

Age Alive
Unaudited Financial Statements
31 March 2022

WALTER HUNTER & CO LIMITED

Chartered accountants
24 Bridge Street
Newport
South Wales
NP20 4SF

Age Alive

Financial Statements

Year ended 31 March 2022

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Age Alive

Trustees' Annual Report

Year ended 31 March 2022

The trustees present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

Days of Uncertainties

Poem written by Roy Mackpenfield

The COVID pandemic has taken the prize,
And bagged a trophy to one of earth's greatest catastrophes.
A destructive borderless disease,
Impacting greatly on the lives of the aged and vulnerable,
Sending the scientific minds scurrying for a cure.

The echoing screams of people's suggestions,
"COVID was an experiment - went wrong", they say.
"Look no further", the Politician's dream to reduce the population
And the Scientist dream to feed the nations,
And walk away the victors.
But COVID's dream, is, "here to stay."

Waking from a darkness blinkered by emotion,
Reeling the outcomes of a dissatisfied service.
Lockdown became the executioner, and
Guilty thoughts buzzed the anxious brains.
A ticking clock marks every second,
While the four walls crept ever closer,
Unanswered questions yet, to be explored,
"What more could be done?"

Traumatic, was the effect of relentless news,
The passing of a loved one without a word,
Or goodbyes being said.
Thinking outside the box and accepting changes,
Zoom technology became the ideal platform,
That kept brains alert, minds content and strength, to suppress,
Those lonely, miserable thoughts.

Peace and tranquillity Age Alive seek,
A place freed of grief and sorrowful emotions.
Where nature's gardens had the answer,
Where, the sweet-smelling fragrances of budding flowers,
Dilutes the pain of lingering thoughts,
Frustration, isolation, anxiety, depression,
And invites the creative minds,
To redress the uncertainties Covid presents.

Age Alive

Trustees' Annual Report *(continued)*

Year ended 31 March 2022

Reference and administrative details

Registered charity name	Age Alive
Charity registration number	1172561
Principal office	122 Woodside Duffryn Newport

The trustees

B Chohan
R Grant
Y Jathwa
R Smith

Accountants	Walter Hunter & Co Limited Chartered accountants 24 Bridge Street Newport South Wales NP20 4SF
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Structure, governance and management

Age Alive was first registered as a Charitable Incorporated Organisation on 12 April 2017, as amended on 27 January 2020. It was established under a "Association" model constitution which sets out its objects and powers.

Objectives and activities

Age Alive's objective is to develop the capacity and skills of members of BME Over 50s of the socially disadvantaged community of Newport and District in such a way that they are better able to identify and help to meet their needs: In Creative Writing, Performing Art, Story-telling, Choir singing, Handcraft, Walking, Swimming, Healthy eating, Exercise, enabling them to participate more fully in society.

Age Alive

Trustees' Annual Report *(continued)*

Year ended 31 March 2022

Objectives and activities *(continued)*

What's been happening...



The introduction of the Welsh Government Community First Initiative was to combat poverty and deprivation in Welsh communities. Its development transpired the working partnership between the Church, Volunteer Sector, Local Government and people of those Communities, that were arguably places of high deprivation, with Minority Ethnic people enjoying little or no benefits.

People over 50 years of age were greatly affected. Having made their contribution to the economic wealth of our society, they were more likely to succumb to some kind of disability. Their need for some form of recognition and fair

representation did not bring satisfying results. Age Alive was created to address those shortfalls, in giving people the opportunity to get their voices heard, more so those of ethnic minority communities.

However, in 2019, the Covid19 pandemic changed the world order. Creating panic, shattering the mind-set of a bewildered group of people, diminishing the momentum of the fastest growing unique and independent charity in the South-East Valleys of Wales. Technology, in the form of Zoom's digital platform, restored communication links and enabled a steady stream of messages to flow. Keeping the people talking, sharing their experiences and enjoying those activities that could be accessed via Zoom, such as exercise and wellbeing sessions.

We meet again...



Walk Leader Kits

First Aid Kit
Hi-Viz Vest
Shoulder Bag
Waterproofs
Clip-board



Age Alive Members

Usk River,
West side

Although the country was experiencing lockdown and restriction on movement, Age Alive took advantage of the guidance for outdoor meetings and introduced two-hour walking exercises every Tuesday from 11am to 1pm. The popular routes were the west side of the Usk River, Tredegar House Park, Caerleon Roman Remains and along the canals in Rogerstone. It was an opening that gave a small number of people the chance to be together, walk and talk, share concerns and enjoy the exercise. Being able to go for walks during restrictions, was the perfect opportunity for people to meet, enjoy the fresh air and release their minds from the built up mental anguish.

