Trustee's Annual Report and Financial Statement from 1 April 2023 to 31 March 2024

Charity name: The Wednesday Club

Charity registration name: 1191709

Charity address: Waddesdon Hall, High Street, Waddesdon, HP18 0JE



The Trustees are pleased to present their report for The Wednesday Club for the financial period 01.04.2023 to 31.03.2024.

The Financial Statement has been written to comply with the charity's constitution, the Charities Act and in line with the Charities Statement of Recommended Practice.

Introduction to The Wednesday Club

The Wednesday Club is a registered CIO which was registered on 8th of October 2020. The charity's main purpose is to provide a weekly provision that supports the wellbeing of the elderly in Waddesdon and surrounding areas. Some of our service users have multiple needs including physical and mental health disabilities and some are vulnerable due to isolation.

We offer a continuous programme that operates for 48 Wednesdays per year for a total of 5 hours per session. The club is supported by DBS cleared volunteers and is currently free of charge to ensure inclusivity for all.

Objectives and activities

The charity Trustees confirm that they have had regard to the guidance issued by the Charity Commission on public benefit, and have followed this in planning and undertaking our activities.

The charity's aims are to encourage physical activity, learn new skills and provide the prospect of social and creative events to support and improve the health and well-being of service users through the provision of a range of activities.

Our key objectives to reach our aims are:

- provision of practical support to families of our service users by signposting them to professional services available in the area
- provision of social interaction to combat isolation and loneliness
- provision of a freshly cooked, 2 course meal culminating in eating together
- provision of transport with assistance of trained volunteers
- provision of stimulation through entertainment and physical and mental exercise

The main activities undertaken in relation to our objects during the year are:

- Entertainment provided by external providers such as local schools and entertainers
- Physical exercise including signing, dancing and yoga
- Music therapy provided by external providers such as Chiltern Music Therapy
- Organised visits to local garden centres, Christmas markets and tourist attractions
- Crafting
- Bingo
- Quiz
- Board games
- Befriending service for those who do not attend regularly
- Information and advice addressing health and wellbeing needs of service users. Signposting and making referrals to other agencies that support the needs of service users and volunteers
- Accessible volunteering

Heart of Bucks report Buckinghamshire Uncovered - our ageing population

'The likelihood of lone living increases to 28.4% in Buckinghamshire when 65 and over. The challenge of connecting older people who live alone in Bucks could be more demanding since a high proportion of homes in Buckinghamshire (5.4%) are lived in by a single adult over 65 (national average: 5.2%).'

We are aware from the report of the challenges and opportunities within Buckinghamshire as a result of our larger ageing population and understand that reduced physical activity levels increase loneliness and disconnection from the community. Due to the rural aspect of the county the increased threat of isolation due to lack of transport links is a challenge that we have considered and actioned through our use of our community bus to transport service users to our provision.

Deprivation and the elderly in Buckinghamshire

Whilst Buckinghamshire overall has relatively low levels of deprivation compared with the rest of the country (as measured by the English Indices of Deprivation), there are significant inequalities in levels of deprivation within the county, with pockets of deprivation in all parts of Buckinghamshire, which includes Aylesbury.

The Adult Disability Profile, 2019 in Aylesbury Vale has 34,300 of 65+ year old adults living with a physical and learning disability and 6,285 75+ year old adults living alone.
Source: Data taken from POPPI and PANSI August 2019

Service User involvement

Service activity and development has continued to reflect the needs, insights and approaches identified as part of our service.

We've spoken with 18 service users over two weeks to find out how satisfied they were with the activities, lunch offering, support received and feeling valued. We are pleased to report that all comments received were positive and encouraging such as "Everything is enjoyable" and "I love it here, gives me something to look forward to" with insights on new suggested activities such as trying musical instruments and meeting with other communities which the club are planning in the next few months.

