance per year

2 Grants

	2021 £	2020 £
Unrestricted		
Tudor Trust	**30,000**	30,000
Gateshead Council Covid Response	**21,351**	-
Community Foundation TW&N	**10,000**	-
Leathersellers	**5,000**	5,000
National Lottery Well Tuned Gateshead	**590**	1,761
Restricted		
Ballinger Charitable Trust	**15,000**	15,000
Newcastle Gateshead CCG	**-**	20,000
National Lottery Community Fund Reaching Communities	**37,183**	39,345
National Lottery Community Fund Building Connections	**-**	10,000
The Greggs Foundation	**15,000**	10,000
Gateshead Council Innovation and Development	**14,072**	14,072
Tudor Trust	**2,000**	-
Kellett Fund at the Community Foundation	**-**	22,970
Community Foundation TW&N	**64,710**	15,050
National Lottery Community Fund Covid Response	**50,000**	-
Sports England Capital Fund	**18,500**	-
Bernicia Foundation	**10,000**	-
The Giving Network at the Community Foundation	**-**	4,012
LGA Foundation	**-**	5,000
Sir James Knott Trust	**-**	5,000
	293,406	197,210

3 Expenditure

Charitable activities	Unrestricted £	Restricted £	2021 £	*2020 £*
Wages	**37,205**	**58,605**	**95,810**	*88,715*
Capital and outdoor area development	**14,051**	**34,500**	**48,551**	*10,982*
Sessional exercise instructors	**7,178**	**26,000**	**33,178**	*25,787*
TV Filming and broadcast	**4,804**	**60,000**	**64,804**	-
Utilities and services	**11,813**	**5,000**	**16,813**	*21,750*
Miscellaneous	**5,733**	**-**	**5,733**	*11,332*
Covid specific consumables and equipment	**3,489**	**3,000**	**6,489**	-
Accountancy	**2,626**	**-**	**2,626**	*1,693*
Depreciation	**391**		**391**	*488*
	87,290	**187,105**	**274,395**	*160,747*

4 Trustees expenses

Expenses paid to trustees during the year: £Nil (2020: £Nil)

5 Fees for examination of the accounts

	2021 £	*2020 £*
Fee for reporting on the accounts	**1,000**	*1,000*

6 Wages

	2021 £	*2020 £*
Gross wages	**89,282**	*82,092*
Social security cost	**4,460**	*4,222*
Pensions	**2,068**	*2,401*
Total staff costs	**95,810**	*88,715*

7 Staff numbers

Staff numbers during the year were as follows

	Part time	Full time	Total
Management and administration	1	2	3

8 Fixed assets

	Furniture & equipment £
At valuation	
As at 1 April 2020	6,701
Additions	-
As at 31 March 2021	6,701
Depreciation	
As at 1 April 2020	4,745
Depreciation for year	391
As at 31 March 2021	5,136
Net book value	
As at 31 March 2021	1,565
As at 31 March 2020	*1,956*

9 Creditors – amount falling due within one year

	2021 £	*2020 £*
Other creditors and accruals	25,863	*3,162*
	25,863	*3,162*

10 Net movement on funds

	As at 1 April 2020	Income	Expenditure	Transfer	As at 31 March 2021
Unrestricted	**£**	**£**	**£**	**£**	**£**
General	*37,757*	89,159	87,290	-	**39,626**
Restricted					
Other Funds	*86,359*	226,465	187,105	-	**125,719**
	124,116	315,624	274,395	-	**165,345**