

YELLOW BIRD AGE FRIENDLY DROPIN AND ADVICE GROUP

England & Wales · Charity number 1177904

Details

Status Registered

Legal form CIO

Registered 2018-04-11

Register [View on the Charity Commission register](#)

Contact

Address Church Of God Of Prophecy
300 Moss Lane East
Manchester
M14 4SS

Phone 07511021741

Email info@yellowbirdagefriendly.co.uk

Activities

Objects: THE OBJECTS OF THE CIO IS TO RELIEVE THOSE IN NEED BY REASON OF AGE, BY PROVIDING AGE-FRIENDLY DROP-IN SUPPORT AND OFFERING A WIDE RANGE OF SERVICES COMBATING LONELINESS, ISOLATION, MEMORY PROBLEMS AND OTHER HEALTH RELATED ISSUES IN MOSS SIDE AND SURROUNDING AREAS COVERING CENTRAL MANCHESTER.

Activities: Yellowbird Age Friendly is a community drop in support group aimed at tackling social isolation and loneliness with community members. We offer group trips, arts and crafts sessions, exercise classes, nurses (1:1 sessions), NHS/DWP pensions/benefits advice and housing information. We aim to signpost when possible. Currently Yellowbird Age Friendly operates in Moss Side.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** Elderly/old People

Geography

- Manchester City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,250	£1,250	-	-
2024-03-31	£1,500	£1,400	-	-
2023-03-31	£500	£500	-	-
2022-03-31	£481	£832	-	-
2021-03-31	£0	£1,750	-	-

Trustees

Name	Role	Appointed
HARTLEY POLSON	Chair	2026-05-14
GWENDA NJIE		2026-05-14
PAULINE MCKENZIE		2025-10-30

YELLOW BIRD AGE FRIENDLY DROPIN AND ADVICE GROUP

England & Wales - Charity number 1177904

Accounts

Trustee Annual Report

Yellow Bird Age Friendly Drop-in And Advice Group
Charity Registration Number: 1177904
For the Financial Year Ending: 2025

1. Introduction

This report outlines the work of **Yellowbird Age Friendly Drop-in & Advice Group** during the financial year ending **2025**. The trustees are pleased to present an overview of our activities, impact, and financial position.

2. Governance & Management

2.1 Legal Status & Structure

- **Yellowbird Age Friendly Drop-in & Advice Group** is a registered charity governed by a **Constitution**
- The charity is managed by a **board of trustees**, who oversees its work and ensure compliance with legal requirements.

2.2 Trustees

The following trustees served during this period:

- **Stephen Wright (Chair)**
- **Hartley Polson (Secretary)**
- **Amy Muthra (Treasurer)**

Trustees are **elected annually by members or co-opted by existing trustees**.

3. Objectives & Activities

3.1 Our Mission

To provide services and activities that enhance and improve the quality of life of the elderly, targeting isolation and loneliness ensuring they stay fit, healthy, active and connected.

3.2 Key Activities & Achievements

Over the past year, **Yellowbird Age Friendly Drop-in & Advice Group** has continued to deliver vital support and engagement for older adults through a range of well-established activities, including:

- **Thursday Lunch Club** – Provided a warm, friendly space where older adults can socialise, share experiences, and access support.
- **Advice & Support Services** – Assisted individuals with information and advice about public services.
- **Health & Well-being Activities** – Facilitated light chair-based exercises to encourage physical activity. Worked with Manchester Health Champions at the Millennium Powerhouse facilitating health checks for the elderly.
- **Peer Support & Confidence Building** – Encouraged members to share personal experiences and challenges.

These activities have been at the heart of our mission for several years and have directly contributed to the increase in numbers of service users from our community this year.

4. Financial Review

4.1 Income & Expenditure

For the financial year ending 31/03/2025, **Yellowbird Age Friendly Drop-in & Advice Group** operated without external grants or formal funding. Instead, all activities and services were sustained through voluntary contributions from group members.

- **Total income:** £1250 (100% from member contributions and donations)
- **Total expenditure:** £1250 (used for refreshments and operational expenses)
- **Closing balance:** £0

4.2 Sustainability & Financial Challenges

As we rely entirely on member contributions, financial sustainability remains a key challenge. We continue to manage our resources carefully to ensure the continuation of our services while exploring potential funding opportunities that align with our mission.

4.3 Reserves Policy

At the close of the financial year, the charity had no reserves.

