



# **Annual Report** **2021–2022**



### **An Ode to Open Age**

Open Age has been amazing  
The icing on the cake  
It's transformed my way of living  
From asleep to now awake.

It's helped revive my senses  
Be it sight or smell or sound  
It has helped me stand up straight again  
And put my feet back on the ground.

For darkness had once hijacked my life  
And stolen all the fun  
Winter came and refused to leave  
And took away the sun.

I battled on for many years  
With gusto, strength and might  
A warrior raised of stoic blood  
I refused to cease the fight.

Then suddenly a helping hand  
Offered groups that brought a smile  
And slowly darkness lost its grip  
And the brightness stretched for miles.

For those that help to improve others' lives  
A thousand blessings from the start  
A million thanks and so much love  
From the bottom of my heart.

Thank You Open Age!

**Poem by Sue Kaidi, aged 60,  
Kensington & Chelsea**

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## A Message from our Chair



In April this year I became Chairman at Open Age because I believe the way we design our activities and communicate with members contributes to people living better for longer. Not only do we create activities in collaboration and at the request of our members, but we also communicate with members in a language that is positive, personable and purposeful. I want to scale our impact.

I come to this role with experience centred around 'healthy ageing' that spans charity, academia, industry, and government, including the past role of Director, Industrial Strategy Challenge Fund – Healthy Ageing and contributor to the government's Ageing Society Grand Challenge.

I feel lucky to become Chairman of an organisation with members who say, "Open Age is like an extended family" and "It's a lifesaver for me". I want to grow our family.

I am very grateful for the efforts of my predecessor, Dean James. I want to thank him, our board, our CEO, and his entire team for navigating the turbulent pandemic environment and positioning Open Age on a sound foundation in our post-lockdown world. Without their hard work and commitment, we might be in a very different position. Instead, we find ourselves embracing specific lessons learned from Open Age's lockdown response.

In the return to face-to-face activities, Open Age found that some of our members are no longer able to make the journey to our centres and others prefer to continue shielding in their homes. In response, Open Age is creating a hybrid model comprising both online activities and our traditional centre-based activities. We hope this hybrid model will not only help Open Age to reach more members in their homes but also to reach people in geographies beyond our existing boundaries.

I believe we have a great team, a solid foundation and an exciting future ahead. I look forward to collaborating with our members, now and in the years to come.

Yours faithfully,  
**Eric Kihlstrom**

## A Message from our CEO

Following the move to remote delivery needed during the pandemic, we were finally able to fully reopen our centres in September 2021. It was a real joy to once again return to face-to-face activities. I will confess that I shed a tear the first time I heard members chatting normally in the corridor outside my office in the Second Half Centre.



Not all of our members were able or felt comfortable enough to return to in-person activities straight away. As a result, our membership numbers have been lower than in previous years, although they have grown steadily since September. We have put in significant effort to reach and reengage our existing members, as well as increasing our outreach work to raise awareness of Open Age and encourage new members to join.

While it is fantastic to see so many members participating in activities in real life again, the impact of the pandemic is still very much with us. Over half of members told us the pandemic had had a negative effect on their wellbeing. Many of you said that physical deconditioning had left you less able to travel than before the pandemic, or that you still do not feel comfortable mixing in groups.

It is for this reason that, despite restrictions being lifted, we have continued to offer online activities. This new hybrid delivery approach will continue as Open Age adapts to meet the needs of our members, including those who simply value the increased flexibility this offers.

We continue to be hugely grateful to all our funders for their flexibility this year. Without this we would not have been able to adapt as quickly as we did to the ever-changing Covid requirements and regulations.

I also want to thank all our members for trusting Open Age to keep them safe, and their support in continuing to donate to us in large numbers. Throughout this report you will see quotes and case studies from them. Their words are a testament to the difference Open Age makes and they are proof that our activities help members live happier, healthier and more sociable lives.

Best wishes  
**Iain Cassidy**

# OPEN AGE 2021–2022 in numbers

## We ran 6,661 activities



## 47,734 individual attendances



**825**  
**HOURS**  
of **Digital**  
**Inclusion**  
courses run

**2220**



members took part in  
at least one activity

**65%**

took part in Zoom  
activities



*“Most of the times,  
Open Age events are the  
thing which push me out  
of home and force me to  
leave my miserable room.”*

**48%**

agreed  
that their  
health has  
improved.



**29%** reported fewer  
visits to their GP.

**67%** agreed  
their wellbeing  
has improved.



**44%**  have  
more  
friends

**65%**  
are more motivated

**68%** of members agreed  
that they feel part of an  
Open Age community.

**61%**



increased their level  
of physical activity

*“It has become the focus in my everyday life for keeping fit and learning new things. I miss the friendly staff on reception and look forward to getting back to more face to face activities. It is a brilliant organisation and has helped so many people who are not excluded because of cost.”*

## Who We Are and What We Do

### **Our Vision is a world where we all age well and live better for longer.**

We exist to connect older people to fun, active, and fulfilling life. We believe that life's just begun for people over 50

As a membership organisation, we do whatever we can to help our members lead happier, healthier and more sociable lives, and in doing so we help our members overcome loneliness and isolation.

We offer a range of courses and events, which help our members build a community together, meet new people, rediscover past hobbies or find new ones, and most importantly, have fun in a warm and stimulating environment. Everything we do is designed specifically to meet the needs of our members.

*"While my husband was alive, we built a huge social life together, but when he died, it suddenly hit me that I was alone. Not only had I lost my husband and was dealing with the grief that comes with that, I also had the realisation that losing him meant I also lost the door to my social life.*

*Being part of the Open Age community has changed my life. Losing my husband made me realise that I had to start all over again and it was hard. I was confronted with sitting in the house all day doing nothing. Joining Open Age gave me a new beginning, new doors to go through and new relationships. I am always thanking Open Age staff for what they do - I want them to understand how much they have impacted my life."*

**Judith, who is 74 years old and a longstanding member of Open Age**

Open Age delivered activities in over 50 different community venues as well as our own four centres across London. These are the New Horizons Centre in Chelsea, the Second Half Centre in north Kensington, the Avenues Centre in north Westminster and St Margaret's Hub in south Westminster.

Our members come from all walks of life, faiths and backgrounds. Everyone is welcome at Open Age.

## Transitioning Out of the Pandemic

This year we saw the huge impact that the pandemic has had on our members.

Some Open Age members were deeply concerned about meeting in groups and others had become deconditioned and less mobile after two years of restrictions. A lack of digital know-how prevented some of our members from staying connected online. With less social interaction, many members had experienced a decline in their mental and physical health.

Concerns about Covid among our members remained high even after restrictions began to ease in September. This resulted in the number of people engaging with face-to-face activities falling to below pre-pandemic levels.