Age Alive

Trustees' Annual Report *(continued)*

Year ended 31 March 2022

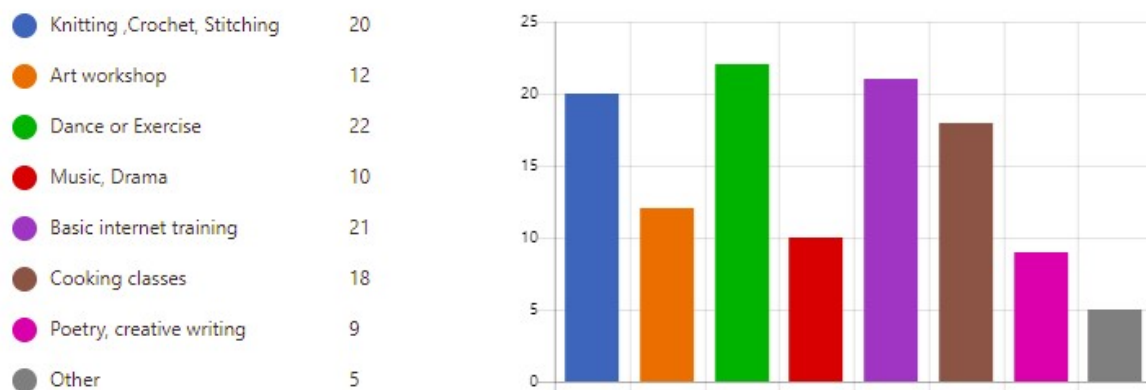
Objectives and activities *(continued)*

Survey says...

Trustees were encouraged to think outside the box and search for ideas that would keep members in touch and satisfy their wellbeing needs. A researcher for the group was suggested and funding was successful. A questionnaire was put together, that gave a clear and precise description of what the charity should be delivering going forward.

The results were encouraging.

Most popular activities voted for



The survey identified the need for a number of activities but the need for a support worker was paramount. In September 2021, a support worker was employed and contracted for 35 weeks from August 2020 to May 2022 to deliver a multitude of new projects:

- Create an Age Alive website
- Update the charity operational policies
- Secure media outlets
- Seek out funding streams with NCC PB, Magic Little Grants, Children in Need, CIF, Community Foundation Wales and Award For All.

With those areas of weakness clearly identified, recommendations were highlighted to have them strengthened - member's needs were put into motion, playing a pivotal role in the development and presentation of the website.

Age Alive

Trustees' Annual Report *(continued)*

Year ended 31 March 2022

Objectives and activities *(continued)*

Keeping up with the times...

A 3-minute film was made by the members, inviting people of other participating organisations to vote for an I.T training programme, that would help Age Alive members stay in touch with each other and be informed of any changes the charity make. It would also meet the criteria for NCC Participation Budget initiative; promoting, networking and delivering small, medium to large grants that satisfied the needs of those groups.

More Support...

The survey also identified the need for a longer-term part-time worker, to help with the smooth running of this uniquely special charity, that is facilitating changes to the lives and wellbeing of minority ethnic 50+ people.

Days out...



Day trip to Dudley Museum & Art Gallery in the West Midlands. This modern museum told the story of Dudley (and the wider Black Country) through time. What an insightful day out!

Healthy Eating...

Dietary sessions were a huge hit, as staying healthy is a key consideration for many. Nutritional advice and healthy eating information was shared with new practices being adopted for a new outlook on maintaining an enjoyable yet balanced diet.



Dietician delivering a talk on healthy eating and food preparation



Fundraising exercise at Maindee Festival

Age Alive

Trustees' Annual Report *(continued)*

Year ended 31 March 2022

Public Benefit

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the Charities aims and objectives and in planning future activities.

Achievements and performance

The charity has maintained its successful drive accessing the funds, helping to keep members happy and the smooth running of the group. With all its woes, and loss of loved ones, the Government changed its draconian regulations which meant the charity flourished and arrived at a place to celebrate.

Roy M Grant was invited to the Queen's Birthday Honours, receiving the BEM accolade. He also won the Paul Stevenson MTM 10th Anniversary Unsung Hero Award.

