

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

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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.

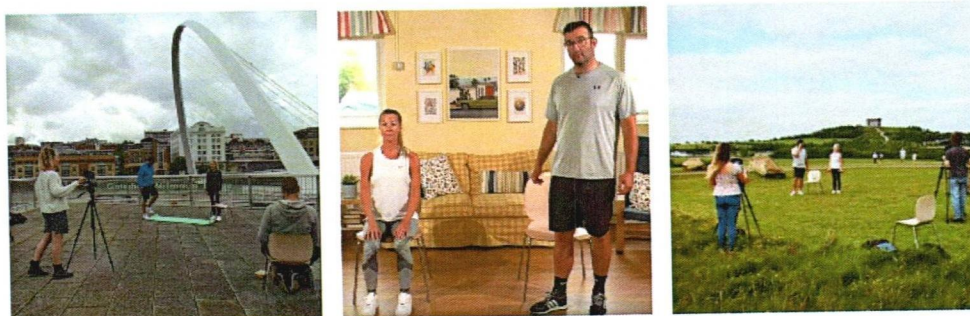


Keeping Well at Home

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.



61% **feel more relaxed** after taking part in our activities



76% say attending our activities has **improved their physical health**



68% **have made new friends** as a result of attending our activities



63% **now socialise with someone they met** at an Assembly activity



57% **feel more energetic** after participating in our activities



41% say they **visit their GP less frequently** than they did before taking part in our activities



42% **feel more confident** as a result of coming along to Assembly activities

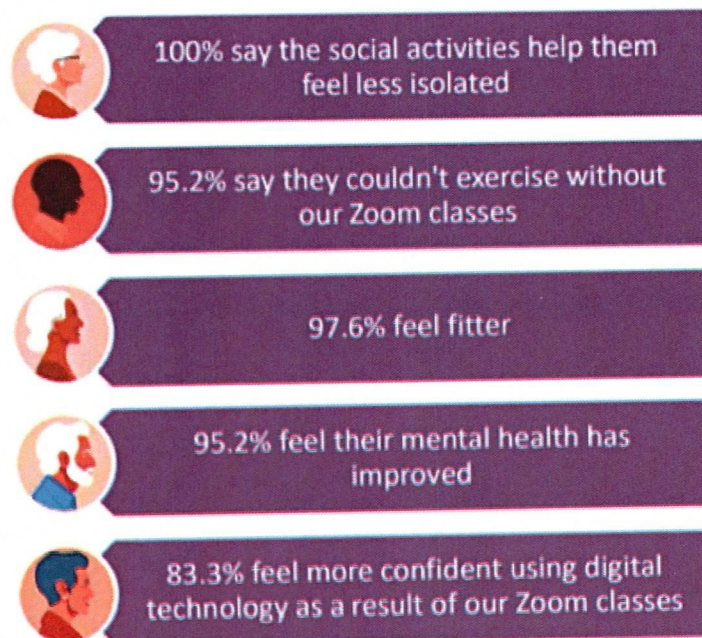


66% **feel happier** as a result of attending our activities

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:



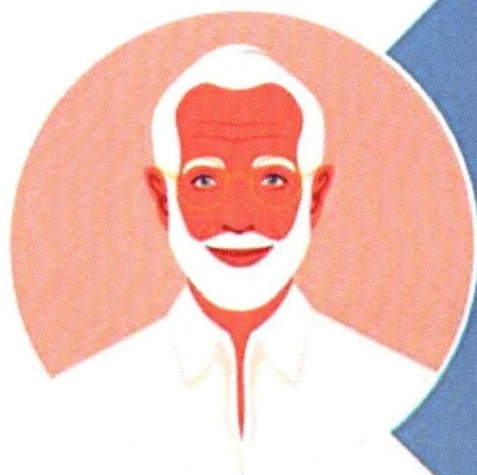
I enquired about coming to Tai Chi a couple of years ago but I wasn't very confident about it. If I had to leave, people would wonder why and I would feel self-conscious, being somewhere I didn't know. I'd be thinking about the journey there and how I would manage when I was there. I wasn't sure I could cope with that.

I realised there were these classes online and I thought, 'Well, with Zoom, I don't even have to appear if I don't want to. I can just start the video and just watch the class. As it is, I do start the video, but I don't look at the other people, just myself, so I know I'm doing the right thing.

When you're in the house, that's the place you feel you can control. If you want to remove yourself, you know you can leave the Zoom class. So because you have that control, you're not as likely to have a panic attack. I don't have these other things around me which are increasing my anxiety, like the worry of looking stupid or people thinking I'm strange. That's happened to me lots of times in other classes.

Before the Zoom classes, lockdown felt like the days just segued and there was no purpose to anything. It felt like you've missed a year of your life somehow. There's nothing to mark time and nothing seemed to matter much and there was nothing to look forward to.

So with the Tai Chi class, that sets me up. I know that my back is going to feel better after that. And when I do dancercise I feel energised. And because I feel energised, I feel motivated to do other things. I feel capable.
(A.K., aged 59)



I probably wouldn't have gone to face-to-face classes because it was too much of a faff. It would be 2 buses for me and I don't drive anymore because I have macular degeneration.

I was doing a paid-for yoga class and sadly it was just a little bit out of my level. I hurt myself. And I thought, 'Well, this is no good. I'm paying to do a class and actually it's just really too hard for me because people don't know you've got osteoporosis or this that and the other.' That's why I like the fact that your classes ask you to fill in health questionnaires first. I found Rose's yoga class much more to my ability.

I spoke to my GP about this constant feeling in my throat. I felt like I was choking, like someone had stuck a golf ball down and the GP said it was stress. She asked me to let her know how I was after I started Rose's yoga class and I was happy to report to my GP that the feeling is gone. Completely gone!

There's a warmth from when you log into Zoom and either Rose or Lola will say hello and ask how everyone is doing. That's quite a nice feeling. Someone there saying, "Come on then, let's get started." It adds an element of connection. It's immensely helpful. (A.D., aged 67)

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

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

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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.

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

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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

A handwritten signature in black ink, appearing to read 'B. Coates', written over a faint, stylized outline of the same name.

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

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	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		<u>89,159</u>	<u>226,465</u>	<u>315,624</u>	<u>205,448</u>
Expenditure					
Charitable activities	3	87,290	187,105	274,395	160,747
Total expenditure		<u>87,290</u>	<u>187,105</u>	<u>274,395</u>	<u>160,747</u>
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		<u>39,626</u>	<u>125,719</u>	<u>165,345</u>	<u>124,116</u>

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

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

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

B Coates
Trustee



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

	Unrestricted	Restricted	2021	2020
	£	£	£	£
Charitable activities				
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
	<u>87,290</u>	<u>187,105</u>	<u>274,395</u>	<u>160,747</u>

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	<u>1,000</u>	<u>1,000</u>

6 Wages

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

7 Staff numbers

Staff numbers during the year were as follows

	Part time	Full time	Total
	<u>1</u>	<u>2</u>	<u>3</u>
Management and administration			

8 Fixed assets

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

9 Creditors – amount falling due within one year

	2021 £	2020 £
Other creditors and accruals	<u>25,863</u>	<u>3,162</u>
	<u>25,863</u>	<u>3,162</u>

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	<u>86,359</u>	<u>226,465</u>	<u>187,105</u>	<u>-</u>	<u>125,719</u>
	<u>124,116</u>	<u>315,624</u>	<u>274,395</u>	<u>-</u>	<u>165,345</u>