In 2021–2022 Open Age tackled these challenges head on, strengthening the sense of togetherness we developed during the pandemic and rebuilding the Open Age community that our members had cherished before Covid-19.

### A LETTER TO OPEN AGE STAFF AND TUTORS

*Many, many thanks for the wonderful variety of Zoom classes throughout the long months of Covid-19 and various variants of the pandemic causing many Open Age members to isolate. Without Open Age Zoom classes, life for many of us would have been even more isolated and lonely.*

*Your faithfully,*  
**Norma, aged 81**

## We were there for members online and by phone

In the first five months of this year, we delivered our projects and courses online and by phone. Having moved to this digital and telephone offering quickly at the start of the pandemic, we were able to develop and improve the way we worked in this period, ensuring we reached as many older people as possible.

*"I cannot THANK YOU enough for arranging for me to join today's Zoom tuition. Derek is a brilliant tutor and I now have the knowledge and confidence to start using Zoom, first and foremost for keeping in touch with family and friends but also for the many other areas that Zoom opens up to us."* **David, an Open Age member**



Rose is 95 years old and has been involved with Open Age for many years. During the pandemic we introduced her to our 'Topical Hour' phone group, which takes place every Thursday.

Rose said, *"I really enjoy the different topics on offer. You always learn something new"*.

Rose feels the weekly talks enable her to have more varied conversations with friends and family as she always has something new to talk about.

*"I am loving the phone talks; they make such a difference to me. Now that I am unable to attend in person, the phone group provides me with a connection to other members. I have also spoken about the phone group to other housebound people."*

Our online programme proved so popular that we continued to run it even after our centres reopened.

In addition to the popularity of our online programme we increased the number of phone groups, many of which were first established in 2014. We tripled the numbers of people engaging in each of them. The phone groups reach the most isolated people who are less able to leave the home.

*"I have been quite isolated during the lockdown and am still reluctant to be part of a face-to-face group. I have very much appreciated being part of this online group. I appreciate hearing what other people in the group write and developing my critical skills. I very much enjoy the writing exercises that are set by the teacher in the class and for homework which often stimulate new writing ideas for me."*

**Margaret, who attended our online creative writing course**

## We were there for members face to face

In September we reopened our centres and began offering face-to-face activities again. These included three extremely popular classical concerts, classes in lipreading, meditation and foreign languages, and a Christmas party. We also reintroduced our IT groups for men and carers.

Many of our members relished the opportunity to return to our centres. One said, *"I have been extremely grateful to Open Age for the opportunity to continue classes on Zoom though, of course, it is no substitute for face-to-face classroom learning."*

It has been a pleasure for the Open Age team to be with our members in person again and to see the positive impact that being together as a group has on them.

Gaby, the facilities manager at Fitzrovia Community Centre, commented, *"You should see all the ladies. They're so energised and happy after attending the class."*

As the year progressed, the number of members returning to our face-to-face activities increased steadily, and we have outreach campaigns planned to raise more awareness of our activities and attract new members as well as reaching out to existing members who have not returned as yet.



Be Active client Joanna and her friend photographed by Max the volunteer – a happy moment!

## Looking ahead

This year has shown that delivering a mixture of online, telephone and face-to-face activities is not only possible but preferable. This hybrid approach enables us to reach members who may otherwise not be able to take part in our activities whilst continuing to be at the heart of the communities we serve.

## Outreach & Support Services

Open Age's Outreach & Support team runs social groups and projects that introduce people to Open Age in a way and at a pace that works for them.

Our Outreach & Support projects are:

- Be Active, which helps people improve their fitness following an accident or illness
- Link-Up & Link-Up Tech, which support people to overcome specific challenges
- Men's Space, a project to help men lead happier, healthier lives
- Time for Me, which supports unpaid carers
- Phones groups, which allow members to engage who are less able to leave the home



Our Outreach & Support team carried out **309 home visits** in 2021–2022

### Be Active

This year we began to deliver the 'Be Active' service commissioned by Westminster City Council and the Royal Borough of Kensington and Chelsea.

Be Active's goals are to encourage mobility and decrease isolation for individuals who have recently had a fall or stroke or similar health incident. Referrals are received from the Community Independence Service (CIS), Neuro Rehab, Falls and Learning Disability Teams after their physio or rehab support from clinicians.

While we cannot remove all of the obstacles to mobility and community access, Be Active reduces one of those obstacles by providing companionship and encouragement from the volunteers we recruit. The volunteers support the referred individual for up to 9 sessions – with the full training, support and guidance of our Be Active staff.

At the end of the 9 session support a referral to our Link-Up team to complete membership and explore Open Age activity takes place, if appropriate. The team frequently completes onward referrals to other agencies. Examples include LGBTQ befriending and Walking Support.

### "BE ACTIVE HAULED ME BACK FROM THE BRINK"

Joy has Parkinson's and is unable to leave home on her own because of knee pain. Before taking part in Be Active, Joy used a stick indoors, and only went outdoors with her walker and a health professional in attendance.

Joy was paired with Be Active volunteer Kate and it didn't take long for Kate to see a change in Joy.

Kate said, "From the first sessions of volunteering with Be Active, I've felt the difference in Joy's outlook: I saw her confidence grow with each session; she was no longer scared of walking and going outside.

I've also noticed a difference within myself. These nice walks and exercise sessions have reminded me how important it is to get away from a computer screen and just enjoy the outdoors, nature and nice conversation. Being kind and supportive of another person also teaches you to be kind to yourself, which is a skill many of us really need."

Walking with Kate in the nearby park has helped re-awaken Joy's love of nature and made her rethink her plans for an indoors-only future.

## Link-Up & Link-Up Tech

Link-Up provides one-to-one support to people, helping them to identify their interests, tackle potential barriers and take part in fun and stimulating activities at Open Age. Link-Up refers onto other organisations and services where appropriate.

For people with specific problems relating to technology, our Link-Up Tech Coordinator is here to help.

In 2021–2022 Link-Up supported 207 new members in their homes, online, over the phone, in our centres and in outside spaces. We were there for members wherever they felt most comfortable.

**246** potential new members  
were **referred to Link-Up** this year

### SPOTLIGHT LINK-UP TECH

In 2021–2022 our Link-Up Tech project helped tackle digital exclusion by supporting members with a range of issues, including how to use Zoom. Our support enabled members to join our online courses, download the NHS Covid Passport app, renew driving licenses and carry out a range of other vital tasks. Most importantly, Link-Up Tech helped people stay connected to their friends and family.



Over 140 members attended our **technology support sessions**



Open Age's IT Tutor, Derek, supporting the Men's Space members to improve their computer and technology skills.