These fantastic achievements were praised by members of the community - this is what they said...

'Well done Mr Roy Grant. Your hard work and dedication has paid off.'

'May God bless you & the lovely sisters for bringing us all together!'

'Wow, that's just so awesome. A hefty congrats to Mr Grant, shining like a diamond.'

Funding...

Age Alive raised core funding of £14,500 from the Peoples Community Grant for 3 years' office lease. It secured a new office space at Uskside Business Park, Pillgwenly, Newport on 8th June 2022.

What was not taken into consideration, was the commuting inconvenience on public transport which made the journey for volunteers, troublesome. It was clear that a new office nearer to the city was needed.

The Avire rent-free property leasing programme (utility cost only), became an exciting prospect that lead to a successful application for new premises.

- Age Alive signed a 3-year rent-free lease.
- The charity would give-up the right to redress the landlord giving notice of 28 days to vacate the property.
- This condition was accepted, and a lease was put in place on the 2 December 2022.

Age Alive is set to move to a new address - Clarence House, Clarence Place, Newport in January 2023 where the convenience ideally suited the members.

Little Magic Grant awarded Age Alive £500, to support the 'Leave It at The Door' project of well-being activities.

Award for All provided a £10,000 grant for IT equipment.

We also received £5,000 from NCC PB Community Grant for IT training (currently in progress) and a few other greatly beneficial initiatives.

HLF awarded Age Alive £29,000 with the first 50% paying for the project 'It Will Never Work.' This, completing the last triangle to the 'Back-a-Yard' project, which is in 2 parts; a documentary in book form written in English and Welsh and digitally recorded to be displayed on roller banners.

Age Alive

Trustees' Annual Report *(continued)*

Year ended 31 March 2022

Financial review

Availability and adequacy of assets of each of the funds

The board of trustees is satisfied that the charity's assets in respect of each restricted fund are available and adequate to fulfil its obligations in respect of each fund.

Transactions and financial position

The Statement of Financial Activities show net outgoing resources for the year of a revenue nature of £942 (2020: outgoing £1,756).

The reserves of the charity at the year-end were £11,054 (2021: £11,996) of which £10,120 (2021: £11,733) were restricted and £934 (2021: £263) were unrestricted.

Plans for future periods

Future Plans...

- It Will Never Work project
- Ten Year Documentary; full-coloured book, A4 size, English & Welsh
- The Silent Voices Booklets in 3 languages, English, Welsh & Urdu. Also, published digitally on roller banner.
- IT Training

Continued Activities...

- Walk and Talk
- Choir singing
- Exercise sessions; Tai Chi, Aerobic & Exercise to Music
- Well-being sessions; Mindfulness, Nutritionist talks
- CMHP sessions
- Daytrips
- Support other groups
- Healthy eating & Dietary presentations
- Health and Mental Awareness sessions

Farewells...

Age Alive is saddened by the loss of members; Ellen Swaby, Linda Phillips, Mervis Wilson, Mr. Raza, Jeana Carnegie & Iris Cave. Their memories will remain fresh in our thoughts.

Thank You...

Age Alive is thankful to the funders for their support to help make people happy, whilst diversity is fully embraced.

Check out the new website...

www.agealive.org.uk

Get updated with the activities the charity is providing and plans for any engagements.

Get in touch...

Facebook: AgeAliveNewport

Email us: info@agealive.org.uk

Call us: 01633 250849

Age Alive

Trustees' Annual Report *(continued)*

Year ended 31 March 2022

The trustees' annual report was approved on 19 January 2023 and signed on behalf of the board of trustees by:

R Grant
Trustee

Age Alive

Chartered Accountant's Report to Age Alive on the Unaudited Financial Information of Age Alive

Year ended 31 March 2022

In accordance with the engagement letter dated 18 January 2021, we have prepared for your approval the financial information of Age Alive for the year ended 31 March 2022, which comprise the statement of financial activities, statement of financial position and the related notes from the charity's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed at www.icaew.com/en/members/regulations-standards-and-guidance.

This report is made solely to the board of trustees of Age Alive, as a body, in accordance with the terms of our engagement letter dated 18 January 2021. Our work has been undertaken solely to prepare for your approval the financial statements of Age Alive and state those matters that we have agreed to state to you, as a body, in this report in accordance with ICAEW Technical Release TECH08/16AAF as detailed at www.icaew.com/compilation. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Age Alive and its board of trustees, as a body, for our work or for this report.