5. Future Plans & Development

Looking ahead, **Yellowbird Age Friendly Drop-in & Advice Group** aims to strengthen and maintain its support services for older adults. Key areas for development include:

- **Expanding Outreach:** We aim to increase the number of elderly, particularly those experiencing loneliness, isolation, and memory-related challenges.
- **Securing Additional Funding:** We will be actively seeking funding opportunities to enhance our service delivery and provide additional resources for our beneficiaries.
- **Strengthening Partnerships:** We plan to develop stronger collaborations and partnership with local organisations to expand our impact and improve the support available to our members.

By pursuing these initiatives, we hope to broaden our reach, improve operational efficiency, and secure a more sustainable future for the group.

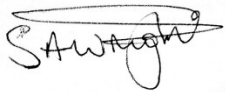
6. Compliance & Governance Statement

- No serious incidents were reported to the Charity Commission.
- The charity remains compliant with its governing document and legal obligations.

7. Trustee Declaration

The trustees confirm that this report has been approved by the board on **09/01/2026**.

Signed on behalf of the trustees:



Stephen Wright
Chair



Hartley Polson
Secretary

YELLOW BIRD AGE FRIENDLY DROPIN AND ADVICE GROUP

England & Wales - Charity number 1177904

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Trustee Annual Report

Yellowbird Age Friendly Drop-in & Advice Group
Charity Registration Number: 1177904
For the Financial Year Ended: 2024

1. Introduction

This report outlines the work of **Yellowbird Age Friendly Drop-in & Advice Group** during the financial year ended **2024**. The trustees are pleased to present an overview of our activities, impact, and financial position.

2. Governance & Management

2.1 Legal Status & Structure

- **Yellowbird Age Friendly Drop-in & Advice Group** is a registered charity governed by a **Constitution**
- The charity is managed by a **board of trustees**, who oversees its work and ensure compliance with legal requirements.

2.2 Trustees

The following trustees served during this period:

- **Amy Muthra (Chair)**
- **Alaina Choudary (Treasurer)**
- **Hartley Polson (Secretary)**
- **Eula Mesquita (Trustee)**

Trustees are elected annually by members or co-opted by existed trustees.

3. Objectives & Activities

3.1 Our Mission

To provide services and activities that enhance and improve the quality of life of the elderly targeting isolation and loneliness ensuring they stay fit, healthy, active and connected.

3.2 Key Activities & Achievements

Over the past year, **Yellowbird Age Friendly Drop-in & Advice Group** has continued to deliver vital support and engagement for elders through a range of well-established activities, including:

- **Weekly Drop-in Sessions (Thursday Lunch Club)** – Provided a warm, friendly space where elders could have a meal, socialise, share experiences, and access support.
- **Advice & Support Services** – Assisted individuals with issues such as benefits, housing, healthcare, and general well-being.
- **Community Engagement Events** – Organised social and cultural activities to combat loneliness and promote connection. Facilitated Christmas Dinner on 19 December 2024 courtesy of the Bugle Group.
- **Health & Well-being Activities** – Facilitated usual chair-based exercises to encourage physical activity.
- **Creative & Cultural Activities** – Offered opportunities for members to engage in board games etc.
- **Peer Support & Confidence Building** – Encouraged members to share personal experiences, challenges, and successes in a respectful and understanding environment.

These activities, which have been at the heart of our mission, have directly benefited 10-15 people in our community weekly, reinforcing our long-standing commitment to reducing social isolation and loneliness, confidence building and improving the quality of life for our elders.

4. Financial Review

4.1 Income & Expenditure

For the financial year ending **31/03/2023**, **Yellowbird Age Friendly Drop-in & Advice Group** operated without external grants or formal funded. Instead, all activities and services were sustained through members' subscriptions.

- **Total income:** £1500 (100% from members' subscriptions)
- **Total expenditure:** £1400 (used for lunches, activity materials, and operational expenses)
- **Closed balance:** £0

4.2 Sustainability & Financial Challenges

As we rely entirely on member' subscriptions, financial sustainability remains a key challenge. We continue to manage our resources carefully to ensure the continuation of our services while exploring potential funding opportunities that align with our mission.

4.3 Reserves Policy

At the close of the financial year, the charity maintained **£100** in reserves. These funds are crucial for covered essential costs and ensured that we can continue to provide a welcomed space for our members.

