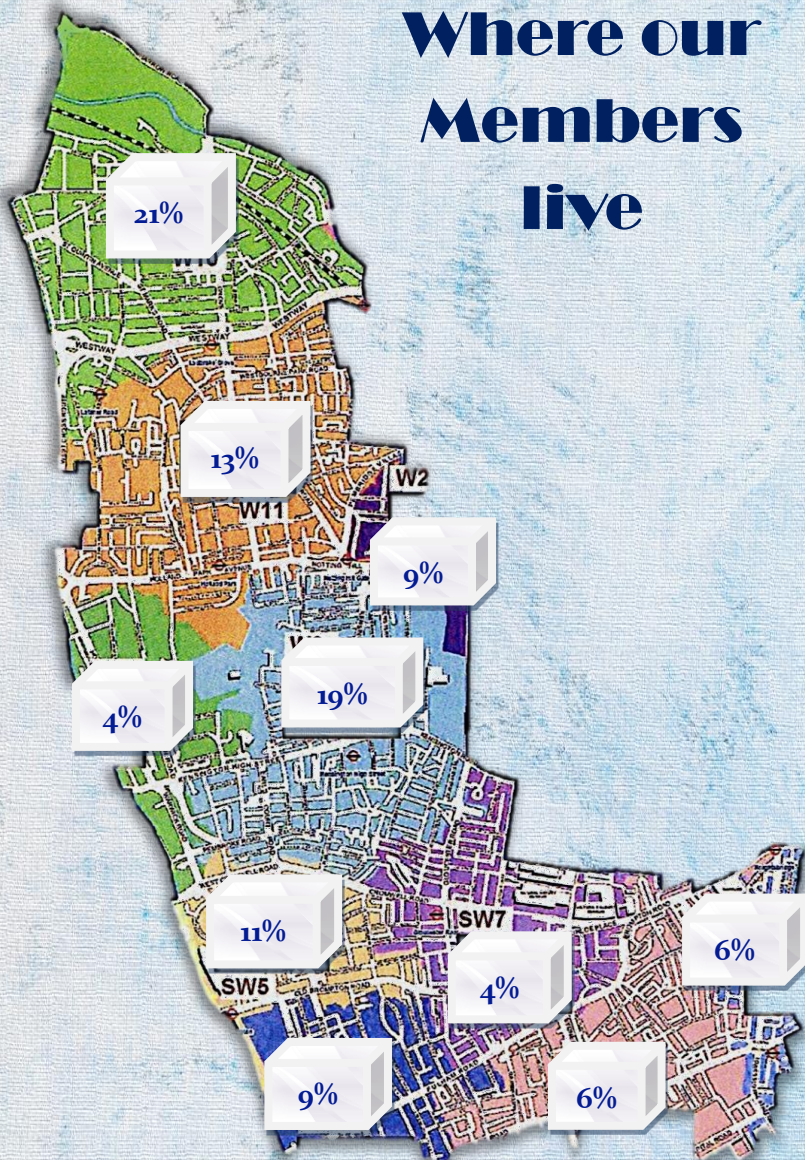




2021/2022

Annual Report

Where our Members live



KENSINGTON AND CHELSEA OVER 50s FORUM



Chelsea in Bloom: Sloane Street Display 2022



2022 Marked the Queen's Platinum Jubilee



Serpentine Bridge, Hyde Park

Keeping Older Residents

- Informed
- Involved
- And Influential

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Her Majesty the Queen at the National Army Museum with the Mayor (our Chair) Elizabeth Rutherford

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www.kensingtonandchelseaforum.org.uk www.seniorhealthandwellbeing.co.uk
 CIO Registered Charity No 1158108

PROFILE

The Kensington and Chelsea Over 50s Forum was formed in 1996 as a community voluntary organization giving the older residents of the Royal Borough an active voice in asserting their needs and concerns on local issues and in working to alleviate social isolation in the Borough. We became a CIO registered charity in August 2014. We hold public meetings in the Town Hall on a range of topics with expert speakers focusing on transport, environment, community safety, housing, lifelong learning, health, and government policies. We contribute to the wider movements through our links with regional and national bodies.

Governing Document

On 5th August 2014, the charity became a CIO registered charity establishing its objects in a new constitution.

The Forum's objectives are to:

To relieve elderly persons in Kensington and Chelsea and other London boroughs who are in need by reason of their financial circumstances, physical or mental health and by providing a framework of support for older people to help them remain healthy and independent.

The Forum's aims are to:

To promote the welfare and interests and to reach out to isolated older people and communities and provide them with information that will help them take more control over their lives and to give them a platform to voice concerns about issues relevant to them and to co-ordinate actions on those issues.

To provide a safe environment for older people in the London Borough of Kensington and Chelsea and others to meet for mutual support and to develop resources and liaise with relevant voluntary and statutory bodies/agencies.

Mission Statement

To support older people in Kensington and Chelsea to remain independent, healthy, foster inclusion, community cohesion and work to reduce social isolation.

EXECUTIVE COMMITTEE MEMBERS

CHAIR: Elizabeth Rutherford
TREASURER: Stewart Katz

TRUSTEES: Cllr Marie-Therese Rossi
Oonagh Wohanka
Laura Radley
Monique Lanson

STAFF:
Chief Executive: Zara Ghods
Marketing Director: Mina Nakhai
Mindfulness Coach: Elizabeth Hooper
Wellbeing Instructor: Chris Jones

Bank: Lloyds, Kensington High Street
Accountants: Accountability UK

THE FORUM IS FUNDED BY

MOPAC | MAYOR OF LONDON
OFFICE FOR POLICING AND CRIME



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

CHAIR'S REPORT

Elizabeth Rutherford, Chair

CHAIR'S REPORT

Dear Friends

This has been an unforgettable year for the Kensington and Chelsea Over 50s Forum. We have reached the 25th anniversary of the Forum, which has grown from a small community group with a membership of just over 100 to one of over 2,500 members. Covid-19 had forced us to hold our events on Zoom in the past couple of years, but happily we have been able to resurrect events this year and have been delighted to be able to welcome our members to live events again.



I am so grateful for all the support we have received from our volunteers and staff as well as our members and I look forward to this support continuing in the year to come as we battle to bring to the older residents of the Borough

information and education on health and wellbeing, art, culture and history and as we work to help prevent social isolation and loneliness.

Kindest Regards

Elizabeth Rutherford

OUR IMPACT

- 1,927 older people benefited from our online courses, webinars, and virtual events
- 570 people called our helpline to receive advice and information
- 821 older people received copies of the *Incredibly easy ways to get fit*
- 702 older people attended learning online events on health
- 175 people accessed our shopping support
- 457 older people engaged on our chat phone calls
- 212 older people attended park walks
- 213 people accessed our prescription collection service
- 243 older people attended online forum events
- 107 older people attended online Tai Chi
- 83 Fact Sheets on Health and Keep fit
- 7200 readerships from 5 Issues of *Forum Focus*

Our 25th Anniversary



2022 marks our 25th anniversary. Our charity was founded in March 1996 as a small community group. We have since expanded to include members which comprise 18% of the pensioner population in the Borough.

For over a quarter of a century we have been supporting older people living in Kensington and Chelsea to deal with some of the challenges life throws at them: bringing opportunity, stability and independence to the

people we support.

We are proud of our achievements and indebted to our diverse membership for the support and care they have given the Forum.

REVIEWING KEY ACTIVITIES

OUR HEALTH AND SELF-CARE EVENTS

We organised over 50 live presentations on Zoom and at venues in the past year exclusively for our members by world-renowned specialists and organisations. We are the only older peoples' charity in the UK which offers this very important service, being able to bring top specialists to our members where medical problems and concerns can be discussed face-to-face.

- **The Stroke Association talks by Barry Coppock.** This is as part of our Stroke Awareness Campaign. Stroke is the 4th single largest cause of death in the UK and the second largest killer in the world. It is the largest cause of complex disability. There are around 1.2 million stroke survivors in the UK. Barry talked about how to avoid stroke and life after stroke at several venues and dates over the year as part of our Stroke Prevention Self-Care program.
- **Kidney Care UK.** Matt Wolff talked to our members about kidney problems – signs and symptoms. Kidney Care UK is the UK's leading kidney patient support charity, improving care, advice, treatment and support for kidney patients and their families since 1975.
- **Mr Harsha Jayamanne, consultant surgeon and founder of the British Hernia Society.** Mr. Jayamanne has presented at both National and International surgical meetings and has a number of publications in the field of hernia surgery. He is currently working as an SAS doctor in General Surgery in Aneurin Bevan University Health Board, Newport. He has a heavy commitment to emergency surgery and is an enthusiast of abdominal wall repair and hernia surgery. He held a presentation for our members on Zoom, discussing hernias and treatments.
- **Professor D Kumar PhD FRCS: Consultant General and Colorectal Surgeon, St George's Hospital.** He specializes in inflammatory bowel disease and gastro-intestinal motility disorders. He is Professor of Gastrointestinal Surgery at St George's University of London and Honorary Consultant Surgeon at the Royal Marsden Hospital. His clinical interests include Treatment of Crohns disease, ulcerative colitis, colorectal cancer, advanced and recurrent bowl cancer, IBS and faecal incontinence and endoscopic procedures; colonoscopy, gastroscopy and day case surgery. He has published more than one hundred original papers and reviews in national and international journals, written more than fifty book chapters and has authored/edited six books. Professor Kumar gives regular guest and keynote lectures at National and international meetings. With his team of colleagues and patients he has set up a charity, www.boweldisease.org.uk (opens in new window) to raise funds to do research into bowel diseases. He gave a Zoom presentation for our members on inflammatory bowel disease.