You have approved the financial information for the year and have acknowledged your responsibility for it, for the appropriateness of the financial reporting framework adopted and for providing all informations and explanations necessary for its compilation.

We have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial information.

WALTER HUNTER & CO LIMITED
Chartered accountants

24 Bridge Street
Newport
South Wales
NP20 4SF

19 January 2023

Age Alive

Statement of Financial Activities

Year ended 31 March 2022

		Unrestricted funds	2022 Restricted funds	Total funds	2021 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	4	862	—	862	814
Charitable activities	5	—	7,357	7,357	5,663
Total income		<u>862</u>	<u>7,357</u>	<u>8,219</u>	<u>6,477</u>
Expenditure					
Expenditure on charitable activities	6,7	191	8,970	9,161	8,233
Total expenditure		<u>191</u>	<u>8,970</u>	<u>9,161</u>	<u>8,233</u>
		—	—	—	—
Net expenditure and net movement in funds		<u>671</u>	<u>(1,613)</u>	<u>(942)</u>	<u>(1,756)</u>
Reconciliation of funds					
Total funds brought forward		263	11,733	11,996	13,752
Total funds carried forward		<u>934</u>	<u>10,120</u>	<u>11,054</u>	<u>11,996</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The notes on pages 12 to 18 form part of these financial statements.

Age Alive

Statement of Financial Position

31 March 2022

	Note	2022 £	2021 £
Current assets			
Debtors	10	60	47
Cash at bank and in hand		<u>17,891</u>	<u>15,173</u>
		17,951	15,220
Creditors: amounts falling due within one year	11	<u>6,897</u>	<u>3,224</u>
Net current assets		<u>11,054</u>	<u>11,996</u>
Total assets less current liabilities		<u>11,054</u>	<u>11,996</u>
Net assets		<u><u>11,054</u></u>	<u><u>11,996</u></u>
Funds of the charity			
Restricted funds		10,120	11,733
Unrestricted funds		<u>934</u>	<u>263</u>
Total charity funds	12	<u><u>11,054</u></u>	<u><u>11,996</u></u>

These financial statements were approved by the board of trustees and authorised for issue on 19 January 2023, and are signed on behalf of the board by:

R Grant
Trustee

The notes on pages 12 to 18 form part of these financial statements.

Age Alive

Notes to the Financial Statements

Year ended 31 March 2022

1. General information

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is 100-1010 Commercial Street, Newport, NP20 1LU.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Restricted funds are subjected to restrictions on their expenditure declared by the donor.

Incoming resources

All income is included in the statement of financial activities when entitlement has passed to the charity, it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured.

Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Age Alive

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.

- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

4. Donations and legacies

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Donations				
Members' contributions	862	862	784	784
Other donations	—	—	30	30
	<u>862</u>	<u>862</u>	<u>814</u>	<u>814</u>

5. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Gwent Association of Voluntary Organisations ICF			
Grant	—	—	—
BAWSO	—	—	—
Moondance Foundation	—	—	—
South Wales Jamaican Society	—	—	—
RCC GMF Awards	—	5,620	5,620
Local Giving	—	500	500
Older Peoples Fund	—	1,237	1,237
	<u>—</u>	<u>7,357</u>	<u>7,357</u>

Age Alive

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

5. Charitable activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Gwent Association of Voluntary Organisations ICF			
Grant	–	2,040	2,040
BAWSO	–	2,094	2,094
Moondance Foundation	–	1,158	1,158
South Wales Jamaican Society	371	–	371
RCC GMF Awards	–	–	–
Local Giving	–	–	–
Older Peoples Fund	–	–	–
	<u>371</u>	<u>5,292</u>	<u>5,663</u>

6. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Awards for All	–	3,630	3,630
Integrated Community Fund	–	60	60
Covid19 BAME Support Grant	–	648	648
Diversity & Inclusion Policy Training	–	–	–
Walk & Talk Project	–	–	–
RCC GMF	–	2,784	2,784
Support costs	191	1,848	2,039
	<u>191</u>	<u>8,970</u>	<u>9,161</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Awards for All	–	2,239	2,239
Integrated Community Fund	–	–	–
Covid19 BAME Support Grant	–	1,296	1,296
Diversity & Inclusion Policy Training	–	150	150
Walk & Talk Project	–	3,104	3,104
RCC GMF	–	–	–
Support costs	–	1,444	1,444
	<u>–</u>	<u>8,233</u>	<u>8,233</u>