### Men's Space

Part funded by the Masonic Charitable Foundation, Open Age's Men's Space project provides creative, social, physical and educational activities that help older men live healthy, happy and connected lives.

From walking football and 'Magic of Music' sessions at the Second Half Centre to our 'Active Men Group' exercise classes on Zoom and outdoor meetings in local green spaces, the project continued to be a lifeline for isolated and potentially vulnerable older men living in our communities.

Through Men's Space we engaged 54 men in our activities and supported a further 20 through regular welfare calls and home visits.



## A LETTER OF APPRECIATION TO OUR MEN'S SPACE COORDINATOR

Hi Russell,

My Name is Albert, I attend a few of the Open Age classes you coordinate. I am writing because I need to express my gratitude, and how I feel about the Open Age charity, all the staff at the Second Half Centre, and yourself in particular. As you know, I attend cooking, exercise, meditation, Men's Space, and more. When you first came to see me, I could hardly climb up my stairs without great chest tightness. With your help, encouragement, and personal advice, my physical and mental health has improved immensely, to the point that I feel like a new man. At first, I had to make an effort to attend the classes at the Second Half Centre and get out of the house. Now I am eager. I look forward to getting out of the house and live a normal, enjoyable life. I feel completely different, full of energy and improving all the time.

So, thank you, Russell, I am forever grateful

Yours truly,

**Albert**



Freemasons from the Masonic Charitable Foundation meet members of our walking football group

## Time for Me

Time for Me gives older unpaid carers in Westminster and the Royal Borough of Kensington and Chelsea a break from their caring duties and the chance to meet other people in a similar situation.

In 2021–2022 the Time for Me team provided telephone support, making over 650 'check-in' calls and sending over 1,000 text messages, as well as a mixture of online classes, in centre socials, IT courses, short visits and trips, to allow more to attend.

Helen, who attends Time for Me sessions, told us: "I find Time for Me an absolute godsend. It helps me relax, gives me something else to focus on rather than just my caring role and it's always lovely to meet other carers. The most important part of any activity I undertake with Time for Me is the ability to switch off, for someone else to take charge and organise things. I don't know if you realise how important Time for Me is to me and other carers, but you definitely are!"



A Time for Me social

Our regular Time for Me Zoom activity sessions, including those accessible by phone, were a huge success, especially among members who weren't able to attend in person due to their location, caring responsibilities, and ongoing concerns about Covid. We will continue with online sessions for as long as they work for our members.

# Physical Activities

Our physical activities fall into two distinct categories: clinical exercise and general exercise.

## Clinical exercise

Open Age ran three different specialist clinical exercise programmes this year, reaching over 330 members in total:

- Steady and Stable, an exercise programme designed to help members at risk of a fall improve their balance and fitness levels
- Osteo Blast, which supports people with osteoporosis or osteopenia
- Healthy Lungs, which helps members with long-term breathing conditions to stay healthy

In 2021–22 we expanded our delivery of Osteo Blast and Healthy Lungs into more London boroughs, enabling more of our members to access and benefit from these important programmes.

### SPOTLIGHT ON STEADY AND STABLE

To protect our members, Steady and Stable was moved online during the pandemic. We had feared this change would result in participants remaining at their starting level of fitness rather than making an improvement. Happily, we were wrong!

The participants who completed Sit to Stand assessments both before and after the programme improved by 21% on average, which is an excellent outcome.

We are so proud of our members for embracing the changes we made to the programme.

*"This morning I was working in the garden, tripped and completely lost my balance but somehow I managed to steady myself before I crashed into the flower bed. I am sure it was the work done in the Steady & Stable class that caused this!"* **Mary, aged 85**

## General exercise

In 2021–2022 we delivered hundreds of fun-filled, well-attended exercise sessions online and face to face, in our centres, in open spaces and community venues. We ran classes in everything from yoga and ballet to boxing, bowls and chair-based exercise.

Our highlights included

- Using Tackling Inequalities funding from London Sport to re-engage over 270 members who had not taken part in physical activity since the first lockdown. This funding also enabled a brand-new online dance class, attracting new members, and provided the resources we needed to reconnect with partner organisations and healthcare professionals.
- Being awarded Sport England funding to deliver indoor and outdoor activities as part of a Covid recovery programme.
- Starting our long-awaited walking programme, which had been delayed due to the pandemic. Participants enjoyed Nordic walking training, local walks and the opportunity to walk part of the Capital Ring. Thanks to our partner Westminster Guides, who host guided walking tours, we also explored Trafalgar Square, Covent Garden and the streets where Guy Fawkes once walked
- Coming together in August for the third annual Open Age Mile. This year's theme was once again 'Your Mile Your Way', with members choosing to complete a mile of an activity, such as swimming or walking.

The funding mentioned above helped us continue to offer online physical activities as we re-established our face-to-face programme. Without them, we would not have been able to deliver the range of activities that we did.



Members enjoy a Steady and Stable stretch



Open Age members getting ready to enjoy some Nordic walking

## Thank You

We would like to thank the Earls Court Development Fund, Hammersmith and Fulham Council, London Sport and Sport England for their additional funding this year, which helped us to reach more of our members, reconnect with our partners and enabled us to continue our online offering whilst we reintroduced our face-to-face activities.

### WE ARE AWARD WINNING

We were thrilled to win the Health and Wellbeing award at the 2021 London Sports Awards. This award recognised the difference we made to our members during the pandemic by providing:

- Over 40 physical activity sessions on Zoom each week.
- 42 fitness videos on YouTube for members to follow in their own time.
- Four weekly phone-based exercise sessions for older people without access to the internet.
- Covid-safe outdoor classes in Summer as well as socially distanced indoor classes. Offering both options enabled people to exercise wherever they felt most comfortable.
- Three clinical exercise programmes, which reached 230 members via Zoom or telephone.

*"I just wanted to let you know that I said I believe Open Age's online yoga classes were an absolute lifesaver during lockdown. Congratulations on your well-deserved award!"*

**Clare, Open Age member**



Iain, our CEO, with Jade Dalton the project manager at the 2021 London Sports Award



## Arts, Cultural and Social Activities

This year our Member Experience team ran a range of hugely popular arts, cultural and social activities for our members, both online and face to face. These included workshops and talks from organisations like the V&A, trips to art galleries, a dance-a-thon and even an online panto!



Over 550 members took part in our online arts and cultural activities in 2021–2022



Members taking part in a Mindful Drawing session on a visit to the National Gallery

*"Open Age? More like Happy Age!"*

Rosie, aged 84

### SPOTLIGHT ON CHRISTMAS

At Open Age we have always organised Christmas events for our members and 2021–2022 was no different. We organised both online and face-to-face Christmas activities, ensuring members could celebrate the festive season together wherever they felt most comfortable.

