

# POSITIVE AGEING IN LONDON (PAIL)

England & Wales · Charity number 1189011

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-04-14

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

## Contact

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**Address** Flat 88  
Taplow  
Thurlow Street  
London  
SE17 2UH

**Phone** 07808173023

**Email** [positiveageinginlondon@gmail.com](mailto:positiveageinginlondon@gmail.com)

**Website** [www.pailondon.org.uk](http://www.pailondon.org.uk)

## Activities

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**Objects:** FOR THE PUBLIC BENEFIT, THE ADVANCEMENT OF EDUCATION AND THE RELIEF OF NEED OF ELDERLY PEOPLE IN LONDON, IN PARTICULAR BUT NOT EXCLUSIVELY, BY PROVIDING EDUCATIONAL EVENTS, CONDUCTING RESEARCH AND SUPPORTING THE CONTRIBUTION OF ELDERLY PEOPLE IN LONDON.

**Activities:** For the public benefit, the advancement of education and the relief of need of elderly people in London, in particular but not exclusively, by providing educational events, conducting research and supporting the contribution of elderly people in London.

## Classification

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- **How:** Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Disability, Other Charitable Purposes
- **Who:** Elderly/old People

## Geography

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- Throughout London

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-09-30		£300	£20	-
2023-09-30		£50	£100	-
2022-09-30		£100	£10	-
2021-09-30		£8,280	£18,544	-

## Trustees

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Name	Role	Appointed
Farida Hashem		2019-12-04
James Crummie		2019-12-04
MICHAEL CHRISTOPHER WALSH		2019-12-04

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**POSITIVE AGEING IN LONDON (PAIL)**

England & Wales - Charity number 1189011

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# Accounts

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## TRUSTEES ANNUAL REPORT OF POSITIVE AGEING IN LONDON

(which is a registered charitable Incorporated Organisation with educational aims).

It meets the public benefit reporting requirements by:

- including the statement that the trustees continue to have regard to the Charity Commission's guidance on public benefit
- describing all activities undertaken to further its charitable purposes for the public benefit

Our Aims and Objectives can be summarised as follows: **To make a real difference to the lives of older people by:**

- **Raising key issues affecting older people in London**
- **Developing older peoples policy and voice for London**
- **Challenging for change**
- **Engaging, advocating for and promoting older people in London**
- **Working with key strategic bodies which have an influence in London**

During the year under review and despite our continued and ongoing lack of success in acquiring funding to pay for professional support, our activities continued to include the following:

- maintaining our public profile;
- being open to and encouraging new members;
- directing members towards educational and other activities aimed at reducing social isolation and loneliness;
- encouraging members and our target demographic of older Londoners to be informed and involved in issues pertaining to the welfare and health of older people in London.

As was reported last year, a lack of funds regrettably led to our website being lost and despite support from our domain host 34SP who have continued to allow us to retain our domain by continuing to waive the hosting fee due to our charitable status, we have been unsuccessful in relaunching a website. We have managed to maintain an online list of contacts via mailchimp which has been made possible by financial support from a trustee but due to a lack of volunteer input, we were not able to use mailchimp to ensure newsletters continued to be sent out.

The aforementioned lack of funding and lack of volunteer input has also contributed to PAiL not being able to meet its aims and objectives by organising conferences focusing on Pensioner Poverty, despite Westminster City Council offering to accommodate us once again following last year's first face-to-face conference since the start of the pandemic. Our email address remained active and continued to receive enquiries about our work. Some limited success was also achieved via a social media presence highlighting the ongoing issues of interest and concern to PAiL members and the wider community.

Once again, we continued to support age friendly working groups seeking to raise issues of concern and recommendations relating to making LONDON more accessible and age friendly in line with the work of the GLA and the LRB as well as London boroughs and key members continued to play an active role in age partnerships, particularly the London Age Friendly Forum network and EngAgeNet the national age forum network. PAiL continued to hold committee meetings which were open to all members with a focus on trying to attract funding from relevant grant making bodies and agree plans on future activities to ensure we continued to meet our

charitable aims. These meeting continued to be held virtually but due to illness of key officers, meetings were not held as regularly as in previous years.

As in the previous financial year, we will continue to pursue funding from contracts, fundraising and donations with the specific aim of being able to pay for part time administration that would enable us to create a new website and hopefully become more active in campaigning.

We also hope to be able to rely on volunteers to find a venue, speakers and promote a PAIL Conference around How Is London Progressing as an Age Friendly City and What do older Londoners Want to see Happen?

