

NORTH EAST FORUM ON AGEING

England & Wales · Charity number 1197350

Details

Other names N.E.F.A

Status Registered

Legal form CIO

Registered 2022-01-05

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

Contact

Address Search.
Carnegie Buildings
Atkinson Road
Benwell
Newcastle upon Tyne
NE4 8XS

Phone 07871714957

Email simon.luddington@searchnewcastle.org.uk

Website www.nefa.org.uk

Activities

Objects: THE OBJECTS OF THE CHARITY AND TO WHICH IT IS SPECIFICALLY RESTRICTED ARE TO PROMOTE THE FOLLOWING PURPOSES FOR THE BENEFIT OF THE PUBLIC AND/OR PEOPLE IN AND AROUND THE NORTH EAST OF ENGLAND, (HEREIN AFTER CALLED THE AREA OF BENEFIT);1. THE RELIEF OF OLDER PEOPLE IN NORTH EAST ENGLAND (THE AREA OF BENEFIT) AND IN PARTICULAR THE RELIEF OF POVERTY AND THE PROMOTION OF THE GOOD HEALTH OF OLDER PEOPLE, PRIMARILY, BUT NOT EXCLUSIVELY, BY ASSOCIATING VOLUNTARY, STATUTORY AND OTHER AGENCIES AND INDIVIDUALS IN A SUPPORT NETWORK.2. THE ADVANCEMENT OF THE EDUCATION OF OLDER PEOPLE IN THE AREA OF BENEFIT IN PARTICULAR IN RELATION TO FINANCIAL, HEALTH, HOUSING, SOCIAL AND WELFARE ENTITLEMENTS.3. THE ADVANCEMENT OF THE EDUCATION OF THE PUBLIC, AND PROMOTION OF RESEARCH CONCERNING THE NEEDS OF OLDER PEOPLE IN RELATION TO THE PROVISION OF COMMUNITY CARE, AND THE PUBLICATION OF THE USEFUL RESULTS OF SUCH RESEARCH.

Activities: NEFA is a regional network enabling the voices of older people to be heard

Classification

- **How:** Provides Services, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Disability, Human Rights/religious Or Racial Harmony/equality Or Diversity
- **Who:** Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31		£73	£800	-
2024-03-31		£0	£3,588	-
2023-03-31		£10,220	£4,867	-

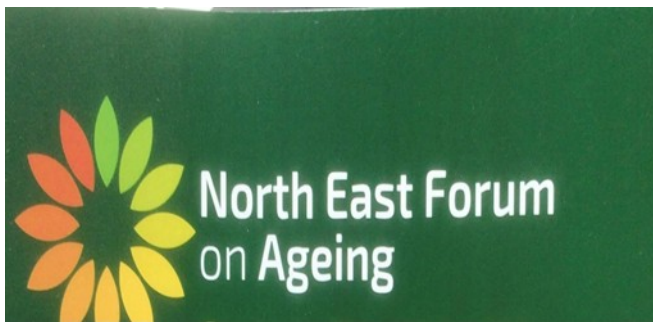
Trustees

Name	Role	Appointed
Daphne Hibberd-Franks		2024-01-26
Lynne Shaw		2023-09-29
Norman Jemison		2021-11-01
Simon Luddington		2023-01-20
Valerie Johnston		2021-11-01

NORTH EAST FORUM ON AGEING

England & Wales - Charity number 1197350

Accounts



ANNUAL REPORT 2025

North East Forum on Ageing is a regional network enabling the direct voices of older people to be heard by those who create and deliver the policies, strategies and services that affect their lives

Our Mission is to

“To influence public opinion of the contributions of older people in society by listening to and engaging with older people and supporting the organisations which represent them”

Our Vision is that

“All older people in the North East are seen as equal members of

Our key focus is on those older people whose voices are seldom heard (for instance diversity in terms of ethnicity, sexuality, disability, isolation, and life experiences – any older person who is underserved)

To achieve all these things we :-

1. ensure that the specific challenges experienced by people who are socially excluded in later life (hard to reach/seldom heard older people) are heard.
2. Hold regular virtual and face to face meetings with partner organisations to share good practice and ideas.
3. Develop projects which involve member organisations listening to and recording the views of their members and users.
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A KEY MESSAGE

**By 2050, the number of adults over the age of 65 in UK will double.
As will the number of hard to reach/seldom heard older people**

THE BIGGER PICTURE

It is predicted that there will be a shift in the global older population from 7% today to 20% in the next few decades. This increase will be one of the greatest social, economic, and political transformations of our time. It will force changes in systems, have impact on families, and will require new solutions

Much of society has outdated beliefs about ageing. Older adults are often described as frail and Elderly, as “challenges” to be addressed, and they are discriminated against, particularly in the workplace, where their experience and knowledge should count.