5. Future Plans & Development

Looking ahead, **Yellowbird Age Friendly Drop-in & Advice Group** aims to strengthen and expand its support services for elders. Key areas for development include:

- **Expanded Outreach:** We aim to reach and support more elders, particularly those experiencing loneliness, isolation.
- **Securing Additional Funded:** As we currently operate solely on members' subscriptions, we will actively seek funding opportunities to enhance our service delivery and provide additional resources for our beneficiaries.
- **Strengthening Partnerships:** We plan to develop stronger collaborations with local organisations to expand our impact and improve the support available to our members.

By pursuing these initiatives, we hope to broaden our reach, improve operational efficiency, and secure a more sustainable future for the group.

6. Compliance & Governance Statement

- No serious incidents were reported to the Charity Commission.
- The charity remains compliant with its governed document and legal obligations.

7. Trustee Declaration

The trustees confirm that this report has been approved by the board on **03/10/2025**.

Signed on behalf of the trustees:

X

Amy Muthra
Chair

X

Hartley Polson
Secretary

YELLOW BIRD AGE FRIENDLY DROPIN AND ADVICE GROUP

England & Wales - Charity number 1177904

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Trustee Annual Report

Yellowbird Age Friendly Drop-in & Advice Group

Charity Registration Number: 1177904

For the Financial Year Ending: 2023

1. Introduction

This report outlines the work of **Yellowbird Age Friendly Drop-in & Advice Group** during the financial year ending **2023**. The trustees are pleased to present an overview of our activities, impact, and financial position.

2. Governance & Management

2.1 Legal Status & Structure

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- The charity is managed by a **board of trustees**, who oversees its work and ensure compliance with legal requirements.

2.2 Trustees

The following trustees served during this period:

- **Amy Muthra (Chair)**
- **Hartley Polson (Secretary)**
- **Alaina Choudry (Treasurer)**
- **Eula Mesquita (Trustee)**

Trustees are elected annually by members or co-opted by existing trustees.

3. Objectives & Activities

3.1 Our Mission

To provide services and activities that enhance and improve the quality of life of the elderly targeting isolation and loneliness ensuring they stay fit, healthy, active and connected.

3.2 Key Activities & Achievements

Over the past year, **Yellowbird Age Friendly Drop-in & Advice Group** has continued to deliver vital support and engagement for older adults through a range of well-established activities, including:

- **Thursday Lunch Club** – Provided a warm, friendly space where older adults can socialise, share experiences, and access support.
- **Advice & Support Services** – Informed and assisted individuals on how to access local services e.g. housing and health provisions and local authority services.
- **Health & Well-being Activities** – Facilitated light chair-based exercises to encourage physical activity.
- **Peer Support & Confidence Building** – Encouraged members to share personal experiences and challenges.

Service take-up slightly improving as we recover from the pandemic.

4. Financial Review

4.1 Income & Expenditure

For the financial year ending 31/03/2023, **Yellowbird Age Friendly Drop-in & Advice Group** operated without external grants or formal funding. Instead, all activities and services were sustained through voluntary contributions from group members.

- **Total income:** £1500 (100% from member contributions and donations)
- **Total expenditure:** £1500 (used for lunches and operational expenses)
- **Closing balance:** £0

4.2 Sustainability & Financial Challenges

As we rely entirely on member contributions, financial sustainability remains a key challenge. We continue to manage our resources carefully to ensure the continuation of our services while exploring potential funding opportunities that align with our mission.

4.3 Reserves Policy

At the close of the financial year, the charity had no reserves.

5. Future Plans & Development

Looking ahead, **Yellowbird Age Friendly Drop-in & Advice Group** aims to strengthen and maintain its support services for older adults. Key areas for development include:

- **Expanding Outreach:** We aim to reach and support more elders, particularly those experiencing loneliness and isolation.
- **Securing Additional Funding:** As we currently operate solely on member contributions, we will actively seek funding opportunities to enhance our service delivery and provide additional resources for our beneficiaries.
- **Strengthening Partnerships:** We plan to develop stronger collaborations with local organisations to expand our impact and improve the support available to our members.

By pursuing these initiatives, we hope to broaden our reach, improve operational efficiency, and secure a more sustainable future for the group.

6. Compliance & Governance Statement

- No serious incidents were reported to the Charity Commission.
- The charity remains compliant with its governing document and legal obligations.

7. Trustee Declaration

The trustees confirm that this report has been approved by the board on **03/10/2025**.