# POSITIVE AGEING IN LONDON (PAIL)

(Charity Commission Registration Number 1189011)

## RECEIPTS AND PAYMENTS ACCOUNT

For the period 01 October 2023 to September 30, 2024

	<u>£</u>
<b><u>RECEIPTS:</u></b>	
Donation	100.00
Consultancy Fee	200.00
<b>Total Receipts</b>	<b>300.00</b>
<b><u>PAYMENTS:</u></b>	
Audit Fee	20.00
<b>Total Payments</b>	<b>20.00</b>
<b>Net of Receipts/Payments</b>	<b>280.00</b>
<b>Funds held at Bank on 01 October 2023</b>	<b>267.95</b>
<b>Funds held at Bank on 30 September 2024</b>	<b>547.95</b>

**POSITIVE AGEING IN LONDON (PAIL)**

England & Wales - Charity number 1189011

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# Accounts

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## TRUSTEES ANNUAL REPORT OF POSITIVE AGEING IN LONDON

(which is a registered charitable Incorporated Organisation with educational aims).

It meets the public benefit reporting requirements by:

- including the statement that the trustees have had regard to the Charity Commission's guidance on public benefit at our AGM on 6<sup>th</sup> March 2024
- describing all activities undertaken to further its charitable purposes for the public benefit

Our Aims and Objectives can be summarised as follows: **To make a real difference to the lives of older people by:**

- **Raising key issues affecting older people in London**
- **Developing older peoples policy and voice for London**
- **Challenging for change**
- **Engaging, advocating for and promoting older people in London**
- **Working with key strategic bodies which have an influence in London**

During the year under review and despite our ongoing lack of success in acquiring funding to pay for professional support, our activities continued to include the following:

- maintaining our public profile;
- being open to and encouraging new members;
- running activities which have been both educational and fostered active involvement by members aimed at reducing social isolation and loneliness;
- encouraged members and our target demographic of older Londoners to be informed and involved in issues pertaining to the welfare and health of older people in London.

Lack of funds regrettably led to our website being lost and despite pleas to the host to reinstate it, it proved not possible. Fortunately we continue to have our domain and are grateful to its host, 34SP who continue to waive the hosting fee due to our charitable status. We are now seeking skilled volunteers who can rebuild our website and if successful, hopefully over the course of the next few months we can create at least a basic web presence. Our list of contacts is still maintained as part of a database and with financial support from a trustee, we were able to use mailchimp to ensure newsletters and event invites were sent out.

Despite the aforementioned lack of funding, PAiL, during the financial year being reported on, sought to meet its aims and objectives by organising a conference focusing on Pensioner Poverty around the theme of What Can We Do? This was PAiL's first face-to-face conference since the start of the pandemic and was kindly hosted by Westminster City Council's mayor and had a particular focus on the many threats confronting older people and particularly those already facing poverty. It focused on the impact high inflation rates, particularly in the energy and food sectors were having, resulting in many pensioners having to face stark choices between

heating and eating. The conference brought together experts who knew about and were trying to help overcome pensioner poverty in London, including Age UK London, Wise Age, National Pensioner Convention and Southwark Pensioners centre. After each presentation the audience participated in Q & As around the specific themes. We continued sending out newsletters via mailchimp to 1000+ members/contacts which in turn led to dissemination by our partners to many more and we also continued to lobby for the publication of London's Age Friendly City plan of action to deliver the 8 World Health Organisation's Age Friendly Domains that made up their template for delivering an age friendly city. Our email address remained active and continued to receive enquiries about our work. Some limited success was also achieved via a social media presence highlighting the ongoing issues of interest and concern to PAiL members and the wider community.

We continued to support age friendly working groups seeking to raise issues of concern and recommendations relating to making LONDON more accessible and age friendly in line with the work of the GLA and the LRB as well as London boroughs and key members continued to play an active role in age partnerships, particularly the London Age Friendly Forum network and EngAgeNet the national age forum network. PAiL also continued to hold regular committee meetings which were open to all members with a focus on trying to attract funding from relevant grant making bodies and agree plans on future activities to ensure we continued to meet our charitable aims. These meetings continued to be held virtually as a majority of members still had ongoing concerns around Covid. Nonetheless we were able to hold our AGM face to face in March thanks to the Penfold Community Centre in Northwest London.

As in the previous financial year, we continue to actively pursue funding from contracts, fundraising and donations with the specific aim of being able to pay for part time administration and a new website.

PAiL's new chairperson is James Crummie who is one of the founding trustees.