While we celebrate the birth and growth of children and their early adulthood, we fail to properly respect those with wisdom and important stories to pass down to younger generations. Planners and Commissioners tend to focus on younger people, but one of the largest segments of society, ‘the baby boomers’, are largely forgotten.

Rethinking stereotypical beliefs about ageing and changing the discourse around older adults will positively transform society into one where everyone can age with purpose.

The challenges of getting older

By 2050, the number of adults over the age of 65 in the UK will double. This growth will be one of the greatest social, economic, and political transformations of our time, and it will impact on existing healthcare, government and social systems, that today are largely not inclusive of the older population or built to the scale needed to support it.

These are some of the issues that will inform the solutions agenda

Ageing in place

Ageing in place refers to the desire to be independent in one’s own home and to be able to participate in the community.

Independent mobility

Giving up driving is associated with increased depressive symptoms and a variety of other health consequences. Therefore, meeting the mobility needs of the older population is crucial to minimizing the adverse impacts on their health and well-being.

Health challenges

The health challenges faced by older adults undermine the potential opportunities of increased longevity. Unfortunately, older adults are disproportionately affected by chronic ailments, with 80% of older people in UK having at least one chronic disease and 70% having at least two. Heart disease, stroke, cancer, and diabetes are among the most common. The number of older people with dementia is predicted to nearly triple by 2050.

Social engagement

Social inclusion or active engagement in clubs and society via a social network (whether through employment, volunteering, childcare, learning or teaching) has a positive impact on mortality, well-being, and life satisfaction. The fallout from social isolation and loneliness has a considerable impact on the cost of healthcare in the UK

Financial health and reskilling

A significant number of low- and medium-income older people experience financial challenges. With increased longevity, even those individuals who have the means to retire want to stay in the workforce longer but can face age discrimination, despite the fact that an intergenerational workforce that embraces mentoring and reverse training and mentoring can spark innovation and organizational success.

Diversity in abilities

It is important to acknowledge that older adults are a heterogeneous group of individuals, with varying physical, sensory, cognitive, and sensory abilities. Contrary to popular belief, there is not always a clear relationship between chronological age and health status.

In fact, a significant proportion of older people are healthy across a broad age range, from 51-54, 55-59 all the way to those aged 85+. There are also enormous variations in educational levels, skills and technological experience among older people.

Ageing with disability

While disability in the older population can arise as a result of age-related decline in sensory, mobility, and cognitive functions, individuals can also experience disability as a result of pre-existing impairments. In addition to supporting older people with a range of abilities, it is also important to support those with long-term impairments. For example, someone who was born blind and relied on auditory cues to interact with a system may experience age-related decline in hearing and may not be able to rely solely on auditory information anymore.

Lack of professional carers

Globally, health and social care systems are struggling to meet the needs of older people, and in UK it's the same. For example, a recent longitudinal study conducted in the UK revealed that more than 50% of older adults who needed assistance with daily activities get no support. There is a palpable need for a sustainable social care system with enough care workers to support an ageing population

Family carers

The growth in the population of older people coupled with the desire to live independently at home and the shortage of professional care providers is requiring families and friends to fill the gaps.

In the UK, one in five adults are carers. Coordinating the care across the care continuum, which disproportionality affects women, includes balancing healthcare decisions, Care Plan adherence, and medications can be difficult. General tasks associated with the day-to-day care for a loved one is stressful and expensive.

As a result, family carers suffer from cognitive overload, balance of time and especially relationship loss as they shift from the role of daughter, son or spouse to a caring role. In fact, family carers suffer a significantly higher rate of depression.

North East Forum on Ageing

Boards Report in absence of a Chair

Older people face many challenges in today's society one of the biggest challenges is the move to digital and reduction in face to face and analogue interactions. Whilst some older people embrace digital and see it as an opportunity to open up communication a large number of older people are frustrated as they don't have the means to "get on line" whether that is the resources or the skills.

NEFA partner forum is now wholly online and remains a productive conduit for information sharing and networking, by bringing stakeholders on older people's provision together to share best practice and awareness raising.

