

# Kensington and Chelsea Over 50s forum



## 2020/2021

In March 2020 we ceased all our live activities and went digital. We invested in online communication platforms and increased online activities. We expanded our helpline and chat schemes and developed essential services to support our members and the wider community through Covid 19.

- 1,636 older people benefited from our online courses, webinars, and virtual events
- 809 people called our helpline to receive advice and information
- 780 older people received copies of the *Incredibly easy ways to get fit*
- 609 older people attended learning online events on health
- 396 people accessed our shopping support
- 362 older people engaged on our chat phone calls
- 209 older people attended park walks
- 168 people accessed our prescription collection service
- 124 older people attended online forum events
- 104 older people attended online Tai Chi
- 79 Fact Sheets on Health and Keep fit
- 60 older people attended Mindfulness online
- 6,500 readerships from 5 Issues of *Forum Focus*



**We provide a prevention platform that is all inclusive by means of education and training to help older people remain healthy, independent, reduce social isolation and loneliness.**

**We partner with world-renowned consultant surgeons, clinics, health professionals and internationally recognised health and research organisations to bring knowledge and information to our members.**

**We partner with museums and businesses in the borough to give our members first-hand information and learning opportunities.**

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## **Future Plans for 2022/23**

- **A range of educational workshops to increase brain ability and reduce risk of dementia**
- **Courses in Self-defence to build self-confidence and improve physical fitness**
- **Courses in Mindfulness held in Kensington Palace and the Design Museum**
- **Courses for older people to enjoy the benefits of being online and use technology confidently to improve their online communication**
- **Future Care Planning seminars**
- **Online learning events to help older people manage their health conditions**
- **Learning opportunities in our four Master Hubs across the borough**
- **Engaging sheltered scheme residents in developing their knowledge of local services and culture activities.**

## Kensington & Chelsea Forum for Older Residents

### Receipts and payments account

For the year ended 31 March 2021

		Unrestricted Restricted		2021	Unrestricted	Restricted	2020
	Note	£	£	Total	£	£	Total
				£			£
<b>Receipts:</b>							
Grants	2	-	53,821	<b>53,821</b>	-	51,330	51,330
Donations		340	-	<b>340</b>	1,602	-	1,602
Other trading activities		-	-	-	830	-	830
Investment income		4	-	<b>4</b>	8	-	8
<b>Total receipts</b>		<b>344</b>	<b>53,821</b>	<b>54,165</b>	<b>2,440</b>	<b>51,330</b>	<b>53,770</b>
<b>Payments:</b>							
Charitable activities:							
Membership activities	3	-	47,219	<b>47,219</b>	-	52,545	52,545
Administration and other expense	4	3,927	-	<b>3,927</b>	4,286	-	4,286
<b>Total payments</b>		<b>3,927</b>	<b>47,219</b>	<b>51,146</b>	<b>4,286</b>	<b>52,545</b>	<b>56,831</b>
<b>Net receipts / (payments)</b>		<b>(3,583)</b>	<b>6,602</b>	<b>3,019</b>	<b>(1,846)</b>	<b>(1,215)</b>	<b>(3,061)</b>
<b>Reconciliation of funds:</b>							
Total funds brought forward		12,308	8,981	<b>21,289</b>	14,154	10,196	24,350
<b>Total funds carried forward</b>		<b>8,725</b>	<b>15,583</b>	<b>24,308</b>	<b>12,308</b>	<b>8,981</b>	<b>21,289</b>

## Kensington & Chelsea Forum for Older Residents

### Notes to the financial statements

For the Year ended 31 March 2021

#### 1. General accounting policies

##### Basis of preparation:

The financial statements have been prepared on a receipts and payments basis.

##### Funds:

**Unrestricted Funds** represent general funds of the charity that are not subject to any restriction on their use and are available to spend on activities that further any of the purposes of charity.

**Restricted Funds** are donations or grants which the donor has specified to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

#### 2. Grants income

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	2021	£	£	2020
			£			£
RBKC	-	53,821	<b>53,821</b>	-	51,330	51,330
	<b>-</b>	<b>53,821</b>	<b>53,821</b>	<b>-</b>	<b>51,330</b>	<b>51,330</b>

#### 3. Charitable activities

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	2021	£	£	2020
			£			£
<i>Membership activities:</i>						
Payroll and volunteers	-	36,787	<b>36,787</b>	-	32,399	32,399
Meetings and events costs	-	498	<b>498</b>	-	10,047	10,047
Printing, stationery and IT costs	-	9,934	<b>9,934</b>	-	10,099	10,099
	<b>-</b>	<b>47,219</b>	<b>47,219</b>	<b>-</b>	<b>52,545</b>	<b>52,545</b>

# Kensington & Chelsea Forum for Older Residents

## Statement of assets and liabilities

As at 31 March 2021

	Notes	2021 £	2020 £
<b>Current assets</b>			
Cash at bank and in hand		9,271	6,674
Cash at bank - deposit account		15,037	15,033
		<u>24,308</u>	<u>21,707</u>
<b>Liabilities: amounts falling due within one year</b>		-	(418)
<b>Net current assets</b>		<u>24,308</u>	<u>21,289</u>
<b>Funds:</b>			
<b>Restricted funds</b>	7	15,583	8,981
<b>Unrestricted funds</b>		8,725	12,308
		<u>24,308</u>	<u>21,289</u>

Approved by the Board of Trustees on  
and signed on its behalf:

  
Stewart Katz, Treasurer

# Kensington & Chelsea Forum for Older Residents

## Notes to the financial statements

For the Year ended 31 March 2021

### 4. Administration and other expenses

	Unrestricted £	Restricted £	Total 2021 £	Unrestricted £	Restricted £	Total 2020 £
Office rent and other expenses	257	-	257	858	-	858
Insurance	441	-	441	396	-	396
Telephone	1,699	-	1,699	1,358	-	1,358
Accountancy fees	1,530	-	1,530	1,674	-	1,674
	<u>3,927</u>	<u>-</u>	<u>3,927</u>	<u>4,286</u>	<u>-</u>	<u>4,286</u>

### 5. Trustee remuneration and expenses

No Trustee received any remuneration, benefits in kind or expenses payments during the year (2020: none).

### 6. Taxation

The organisation is a charity and claims exemption from taxation on its current activities under S505(1) ICTA 1988.

### 7. Restricted funds

	At the start of the year £	Total receipts £	Total payments £	Transfers £	At the end of the year £
RBKC	8,981	53,821	47,219	-	15,583
	<u>8,981</u>	<u>53,821</u>	<u>47,219</u>	<u>-</u>	<u>15,583</u>

### 8. Related party transactions

There are no related party transactions to disclose for 2021 (2020: none). There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.