# POSITIVE AGEING IN LONDON (PAIL)

*(Charity Commission Registration Number 1189011)*

## RECEIPTS AND PAYMENTS ACCOUNT

For the period 01 October 2022 to September 30, 2023

**£**

### **RECEIPTS:**

Donation  
50.00

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**Total Receipts**  
**50.00**

### **PAYMENTS:**

Administration Costs  
100.00

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**Total Payments**  
**100.00**

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**Net of Receipts/Payments**  
**(50.00)**

**Funds held at Bank on 01 October 2022**  
**317.95**

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**Funds held at Bank on 30 September 2023**  
**267.95**

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# INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF POSITIVE AGEING IN LONDON

I report on the accounts for the year ended 30<sup>TH</sup> SEPTEMBER 2023.

## **Respective responsibilities of trustees and examiner.**

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider an audit is not required for this year (under section 144 2 of the Charities Act 2011 and that an independent examination is required.

It is my responsibility to:

- Examine the accounts under section 145 of the above Act.
- To follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145 5b of the above Act: and
- To state whether particular matters have come to my attention.

## **Basis of the independent examiner's report.**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items and disclosures in the accounts and seeking explanation from you as trustees concerning such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

## **Independent examiners statement**

In connection with my examination, no matter has come to my attention:

- 1) Which gives me reasonable cause to believe that, in any material aspect, the requirements

. to keep accounting records in accordance with Section 130 of the above act and

. to prepare accounts which accords with the accounting records and comply with the accounting requirements of the above act

. have not been met or

2) To which, in my opinion, attention should be drawn in order to enable a proper understanding of the account to be reached

A handwritten signature in black ink, appearing to read 'W Burke', is written above a horizontal line.

William Burke BSc Econ Hons

Member of the Association of Accounting Technicians:

Address: 27 Alderton Way, Loughton Essex IG10 3EQ

Date: 5/7/24

**POSITIVE AGEING IN LONDON (PAIL)**

England & Wales - Charity number 1189011

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# Accounts

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## TRUSTEES ANNUAL REPORT OF POSITIVE AGEING IN LONDON

(which is a registered charitable Incorporated Organisation with educational aims).

It meets the public benefit reporting requirements by:

- including the statement that the trustees have had regard to the Charity Commission's guidance on public benefit at our AGM on 20<sup>th</sup> December 2022
- describing its significant activities undertaken to further its charitable purposes for the public benefit

Our Aims and Objectives which are to be found on our website [www.pailondon.org.uk](http://www.pailondon.org.uk) are as follows: **to make a real difference to the lives of older people by:**

- **Raising key issues affecting older people in London**
- **Developing older peoples policy and voice for London**
- **Challenging for change**
- **Engaging, advocating for and promoting older people in London**
- **Working with key strategic bodies which have an influence in London**

Despite being unsuccessful in acquiring funding to pay for professional support, our activities continue to include the following:

- maintaining our public profile;
- being open to and encouraging new members;
- running activities which have been both educational and fostered active involvement by members aimed at reducing social isolation and loneliness
- encouraged members and our target demographic of older Londoners to be informed and involved in issues pertaining to the welfare and health of older people in London.

Despite lack of funding, PAiL, during this financial year being reported on, sought to do this by maintaining and improving our website [www.pailondon.org.uk](http://www.pailondon.org.uk) as an accessible and informative tool for both members and the wider population of older Londoners (50+ including pensioners and with a focus on those facing poverty, exclusion and deprivation). We have uploaded newsletters, our guide and the results of our working groups around the 8 WHO Age Friendly Domains which make up the basis for an age friendly city along with our recommendations to the GLA/London Recovery Board on those Missions of interest to older Londoners plus the results of our previously held (pre-Covid) conferences and recommendations relating to age friendly London boroughs.

Despite the aforementioned lack of funding, we sought to

- maintain a social media presence highlighting issues of interest and concern to PAiL members and the wider community
- continue to produce newsletters which were sent to over 1000 members and contacts and then disseminated through our organisational partners to thousands more.

We also supported regular working groups seeking to raise issues of concern and recommendations relating to making LONDON more accessible and age friendly in line with the work of the GLA and the LRB as well as London boroughs. We and our members continued to play an active role in age partnerships including the London Age Friendly forum network and EngAgeNet the national age forum network.

Regular committee meetings, open to all members, continued to be held where we involved members and agreed future activities, including a large conference scheduled for December 2022.

Our activities continued to be held virtually as many members were anxious with ongoing concerns around the pandemic and threat of lock downs which impacted negatively on our ability to directly engage with our wider membership and older Londoners generally.

Despite facing financial problems due to a lack of funding, we continue to actively pursue funding from contracts, fundraising and donations. As mentioned previously, this meant that, under this period of review, we were unable to continue employing part time administration, website, communications and social media experts but rather relied solely on voluntary involvement from members.

