



## 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.
4. Publish and publicise findings of regional consultations and use these in meetings with those in positions of influence.

### 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Much of society has outdated beliefs about ageing.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 1<sup>ST</sup> APRIL 2024 TO 31<sup>ST</sup> MARCH 2025

INCOME 73.45

EXPENDITURE 800.00

Co-ordinator Salary Apr/May 24 £800

Balance at bank 1<sup>st</sup> April 2024 £1425.16

Balance at bank 31<sup>st</sup> March 2025 £ 698.61

Excess of annual expenditure over income £ 726.55

Signed  Chairman Simon Luckington (acting)

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

Signed

 LYNDSEY KRAMER

Date

29/09/2025



Treasurers Account Statement

Printed: 29 September 2025

North East Forum on Ageing

Search Carnegie Building  
Atkinson Road  
Newcastle Upon Tyne Tyne And Wear  
United Kingdom  
NE4 8XS

Sort code 30-98-97

Account number 60418060

BIC: LOYDGB21031

IBAN: GB06 LOYD 3098 9760 4180 60

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

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Date	Description	Type	In (£)	Out (£)	Balance (£)
27 May 25	LYNNE SHAW 400000001571336840 ON THE TABLE EXP 110182 10 27MAY25 16:02	FPO		38.70	607.91
27 May 25	INFORMATION COMMIS 1000000001557343884 ZA912801 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- 1000000001340232421 NEFA 110816 10 06MAY24 18:53	FPO		400.00	625.16
02 Apr 24	MRS S F VALENTINE- 1000000001319470555 NEFA 110816 10 02APR24 15:39	FPO		400.00	1025.16
05 Mar 24	MRS S F VALENTINE- 6000000001305608238 NEFA 110816 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