- **Professor Adrian Wilson.** Professor Wilson is a specialist knee surgeon with an interest in joint preservation knee surgery. He is one of the top in his field in the world. He has



pioneered several techniques in the field of ligament and Osteotomy surgery. He practices at the Bupa Cromwell Hospital, Wellington Hospital and the Harley Street Clinic amongst other hospitals and clinics.

- **Mr Raghbir Khakha, Consultant in Trauma and Orthopaedics MBBS, MSc, FRCS (Tr & Orth)** Part of Professor Adrian Wilson's team, Mr Raghbir Khakha is a Consultant Trauma and Orthopaedic Surgeon with an exclusive interest in disorders of the knee. He has expertise in knee

joint preservation surgery including cartilage repair, ligament reconstruction and osteotomy surgery. He has been fellowship trained in unicompartmental joint replacement, total knee replacement and revision of failed joint replacement surgery. Mr Khakha has been a Consultant at Guys and St Thomas since 2017 where he is involved in the education and training of junior surgeons as well as fellows looking to refine their skills in all aspects of knee surgery. A Zoom presentation was given to our members by Mr Khakha on knee replacement surgery.

- **Diabetes UK, a leading UK charity and the NHS Diabetes Champions** gave a series of presentations on Zoom for us.
- **Arthritis Action, the world-leader UK-based charity** dealing with arthritis gave a presentation on Zoom for our members on self-management in controlling arthritic pain. Healthy eating, positive thinking and exercise can all help manage pain.



- **Dr Charles Alessi** is a globally recognized leader in health care. He is the global chief clinical officer of HIMSS, a mission driven, not for profit global membership organization. He has served as the Chairman of the National Association of Primary Care, part of the NHS confederation and senior advisor to Public Health England. Dr Alessi gave a presentation to our members at one of our venues on increasing the brain's ability and

reducing the risk of dementia.

- **Dr Jane Pritchard**, a Consultant Admiral Nurse who has been working with people with dementia for nearly sixteen years and is passionate about providing the best possible care. She talked to our members about how to keep your brain healthy and your memory intact. Dr Pritchard is a part of our continued dementia awareness campaign.
- **Crohn's and Colitis UK:** the world's leading charity for Crohn's Disease and Ulcerative Colitis. Crohn's Disease **and** *Ulcerative Colitis* are the two main forms of Inflammatory

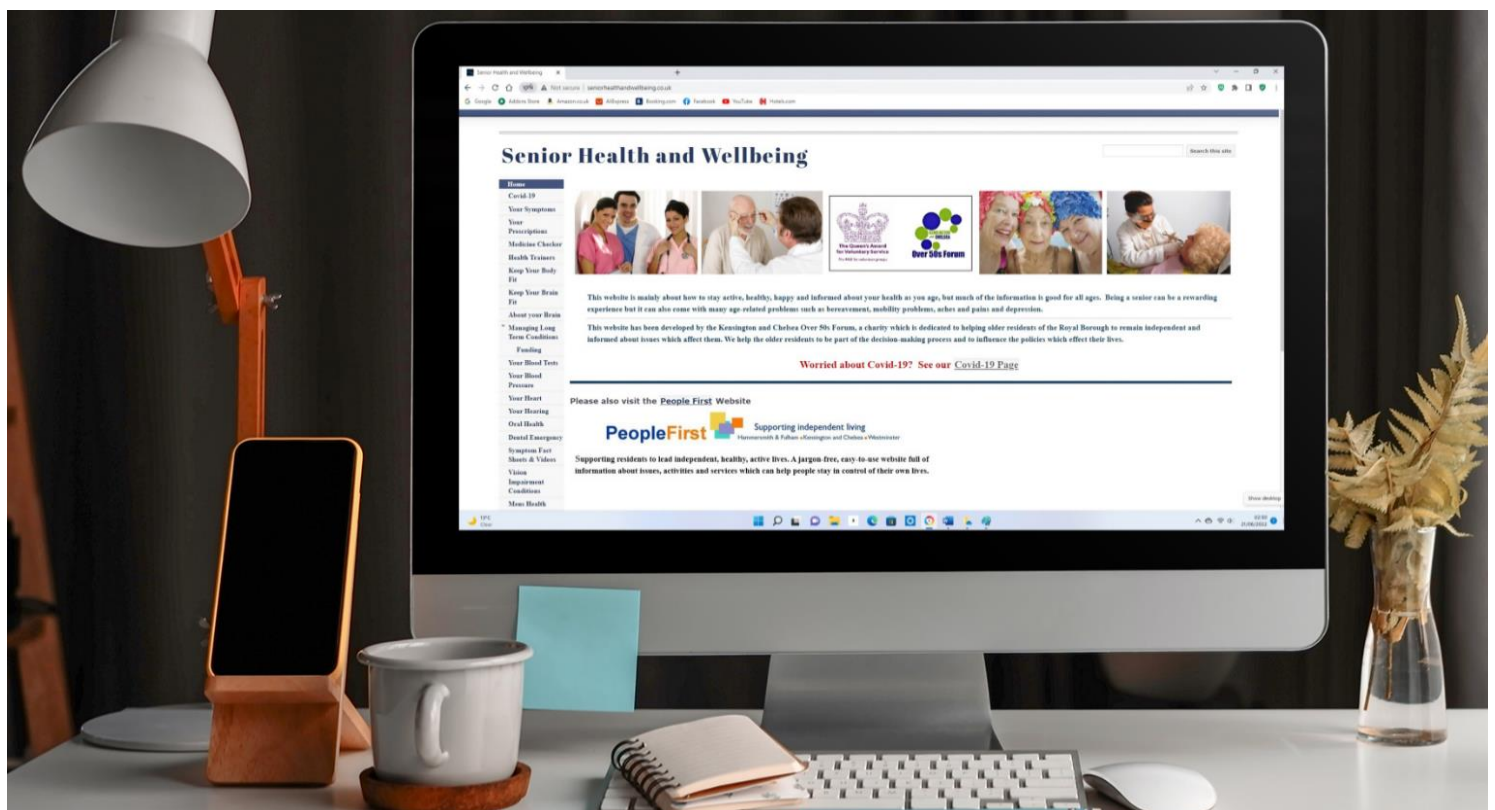
Bowel Disease, affecting more than 300,000 people in the UK. Right now, over 300,000 people in the UK are living with a lifelong disease that many people have never heard of. And the real number could be almost double that.

- **Winter Vaccines – Flu and Covid-19 Booster.** This event looked at what we all need to know about vaccines and how all communities across London can be better empowered to make informed decisions when it comes to taking up the free Winter Vaccines (Flu and Covid booster). The event was aimed at older Londoners and is an opportunity to find out about the resources available to share and help spread the word. The event was Chaired by Dr Tony Burch - a retired GP from London and a Trustee of Age UK London. Tony had been volunteering as a vaccinator during the pandemic.



Before the pandemic the Forum engaged the hard-to-reach residents in sheltered schemes in order that they may become more informed and engaged in activities to improve lifestyles. This was done by holding talks and social activities in the sheltered housing schemes in North Kensington and Cremorne Ward. Talks were held in community centres to help the BME and hard to reach communities become more informed about local services. The objectives have been to ensure that older people become more involved in the design and delivery of services and develop confidence through this knowledge. We are planning to reschedule this scheme in 2023.

Our Senior Health and Wellbeing website has continued to attract unique visitors worldwide with about 76% being from the UK. [www.seniorhealthandwellbeing.co.uk]





HARVARD MEDICAL SCHOOL

We have continued to help members by distributing information from the Harvard Medical School Special Reports as well as Harvard Online Courses on older peoples' health and wellbeing as listed on the following pages.

Starting to Exercise

This course assists you in creating a safe, well-rounded exercise plan — one that fits your life and that you will be likely to stick with. Helps you discover the right blend of exercises which incorporates aerobic workouts, as well as stretching and strength-building exercise routines. Provides tips to help you prevent injuries and discusses special considerations for people with medical conditions

Cognitive Fitness Course - Harvard University Health Online Learning

This online course helps optimize brain health and cognitive function. Harvard experts bring you all the information you need for understanding how you can stay mentally sharp as you age by following their practical 6-step plan for cognitive fitness. Instructor: Alvaro Pascual-Leone, MD, PhD, Professor of Neurology and Associate Dean for Clinical Translational Research at Harvard Medical School.

6-Week Plan for Healthy Eating - Harvard University Health Online Learning

An interactive and informative online course from Harvard Medical School with a simple, easy-to-follow plan that will help older people get healthier in just 6 weeks through engaging, interactive slides, downloadable charts and quizzes. Involves such things as learning which meal can help to reduce the risk of high cholesterol and help improve memory. Instructor: Kathy McManus is Director of the Department of Nutrition and Director of the Dietetic Internship at the Brigham and Women's Hospital, a teaching affiliate of Harvard Medical School.

