



Annual Impact Report

April 2021 - March 2022



GATESHEAD
OLDER PEOPLE'S
ASSEMBLY





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.

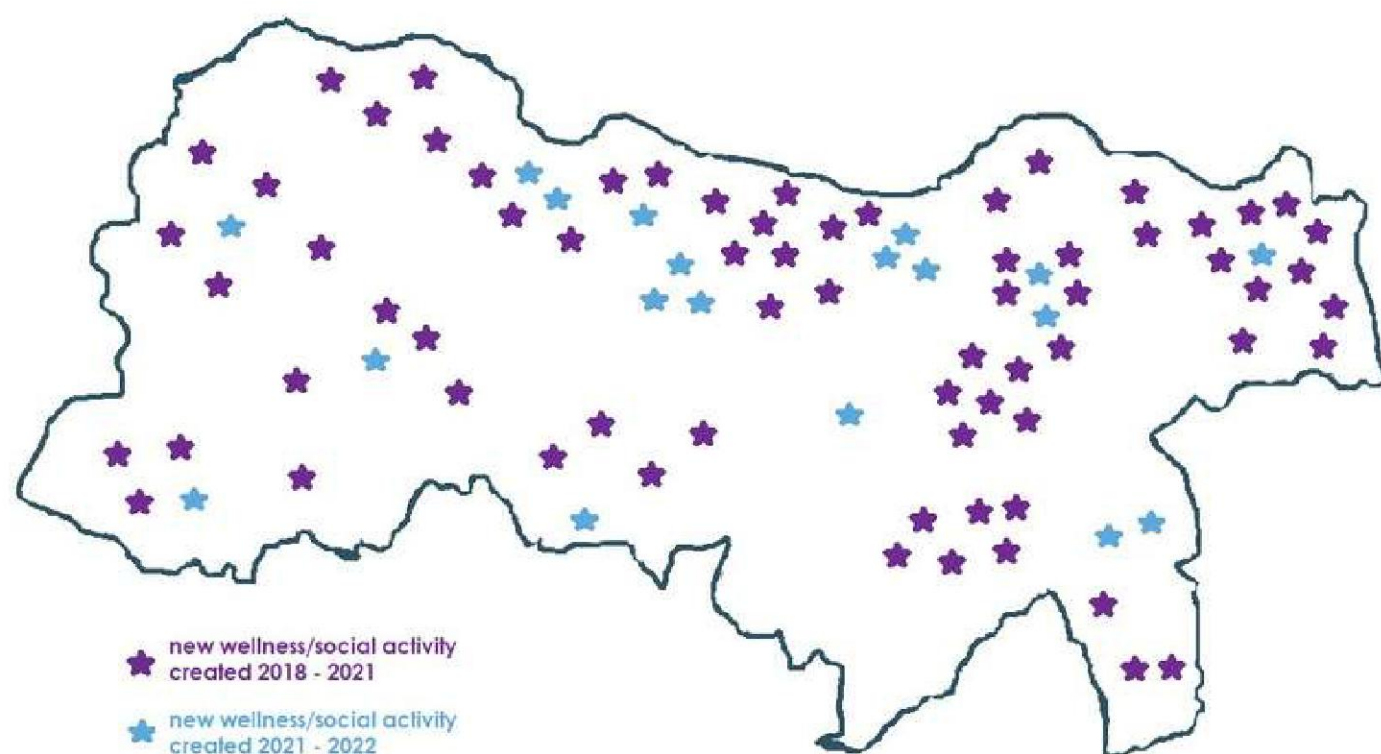
Since 2018, we've set up new classes and groups using our free taster model, which allows over 50s to take part free of charge for the first six weeks. We cover the instructor's hourly rate and room hire costs, provide them with marketing materials, and assist with promotion. This gives the new group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



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.

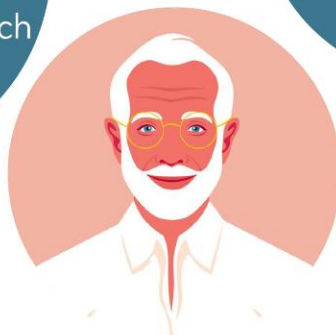


The classes are wonderful and really interactive. They have supported us in every way. Lovely people and always happy.



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 opportunities 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."

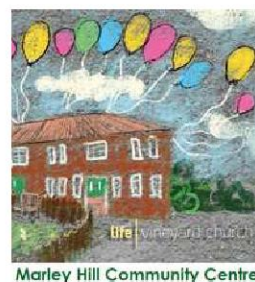
Community connections

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



WHICKHAM COMMUNITY CENTRE

Swalwell Community Centre



Action for Warm Homes



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.



2021 WINNER
UNIQUELY NORTH EAST
AWARD



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
REPORT AND FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

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 2022

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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

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.gatesheadopa.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.

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Report of the Trustees
Year ended 31 March 2022

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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

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

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	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

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

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

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Notes to the accounts
Year ended 31 March 2022

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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	-
	<u>80,667</u>	<u>66,941</u>
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	-
	<u>172,124</u>	<u>226,465</u>
Total grants	<u>252,791</u>	<u>293,406</u>

3 Expenditure

	Unrestricted	Restricted	2022	2021
	£	£	£	£
Charitable activities				
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
	1	2	3
Management and administration			

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	<u>125,719</u>	<u>172,124</u>	<u>137,538</u>	<u>-</u>	<u>160,305</u>
	<u>165,345</u>	<u>254,282</u>	<u>201,684</u>	<u>-</u>	<u>217,943</u>