Signed on behalf of the trustees:

X

Amy Muthra
Chair

X

Hartley Polson
Secretary

YELLOW BIRD AGE FRIENDLY DROPIN AND ADVICE GROUP

England & Wales - Charity number 1177904

Accounts

Trustee Annual Report

Yellowbird Age Friendly Drop-in & Advice Group

Charity Registration Number: 1177904

For the Financial Year Ending: 2025

1. Introduction

This report outlines the work of **Yellowbird Age Friendly Drop-in & Advice Group** during the financial year ending **2025**. The trustees are pleased to present an overview of our activities, impact, and financial position.

2. Governance & Management

2.1 Legal Status & Structure

- **Yellowbird Age Friendly Drop-in & Advice Group** is a **registered charity** governed by a **Constitution**
- The charity is managed by a **board of trustees**, who oversees its work and ensure compliance with legal requirements.

2.2 Trustees

The following trustees served during this period:

- **Amy Muthra (Chair)**
- **Alaina Choudary (Treasurer)**
- **Hartley Polson (Secretary)**
- **Eula Mesquita (Trustee)**

Trustees are **elected annually by members or co-opted by existing trustees**.

3. Objectives & Activities

3.1 Our Mission

Our charity exists to provide an age-friendly drop-in support and advice service that fosters connection, understanding, and well-being among older adults, particularly those from diverse communities in central Manchester, including the Moss Side Caribbean community. We aim to combat loneliness, isolation, and memory-related challenges by offering a range of social, creative, and educational activities. Our welcoming space encourages both users and carers to share their experiences, express themselves in confidence, and receive compassionate support in a warm and respectful setting. Through activities such as dance, walking, chair and standing exercises, drama, and music, we promote physical and emotional well-being while celebrating culture and shared experiences. Above all, we are committed to

inclusivity, ensuring that our services remain accessible to all, regardless of gender, race, ethnicity, nationality, sexuality, religion, political belief, marital status, or age.

3.2 Key Activities & Achievements

Over the past year, **Yellowbird Age Friendly Drop-in & Advice Group** has continued to deliver vital support and engagement for older adults through a range of well-established activities, including:

- **Weekly Drop-in Sessions** – Providing a warm, friendly space where older adults can socialise, share experiences, and access support.
- **Advice & Support Services** – Assisting individuals with issues such as benefits, housing, healthcare, and general well-being.
- **Community Engagement Events** – Organising social and cultural activities to combat loneliness and promote connection e.g. our Annual Christmas Dinner & Festivities on 19 December 2024 staged by the Bugle Group.
- **Health & Well-being Activities** – Facilitating light exercise sessions such as chair-based exercises, walking groups, to encourage physical activity.
- **Creative & Cultural Activities** – Offering opportunities for members to engage in music, drama, storytelling, and arts and crafts, fostering self-expression and community bonding.
- **Intergenerational Engagement** – Exploring ways to connect older adults with younger generations through shared learning and activities.
- **Peer Support & Confidence Building** – Encouraging members to share personal experiences, challenges, and successes in a respectful and understanding environment.

These activities, which have been at the heart of our mission for several years, have directly benefited **15-20 people** in our community this year, reinforcing our long-standing commitment to reducing social isolation and loneliness, confidence building and improving the quality of life for older adults.

4. Financial Review

4.1 Income & Expenditure

For the financial year ending [date], **Yellowbird Age Friendly Drop-in & Advice Group** operated without external grants or formal funding. Instead, all activities and services were sustained through voluntary contributions from group members and supporters.

- **Total income:** £481.78 (100% from member contributions and donations)
- **Total expenditure:** £832.17 (used for venue costs, refreshments, activity materials, and operational expenses)
- **Closing balance:** -£350.39

4.2 Sustainability & Financial Challenges

As we rely entirely on member contributions, financial sustainability remains a key challenge. We continue to manage our resources carefully to ensure the continuation of our services while exploring potential funding opportunities that align with our mission.

4.3 Reserves Policy

At the close of the financial year, the charity maintained -£350.39 in reserves. These funds are crucial for covering essential costs and ensuring that we can continue to provide a welcoming space for our members.