M.C. Walsh

Chair Pail



# POSITIVE AGEING IN LONDON (PAIL)

(Charity Commission Registration Number 1189011)

## RECEIPTS AND PAYMENTS ACCOUNT

For the period 01 October 2021 to September 30, 2022

**£**

### **RECEIPTS:**

Services  
100.00

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**Total Receipts**  
**100.00**

### **PAYMENTS:**

Website Maintenance & Costs  
9.59

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**Total Payments**  
**9.59**

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**Net of Receipts/Payments**  
**90.41**

**Funds held at Bank on 01 October 2021**  
**227.54**

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**Funds held at Bank on 30 September 2022**  
**317.95**

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**POSITIVE AGEING IN LONDON (PAIL)**

England & Wales - Charity number 1189011

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# Accounts

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## TRUSTEES ANNUAL REPORT OF POSITIVE AGEING IN LONDON

(which is a registered charitable Incorporated Organisation with educational aims).

It meets the public benefit reporting requirements by:

- including the statement that the trustees have had regard to the Charity Commission's guidance on public benefit at our AGM on 1st March 2022
- describing its significant activities undertaken to further its charitable purposes for the public benefit

Our Aims and Objectives which are to be found on our website [www.pailondon.org.uk](http://www.pailondon.org.uk) are as follows: **to make a real difference to the lives of older people by:**

- **Raising key issues affecting older people in London**
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- **Challenging for change**
- **Engaging, advocating for and promoting older people in London**
- **Working with key strategic bodies which have an influence in London**

Our activities have included the following: maintaining our public profile; being open to and encouraging new members; running activities which have been both educational and fostered active involvement by members aimed at reducing social isolation and loneliness and encouraged members and our target demographic of older Londoners to be informed and involved in issues pertaining to the welfare and health of older people in London.

This has been done by maintaining and improving our website [www.pailondon.org.uk](http://www.pailondon.org.uk) as an accessible and informative tool for both members and the wider population of older Londoners (50+ including pensioners and with a focus on those facing poverty, exclusion and deprivation). We have uploaded our newsletters, our guide and the results of our working groups around the 8 WHO Age Friendly Domains which make up the basis for an age friendly city along with our recommendations to the London Recovery Board on those Missions of interest to older Londoners plus the results of our conferences and recommendations relating to age friendly London boroughs.

We also maintained a social media presence highlighting issues of interest and concern to PAiL members and the wider community.

We were the only older age membership organisation in London which produced regular newsletters throughout the covid pandemic ( up to the end of 2021) which were sent to over 1000 members and contacts and then disseminated through our organisational partners to thousands more.

We produced a Survivors guide to the pandemic for older people which was also directly and indirectly sent to thousands of older Londoners.

We supported regular working groups working to raise issues of concern and recommendations relating to making LONDON more accessible and age friendly in line with the work of the GLA and the LRB as well as London boroughs. We and our members played an active role in age partnerships including the London Age Friendly forum network and EngAgeNet the national age forum network.

We held regular committee meetings open to all members where we involved members and agreed future activities.

We held, in partnership with others, meetings around the London Recovery Board initiative; its need for age friendly policies based around the GLA's age friendly agenda and with London boroughs seeking to become age friendly.

Our activities had to be held virtually as many members were vulnerable and there were frequent lock downs. These latter have negatively impacted on our ability to directly engage with our wider membership and older Londoners generally.

We are also now facing financial problems due to a lack of funding and are actively trying to find funding from contracts, fundraising and donations. This has meant that we have been unable to continue employing part time admin, website, communications and social media experts and are relying solely on voluntary involvement from members.

M.C. Walsh

Chair Pail



# POSITIVE AGEING IN LONDON (PAIL)

*(Charity Commission Registration Number 1189011)*

## RECEIPTS AND PAYMENTS ACCOUNT

For the period 14 April 2020<sup>1</sup> to September 30, 2021

**£**

### **RECEIPTS:**

Grant  
7,780.00

Donation  
500.00

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**Total Receipts**  
**8,280.00**

### **PAYMENTS:**

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Website Maintenance & Costs  
8,346.22

Administrative Fees & Costs  
5,510.80

Social Media Fees  
2,816.00

Consultancy Fees  
1,280.00

Conference Costs  
334.20

Zoom Access Fees  
172.68

Other Sundry Costs  
94.54

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**1 Date of Registration by Charity Commission for England and Wales**

**Total Payments**  
**18,554.44**

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**Net of Receipts/Payments**  
**(10,274.44)**

**Funds held at Bank on 14 April 2020**  
**10,501.98**

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**Funds held at Bank on 30 September 2021**  
**227.54**

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