Our staff donned their best pantomime costumes and delighted members with their online production of Dick Whittington.



The Open Age team treading the (virtual) boards

## Working in Partnership

Our partnership working went from strength to strength as the year progressed. We are proud to have been chosen as the partner of choice by the following organisations:

### Chatsie

Software developer Chatsie seeks to improve the accessibility of Android phones by replacing the Android interface with a simple text menu. They asked our members to provide feedback on their latest product to ensure it meets the needs of older people. In return Chatsie made a donation in support of our work.

## Imperial College London

In collaboration with Imperial College London, and funded by the National Lottery Community Fund, we worked on a project to improve the safety of those at a higher risk of Covid-19 through the development of face masks.

The project was first proposed by Open Age member Sandra Jayacodi, who is a member of Imperial Global Health Innovation (IGHI) Research Partners Group. Despite rules being in place regarding social distancing, Sandra found that people were still getting too close and wondered whether creating a face mask specifically for older, or more vulnerable people would encourage others to keep their distance. She took her idea to colleagues at IGHI and together they formed a group with Open Age members to discuss the mask's design, material and wording.

She shared:

*"I had an idea but it was only through co production that this idea materialised into conception otherwise it would have just been an idea. The research team from Imperial IGHI and the members from Open Age worked together and co-produced the Give Me Space Mask. I truly felt the power of co-production in this project. There was a place for everyone's voice!"*

*The group decided on a reusable, black mask with 'kindly give me space' printed on it. The mask was made available to buy. And thanks to this project, Open Age members and vulnerable people across London now feel safer when out in public.*

*"With part of Open Age's mission being to improve the wellbeing of older Londoners, it was an asset to have their input into the project as a source of contact with public members to ensure we are led by their voice as well as reach those who would benefit most from the face mask in North West London. The project's success was thanks to Open Age's efforts as well as their collaborative ways of working to listen and address the needs of older people in London in partnership with them."*

**Clare McCrudden & Anna Lawrence-Jones, PPIE Lead, IGHI**

*"I have been very privileged to be invited to take part in the Face Mask Project with Open Age and Imperial College. In the beginning I wasn't sure what contributions I could make and, as I hadn't done anything like this before, I was a little nervous. However, there was no need to be. I found myself in great company and I was able to express my views, particularly on the design, message and colour of the masks. It was a pleasure to be involved in such a project that focused on helping the vulnerable (of a certain age) of North West London to feel safer and perhaps a little more confident, when they are out and about and enjoying life as full as they can."*

**June, aged 68**

## Saatchi Gallery

We continued our longstanding partnership with Saatchi Gallery this year with a community exhibition in our Learning Gallery. The exhibition brief was 'WRINKLES IN THE CITY' and Open Age members were invited to create artwork that reflected their own experience of ageing, as well as the buildings that have meant the most to them over the course of their lives.

Our members created some amazing pieces of art which were displayed in the Education Room of Saatchi Gallery, culminating in a celebratory event to mark International Older Person's Day on October 1.



Some of the artwork created by Open Age members

## The Second Half Foundation

In October The Second Half Foundation hosted their 2021 Second Half Career Art Exhibition, entitled 'Celebrating Living Old Masters'. The event was held at the Second Half Centre and told an inspirational story of the transformation of ten artists, all of whom were over 50 when they rediscovered their love of art.



The artwork exhibited was for sale, with The Second Half Foundation receiving 50% of the proceeds. The Second Half Foundation combined this income with an additional gift to donate £50,000 in total to Open Age. We can't thank Lady Jill Shaw Ruddock CBE and the team at The Second Half Foundation enough for their generosity.

## Three Hands

Keen to find out more about people's experiences of fraud and scams, Lloyds Banking Group invited Open Age members to take part in round-table discussions facilitated by Three Hands, who support corporate companies to gain insights to make social impact.

Our members shared their experiences of fraud and scams, with a view to shaping better support for people who have fallen victim to them, as well as developing ways to prevent fraud and scams taking place in the first place.

"Open Age have been a valued partner for Three Hands for a number of years in our work with businesses. When companies have come to us wanting to learn more about the experiences of older people, Open Age is a charity we know will provide a positive experience for our clients. Whether it is making introductions to relevant service users who want to be part of our insight projects; or sharing their own expertise on the issues affecting older age groups. Our clients gain valuable information on the positive steps that businesses can put in place to support customers in this demographic. We look forward to continuing our working relationship with Open Age and the impact this will bring for the ageing community."

**Conchita Anstasi, Three Hands**

## International Longevity Centre

As part of our mission to help older people live well, Open Age partnered with the charity International Longevity Centre to explore how social media can be used to increase the uptake of routine vaccinations among older adults living in marginalised communities.

## Soho Poly Theatre

To celebrate the historical work of Westminster University's Soho Poly Theatre, Open Age ran online workshops on the art of memoir and life writing. The initial workshops in June were so popular that we delivered a second in July.

Following the success of our workshops, Westminster University secured additional funding and offered our members the chance to attend a series of 12 one-off, two-hour sessions. These includes discussions on passages from published memoirs and guidance on life writing techniques.



## Dance-a-Thon

On Silver Sunday, a national celebration of older people's contribution to society, we had the pleasure of hosting a 'dance-a-thon' at our centre in north Westminster. This amazing all-day event featured six fabulous dances, with members choosing the ones they wanted to learn in an hour-long workshop.

This was our first face-to-face 'dance-a-thon' for two years, and it was a joy to be together again in this way.



Members enjoying the Avenue Centre's Dance-a-Thon

## Community Learning

In 2021–2022 our Community Learning team ran a huge number of popular courses for our members, with subjects including art, creative writing, foreign languages, digital skills and more.

In the first five months of the year, we delivered over 40 courses a week online via Zoom, that is over 78 hours of tuition every week. 368 members logged on to take part during that period.

As restrictions eased, we returned to our classrooms but continued to deliver some courses online. 506 members attended classes face to face: 147 members attended classes online



Over **97%** of our members said our courses met their expectations

Over **90%** of course participants said they would do another Open Age activity

Over **60%** of members rated our teaching as 'outstanding'

The feedback we've received from members taking part in our courses this year has been phenomenal. Here is what some of them have said.