Managing your Cholesterol- Harvard Health University Online Learning

Harvard doctors take the mystery out of managing cholesterol. Participants will learn the best ways to successfully lower bad cholesterol, decrease elevated triglycerides, and achieve the strengthened and enduring heart health desired. An empowering online course that will add to the understanding of cholesterol's impact on vascular health and introduce participants to the strategies and tools that can be used to control cholesterol with safety, confidence, and success. Instructor: Jorge Plutzky MD, Associate Professor at Harvard Medical School.

Knees and Hips- Harvard University Health Online Learning

In this online course, Harvard doctors share the most effective strategies to treat—and defeat—23 common hip and knee problems, plus what participants should know about today's advances in hip and knee replacement. This is online learning at its best. Packed with instructive videos, engaging slide shows, helpful charts, and challenging quizzes, participants will find the smartest steps to resolve pain. Instructor: Dr. Scott D. Martin is an Associate Professor of Orthopedic Surgery at Harvard Medical School and is Board Certified in Orthopedic Surgery. Dr. Martin has been named one of the top 100 doctors by Boston Magazine numerous times and has received the prestigious Golden Apple Teaching Award. He was also awarded the Distinguished Clinician Award by Harvard Medical School.



Improving Your Sleep- Harvard University Health Online Learning

This course explains why a good night's sleep is important to the health and well-being, and shows participants how to achieve it. Instructor: Lawrence Epstein, M.D., is an Instructor in Medicine at Harvard Medical School and is the Assistant Medical Director of the Sleep Disorders Service and Program Director for the sleep medicine fellowship program at Brigham and Women's Hospital in Boston. Dr. Epstein is a Past President of the American Academy of Sleep Medicine (AASM) and currently serves as the organization's Director of Clinical Affairs.

The Sensitive Gut- Harvard University Health Online Learning

The Harvard Medical team help participants get relief from the pain and discomfort of dozens of digestive problems. Participants get valuable advice from top Harvard experts on the best ways to prevent and relieve GERD and acid reflux, dyspepsia and ulcers, IBS, constipation, diarrhea, gas and bloating, and more. Participants will learn about the brain-gut connection and how stress can cause abdominal problems. Each section reviews the various diagnostic tests and treatment options from prescriptions and over-the-counter medications to surgical procedures to self-care options. Instructor: Dr. Lawrence S. Friedman, an Elsevier Author, is a Professor of Medicine at Harvard Medical School and Tufts University School of Medicine.

Positive Psychology- Harvard University Health Online Learning

The health experts at Harvard Medical School offer the exclusive ***Positive Psychology Course*** that reveals the easy-to-apply tools to help participants enjoy enduring happiness — not just fleeting emotional highs, but a deeper long-term satisfaction and contentment in life. This powerful online course reveals a variety of research-proven techniques and exactly how to put them into practice. Instructor: Dr. Ronald D. Siegel is an Assistant Professor of Psychology at Harvard Medical School, where he has taught for more than 35 years. He is a long-time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields.

Controlling Your Blood Pressure- Harvard University Health Online Learning

Participants learn how to halt hypertension, boost cardiovascular fitness, and enjoy better and enduring good health. Instructor: Randall M. Zusman, MD is the Director of the Division of Hypertension at the Massachusetts General Hospital, and Consultant in Cardiology at the Massachusetts Institute of Technology, in Boston, Massachusetts. He is also an Associate Professor of Medicine at Harvard Medical School.

Improving Your Memory- Harvard University Health Online Learning

This online course helps demystify the way the brain works and gives participants strategies to boost the memory. In Instructor: Dr. Daffner is a graduate of Harvard College and of Harvard Medical School, where he is an associate professor of neurology. He has published extensively on the neurological underpinnings of executive functions, on factors that may contribute to successful cognitive aging, and on the early diagnosis of AD.

Back Pain: Finding solutions for your aching back- Harvard University Health Online Learning

This impactful course shares the steps and strategies men and women are using to successfully and permanently overcome and eliminate back pain. Instructor: Jeffrey N. Katz, MD, MS graduated from Princeton University in 1980, attended Yale Medical School, and completed a medical internship and residency at Yale-New Haven Hospital and a Rheumatology fellowship at Brigham and Women's Hospital. He received a Master's Degree in 1990 at Harvard School of Public Health. Dr. Katz is currently Associate Professor of Medicine and Orthopaedic Surgery at Harvard Medical School and Associate Professor of Epidemiology and Environmental Health at Harvard T.H. Chan School of Public Health.

Other courses offered by Harvard University include:

- **Knees and Hips**
- **Exercises for Bone Strength**
- **Healthy Eating for Type 2 Diabetes**
- **Better Balance**
- **Managing your Cholesterol and The Caregiver's Guide.**



FREE TAI CHI CLASSES TO HELP MAINTAIN MUSCLE STRENGTH & BALANCE

Our tai chi classes have been held on Zoom during the pandemic and we will be resuming the classes in 2022.

These classes are run by coach Christine Jones who is the founder of Tai Ji Circle, a registered charity which brings the benefits of Tai Chi to people of all ages including the over 60s and the disabled. As well as managing and running the Tai Ji Circle charity, Chris assists with teaching Chen Taijiquan and has taught tai ji and qi gong in a variety of places from Tri-yoga in London, to a P&O cruise ship.



For many years she taught weekly day-time classes with Age UK, originally supported by MIND in Enfield through the Big Lottery fund. In 2015 Chris completed an NHS recognised course 'Tai Chi for Rehabilitation and Falls Prevention' and has set up [Living Tai Chi](#) to extend her work in developing community tai ji classes for those who are a little older or less able. In 2016 she also completed a Practitioner Course in NLP, with certification from The Society of Neuro-Linguistic Programming. In 2017 Chris also gained a Sacred Energy Arts, Yoga Alliance recognised Teacher Training Certificate in Yoga & Qi Gong from Master Mathew Cohen in Los Angeles, California.

Chris was teaching [Community Classes](#) for Tai Ji Circle on Tuesday lunchtimes in St Pauls' Church, Camden Sq, and a class for those with Parkinson's Disease at the Edgware Hospital in North London on Thursday afternoons. She was also teaching classes at the Meritage Centre in Hendon for Age UK Barnet on Mondays and Thursdays, and our Friday morning classes in Notting Hill.

Our classes take place every Friday from 11 am to 12 noon in the Essex Unitarian Church, 112 Palace Gardens Terrace, W8 4RT. We have worked with the CLCH/Falls Prevention team to refer those individuals who will need a different support to improve their wellbeing. Our classes are extremely popular, and attendance has increased. We have had to hold them in larger rooms to accommodate the larger numbers. The attendees include local residents and people from throughout the Borough. We have tried to encourage the more hard to reach older residents of the Borough to attend.

Some of the benefits of Tai Chi for older people include: Better mood, with lower levels of depression, stress, and anxiety; greater aerobic capacity and muscle strength; fewer falls; more energy and stamina and reduced inflammation; enhanced flexibility, balance, and agility; lower blood pressure and improved heart health; reduced inflammation.

ACTIVITIES WITHIN THE BOROUGH

This year our activities were curtailed by the pandemic, but have picked up in the last months of 2021 and 2022. We nevertheless continued to hold events on Zoom.

We have continued to work with local businesses, churches, medical and dental practices, social services and carers to identify and communicate with isolated older people and to create an environment conducive to the health, wellbeing and security of older people.

We have continued to work with the Community Safety Team and Trading Standards in bringing awareness of scams by holding several events throughout the Borough both on Zoom and at venues.



Van Gogh Alive Art Exhibition, Kensington Gardens

- **Van Gogh Alive, Kensington Gardens:** We subsidised this exciting event so that members who could not afford to visit this brilliant exhibition could afford to attend. We ventured into an exciting new world; foregoing all preconceived ideas of traditional museum visits, dispelling all notions of tiptoeing through silent art galleries to view masterpieces from afar. The experience changed how we engage with art. This was a completely unique, stimulating Vincent van Gogh experience. We saw a vibrant symphony of light, color and sound, combined and amplified to create what visitors called “an unforgettable multi-sensory experience”. In an instant, *Van Gogh Alive* transports visitors to another time and place, immersing them in the artists’ world. Adults and children alike, wander throughout the space, exploring nooks and crannies and engaging with the experience in a manner that transcends traditional installations.
- **Design Museum Event: Debate the Future of Ageing.** The Design Museum invited Forum members to talk about the aging process and their experiences in overcoming the challenges. The Wisdom Hour, facilitated by This Age Thing and Design Age Institute, aimed to celebrate positive stories of ageing by inviting communities, designers, and experts to come together at the Design Museum to share and listen to stories of ageing well and to explore how our collective wisdom can help us all to age happier and design better.

- **Kensington Palace:** Our members joined us for this free group tour of the Palace. This was a unique opportunity to explore the treasures in the Palace and to view the exhibition showing Princess Diana's dresses including her wedding gown
- **Chelsea Bun Competition.** Partridges Sloane Square hosted Chelsea's first annual Chelsea Bun Bake-Off Competition to celebrate World Chelsea Bun Day. The judges included Phil Howard, Michelin Star Chef and Owner of Elystan Street in Chelsea; Chelsea Pensioner Marjorie Cole; John Shepherd, owner of Partridges and a representative from the Chelsea Children's Hospital Charity. The Kensington and Chelsea Over 50s Forum partnered with Partridges in this competition.