5. Future Plans & Development

- Looking ahead, **Yellowbird Age Friendly Drop-in & Advice Group** aims to strengthen and expand its support services for older adults. Key areas for development include:
- **Expanding Outreach:** We aim to reach and support more older adults, particularly those experiencing loneliness, isolation, and memory-related challenges.
- **Securing Additional Funding:** As we currently operate solely on member contributions, we will actively seek funding opportunities to enhance our service delivery and provide additional resources for our beneficiaries.
- **Strengthening Partnerships:** We plan to develop stronger collaborations with local organisations to expand our impact and improve the support available to our members.
- **Student Placement Support:** We are exploring opportunities to welcome university students as placement volunteers to assist with group activities, enriching our services while offering students practical experience in community support.
- **Accounts Support Initiative:** We are considering engaging student volunteers from **Manchester Business School** to assist with financial management and basic accounting tasks, improving financial oversight and ensuring long-term sustainability.

By pursuing these initiatives, we hope to broaden our reach, improve operational efficiency, and secure a more sustainable future for the group.

6. Compliance & Governance Statement

- No serious incidents were reported to the Charity Commission.
- The charity remains compliant with its governing document and legal obligations.

7. Trustee Declaration

The trustees confirm that this report has been approved by the board on **13/05/2025**.

Signed on behalf of the trustees:

X

Amy Muthra
Chair

X

Hartley Polson
Secretary

YELLOW BIRD AGE FRIENDLY DROPIN AND ADVICE GROUP

England & Wales - Charity number 1177904

Accounts

Trustee Annual Report

Yellowbird Age Friendly Drop-in & Advice Group
Charity Registration Number: 1177904
For the Financial Year Ending: 2021

1. Introduction

This report outlines the work of **Yellowbird Age Friendly Drop-in & Advice Group** during the financial year ending **2021**. The trustees are pleased to present an overview of our activities, impact, and financial position.

2. Governance & Management

2.1 Legal Status & Structure

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The following trustees served during this period:

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- **Alaina Choudry (Treasurer)**
- **Eula Mesquita (Trustee)**

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3. Objectives & Activities

3.1 Our Mission

To provide services and activities that enhance and improve the quality of life of the elderly targeting isolation and loneliness ensuring they stay fit, healthy, active and connected.

3.2 Key Activities & Achievements

Over the past year, **Yellowbird Age Friendly Drop-in & Advice Group** has continued to deliver vital support and engagement for older adults through a range of well-established activities, including:

- **Thursday Lunch Club** – Provided a warm, friendly space where older adults can socialise, share experiences, and access support.
- **Advice & Support Services** – Assisted individuals with recovering from Covid-19 lockdown and how to re-integrate into the community.
- **Health & Well-being Activities** – Facilitated light chair-based exercises to encourage physical activity.
- **Peer Support & Confidence Building** – Encouraged members to share personal experiences and challenges during the pandemic.

These activities, which have been at the heart of our mission for several years, have directly been affected by a decreased amount of people in our community this year as we recover from the effects of the pandemic.

4. Financial Review

4.1 Income & Expenditure

For the financial year ending 31/03/2021, **Yellowbird Age Friendly Drop-in & Advice Group** operated without external grants or formal funding. Instead, all activities and services were sustained through voluntary contributions from group members.

- **Total income:** £720 (100% from member contributions and donations)
- **Total expenditure:** £720 (used for refreshments and operational expenses)
- **Closing balance:** £0

4.2 Sustainability & Financial Challenges

As we rely entirely on member contributions, financial sustainability remains a key challenge. We continue to manage our resources carefully to ensure the continuation of our services while exploring potential funding opportunities that align with our mission.

4.3 Reserves Policy

At the close of the financial year, the charity had no reserves.

5. Future Plans & Development

- Looking ahead, **Yellowbird Age Friendly Drop-in & Advice Group** aims to strengthen and maintain its support services for older adults. Key areas for development include:
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 - **Securing Additional Funding:** As we currently operate solely on member contributions, we will actively seek funding opportunities to enhance our service delivery and provide additional resources for our beneficiaries.
 - **Strengthening Partnerships:** We plan to develop stronger collaborations with local organisations to expand our impact and improve the support available to our members.

By pursuing these initiatives, we hope to broaden our reach, improve operational efficiency, and secure a more sustainable future for the group.

6. Compliance & Governance Statement

- No serious incidents were reported to the Charity Commission.
- The charity remains compliant with its governing document and legal obligations.

7. Trustee Declaration

The trustees confirm that this report has been approved by the board on **03/10/2025**.

Signed on behalf of the trustees:

X

Amy Muthra
Chair

X

Hartley Polson
Secretary