*"This class was incredible. I've had an iPad for years but had absolutely no idea that it could be used for art. The app we were introduced was very straightforward and free. The instructor took us through the various tools and functions in a very approachable and understandable manner. It was such an eye opener. It's astonishing what we have learned to do with iPads we already owned and at no further expense."*

**Open Age member who took part in our iPad ART course**

*"This course has enabled me to take time out for myself and put myself first in what is quite a chaotic life. It has taught me skills to help me improve my mental health and reduce my anxiety at times. Having the weekly sessions is a point of focus and keeps me going for another week."*

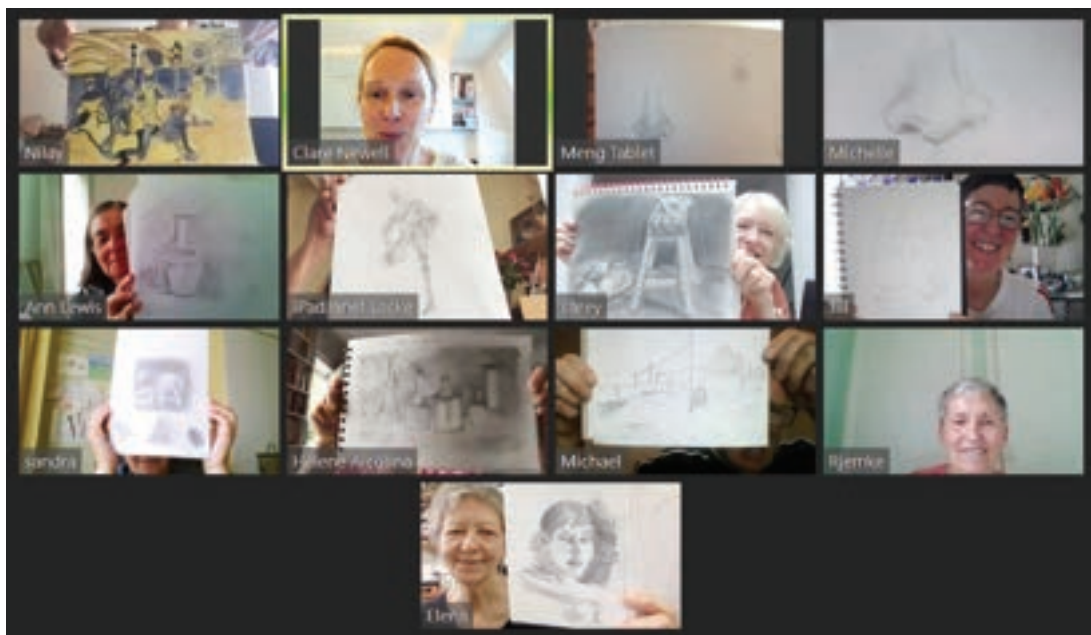
**A meditation course participant**

*"It surpassed my expectations. I learnt things I never had a chance to learn in my comprehensive school! I also enjoyed the effect the class had on my mental wellbeing."*

**A member who attended our course on drawing techniques**



Our Speaking English with Confidence course was classroom-based, and members relished being back together again



Our members sharing their sketches during our Drawing on Fridays course

*"I wanted to become more stable on my feet and to improve my memory, and to have fun. It did all this and more. I can remember the steps and my balance is greatly improved, including my feet which were stiff. All wonderfully encouraging and it's above all great fun. I was getting depressed and every week it's a time of fun and concentration."*

**A member who came to our Disco Fever classes**

*"The tutor is very helpful and encouraging. Is always fully prepared with a full lesson and always sends amazingly interesting and challenging homework."*

**Feedback from our Spanish course**

## Fundraising Success

In 2021–2022 we raised over £133,000 in grants from Charitable Trusts and Foundations. This funding was used to support a variety of Open Age activities – everything from guitar playing and singing groups, to fun-filled Zumba sessions, to some of our vital community Outreach & Support work.

### SPOTLIGHT ON CONNECTING COMMUNITIES

One of the grants we received this year was from the Earls Court Community Fund. The Fund awarded us £11,000 to help Open Age re-engage with members living in Earls Court by offering face-to-face activities in three community venues.

The project offered workshops with Finborough Theatre as well as four physical activities: Dance Mix, Pilates, Circuits, delivered in partnership with Chelsea Football Club, and Chair Exercise, run across 3 community venues.

Our members' feedback has been outstanding. Here are just two of the comments we received:

*"I am truly grateful there are funders who see the value in this programme; it helps me a great deal. The sessions give me hope about the future."*

*"The classes have served a crucial function of getting me out of bed when I was struggling with depression. I feel that I am learning to be more confident and to find a way to be seen and take some space"*



Men's Space members at the Second Half Centre - enjoying preparing and sharing a meal, supported by the wonderful Chef Manju Mali.

We would like to thank our funders and everyone who has supported Open Age in 2021–2022.



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Lady Blakenham's Charity Trust

The Diana Deyong Charitable Trust

St Stephen's Church



## Our Goals for 2022–2023

The pandemic has a huge impact on how Open Age delivered services. In particular it led to a rapid expansion of remote delivery and demonstrated that online activities can and deliver real benefit to our members.

To help us learn from this experience and to make sure this learning informs our future strategy, the board conducted a refresh of our strategy in early 2021.

In June 2021 we agreed three strategic priorities for the next three years.

### **1. Enhance our reach**

We know that what we do really helped so we want to make it more widely available.

### **2. Enhance our ability to evidence our impact**

We know that we need better and more frequent member data in order to attract more funding.

### **3. Diversify our income**

We know that to achieve our goals we must increase our income in a sustainable way

In the next financial year we will be exploring new partnership that may allow us to test new models of delivery. We will also be investing in our back-end systems to make it easier for us to collect and use data.

We will continue to invest and support our fundraising capability ensuring that we have the income we need to safeguard our delivery into the future.



## Financial Review

Open Age's income for the year totalled £1,445,462 (2021: £1,616,157) of which £1,317,914 (2021: £1,506,039) was received as grants and income from contracts. The main sources of income for the year were: The Royal Borough of Kensington & Chelsea, whose various departments provided £551,847 (2021: £540,688); Westminster City Council £286,405 (2021: £240,766); multi-borough grants £138,000 (2021: £138,000); and other income from various funders, earned income and donations made up the remaining £469,210, as detailed more fully in these accounts. A number of other funders directed their assistance to specific projects. These have been separately identified in the accounts. See the Statement of Financial Activities on page 41 and the accompanying notes, including restricted funds, on pages 44–63.

Where specific funding received was insufficient to meet the expenditures of the specifically funded activities, additional funds have been transferred from the unrestricted funds of Open Age to eliminate the resulting deficits in the specifically funded activities at the end of the financial year.

The main expenditure of Open Age is on staff salaries and on supporting office accommodation and facilities. Costs have been allocated to activities on the basis of estimates prepared by staff.