Achievement and performance

We are proud to highlight the remarkable achievements and positive impact made by our Hall Manager, volunteers and local secondary students in fostering a thriving community. Our continued endeavours have resulted in:

- meeting the demand of referrals from local community organisations such as Buckinghamshire adults services, carer support and local surgery
- a hall filled with happy and involved service users (on average 34 users). We started with 12 service users after the pandemic
- a vibrant and engaging atmosphere where service users actively participate in activities

- combatting social isolation whilst building lasting friendships
- fostering of a strong sense of community spirit that resonates with all participants whilst promoting a sense of belonging
- enhancing quality of life by managing conditions of age-related illnesses through physical and mental exercise
- successful recruitment and retaining of 6 volunteers which is essential to the success of our program
- successful partnership with the secondary school within the village which provide 18 students who engage with the community
- providing vital support to a minimum of 50 older individuals with diverse and complex needs
- offering much-needed respite for families and caregivers, allowing them time for work, personal needs, or simply to rest and relax
- establishment and implementation of befriending services on various days of the week to support both service users and their caregivers
- ensuring diverse and suitable entertainment options that cater to the preferences and interests of our community
- provision of nutritional hot meals whilst using local produce and the community fridge (reducing food waste)
- conducting workshops (Dementia Awareness, Introduction to Safeguarding Adults, Mental Health Awareness) focused on raising awareness about dementia, contributing to education and understanding within the community.

These achievements reflect our commitment to creating a positive and inclusive environment, enriching the lives of those we support, and strengthening the bonds within our community. We look forward to continuing this impactful journey and making a lasting difference in the lives of many.

“Volunteering with the Wednesday Club has been incredibly rewarding. It's not just about helping others; it's also about the connections I've made and the sense of purpose it gives me. Seeing the difference we make in people's lives has truly enriched my own." 48 years old volunteer

"Volunteering with the Wednesday Club has been an eye-opening experience. It’s taught me the value of community and the impact even small acts of kindness can have. The connections I’ve made and the stories I've heard have really shaped how I see the world." 17 years old student volunteer

Aims for next financial year

- Continue to deliver high quality activities whilst meeting the demand of service users based on survey results
- Design of website
- Planning for long-term financial sustainability of the charity
- Advertising for two further Trustees
- Visiting other Lunch Clubs to increase our diversity and awareness of other communities

Financial Review

Our equity of £6,755 will be put towards the charity's operating expenditure in the next financial year.

£5,991,22 is held in reserve. There is no specific Reserve policy in place; however, there is a general understanding that the goal is to maintain a reserve equivalent to three months' worth of running costs.

We are anticipating the next financial year will be positive with the financial support from one funder's multi-year grant and other grant applications in the pipeline. Our service user numbers are expected to increase providing donations as another income stream.

We are also exploring viable income streams from a care home who has expressed interest in attending our sessions and are willing to contribute towards the lunch and activities. Young people from our community are also willing to fundraise for our charity by completing a few marathons.

The Wednesday Club (Waddesdon)

Income and Expenditure

From 1/4/23 - 31/3/24

	£
Income	
Grants	32,560
Individual Dontations	3,811
Interest	63
	36,434
Expenditure	
Management costs	12,125
Rent	4,608
Activities	1,355
Food	3,231
Bus Hire	2,350
Cook	4,320
Donations	885
Accounts	341
Insurance	338
Administration	126
	29,679
Profit for the year	**6,755**

The Wednesday Club (Waddesdon)

Balance Sheet

From 1/4/23 - 31/3/24

	£
Assets	
Lloyds Current Account	5,112.12
Lloyds Reserve Account	5,991.22
Total	**11,103.34**
Liabilities	
Accounts payable	**1,050.51**

Structure, governance and management

Governance and trustee appointments

The Trustees currently meet once a month. During the Trustee meetings, a review of finances, managers report, activities and planning is discussed. All actions and future strategic decisions are agreed by the Trustees and then implemented.

All appointed Trustees have been given a copy of the charity's constitution and Annual report and Accounts. They are also informed about, and provided with weblinks to the Charity Commission's website and guidance outlining the role and responsibilities of a trustee and public benefit.

Trustee re-appointment

Any new trustee must be appointed by a resolution passed at a properly convened meeting of the charity trustees.

Operational management and organisation

The Wednesday Club (Waddesdon) has no permanent paid employees.

The Trustees manage the financial management of the charity and oversee a Hall Manager who is paid to manage the operational management as well as managing partnerships and other activities.

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year
Ian Blake	Trustee	30/3/23-11/4/24
Joyce Gibson	Trustee	28/11/23-
Karen Nicoll	Chair	20/2/24-
Chloe Pepper	Trustee	20/2/24-
AJ Wilson	Trustee	20/2/24-

Declarations

The Trustees declare that they have approved the Trustee's Report. Signed on behalf of the Trustees:



Full name: Karen Nicoll
Position: Chair
Date: 27th August 2024