- **In the Footsteps of Coco Chanel.** Our Trustee, Oonagh Wohanka took a two-month bicycle trek across France with her goddaughter Gigi, tracing the movements of Coco Chanel in her career as the world's most important and successful female fashion designer. The trek ended in Antibes.
- **Halloween Party October 2021:** We managed to resume our annual Halloween Party this year at the St Peter's Notting Hill Church. We had decorations, drinks, spooky music and food.
- **Bank of England** – Some of our members joined us for a live Zoom session presented by the staff of the Bank of England who talked to us about the bank's history and role. There was time at the end for our questions.
- **Barclays Bank Presentation on Scams and Fraud.** Members learned how fraudsters can access your bank details and how to protect themselves. Speakers included Ross Martin and Sachin Lakhani. Ross has worked for Barclays for over 20 years and was one of the first Digital Eagles who supported colleagues and customers by sharing his digital



knowledge and skills. Ross also has a passion for digital safety, fraud and scams and is a Barclays media spokesperson on this important topic. Sachin is the Senior Business Development Manager at Barclays Wealth & Investments. He is a keen advocate of Financial Wellbeing and making sure people protect their money from fraudsters. We have been partnering with Barclays Bank for many years in bringing fraud and scam awareness to our members.

- **British Museum: Thomas Becket- Murder and the Making of a Saint Exhibition** A number of our members went on a group tour of this exhibition. This five-star exhibition explored the murder that shook the Middle Ages through the life, death and legacy of Thomas Becket. On 29 December 1170, Becket was assassinated in Canterbury Cathedral by four knights with close ties to King Henry II, an act that left Medieval Europe reeling. Becket was one of the most powerful figures of his time, serving as royal chancellor and later as Archbishop of Canterbury. Initially a close friend of Henry, the two men became engaged in a bitter dispute that culminated in his violent and public death – an event that sent shockwaves across Europe and caused an immense political fallout. Visitors could get up close to the man, the murder and the legend through an incredible array of objects associated with Becket; from illuminated manuscripts, some of which included eyewitness accounts of the murder, to jewellery and sacred reliquaries. The exhibition featured objects from the British Museum collection as well as important loans from major collections across the UK and Europe, including an entire medieval stained glass window on loan for the first time from Canterbury Cathedral.
- **A Series of Events on Digital Support at Binbrook House Sheltered Scheme in North Kensington.** Information on how Clarion Housing Group could help with online support and digital gadgets. This service was open to the community and tenants of Clarion Housing Group and our members. There were Digital Champions to help those who had questions about using digital gadgets including mobile phones and laptops.
- **Scam and Fraud Awareness.** This was another one of our sessions as part of our awareness campaign. The RBKC Community Safety Team and the Metropolitan Police updated us on recent scams and gave members an opportunity to share information and their own experiences of scams and fraud.
- **RBKC Community Safety Team, Metropolitan Police and the Trading Standards Presentation.** There was a discussion on the latest scams and an opportunity for those attending to share information and experiences of scams and fraud during the covid pandemic. There was a short performance by two local residents with two scenes showing how fraudsters operate.
- **Groundwork's Green Doctors.** A presentation was given about their services. They are efficiency experts who visit people in their homes, helping vulnerable households to save money and stay warm and well.
- **Scam and Fraud Awareness.** Part of our scam and fraud awareness campaign facilitated by Lorna Platt, Senior Community Safety Officer, the Community Safety Team RBKC.
- **The Forum Chief Executive chaired the Older Peoples' Providers' Network meeting throughout 2021 and in 2022,** represented older people on the Safer Neighbourhood Board and attended strategic meetings to update on issues affecting older people.
- The Forum has developed new partnerships within the private sector and will plan some unique programs to be implemented 2022/23

DIGITAL PROJECT

In an increasingly digital age, those who are not engaging effectively with the digital world are at risk of being left behind. Technological change means that digital skills are increasingly important for connecting with others and accessing information and services. This is leading to a digital divide between those who have access to information and communications technology and those who do not, giving rise to inequalities in access to opportunities, knowledge, services, and goods.

Our digital inclusion programme was funded by Clarion Futures and Adult Learning RBKC. We started working on the project in October 2021 and have been successful in raising awareness on how important it is to keep up with technology.

We have helped over 130 individual to become confident online and have supplied Digital Champions to give advice and guidance at each of the weekly sessions.

The program has been proven to be needed and the drop-in sessions are very useful in helping older people when they need the support. We will continue to develop sessions to help those who are keen to learn more.

We have also identified the challenges for so many older people who due to disability and other issues are unable to go online. We are unable to offer as much support as we would like due to our limited resources. Signposting to other organizations is possible but not without its challenges.



MINDFULNESS

Our Mindfulness courses were held in Kensington Palace, the Design Museum, the Kensington Central Library, the Chelsea Library. The courses were held on Zoom in 2021 because of the pandemic

Mindfulness is a technique which has been widely recommended for improving the mental wellbeing of those practicing it. Research has shown that it can reduce cognitive decline in older people. Our Mindfulness Courses are funded by the Adult Learning RBKC. Our Coach Elizabeth Hooper CThA has helped many members to focus on improving their health and wellbeing. The courses have involved attending one class per week for 8 weeks. Learners trained to practice mindfulness technique at home and to better understand how to cope with stress.



The Kensington and Chelsea Over 50s Forum has been running mindfulness courses since April 2017 and we have reached over 700 people through the courses and publications about mindfulness. The courses are held by our Mindfulness and Wellbeing Coach Elizabeth Hooper CThA (pictured right). These courses will train you to practice mindfulness meditation at home which you should do every day to obtain the best benefits once you have finished the course. Please call

us for more information and to register.

Research has shown that peoples' attention-span tends to decline with age. Mindfulness is a proven way to improve the ability to pay attention and to remember. This involves focusing your awareness on sensory stimuli in the present moment while ignoring intrusive thoughts and inner chatter. Research has shown that it helps reverse memory loss.

Massachusetts General Hospital neuroscientist Sara Lazar, Ph.D., has demonstrated that older individuals who practice mindfulness have better preserved cortical regions of the brain. These regions which normally thin with age are responsible for attention, sensory processing, and integrating emotional and cognitive processes. However, the research has proven that these regions regain thickness in people who practice mindfulness regularly. So if you stop meditating daily the brain can deteriorate and revert back to its former state and become thinner and less responsive. A further benefit of mindfulness is that it helps reduce stress and anxiety and increases well-being and happiness.



MESSAGE IN A BOTTLE

This year we have continued to support the scheme. We had worked closely with the 42 pharmacies throughout the Borough and 40 GP practices under My Care My Way. The Message in a Bottle is an essential life-saving scheme to help the emergency services if you have an accident or health incident within your home.

The purpose is to keep your personal and medical details on a standard form inserted in the bottle and placed in your fridge. Emergency services are alerted by the sticker placed on the back of your front door and on the door of your fridge. The scheme is for all ages. You can obtain the bottle from your local pharmacy or GP practice.

We will revitalize the scheme in 2022 with the support of our partners.



OPEN MEETINGS AT THE KENSINGTON TOWN HALL



The Future of Adult Social Care Services – With the funding cuts to council services and the devastating result of covid, how safe is the future of Adult Social Care Services?

Speakers included Dan Hawthorn- Executive Director of Housing & Social Investment; Gareth Wall- Bi-Borough Director of Integrated Commissioning; Jess Millwood- Chief Executive Officer, Age UK Kensington and Chelsea

- **The London Fire Brigade.** The Forum worked well with the LFB consultation on



developing new ways for the LFB to work with the communities. As a result we held a conference in partnership with LFB in Kensington Town Hall to finalize their programme in Kensington and Chelsea. The Worshipful The Mayor of the Royal Borough of Kensington and Chelsea was present. Speakers were Lee Drawbridge- LFB Deputy Assistant Commissioner; Darren Tulley- LFB Borough Commander for Kensington and Chelsea; Rodney Vitalis, LFB Borough Commander for City of Westminster; Donna Peters- LFB Community Engagement Manager. Attendees put forward their views on what the role of the LFB could be in the community.



- **24TH Annual General Meeting Conference.** In the presence of the Deputy Mayor of Kensington and Chelsea Cllr Sof McVeigh. Speakers included Anna Raleigh, Director of Public Health Westminster City Council and Kensington and Chelsea tbc.



SOME COMMENTS FROM MEMBERS



- *Personally, this charity serves as a door of hope for me, giving me a new lease of life, makes me feel am not obsolete, that I still count. Otherwise, I am just stuck at home alone, watching TV, eating, getting bored, lonely, depressed, feeling isolated, thus affecting my health and mentality, feeling hopeless as nothing to look forward to.*
 - *In the past I have attended several of the many, many, varied events organised by the Kensington and Chelsea over 50s Forum. I am astonished at their ability to keep surprising members with such a choice of subjects, outings, and information. In lockdown there has been no let up with plentiful Zoom events and opportunities to learn. KENSINGTON AND CHELSEA OVER 50S FORUM is a truly remarkable group, and its members spoilt with choice. They have my admiration and gratitude.*
- 
- *Yes, it is amazing - you have so many events and I thank you very much.*
 - *You are diligent in frequently sending interesting links. It is good to know this source of information is available. As I grow older this service will become more and more invaluable.*
 - *Through this charity prior the pandemic I started to go out and joined activities and socialized with my peers, where I made new friends and met again some old friends with whom I had lost contact with, visited museums and historical places, went cruising on the Thames and attended presentations on various fields and professions from: solicitor on legal matters, policemen on scams and frauds, speakers on health & wellbeing, exercises, green doctors about home aids, consultants about foot problems etc. Now with the pandemic, zoom has been a great tool to continue being in contact with friends and join different zoom events offered by this charity. They send emails & Newsletters as well.*
 - *Without all the tireless help they try to provide for us, we will be lost and will feel hopeless and lonely. They boost our morale and keep us going for our welfare and wellbeing and now with the pandemic and isolation, they give us something to do and to look forward to with all the activities on Zoom and teach us how to use it as most of us are not very good with the new technology and computer. Otherwise, we would be cooped up in the house and have nothing to look forward to. I cannot thank them enough for all their hard work, support and useful information to keep us well informed of events they are trying to organize for us on zoom instead of our usual outings which we cannot do at the moment so that we do not suffer for mental health issues.*
 - *The support and variety of subjects covered via Zoom has been outstanding. Thank you for keeping us connected. I benefitted from the 8 week online course taught by Liz Hooper and have since taken other workshops on Mindfulness. I have booked an ACL course on the subject commencing in January via Open Age. An enormous number of emails are sent with*

links which is helpful for concerts, lectures etc. I have certainly been kept occupied and very much appreciate the opportunities you have given us.