Open Age ended the year with a deficit of £67,291 (2021: £95,304 surplus). Cash, bank and deposit balances totalled £829,425 (2021: £970,630). Total fund balances available to be carried forward were £1,383,959 (2021: £1,451,250) consisting of £64,958 of designated funds (2021: £105,578) which include £39,380 set aside for the development of the CRM / booking system; and £828,524 of general funds (2021: £801,146); and £490,477 of restricted funds (2021: £544,526), which represents funds held for the remaining lease of the New Horizons building. The full Statement of Financial Activities is set out on page 41 of these accounts, with accompanying notes on pages 44–63.

## Reserves

Given the uncertainty that still exists due to the Covid-19 pandemic and how this might continue to affect service delivery the trustees have kept the reserves policy under review over the last 12 months. To ensure that cashflow management, working capital and investment needs are met, whilst still allowing us to fulfil our charitable objectives, trustees have agreed that the level of free cash reserves (excluding designated funds) should be kept within a range of £600,000 to £800,000. This is to ensure sufficient funds are held to meet the charity's current and future projected activities and maintain financial sustainability in an ever changing landscape. The board intends to conduct an in-depth review of our reserves policy in early 2023.

As at 31 March 2022, the unrestricted general reserves stood at £787,904 (2021: £801,146).

## Risk Management

The Board is responsible for ensuring Open Age considers its risks, has a risk register in place and that this register is reviewed on a regular basis. The Board has assessed the major risks to which the charity is exposed and these are detailed below with a summary of plans for managing these risks:

- **A significant reduction or loss of funding from Local Authorities and CCG's.**  
At a time when local authorities and CCG's are being required to make efficiencies there is an ongoing risk that funding directed towards preventative services such as Open Age may be reduced. To mitigate against this the CEO and Senior Leadership Team maintain good relationships with our commissioners including regular review meetings where targets and KPI's are discussed. The CEO sits on various boards and partnerships to ensure prevention stays high on the agenda. Open Age actively engages with other statutory bodies operating in this field to ensure we are well positioned to receive support from other partners should cuts be proposed.
- **Inability to cover infrastructure cost.**  
To reduce reliance on statutory funds and increase unrestricted income Open Age has developed and implemented a fundraising strategy. This included recruiting and ongoing development of two fundraisers. We are also exploring how we can generate revenue from other sources such as the development of new services.
- **Loss of key personnel.**  
We have policies and procedures in place to recruit and retain suitable staff and volunteers. We conduct regular staff surveys to measure staff satisfaction levels and have implemented a number of staff wellbeing measures.
- **Complaints from Members or Tutors.**  
Open Age has a clear members code of conduct and complaints procedure in place to deal with any complaints. This is overseen by our

Head of Member Experience and any complaints are investigated and reported to the Senior Leadership Team.

- **Impact of a pandemic / Covid-19.**

We have developed robust policies and procedures and a specific risk assessment and strategy to deal with Covid-19 and potentially similar future pandemics in order to protect our members and staff and to continue to offer and deliver services to our members in a safe and secure way.

## **Investment policy and performance**

The constitution provides that monies not immediately required for Open Age's activities are to be invested in or upon such investments, securities or property as may be thought fit. At present the Trustees' policy is to place all such monies on interest bearing deposit. The charity has a deposit account, and an amount of £271.80 was earned as interest during the year.

## **Fundraising**

During the year 2021/22 Open Age employed two part-time fundraisers and the services of Nova Fundraising Ltd who support fundraising and mentor fundraising staff. The two fundraisers are directly employed by Open Age and the Nova Fundraising Consultants used are members of the Chartered Institute of Fundraising (CioF) and adhere to the Fundraising Regulator Code of Fundraising Practice. Open Age is registered with the Fundraising Regulator.

Open Age understands its duty to protect the public, including vulnerable people, from unreasonably intrusive or persistent fundraising approaches and undue pressure to donate. The charity does not work with fundraising agencies for either telephone, or face-to-face campaigns, and received no fundraising complaints during the year (2021: none). As a charity that works with older people all staff undergo formal and informal training on how to communicate with and deliver service to older people. This includes a requirement for all staff to complete adult safeguarding training.

Throughout the year Open Age has continued to be successful in attracting funding in kind, ranging from the free use of premises in a variety of venues such as lounges in sheltered housing, meeting rooms in libraries and community centres, to skilled practitioners providing free or reduced fee tutoring. In addition to the salaried staff, members and volunteers assist with administration and with organising events. The CEO monitors all fundraising activity. The Board of Trustees receive regular reports on fundraising and review fundraising income and expenditure.

## Legal and Administrative Details

**Charity Registered Number:**

1160125

**Date of Adoption of Constitution:**

25th November 2014

**Board of Trustees:****Elected Members**

Marcia Blakenham

Hilary Bowker \*

Lesley Butler\*  
(stepped down Jan 2022)

John Henwood \*

Maggy Pigott \*

Sandra Franklin

**Co-opted Members**

Garvin Brown

Jean Daintith  
(stepped down Oct 2021)

Dean James, Chair \*  
(stepped down May 2022)

Eric Kihlstrom, Chair  
(elected Chair May 2022)

Ann Lewis  
(appointed October 2022)

Stephen Souchon, Treasurer \*

Colin Campbell  
(appointed May 2022)

\* Also members of  
the Finance and Staff  
Sub-Committee

**Principal Office:**

St Charles Centre  
for Health and Wellbeing,  
Exmoor Street,  
London W10 6DZ

**Auditors:**

Sayer Vincent, Invicta House,  
108–114 Golden Lane,  
London EC1Y 0TL

**Bankers:**

Barclays Bank PLC,  
Willesden Branch,  
Westmoreland House,  
Scrubbs Lane,  
London NW10

**CEO:**

Iain Cassidy



# Structure, Governance and Management

The Trustees of the charity present their report for the year ended 31 March 2022. The Trustees confirm that the Annual Report is compliant with current statutory requirements, the requirements of the charity's governing document, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in UK and Republic of Ireland (FRS 102).

## Constitution and Organisational Structure

Open Age was registered by the Charity Commission as a charitable incorporated organisation on the 23rd of January 2015, with a new charity registration number: 1160125.

The Board, comprising the charity's Trustees, consists of the Chair, the Treasurer and up to 15 individual Board members. The Board agrees the policy of the charity and is responsible for its finances and assets, and for employing staff to carry out its work. The Board meets at least four times a year. It appoints a Finance and Staff Sub-Committee, consisting of up to six Trustees to regularly review financial and staff matters. This sub-committee also meets at least four times a year and reports to the Board.

The CEO manages the day-to-day affairs of the charity and reports regularly to the Chair and to the Board.

## Recruitment and Appointment of Trustees

Up to nine Trustees are nominated and elected from the Open Age membership at the AGM. Subsequently the Board co-opts up to a further eight Trustees for the year. Co-opted members are individual members or representatives of organisations, who have been nominated and selected for the complementary skills they are able to offer. Trustees are invited to attend an induction session on appointment and are informed of ongoing training opportunities, as they arise both within the organisation and externally.

