

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 greater 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 to 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.

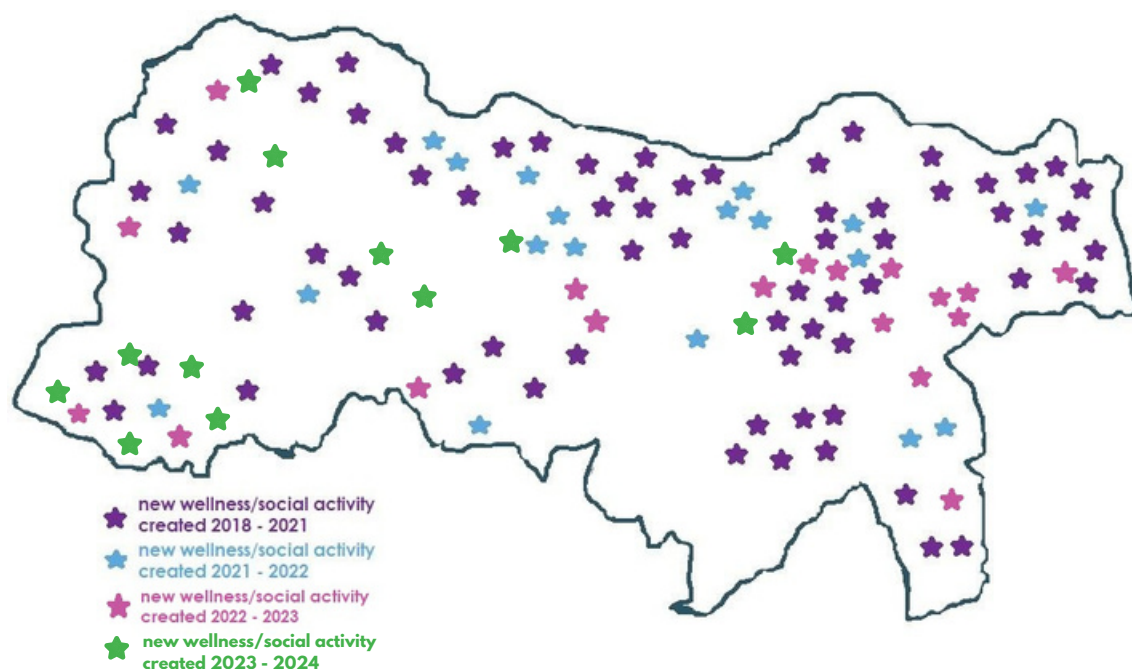
As a charity, we focus on early intervention with a view to helping over 50s maintain their health, mobility, and independence. We avoid reinforcing the negative stereotypes associated with ageing and focus on offering engaging social activities, learning opportunities, and wellness programmes through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

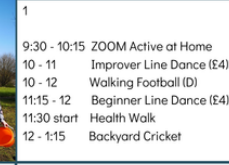
This year, we've continued to set up new wellness activities for over 50s in community venues across Gateshead. All of the new classes we support are delivered free of charge for the first six weeks to allow our beneficiaries a chance to try something new without making a financial commitment.

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
				
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 (D) 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



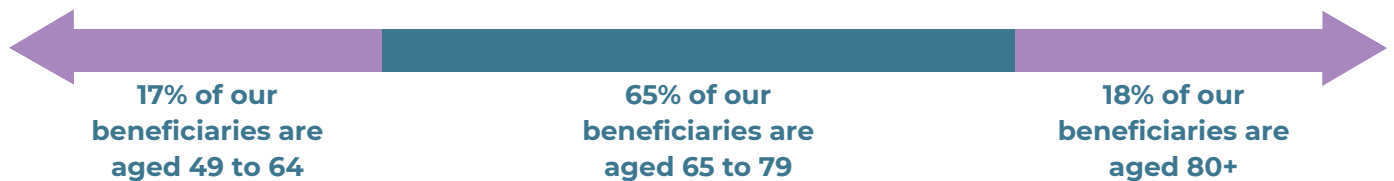
18% of our beneficiaries have caring responsibilities



45% of our beneficiaries live alone



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



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.





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Deckham
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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 2024

Charity No 1155832

GATESHEAD OLDER PEOPLE'S ASSEMBLY

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GATESHEAD OLDER PEOPLE'S ASSEMBLY

1

Report of the Trustees

Year ended 31 March 2024

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. There 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.

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Report of the Trustees
Year ended 31 March 2024

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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.

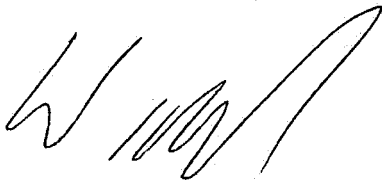
Financial review

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

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	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		<u>75,155</u>	<u>174,042</u>	<u>249,197</u>	<u>214,967</u>
Expenditure					
Charitable activities	3	77,540	178,312	255,852	206,256
Total expenditure		<u>77,540</u>	<u>178,312</u>	<u>255,852</u>	<u>206,256</u>
Net income		<u>(2,385)</u>	<u>(4,270)</u>	<u>(6,655)</u>	8,711
Transfers		-	-	-	-
Net movement in funds		<u>(2,385)</u>	<u>(4,270)</u>	<u>(6,655)</u>	8,711
Total funds brought forward		53,054	173,600	226,654	217,943
Total funds carried forward		<u>50,669</u>	<u>169,330</u>	<u>219,999</u>	<u>226,654</u>

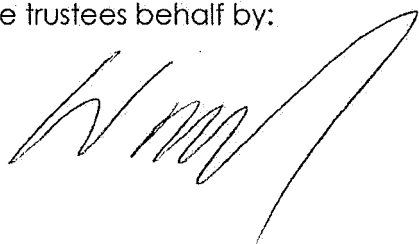
GATESHEAD OLDER PEOPLE'S ASSEMBLY
Balance Sheet as at 31 March 2024

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

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

GATESHEAD OLDER PEOPLE'S ASSEMBLY**8****Notes to the accounts****Year ended 31 March 2024****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

	Unrestricted	Restricted	2024	2023
	£	£	£	£
Charitable activities				
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
	<u>77,540</u>	<u>178,312</u>	<u>255,852</u>	<u>206,256</u>

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	<u>4,790</u>	<u>3,820</u>

6 Wages

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

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Notes to the accounts
Year ended 31 March 2024

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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

GATESHEAD OLDER PEOPLE'S ASSEMBLY
Notes to the accounts
Year ended 31 March 2024

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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	<u>173,600</u>	<u>174,042</u>	<u>178,312</u>	<u>-</u>	<u>169,330</u>
	<u>226,654</u>	<u>249,197</u>	<u>255,852</u>	<u>-</u>	<u>219,999</u>