This year NEFA supported the "On The Table" discussions which Community Foundation supported with funding. 3 On The Table discussions were facilitated by NEFA One in Northumberland, Newcastle and South Tyneside. The discussions and information from these interesting discussions were fed into Community Foundation to help shape their work and priorities and also influence work in the region.

This year NEFA has had reduced activity due to the absence of a Chair Person and a Treasurer. Our Volunteer base has depleted, and our website has become inactive. Whilst Board members remain committed to ensuring the voice of Older People continues to be heard, some realistic conversations has been had over the viability of NEFA without Key personnel and infrastructure in place.

At this AGM there will be a vote as to whether NEFA can continue in its present form, whether there are alternative options and what the future of the Partners Forum will be.

NORTH EAST FORUM ON AGEING

FINANCIAL ACCOUNTS

FOR PERIOD 1ST APRIL 2024 TO 31ST MARCH 2025

INCOME 73.45

EXPENDITURE 800.00

Co-ordinator Salary Apr/May 24 £800

Balance at bank 1st April 2024 £1425.16

Balance at bank 31st March 2025 £ 698.61

Excess of annual expenditure over income £ 726.55

Signed  Chairman Simon Luckington (Casting)

Examiner. I have examined the above statement for the period 1st April 2024 to 31st March 2025 and confirm that the information therein agrees with the books and records of the Forum.

Signed

 L Y N D S E Y K R A M E R

Date

29/09/2025



Treasurers Account Statement

Printed: 29 September 2025

North East Forum on Ageing

Sort code 30-98-97 Account number 60418060
 Search Carnegie Building BIC: LOYDGB21031 IBAN: GB06 LOYD 3098 9760 4180 60
 Atkinson Road

Newcastle Upon Tyne Tyne And Wear
 United Kingdom
 NE4 8XS

The data shown on your statement was correct at the time of printing. Please remember, this isn't an official bank copy.

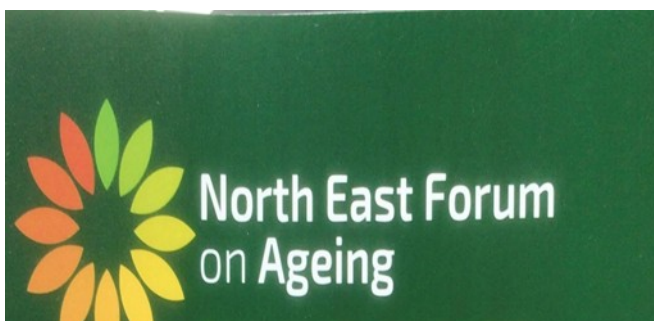
Please check your statement. If you think that something looks incorrect, please call us on 0345 072 5555 Monday to Friday, 7:00am - 8:00pm; Saturday, 9:00am - 2:00pm (+44 (0) 1733 347 338, from outside the UK). Or Textphone 0345 601 6909.

Date	Description	Type	In (£)	Out (£)	Balance (£)
27 May 25	LYNNE SHAW 400000001571336840 ON THE TABLE EXP FPO 110182 10 27MAY25 16:02	FPO		38.70	607.91
27 May 25	INFORMATION COMMIS 100000001557343884 ZA912801 FPO 163424 10 27MAY25 16:00	FPO		52.00	646.61
20 Dec 24	COMMUNITY FOUNDA OTT EXPENSES	BGC	73.45		698.61
07 May 24	MRS S F VALENTINE- 100000001340232421 NEFA 110816 FPO 10 06MAY24 18:53	FPO		400.00	625.16
02 Apr 24	MRS S F VALENTINE- 100000001319470555 NEFA 110816 FPO 10 02APR24 15:39	FPO		400.00	1025.16
05 Mar 24	MRS S F VALENTINE- 600000001305608238 NEFA 110816 FPO 10 05MAR24 15:19	FPO		400.00	1425.16
08 Feb 24	000048	CHQ		96.00	1825.16
09 Oct 23	000047	CHQ		476.00	1921.16
11 Sep 23	000046	CHQ		476.00	2397.16
18 Jul 23	000045	CHQ		1547.90	2873.16
31 May 23	000043	CHQ		40.00	4421.06
19 May 23	000044	CHQ		952.00	4461.06
07 Mar 23	000041	CHQ		96.00	5413.06
28 Feb 23	000040	CHQ		952.00	5509.06
17 Jan 23	000039	CHQ		952.00	6461.06
25 Nov 22	000037	CHQ		476.00	7413.06
11 Oct 22	000036	CHQ		508.74	7889.06
20 Sep 22	000035	CHQ		476.00	8397.80
08 Aug 22	000032	CHQ		476.00	8873.80
08 Aug 22	000033	CHQ		86.33	9349.80
27 Jul 22	000034	CHQ		118.66	9436.13

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5. Link with EngageNet to ensure the views of the north east region are heard at a national level.
6. Through our website, social media, and press releases, NEFA encourages, and support network member organisations to publicise positive stories about older people.