Age Alive

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

7. Expenditure on charitable activities by activity type

	Activities undertaken directly	Support costs	Total funds 2022	Total fund 2021
	£	£	£	£
Core activities	–	191	191	–
Awards for All	3,630	102	3,732	2,525
Moondance Foundation	–	509	509	1,158
Integrated Community Fund	60	–	60	–
Covid19 BAME Support Grant	648	–	648	1,296
Diversity & Inclusion Policy Training	–	–	–	150
Walk & Talk Project	–	–	–	3,104
RCC GMF	2,784	–	2,784	–
Older Peoples Fund	–	1,237	1,237	–
	<u>7,122</u>	<u>2,039</u>	<u>9,161</u>	<u>8,233</u>

8. Analysis of support costs

	Analysis of support costs activity 1	Analysis of support costs activity 5	Analysis of support costs activity 6	Analysis of support costs activity 14	Total 2022	Total 2021
	£	£	£	£	£	£
Premises	–	–	365	–	365	388
Communications and IT	–	102	144	507	753	440
General office	191	–	–	190	381	76
Governance costs	–	–	–	540	540	540
	<u>191</u>	<u>102</u>	<u>509</u>	<u>1,237</u>	<u>2,039</u>	<u>1,444</u>

9. Trustee remuneration and expenses

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees and no trustee expenses have been incurred.

10. Debtors

	2022 £	2021 £
Prepayments and accrued income	<u>60</u>	<u>47</u>

Age Alive

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

11. Creditors: amounts falling due within one year

	2022	2021
	£	£
Accruals and deferred income	540	625
Members' Savings Club creditor	2,644	2,599
Grants received in advance	3,713	—
	<u>6,897</u>	<u>3,224</u>

12. Analysis of charitable funds

Unrestricted funds

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
General funds	<u>263</u>	<u>862</u>	<u>(191)</u>	<u>—</u>	<u>934</u>

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
General funds	<u>(922)</u>	<u>1,185</u>	<u>—</u>	<u>—</u>	<u>263</u>

Age Alive

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

12. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 April 2021	Income	Expenditure	Transfers	At 31 March 2022
	£	£	£	£	£
Awards for All	11,085	–	(3,732)	(1,218)	6,135
Walk & Talk Project	–	–	–	–	–
Integrated Community Fund (via GAVO)	–	–	(60)	60	–
Covid19 BAME Support Grant (via BAWSO)	648	–	(648)	–	–
Diversity & Inclusion Policy Training (via BAWSO)	–	–	–	–	–
Moondance Foundation	–	–	(509)	1,158	649
RCC GMF	–	5,620	(2,784)	–	2,836
Local Giving - Leave it at the door project	–	500	–	–	500
Older Peoples Fund	–	1,237	(1,237)	–	–
	<u>11,733</u>	<u>7,357</u>	<u>(8,970)</u>	<u>–</u>	<u>10,120</u>

	At 1 April 2020	Income	Expenditure	Transfers	At 31 March 2021
	£	£	£	£	£
Awards for All	13,610	–	(2,525)	–	11,085
Walk & Talk Project	1,064	2,040	(3,104)	–	–
Integrated Community Fund (via GAVO)	–	–	–	–	–
Covid19 BAME Support Grant (via BAWSO)	–	1,944	(1,296)	–	648
Diversity & Inclusion Policy Training (via BAWSO)	–	150	(150)	–	–
Moondance Foundation	–	1,158	(1,158)	–	–
RCC GMF	–	–	–	–	–
Local Giving - Leave it at the door project	–	–	–	–	–
Older Peoples Fund	–	–	–	–	–
	<u>14,674</u>	<u>5,292</u>	<u>(8,233)</u>	<u>–</u>	<u>11,733</u>

Age Alive

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

13. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Current assets	3,578	14,373	17,951
Creditors less than 1 year	(2,644)	(4,253)	(6,897)
Net assets	<u>934</u>	<u>10,120</u>	<u>11,054</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Current assets	2,862	12,358	15,220
Creditors less than 1 year	(2,599)	(625)	(3,224)
Net assets	<u>263</u>	<u>11,733</u>	<u>11,996</u>