- *The Kensington and Chelsea Over 50s Forum is the best organization for helping the older People. They have courses, cruises, conferences, help with computers, health – everything!*
- *You have kept us informed about issues affecting us all. Without your knowledge and wisdom we would not have grasped what was being taught in Health, Culture and daily living. I congratulate the TEAM. Most importantly specially in these days gave us the confidence and strength to tackle day to day issues. knowing someone there to understand our situation and provide help and advice is reassuring. Zoom events helps to break the isolation stigma and move forward.*
- *The zoom events and classes area a lifeline. I thoroughly enjoy them and a big thank you for putting them on for us.*
- *Your events and organisation are second to none and it is wonderful that you and your sponsors are continuing to keep us active, in contact and well-informed about issues affecting us all. Your members are very fortunate to have the wonderful service that you give them. They love coming to your meetings, as evidenced by the attendance figures.*
- *I have been reading your many emails which are a felicitous connection to the outside world since I do miss the company of people of my age who have more or less the same interests and circumstances. The most recent one being the demonstration of the making of Christmas wreaths. I started some of the Zoom sessions for Tai Chi and Mindfulness and have resolved to do more of the virtual offerings at the museums in South Kensington.*
- *Last Christmas was made memorable by the Concert at the Royal Albert Hall, the Cruise on the Thames and various tea afternoons which my friend, Monique, had invited me to attend and, sometimes, to help her with the serving and ushering. We also decorated and helped set up the Silver Sunday event at Binbrook House which was quite enjoyable. Through the Forum, I have met many ladies, and some have become dear friends for which I will always be grateful.*
- *Despite the COVID-19 restrictions, we have gone on walks and kept each other cheerful through WhatsApp messages. These, I must credit to the Forum's socials and classes which encourage camaraderie. It gives me that little extra push to go out and make friends and to enjoy their company.*
- *The Forum has definitely been a blessing to me, and I can't wait for everyone to be vaccinated so that we can all see each other again.*

PROJECTS AND EVENT EVALUATIONS

We evaluate every meeting or event, large and small, and the opinions of members are recorded and analyzed. This helps us to be immediately aware of what we do well and what we need to improve.

There is a high level of satisfaction among our members and their views and feedback are very important to us and are placed at the heart of our work. We use evaluations as one of the performance indicators to measure how well we are meeting the expectations of our members and the outcomes of our funders.

MEMBERSHIP

Over the last 12 months the membership of the Forum has increased to over 2500 members. We regularly update and improve the data we hold on members and friends of the Forum.

We can now draw important statistical information more accurately. The map showing geographical distribution of individual members by postal code is one example and we can similarly retrieve useful data on age, gender, disability, ethnicity, etc. In addition to basic personal details we have collected information on areas of interest and concern so that the events and activities we organize are a true reflection of the wishes of the majority of our members. We keep to the GDPR requirements in maintaining our database.

Our events in the Kensington Town Hall and our five master hubs are the main high light of the year. Members are keen to attend knowing they will benefit from the resources on offer and enjoy the opportunity of networking.

VOLUNTEERING

We are extremely fortunate in the wonderful volunteers we have to help us in our events and projects. Their keen dedication to detail has given our activities a reputation for consistency and reliability – a formula for success.

We nominated Monique Lanson to receive the volunteer of the year award organized by the Volunteer Centre, which she received at the Victoria & Albert Museum.



Some of our brilliant volunteers from the DWP



Monique Lanson meeting HRH the Duchess of Gloucester

Financial Activities for the period 1 April 2021 - 31 March 2022

Kensington & Chelsea Forum for Older Residents

Receipts and payments account

For the year ended 31 March 2022

		Unrestricted	Restricted	2022 Total	Unrestricted	Restricted	2021 Total
	Note	£	£	£	£	£	£
Receipts:							
Grants	2	13,391	84,100	97,491	-	53,821	53,821
Donations		277	1,844	2,121	340	-	340
Investment income		2	-	2	4	-	4
Total receipts		13,670	85,944	99,614	344	53,821	54,165
Payments:							
Charitable activities:							
Membership activities	3	-	52,988	52,988	-	47,219	47,219
Administration and other expenses	4	2,295	-	2,295	3,927	-	3,927
Total payments		2,295	52,988	55,283	3,927	47,219	51,146
Net receipts / (payments)		11,375	32,956	44,331	(3,583)	6,602	3,019
Reconciliation of funds:							
Total funds brought forward		8,725	15,583	24,308	12,308	8,981	21,289
Total funds carried forward		20,100	48,539	68,639	8,725	15,583	24,308

Kensington & Chelsea Forum for Older Residents

Notes to the financial statements

For the Year ended 31 March 2022

4. Administration and other expenses

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	2022 £	£	£	2021 £
Accountancy fees	900	-	900	1,530	-	1,530
Insurance	452	-	452	441	-	441
Telephone	480	-	480	1,699	-	1,699
Other office expenses	463	-	463	257	-	257
	<u>2,295</u>	<u>-</u>	<u>2,295</u>	<u>3,927</u>	<u>-</u>	<u>3,927</u>

5. Trustee remuneration and expenses

No Trustee received any remuneration, benefits in kind or expenses payments during the year (2021: none).

6. Related party transactions

There are no related party transactions to disclose for 2022 (2021: none). There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

7. Restricted funds

	At the start of the year £	Total receipts £	Total payments £	Transfers £	At the end of the year £
RBKC	15,583	74,213	48,700	-	41,096
Clarion Futures	-	4,887	2,444	-	2,443
Rothermere Foundation	-	5,000	-	-	5,000
Other restricted donations	-	1,844	1,844	-	-
	<u>15,583</u>	<u>85,944</u>	<u>52,988</u>	<u>-</u>	<u>48,539</u>

8. Unrestricted funds

	At the start of the year £	Total receipts £	Total payments £	Transfers £	At the end of the year £
Unrestricted funds	8,725	13,670	2,295	-	20,100
	<u>8,725</u>	<u>13,670</u>	<u>2,295</u>	<u>-</u>	<u>20,100</u>

Kensington & Chelsea Forum for Older Residents

Notes to the financial statements

For the Year ended 31 March 2022

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.

Taxation

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

2. Grants income

	Unrestricted £	Restricted £	Total 2022 £	Unrestricted £	Restricted £	Total 2021 £
RBKC	13,391	74,213	87,604	-	53,821	53,821
Clarion Futures	-	4,887	4,887	-	-	-
Rothermere Foundation	-	5,000	5,000	-	-	-
	<u>13,391</u>	<u>84,100</u>	<u>97,491</u>	<u>-</u>	<u>53,821</u>	<u>53,821</u>

3. Charitable activities

	Unrestricted £	Restricted £	Total 2022 £	Unrestricted £	Restricted £	Total 2021 £
<i>Membership activities:</i>						
Payroll and volunteers	-	35,049	35,049	-	36,787	36,787
Meetings and events costs	-	6,498	6,498	-	498	498
Printing, stationery and IT costs	-	11,441	11,441	-	9,934	9,934
	<u>-</u>	<u>52,988</u>	<u>52,988</u>	<u>-</u>	<u>47,219</u>	<u>47,219</u>

Balance Sheet as at 31st March 2022


Kensington & Chelsea Forum for Older Residents

Statement of assets and liabilities

As at 31 March 2022

	Notes	2022 £	2021 £
Current assets			
Cash at bank and in hand		54,009	9,271
Cash at bank - deposit account		15,038	15,037
		<u>69,047</u>	<u>24,308</u>
Liabilities: amounts falling due within one year		(408)	-
Net current assets		<u>68,639</u>	<u>24,308</u>
Funds:			
Restricted funds	7	48,539	15,583
Unrestricted funds	8	20,100	8,725
		<u>68,639</u>	<u>24,308</u>

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



Stewart Katz, Treasurer

ACKNOWLEDGEMENT

The Kensington and Chelsea Over 50s Forum would like to express their grateful thanks to:

The Kensington and Chelsea Over 50s Forum would like to express their grateful thanks to:

Royal Borough of Kensington and Chelsea

For allowing us to use the Town Hall for our meetings and events and for the tremendous support given by the staff in organizing our events. We are extremely grateful to the Council for the support and guidance we have received.