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North East Forum on Ageing

Chairmans Report

Sometimes older people dislike change but, in order to survive and thrive, everything must evolve, and the Forum is no exception. We are continually listening and learning.

It is still the case, even after several years, that we can say that the pandemic changed so many things for us all, and in 2024 we at NEFA are not only facing the same old challenges, but many new ones as well.

NEFA activity is now very much IT based, with our regular Partner Forums and meetings being held on zoom and teams. This and many other things has made us realise that one of the key issues facing older people is just how much they are disadvantaged if they can't access the internet. But there are many other things that still remain as barriers to older people enjoying the quality of life they are entitled to expect. More about that later.

Our partnership has grown stronger and new members have brought new ideas and knowledge to our organisation. New things to think about, new ways of working.

Often change is a good thing, and so we are continually reviewed our ways of working and considering alternative new ways of achieving our aims and objectives.

NEFA now has 36 partner/member organisations reaching over 10,000 people. I very sincerely thank them for all they are doing. The majority of our partners are especially reaching out to hard to reach /seldom heard people. We have monthly partnership zoom, meetings, capturing the views and concerns of our members and their individual members. We also reach our partners, through our Facebook page and our website. With the support of our Board, our co-ordinator and volunteers, we have been able to attend too many to mention face to face meetings across the north east of England, always reaching out to hard to reach people.

It is disappointing to report that the key issues highlighted by our membership have not changed over the years, but here I will note the headline concerns, and these are common across the whole of our region. Getting to actually see a GP or a dentist is still an enormous challenge, getting any sort of meaningful social care is strictly limited (and apparently most older people don't even try these days), the costs of residential care or buying in help at home is getting beyond the means of many older people, getting signed up onto the NHS app, issues with the availability and accessibility of public transport, and more and more mentions of cycles and scooters being a real hazard. I could go on and on. But we also hear of some exceptionally good things.. individuals working in health and social care who go above and beyond, local community groups doing marvellous things, people actually being listened to and things changing/improving because of what they have said....We continue to wait for some sort of announcement from 'government' about the future of social care...I wonder just how much longer we are expected to wait....

Our excellent Trustees and volunteers continue to strengthen our work and our links into the community. They are our conduit with our members and with real people. They keep the work of NEFA going, Without them there would be no NEFA.

Our key priority remains to listen to the voice of older people and ensure that voice is heard. Here I must thank those organisations who actually listen to what we are saying, the local authorities, the universities, Healthwatch across the region, the very many voluntary sector organisations and their networks. Our focus is on health, social care, poverty and disadvantage. We are committed to working inclusively on these issues with other groups and other organisations to get the best possible outcomes for all older people, but especially hard to reach/seldom heard older people.

One thing that hasn't changed over the years, is our need for volunteers and finally, our gratitude goes to everyone who has volunteered for NEFA this year. We are also deeply grateful to our co ordinator Sarann who really keeps the Forum going.

This will be my last Annual Report as Chair of NEFA. After four years I have decided to retire, but I know that the organisation will go on from strength to strength – it is in a very good place and in very good hands.

NORTH EAST FORUM ON AGEING
FINANCIAL ACCOUNTS
FOR PERIOD 1ST APRIL 2023 TO 31ST MARCH 2024

INCOME

EXPENDITURE	3587.90		
		SALARY	3451.90
		DATA	40.00
		INSURANCE	96.00

Balance at bank 1st April 2023 £5413.06

Balance at bank 31st March 2024 £1825.16

Excess of annual expenditure over income £3587.90



Signed _____ Chairman

Examiner. I have examined the above statement for the period 1st April 2023 to 31st March 2024 and confirm that the information therein agrees with the books and records of the Forum.