St Mary Abbots Church

Our grateful thanks to Adam Norton for his invaluable support at the St Mary Abbots Centre where we hold our monthly events. Adam has gone the extra mile for us by making our events so enjoyable.

Holy Trinity Sloane Square

Our most grateful thanks to Father Nicholas and Clinton McMaster for allowing us to hold our monthly events in the church and for creating such a welcoming atmosphere for our members and friends.

St Peter's Church in Notting Hill

For allowing us to use the foyer area to hold our monthly Afternoon Tea meetings. We are extremely grateful for their support.

To our wonderful volunteers

Who have given the Forum their total commitment throughout the year.

To our Funders

For giving us their time to help and guide us through the year. We are grateful for their support.

Thank you to our fantastic members whose support we always value so very much. You are all so very special.

We have lost some members during the pandemic, and we feel the loss very deeply.

Kensington and Chelsea over 50s Forum, 135 Notting Hill Gate, W11 3LB

Tel: 0203 719 4954 Email: info@kensingtonandchelseaforum.org.uk

www.kensingtonandchelseaforum.org.uk www.seniorhealthandwellbeing.co.uk

CIO Registered Charity No 115810



OVER 50S FORUM

Kensington and Chelsea Over 50s Forum

135 Notting Hill Gate W11 3LB

Tel: 0203 719 4954

E: info@kensingtonandchelseaforum.org.uk

www.kensingtonandchelseaforum.org.uk



REGISTERED CHARITY NUMBER: 1158108

KENSINGTON AND CHELSEA FORUM FOR OLDER RESIDENTS CIO

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

Kensington and Chelsea Forum for Older Residents CIO

Contents

For year ended 31 March 2022

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Kensington and Chelsea Forum for Older Residents CIO

Reference and Administrative Information

For year ended 31 March 2022

Trustees: Trustees who served during the year and have been serving up to the date of this report were as follows:

Elizabeth Rutherford: Chair

Stewart Katz: Treasurer

Cllr Marie-Therese Rossi

Laura Radley

Oonagh Wohanka

Monique Lanson

Charity registration no. 1158108

Principal address C/O 135 Notting Hill Gate
London
W11 3LB

Accountants Accountability Europe Limited
Omnibus Workspace
39-41 North Road
London
N7 9DP

Bankers Lloyd's Bank
112 Kensington High Street
London
W8 4SN

Kensington and Chelsea Forum for Older Residents CIO

Trustees' Annual Report

For year ended 31 March 2022

The Trustees present their report and accounts for the year ended 31 March 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

On 5th August 2014 the charity was registered as CIO establishing its objects in a new constitution. The working name for the charity is Kensington and Chelsea over 50s Forum.

Recruitment and appointment of trustees

The charity is managed by a Board of Trustee which is responsible for setting the strategic direction of the organization

The Trustees are elected at the Annual General Meeting following their nomination. The experience and expertise of the candidates is set out in papers supplied with voting forms and made available before voting takes place. Most Trustees and members of the board are already familiar with the practical work of the charity. New Members are provided with an individual induction depending on their needs

The board met 4 times a year where information on the financial status of the organization and details of all activities undertaken on behalf of the organization were provided. This included organizational policy and procedures and reviews of the organizational and financial risk. All financial procedures require authorization of all transactions.

Organizational Structure and Networks

The Kensington and Chelsea Forum for Older Residents CIO is the largest independent older peoples' forum in the borough and works with over 500 organizations to provide a voice for older people on strategic policies and issues of concern. The membership is drawn from the communities.

Risk management

The Trustees reviews the risks faced by the organization particularly relating to the sustainability of the organization at each meeting. There is also constant monitoring of the finances. Funding continues to be sought to increase our activities and cover core expenses. The key risks to the organization are the achievement of sustainable core funding, managing the necessary complement of skilled staff and reputational standing. There is also a need to recruit younger older people for the Management Committees of the forum and to ensure sustainable funding for the future.

Kensington and Chelsea Forum for Older Residents CIO

Trustees' Annual Report

For year ended 31 March 2022

OBJECTS AND ACTIVITIES

Objects and aims

Kensington and Chelsea Forum for Older Residents CIO was set up in the Royal Borough as the voice of older people through civic engagement.

The objective as specified in the constitution is 'to relieve elderly persons in Kensington and Chelsea and other London boroughs who are in need by reason of their financial circumstances, physical or mental health and by providing a framework of support for older people to help them remain healthy and independent'.

The Kensington and Chelsea Forum for Older Residents is a community voluntary organization giving older residents of the Royal Borough an active voice in stating their needs and concerns on local issues. To reach out to isolated older people in communities and provide them with information that will help them take more control of their lives. To provide a platform and visibility for older people to voice their opinions and contribute their views about local and national issues. The aim is to ensure the needs of the communities are met through the development of appropriate and improved services.

Mission statement

To support older people in Kensington and Chelsea to remain independent, healthy, reduce isolation, foster inclusion, community cohesion and work towards reducing the number of elderly living in poverty

Public benefit

The trustees have considered section 17 of the Charities Act 2011 and Charity Commission guidance on public benefit.

SIGNIFICANT ACTIVITIES

ACHIEVEMENT AND PERFORMANCE

Principal activities and achievements

Self-Care, Prevention, Public Health and Social Isolation Projects.

The Forum has been highly successful in organising and delivering key older people's engagement outcomes events in Four Master Hubs. We work with local libraries, businesses, Housing Associations, churches and local authorities to obtain free venues and to guarantee a wider reach to improve attendance to our activities. Our key aim is working with expert volunteers from national organisation to deliver tailor made services that work and are cost effective.

Kensington and Chelsea Forum for Older Residents CIO

Trustees' Annual Report

For year ended 31 March 2022

Our aim is to give the hard to reach individuals a positive experience which will allow them to meet others with similar issues and at the same time offer them information to improve their quality of life. We have been very successful in delivering well organised activities which meets the interest and needs of older people.

We held less activities in sheltered schemes due to Covid but managed to encourage residents to attend a wide range of activities across the borough to encourage social engagement. Regular walking activities and keep fit sessions were delivered across the borough. We hold weekly Mindfulness courses in a different venues, Kensington Palace, the Design Museum and libraries.

We hold four open meetings in Kensington Town Hall to give older people the opportunity to influence policy makers and highlight health and wellbeing. We contributed to developing the Royal Boroughs housing policy. We encourage many of our members to lead on our activities since we believe that keeping physically and mentally active gives older people a true feeling of independence and self-worth.

www.seniorhealthandwellbeing.co.uk

This site has been developed by the Kensington and Chelsea Forum for Older Residents to help older people, their relatives and friends and professionals such as carers understand and tackle some of the health problems which affect older people. The site offers advice and information to help older people keep mentally and physically healthy and active.

General activities

Older residents are included in consultations where policy will impact on their lives. The Kensington and Chelsea Forum for Older Residents is represented on Strategic Committees covering a range of interest which impact on older residents covering health, housing, transport, policy, research, and Universities. Chair the Older Peoples Providers Network, represent older people on the Safer Neighbourhood Board. The views of the older residents are highlighted and any impact identified.

Through the network of regional and national bodies there have been opportunities for older people to be involved in consultations and research and to access professional speakers for the forum.

To ensure the opportunity for participation in all Kensington and Chelsea Forum for Older Residents events all venues are accessible with locations close to public transport routes and held at times suitable for use with the freedom pass. Information is provided both electronically and by hard copy.

To ensure equality within our services, evaluation/monitoring feedback requires details of ethnicity, age, gender and disability.

Kensington and Chelsea Forum for Older Residents CIO

Trustees' Annual Report

For year ended 31 March 2022

Review of work undertaken

The Kensington and Chelsea Forum for Older Residents greatest asset is the fact that it is very much a grass root organisation, a bottom up organisation where to date the members have determined the work of the organisation. The main weaknesses remains the lack of core funding and the lack of more staff resources.

The review of the work of the Kensington and Chelsea Forum for Older Residents and its relevance is continually monitored through evaluation forms at events and discussion with members. Keeping people connected was identified as the important areas of work which was highly valued as well as the information, events and support provided.

The way forward

The Kensington and Chelsea Forum for Older Residents will continue to link together the voices of older residents providing a co-ordinated voice and ensure members are at the centre of our work through providing support and expertise.

The role of our Self Care and prevention Projects will continue to be promoted to the statutory and health services and the service providers to further develop our work with our partners and stakeholders. Focus will also be on extending our networks with a variety of health related organizations providing opportunities to discuss the regulation and the services provided particularly within the NHS.

The Kensington and Chelsea Forum for Older Residents will continue to recruit volunteers and increase the membership of the forum.

We will develop fundraising activities to support our core fund and allow us to deliver a wider range of activities to improve lifestyles.

We are grateful for the support and guidance received by local authorities and our funders. It has given us the way forward to develop our profile and direction.

We appreciated the generosity of our members and support many organisations have given in donations and gifts in kind.

FINANCIAL REVIEW

Results for year ended 31 March 2022 are given in the Receipts and payments account. The assets and liabilities are given in the Statement of assets and liabilities. The financial statements should be read in conjunction with the related notes.

The Trustees regard the financial position of the charity at 31 March 2022 to be satisfactory and they are content that the current unrestricted reserves position leaves it with a sound base from which future activity can be built.