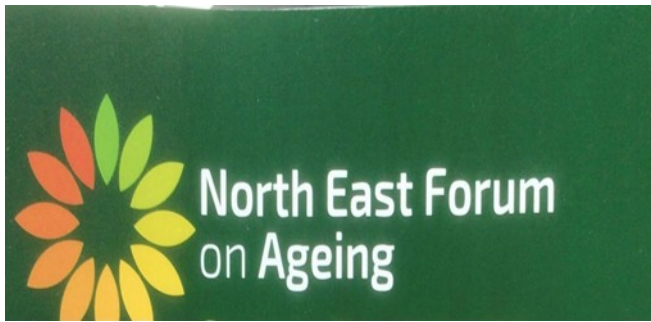
Signed _____

Date 23 April 2024

NORTH EAST FORUM ON AGEING

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This is a summary of the backdrop to our work with communities across the north east of England.

North East Forum on Ageing

Chairmans Report

Sometimes older people dislike change but, in order to survive and thrive, everything on the planet must evolve.

And the Forum is no exception.

At the beginning of this year, the Forum and, I suspect most of our partners, were in an insular place, still getting over the enormous impact of COVID. The pandemic changed so many things for us all, and we at NEFA were not only facing the same old challenges, but many new ones as well.

NEFA activity had either closed down or was mainly online, and we learnt an awful lot about zoom and teams. We also realised how much older people were disadvantaged if they couldn't access the internet etc (more of that in the section on Key Issues identified) but no matter how much every day life was impacted, NEFA carried on and we learnt new ways of working.

Our partnership has grown stronger and new members have brought new ideas and knowledge to our organisation. New things to think about, new ways of working.

Often change is a good thing, and so we have continually reviewed our ways of working and considered alternative new ways of achieving our aims and objectives.

NEFA now has 35 partner/member organisations reaching over 30,000 people. I very sincerely thank them for all they are doing. The majority of our partners are especially reaching out to hard to reach /seldom heard people. We have monthly partnership zoom, meetings, capturing the views and concerns of our members

and their individual members. We also reach our partners, through our newsletter, Facebook and our website. With the support of our Board, our co-ordinator and volunteers, we have been able to attend too many to mention, face to face meetings across the north east of England, and I must not forget our conduit for information sharing, our newsletter and our website.

Later in our Report we have detailed the key issues highlighted by our membership, and here I must note that these are headline concerns, and are common across the whole of our region. Far too many to mention are the individual concerns regarding, for instance, the problems of getting GP appointments, or getting signed up onto the NHS app, issues with the availability and accessibility of public transport, and more and more mentions of cycles and scooters being a real hazard. But we also hear of some exceptionally good things.. individuals working in health and social care who go above and beyond, local community groups doing marvellous things, people actually being listened to and things changing/improving because of what they have said....It is so easy to grumble, but we should acknowledge that on a whole there is so much that is good.

Our excellent new members on the Board – Arthur McKean and Simon Luddington - have really strengthened our work and our links into the community, and I really must thank them and all the other members on our Board. Without them there would be no NEFA.

Our key priority remains to listen to the voice of older people and ensure that voice is heard. Here I must thank those organisations that actually listen to what we are saying, the local authorities, the universities, HealthWatch across the region, the very many voluntary sector organisations and their networks. Our focus is on health, social care, poverty and disadvantage. We are committed to working inclusively on these issues with other groups and other organisations to get the best possible outcomes for older people.

One thing that hasn't changed over the year, is our need for volunteers and finally, our gratitude goes

to everyone who has volunteered for NEFA this year, including our newsletter editor, Violet Rook

We are also deeply grateful to our co rdinator Sarann who really keeps the Forum going.

Let's hope that the challenges we face, and the changes we influence in 2023/2024 will be positive ones.

NORTH EAST FORUM ON AGEING
FINANCIAL ACCOUNTS
FOR PERIOD 1ST APRIL 2022 TO 31ST MARCH 2023

INCOME	1022		
	0		
	4867.		
EXPENDITURE	73		
		SALARY	4316.74
		IT	204.99
		INSURANCE	96.00

VOL EXPENSES 250

Balance at bank 1st April 2022 £60.79

Balance at bank 31st March 2023 £5413.06

Excess of income over expenditure £5352.27


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Signed _____ Chairman

Examiner. I have examined the above statement for the period 1st April 2022 to 31st March 2023 and confirm that the information therein agrees with the books and records of the Forum.


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Signed

Date 23 August 2023