Kensington and Chelsea Forum for Older Residents CIO

Trustees' Annual Report

For year ended 31 March 2022

Reserve policy

The charity is currently dependent on donation and grant income in order to maintain its core activities. Earned income alone would not allow the organisation to continue operating. Following risk analysis, the trustees consider that there is a low to moderate risk of a need for reserves for the organisation as well as the potential of other operational risks, based on challenges in the wider policy context.

The Trustees aim to maintain unrestricted reserves equivalent to 6 months operational costs, this equates to approximately £15,000. The trustees consider that this level will provide sufficient funds to cover support and governance costs. Unrestricted free reserves at the end of this period represent less than 6 months running costs.

STATEMENT OF TRUSTEES RESPONSIBILITIES


The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (Generally Accepted Accounting Practice).

In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgments and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 12/07/2022
and signed on its behalf by:


.....
Stewart Katz, Treasurer

**Independent examiner's report to the Trustees of
Kensington and Chelsea Forum for Older Residents CIO
For year ended 31 March 2022**

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Aamer Shehzad FCCA FCA
Accountability Europe Ltd
Omnibus Workspace
39-41 North Road
London N7 9DP

Date: 15-07-2022

Kensington & Chelsea Forum for Older Residents

Receipts and payments account

For the year ended 31 March 2022

		2022			2021	
		Unrestricted	Restricted	Total	Unrestricted	Restricted
	Note	£	£	£	£	£
Receipts:						
Grants	2	13,391	84,100	97,491	-	53,821
Donations		277	1,844	2,121	340	-
Investment income		2	-	2	4	-
Total receipts		13,670	85,944	99,614	344	53,821
Payments:						
Charitable activities:						
Membership activities	3	-	52,988	52,988	-	47,219
Administration and other expenses	4	2,295	-	2,295	3,927	-
Total payments		2,295	52,988	55,283	3,927	47,219
Net receipts / (payments)		11,375	32,956	44,331	(3,583)	6,602
Reconciliation of funds:						
Total funds brought forward		8,725	15,583	24,308	12,308	8,981
Total funds carried forward		20,100	48,539	68,639	8,725	15,583


Kensington & Chelsea Forum for Older Residents

Statement of assets and liabilities

As at 31 March 2022

	Notes	2022 £	2021 £
Current assets			
Cash at bank and in hand		54,009	9,271
Cash at bank - deposit account		15,038	15,037
		<u>69,047</u>	<u>24,308</u>
Liabilities: amounts falling due within one year		(408)	-
Net current assets		<u>68,639</u>	<u>24,308</u>
Funds:			
Restricted funds	7	48,539	15,583
Unrestricted funds	8	20,100	8,725
		<u>68,639</u>	<u>24,308</u>

Approved by the Board of Trustees on **12/07/2022**
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 2022

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.

Taxation

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

2. Grants income

	Unrestricted £	Restricted £	Total 2022 £	Unrestricted £	Restricted £	Total 2021 £
RBKC	13,391	74,213	87,604	-	53,821	53,821
Clarion Futures	-	4,887	4,887	-	-	-
Rothermere Foundation	-	5,000	5,000	-	-	-
	<u>13,391</u>	<u>84,100</u>	<u>97,491</u>	<u>-</u>	<u>53,821</u>	<u>53,821</u>

3. Charitable activities

	Unrestricted £	Restricted £	Total 2022 £	Unrestricted £	Restricted £	Total 2021 £
<i>Membership activities:</i>						
Payroll and volunteers	-	35,049	35,049	-	36,787	36,787
Meetings and events costs	-	6,498	6,498	-	498	498
Printing, stationery and IT costs	-	11,441	11,441	-	9,934	9,934
	<u>-</u>	<u>52,988</u>	<u>52,988</u>	<u>-</u>	<u>47,219</u>	<u>47,219</u>

Kensington & Chelsea Forum for Older Residents

Notes to the financial statements

For the Year ended 31 March 2022

4. Administration and other expenses

	Unrestricted £	Restricted £	Total 2022 £	Unrestricted £	Restricted £	Total 2021 £
Accountancy fees	900	-	900	1,530	-	1,530
Insurance	452	-	452	441	-	441
Telephone	480	-	480	1,699	-	1,699
Other office expenses	463	-	463	257	-	257
	<u>2,295</u>	<u>-</u>	<u>2,295</u>	<u>3,927</u>	<u>-</u>	<u>3,927</u>

5. Trustee remuneration and expenses

No Trustee received any remuneration, benefits in kind or expenses payments during the year (2021: none).

6. Related party transactions

There are no related party transactions to disclose for 2022 (2021: none). There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

7. Restricted funds

	At the start of the year £	Total receipts £	Total payments £	Transfers £	At the end of the year £
RBKC	15,583	74,213	48,700	-	41,096
Clarion Futures	-	4,887	2,444	-	2,443
Rothermere Foundation	-	5,000	-	-	5,000
Other restricted donations	-	1,844	1,844	-	-
	<u>15,583</u>	<u>85,944</u>	<u>52,988</u>	<u>-</u>	<u>48,539</u>

8. Unrestricted funds

	At the start of the year £	Total receipts £	Total payments £	Transfers £	At the end of the year £
Unrestricted funds	8,725	13,670	2,295	-	20,100
	<u>8,725</u>	<u>13,670</u>	<u>2,295</u>	<u>-</u>	<u>20,100</u>



REGISTERED CHARITY NUMBER: 1158108

KENSINGTON AND CHELSEA FORUM FOR OLDER RESIDENTS CIO

REPORT OF THE TRUSTEES AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

Kensington and Chelsea Forum for Older Residents CIO

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For year ended 31 March 2022

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Kensington and Chelsea Forum for Older Residents CIO

Reference and Administrative Information

For year ended 31 March 2022

Trustees: Trustees who served during the year and have been serving up to the date of this report were as follows:

Elizabeth Rutherford: Chair

Stewart Katz: Treasurer

Cllr Marie-Therese Rossi

Laura Radley

Oonagh Wohanka

Monique Lanson

Charity registration no. 1158108

Principal address C/O 135 Notting Hill Gate
London
W11 3LB

Accountants Accountability Europe Limited
Omnibus Workspace
39-41 North Road
London
N7 9DP

Bankers Lloyd's Bank
112 Kensington High Street
London
W8 4SN

Kensington and Chelsea Forum for Older Residents CIO

Trustees' Annual Report

For year ended 31 March 2022

The Trustees present their report and accounts for the year ended 31 March 2022.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

On 5th August 2014 the charity was registered as CIO establishing its objects in a new constitution. The working name for the charity is Kensington and Chelsea over 50s Forum.

Recruitment and appointment of trustees

The charity is managed by a Board of Trustee which is responsible for setting the strategic direction of the organization

The Trustees are elected at the Annual General Meeting following their nomination. The experience and expertise of the candidates is set out in papers supplied with voting forms and made available before voting takes place. Most Trustees and members of the board are already familiar with the practical work of the charity. New Members are provided with an individual induction depending on their needs

The board met 4 times a year where information on the financial status of the organization and details of all activities undertaken on behalf of the organization were provided. This included organizational policy and procedures and reviews of the organizational and financial risk. All financial procedures require authorization of all transactions.

Organizational Structure and Networks

The Kensington and Chelsea Forum for Older Residents CIO is the largest independent older peoples' forum in the borough and works with over 500 organizations to provide a voice for older people on strategic policies and issues of concern. The membership is drawn from the communities.

Risk management

The Trustees reviews the risks faced by the organization particularly relating to the sustainability of the organization at each meeting. There is also constant monitoring of the finances. Funding continues to be sought to increase our activities and cover core expenses. The key risks to the organization are the achievement of sustainable core funding, managing the necessary complement of skilled staff and reputational standing. There is also a need to recruit younger older people for the Management Committees of the forum and to ensure sustainable funding for the future.

Kensington and Chelsea Forum for Older Residents CIO

Trustees' Annual Report

For year ended 31 March 2022

OBJECTS AND ACTIVITIES

Objects and aims

Kensington and Chelsea Forum for Older Residents CIO was set up in the Royal Borough as the voice of older people through civic engagement.

The objective as specified in the constitution is 'to relieve elderly persons in Kensington and Chelsea and other London boroughs who are in need by reason of their financial circumstances, physical or mental health and by providing a framework of support for older people to help them remain healthy and independent'.

The Kensington and Chelsea Forum for Older Residents is a community voluntary organization giving older residents of the Royal Borough an active voice in stating their needs and concerns on local issues. To reach out to isolated older people in communities and provide them with information that will help them take more control of their lives. To provide a platform and visibility for older people to voice their opinions and contribute their views about local and national issues. The aim is to ensure the needs of the communities are met through the development of appropriate and improved services.

Mission statement

To support older people in Kensington and Chelsea to remain independent, healthy, reduce isolation, foster inclusion, community cohesion and work towards reducing the number of elderly living in poverty

Public benefit

The trustees have considered section 17 of the Charities Act 2011 and Charity Commission guidance on public benefit.

SIGNIFICANT ACTIVITIES

ACHIEVEMENT AND PERFORMANCE

Principal activities and achievements

Self-Care, Prevention, Public Health and Social Isolation Projects.

The Forum has been highly successful in organising and delivering key older people's engagement outcomes events in Four Master Hubs. We work with local libraries, businesses, Housing Associations, churches and local authorities to obtain free venues and to guarantee a wider reach to improve attendance to our activities. Our key aim is working with expert volunteers from national organisation to deliver tailor made services that work and are cost effective.

Kensington and Chelsea Forum for Older Residents CIO

Trustees' Annual Report

For year ended 31 March 2022

Our aim is to give the hard to reach individuals a positive experience which will allow them to meet others with similar issues and at the same time offer them information to improve their quality of life. We have been very successful in delivering well organised activities which meets the interest and needs of older people.

We held less activities in sheltered schemes due to Covid but managed to encourage residents to attend a wide range of activities across the borough to encourage social engagement. Regular walking activities and keep fit sessions were delivered across the borough. We hold weekly Mindfulness courses in a different venues, Kensington Palace, the Design Museum and libraries.

We hold four open meetings in Kensington Town Hall to give older people the opportunity to influence policy makers and highlight health and wellbeing. We contributed to developing the Royal Boroughs housing policy. We encourage many of our members to lead on our activities since we believe that keeping physically and mentally active gives older people a true feeling of independence and self-worth.

www.seniorhealthandwellbeing.co.uk

This site has been developed by the Kensington and Chelsea Forum for Older Residents to help older people, their relatives and friends and professionals such as carers understand and tackle some of the health problems which affect older people. The site offers advice and information to help older people keep mentally and physically healthy and active.

General activities

Older residents are included in consultations where policy will impact on their lives. The Kensington and Chelsea Forum for Older Residents is represented on Strategic Committees covering a range of interest which impact on older residents covering health, housing, transport, policy, research, and Universities. Chair the Older Peoples Providers Network, represent older people on the Safer Neighbourhood Board. The views of the older residents are highlighted and any impact identified.

Through the network of regional and national bodies there have been opportunities for older people to be involved in consultations and research and to access professional speakers for the forum.

To ensure the opportunity for participation in all Kensington and Chelsea Forum for Older Residents events all venues are accessible with locations close to public transport routes and held at times suitable for use with the freedom pass. Information is provided both electronically and by hard copy.

To ensure equality within our services, evaluation/monitoring feedback requires details of ethnicity, age, gender and disability.

Kensington and Chelsea Forum for Older Residents CIO

Trustees' Annual Report

For year ended 31 March 2022

Review of work undertaken

The Kensington and Chelsea Forum for Older Residents greatest asset is the fact that it is very much a grass root organisation, a bottom up organisation where to date the members have determined the work of the organisation. The main weaknesses remains the lack of core funding and the lack of more staff resources.

The review of the work of the Kensington and Chelsea Forum for Older Residents and its relevance is continually monitored through evaluation forms at events and discussion with members. Keeping people connected was identified as the important areas of work which was highly valued as well as the information, events and support provided.

The way forward

The Kensington and Chelsea Forum for Older Residents will continue to link together the voices of older residents providing a co-ordinated voice and ensure members are at the centre of our work through providing support and expertise.

The role of our Self Care and prevention Projects will continue to be promoted to the statutory and health services and the service providers to further develop our work with our partners and stakeholders. Focus will also be on extending our networks with a variety of health related organizations providing opportunities to discuss the regulation and the services provided particularly within the NHS.

The Kensington and Chelsea Forum for Older Residents will continue to recruit volunteers and increase the membership of the forum.

We will develop fundraising activities to support our core fund and allow us to deliver a wider range of activities to improve lifestyles.

We are grateful for the support and guidance received by local authorities and our funders. It has given us the way forward to develop our profile and direction.

We appreciated the generosity of our members and support many organisations have given in donations and gifts in kind.

FINANCIAL REVIEW

Results for year ended 31 March 2022 are given in the Receipts and payments account. The assets and liabilities are given in the Statement of assets and liabilities. The financial statements should be read in conjunction with the related notes.

The Trustees regard the financial position of the charity at 31 March 2022 to be satisfactory and they are content that the current unrestricted reserves position leaves it with a sound base from which future activity can be built.

Kensington and Chelsea Forum for Older Residents CIO

Trustees' Annual Report

For year ended 31 March 2022

Reserve policy

The charity is currently dependent on donation and grant income in order to maintain its core activities. Earned income alone would not allow the organisation to continue operating. Following risk analysis, the trustees consider that there is a low to moderate risk of a need for reserves for the organisation as well as the potential of other operational risks, based on challenges in the wider policy context.

The Trustees aim to maintain unrestricted reserves equivalent to 6 months operational costs, this equates to approximately £15,000. The trustees consider that this level will provide sufficient funds to cover support and governance costs. Unrestricted free reserves at the end of this period represent less than 6 months running costs.

STATEMENT OF TRUSTEES RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (Generally Accepted Accounting Practice).

In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgments and estimates that are reasonable and prudent;
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 12/07/2022
and signed on its behalf by:


.....
Stewart Katz, Treasurer

**Independent examiner's report to the Trustees of
Kensington and Chelsea Forum for Older Residents CIO
For year ended 31 March 2022**

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.



.....
Aamer Shehzad FCCA FCA
Accountability Europe Ltd
Omnibus Workspace
39-41 North Road
London N7 9DP

Date: 15-07-2022

Kensington & Chelsea Forum for Older Residents

Receipts and payments account

For the year ended 31 March 2022

		2022			2021	
		Unrestricted	Restricted	Total	Unrestricted	Restricted
	Note	£	£	£	£	£
Receipts:						
Grants	2	13,391	84,100	97,491	-	53,821
Donations		277	1,844	2,121	340	-
Investment income		2	-	2	4	-
Total receipts		13,670	85,944	99,614	344	53,821
Payments:						
Charitable activities:						
Membership activities	3	-	52,988	52,988	-	47,219
Administration and other expenses	4	2,295	-	2,295	3,927	-
Total payments		2,295	52,988	55,283	3,927	47,219
Net receipts / (payments)		11,375	32,956	44,331	(3,583)	6,602
Reconciliation of funds:						
Total funds brought forward		8,725	15,583	24,308	12,308	8,981
Total funds carried forward		20,100	48,539	68,639	8,725	15,583

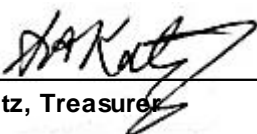
Kensington & Chelsea Forum for Older Residents

Statement of assets and liabilities

As at 31 March 2022

	Notes	2022 £	2021 £
Current assets			
Cash at bank and in hand		54,009	9,271
Cash at bank - deposit account		15,038	15,037
		<u>69,047</u>	<u>24,308</u>
Liabilities: amounts falling due within one year		(408)	-
Net current assets		<u>68,639</u>	<u>24,308</u>
Funds:			
Restricted funds	7	48,539	15,583
Unrestricted funds	8	20,100	8,725
		<u>68,639</u>	<u>24,308</u>

Approved by the Board of Trustees on **12/07/2022**
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 2022

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.

Taxation

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

2. Grants income

	Unrestricted	Restricted	Total			Total
	£	£	2022	Unrestricted	Restricted	2021
			£	£	£	£
RBKC	13,391	74,213	87,604	-	53,821	53,821
Clarion Futures	-	4,887	4,887	-	-	-
Rothermere Foundation	-	5,000	5,000	-	-	-
	<u>13,391</u>	<u>84,100</u>	<u>97,491</u>	<u>-</u>	<u>53,821</u>	<u>53,821</u>

3. Charitable activities

	Unrestricted	Restricted	Total			Total
	£	£	2022	Unrestricted	Restricted	2021
			£	£	£	£
<i>Membership activities:</i>						
Payroll and volunteers	-	35,049	35,049	-	36,787	36,787
Meetings and events costs	-	6,498	6,498	-	498	498
Printing, stationery and IT costs	-	11,441	11,441	-	9,934	9,934
	<u>-</u>	<u>52,988</u>	<u>52,988</u>	<u>-</u>	<u>47,219</u>	<u>47,219</u>

Kensington & Chelsea Forum for Older Residents

Notes to the financial statements

For the Year ended 31 March 2022

4. Administration and other expenses

	Unrestricted £	Restricted £	Total 2022 £	Unrestricted £	Restricted £	Total 2021 £
Accountancy fees	900	-	900	1,530	-	1,530
Insurance	452	-	452	441	-	441
Telephone	480	-	480	1,699	-	1,699
Other office expenses	463	-	463	257	-	257
	<u>2,295</u>	<u>-</u>	<u>2,295</u>	<u>3,927</u>	<u>-</u>	<u>3,927</u>

5. Trustee remuneration and expenses

No Trustee received any remuneration, benefits in kind or expenses payments during the year (2021: none).

6. Related party transactions

There are no related party transactions to disclose for 2022 (2021: none). There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

7. Restricted funds

	At the start of the year £	Total receipts £	Total payments £	Transfers £	At the end of the year £
RBKC	15,583	74,213	48,700	-	41,096
Clarion Futures	-	4,887	2,444	-	2,443
Rothermere Foundation	-	5,000	-	-	5,000
Other restricted donations	-	1,844	1,844	-	-
	<u>15,583</u>	<u>85,944</u>	<u>52,988</u>	<u>-</u>	<u>48,539</u>

8. Unrestricted funds

	At the start of the year £	Total receipts £	Total payments £	Transfers £	At the end of the year £
Unrestricted funds	8,725	13,670	2,295	-	20,100
	<u>8,725</u>	<u>13,670</u>	<u>2,295</u>	<u>-</u>	<u>20,100</u>