## Pay Policy for senior staff

Open Age Trustees, the Senior Leadership Team (made up of 4 senior staff plus the CEO) and other senior managers comprise the key management personnel of the charity in charge of directing and controlling, running and operating the charity on a day to day basis. All Trustees give of their time freely and no Trustee received remuneration in the year (2021: £Nil). Any expenses reclaimed from the charity are set out in note 7 to the accounts.

Regular reviews of senior staff pay levels take place using a salary benchmarking exercise against comparable organisations. The results of these reviews are approved by the Finance and Staff Sub-Committee; the last such review was November 2018. An annual cost of living increase is also considered by the Finance and Staff Sub-Committee taking into account sector trends, inflationary factors and the charity's financial position.

### **Trustees' Responsibilities**

The trustees are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in England & Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the charity and financial information included on the charity's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**The Trustees of the charity confirm that:**

As far as they are aware, there is no relevant audit information of which the charity's auditors are unaware, and they have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant audit information and to establish that the charity's auditors are aware of that information.

**Public Benefit**

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to those groups of people that it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remained focused on its stated purposes.

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's objectives and activities and in planning future activities.

**APPROVAL**

This report was approved by the Trustees on 18th January 2023 and signed on their behalf by:

**Eric Kihlstrom**

Chair of the Board of Trustees

# Auditor's Report

## Independent Auditor's Report to the Trustees of Open Age

### Opinion

We have audited the financial statements of Open Age (the 'charity') for the year ended 31 March 2022 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- Give a true and fair view of the state of the charity's affairs as at 31 March 2022 and of its incoming resources and application of resources for the year then ended;
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- Have been prepared in accordance with the requirements of the Charities Act 2011.

### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Open Age's ability to continue as a going

concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### **Other information**

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

### **Matters on which we are required to report by exception**

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- The information given in the trustees' annual report is inconsistent in any material respect with the financial statements;
- Sufficient accounting records have not been kept; or
- The financial statements are not in agreement with the accounting records and returns; or
- We have not received all the information and explanations we require for our audit.

### **Responsibilities of trustees**

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing



the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charity or to cease operations, or have no realistic alternative but to do so.

### **Auditor's responsibilities for the audit of the financial statements**

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act. Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

### **Capability of the audit in detecting irregularities**

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
  - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
  - The internal controls established to mitigate risks related to fraud or noncompliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.

- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities)  
This description forms part of our auditor's report.

## Use of our report

This report is made solely to the charity's trustees as a body, in accordance with section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the charity's trustees those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for our audit work, for this report, or for the opinions we have formed.

Signed 18th January 2023

**Noelia Serrano**

Sayer Vincent LLP, Statutory Auditor

Invicta House, 108-114 Golden Lane, London EC1Y 0TL

*Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006.*

# Statement of Financial Activities

For the year ended 31 March 2022

	Note	Unrestricted £	Restricted £	2022 Total £	Unrestricted £	Restricted £	2021 Total £
<b>Income from:</b>							
Donations and legacies	2	88,899	62,000	150,899	155,630	224,914	380,544
Charitable activities							
Learning, Health & Wellbeing	3	76,578	1,147,782	1,224,360	2,087	1,019,734	1,021,821
IT & Digital Inclusion	3	–	21,226	21,226	–	108,244	108,244
Employment Support	3	48,328	–	48,328	104,710	–	104,710
Investments interest	4	649	–	649	838	–	838
<b>Total income</b>		<b>214,454</b>	<b>1,231,008</b>	<b>1,445,462</b>	<b>263,265</b>	<b>1,352,892</b>	<b>1,616,157</b>
<b>Expenditure on:</b>							
Raising funds	5	1,480	23,177	24,657	5,379	27,643	33,022
Charitable activities							
Learning, Health & Wellbeing	5	169,018	1,177,188	1,346,206	12,271	1,262,314	1,274,585
IT & Digital Inclusion	5	2,950	84,692	87,642	1,260	106,984	108,244
Employment Support	5	54,248	–	54,248	105,002	–	105,002
<b>Total expenditure</b>		<b>227,696</b>	<b>1,285,057</b>	<b>1,512,753</b>	<b>123,912</b>	<b>1,396,941</b>	<b>1,520,853</b>
<b>Net (expenditure) / income for the year</b>	6	<b>(13,242)</b>	<b>(54,049)</b>	<b>(67,291)</b>	<b>139,353</b>	<b>(44,049)</b>	<b>95,304</b>
<b>Reconciliation of funds:</b>							
Total funds brought forward		906,724	544,526	1,451,250	767,371	588,575	1,355,946
<b>Total funds carried forward</b>		<b>893,482</b>	<b>490,477</b>	<b>1,383,959</b>	<b>906,724</b>	<b>544,526</b>	<b>1,451,250</b>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 17a to the financial statements.

# Balance Sheet

As at 31 March 2022

	Note	£	2022 £	£	2021 £
<b>Fixed assets:</b>					
Tangible assets	11a		490,477		539,526
Intangible assets	11b		40,620		–
			<u>531,097</u>		<u>539,526</u>
<b>Current assets:</b>					
Debtors	12	154,116		43,516	
Cash at bank and in hand		829,425		970,630	
		<u>983,541</u>		<u>1,014,146</u>	
<b>Liabilities:</b>					
Creditors: amounts falling due within one year	13	(130,679)		(102,422)	
			<u>852,862</u>		<u>911,724</u>
<b>Net current assets</b>					
			<u>1,383,959</u>		<u>1,451,250</u>
<b>Total net assets</b>			<u><u>1,383,959</u></u>		<u><u>1,451,250</u></u>
<b>The funds of the charity:</b>	17a				
Restricted income funds			490,477		544,526
Unrestricted income funds:					
Designated funds		64,958		105,578	
General funds		828,524		801,146	
		<u></u>	<u>893,482</u>	<u></u>	<u>906,724</u>
<b>Total unrestricted funds</b>					
			<u>1,383,959</u>		<u>1,451,250</u>
<b>Total charity funds</b>			<u><u>1,383,959</u></u>		<u><u>1,451,250</u></u>

Approved by the trustees on 18th January 2023 and signed on their behalf by:

Eric Kihlstrom  
Chair

Stephen Souchon  
Treasurer

# Statement of Cash Flows

For the year ended 31 March 2022

	2022 £	£	2021 £	£
<b>Cash flows from operating activities</b>				
Net (expenditure) / income for the reporting period (as per the statement of financial activities)	(67,291)		95,304	
Depreciation charges	49,049		49,049	
Dividends, interest and rent from investments	(649)		(838)	
(Increase)/decrease in debtors	(110,600)		112,547	
Increase/(decrease) in creditors	28,257		(50,639)	
<b>Net cash provided by / (used in) operating activities</b>		(101,234)		205,423
<b>Cash flows from investing activities:</b>				
Dividends, interest and rents from investments	649		838	
Purchase of fixed assets	(40,620)		-	
<b>Net cash (used in) / provided by investing activities</b>		(39,971)		838
<b>Change in cash and cash equivalents in the year</b>		(141,205)		206,261
Cash and cash equivalents at the beginning of the year		970,630		764,369
<b>Cash and cash equivalents at the end of the year</b>		<b>829,425</b>		<b>970,630</b>
<b>Analysis of cash and cash equivalents and of net debt</b>				
	At 1 April 2021 £	Cash flows £	Other non- cash changes £	At 31 March 2022 £
Cash at bank and in hand	970,630	(141,205)	-	829,425
<b>Total cash and cash equivalents</b>	970,630	(141,205)	-	829,425



# Notes to the Financial Statements

## 1 Accounting policies

### a) Statutory information

Open Age is registered with the Charity Commission for England and Wales.

The principle office address is St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ.

### b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) – (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

### c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

### d) Going concern

The financial statements have been prepared on a going concern basis which forecasts that the charity will have adequate resources to continue in operational existence for a period of at least 12 months from the date of this financial report.

A forecast have been prepared for a period of more than 12 months from the date of approval of these financial statements. The forecasts indicates that, whilst taking into account reasonable downsides, sufficient funds are expected to be generated within the charity so as to meet liabilities as they fall due.

A significant part of Open Age's income comes from grants and contracts from our local authority partners. As in previous years, most grants and contracts for the next financial year have not yet been signed, meaning there is some risk to this income. Management and trustees rate this risk as low given that discussions are ongoing with our commissioners and for many years these income streams have been renewed year on year.

Expenditure of these grants and contracts are not committed until they have been approved. If any of this income was cut the charity would take immediate action to mitigate any such risk by reducing expenditure in order to maintain its going concern status. Management and trustees regularly review such risks on an ongoing basis.

### e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

**f) Interest receivable**

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

**g) Fund accounting**

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

**h) Expenditure and irrecoverable VAT**

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charity in seeking donations, legacies, non-performance related grants and other voluntary contributions.
- Charitable activities include expenditure associated with the provision of Learning, Physical, Health and Wellbeing related activities, IT and Digital training and Employment support.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**i) Support and Governance costs**

The charity initially identifies the total costs of its support functions, which include an element of staffing cost based on staff time. It then identifies those costs which relate to the governance function. Having identified its governance costs, these along with the remaining support costs, are directly allocated to the various funds attributed to the charitable activities undertaken in the year.

Governance costs are those incurred in connection with enabling the charity to comply with external regulation, constitution and statutory requirements and in providing support to the trustees in discharge of their statutory duties.

**j) Operating leases**

Operating leases are recognised over the period of which the lease falls due. Benefits received and receivable as an incentive to sign an operating lease are recognised over the period of the lease.

**k) Tangible fixed assets**

Items of equipment are capitalised where the purchase price exceeds £3,000. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

● New Horizons Building (Leasehold improvements)	25 years
● Fixtures and Fittings	5 years
● Computer Equipment	3 years

**l) Intangible fixed assets**

The CRM system is currently under development and therefore no amortisation has been provided during the year. Once completed, these will be amortised over a period of 5 years.

● Technological Innovation	5 years
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**m) Debtors**

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

**n) Cash at bank and in hand**

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

**o) Creditors and provisions**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

**p) Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

**q) Pensions**

The charity is a member of a multi-employer pension scheme administered by the Pensions Trust. All employees are members of the Growth Plan Series 4. This scheme is a defined contribution pension scheme. Since February 2016, new and existing employees who were not in the scheme were automatically enrolled into the scheme membership, unless they had exercised their right to opt out. The pension charge represents the amounts payable by the charity to the fund in respect of this year.

**2 Income from donations and legacies**

	Unrestricted £	Restricted £	2022 Total £	Unrestricted £	Restricted £	2021 Total £
Core grants	12,000	12,000	<b>24,000</b>	59,922	211,342	271,264
Donations	76,899	50,000	<b>126,899</b>	85,705	7,600	93,305
Legacies	–	–	–	10,003	5,972	15,975
	<b>88,899</b>	<b>62,000</b>	<b>150,899</b>	<b>155,630</b>	<b>224,914</b>	<b>380,544</b>

**3 Income from charitable activities**

	Unrestricted £	Restricted £	2022 Total £	Unrestricted £	Restricted £	2021 Total £
RBKC (ACL)	–	115,127	<b>115,127</b>	–	80,470	80,470
RBKC Older Prevention	–	394,216	<b>394,216</b>	–	418,770	418,770
WCC Older People Prevention	–	218,785	<b>218,785</b>	–	189,551	189,551
Tri- Borough CCG – Clinical Commissioning	–	138,000	<b>138,000</b>	–	138,000	138,000
Westminster City Council & CCGS (Other)	–	22,978	<b>22,978</b>	–	51,215	51,215
L B Hammersmith & Fullham	–	38,000	<b>38,000</b>	–	38,000	38,000
Keep Active project	–	64,378	<b>64,378</b>	–	2,323	2,323
Kensington and Chelsea Social Council	–	22,768	<b>22,768</b>	–	39,125	39,125
Trusts, Foundations & Corporates	–	133,530	<b>133,530</b>	–	44,968	44,968
CLCH NHS Trust (Brent Falls Prevention)	–	–	–	–	15,036	15,036
Fees from classes and events	25,453	–	<b>25,453</b>	–	–	–
The ExPat Foundation	50,000	–	<b>50,000</b>	–	–	–
Other income	1,125	–	<b>1,125</b>	2,087	2,276	4,363
Sub-total for Learning, Health & Wellbeing	<b>76,578</b>	<b>1,147,782</b>	<b>1,224,360</b>	<b>2,087</b>	<b>1,019,734</b>	<b>1,021,821</b>
RBKC (ACL)	–	–	–	–	52,934	52,934
Greater London Authority	–	–	–	–	55,310	55,310
CW PLUS	–	21,226	<b>21,226</b>	–	–	–
Sub-total for IT & Digital inclusion	–	<b>21,226</b>	<b>21,226</b>	–	<b>108,244</b>	<b>108,244</b>
DWP / Reed Partnership	<b>48,328</b>	–	<b>48,328</b>	<b>104,710</b>	–	<b>104,710</b>
Sub-total for Employment support	<b>48,328</b>	–	<b>48,328</b>	<b>104,710</b>	–	<b>104,710</b>
Total income from charitable activities	<b>124,906</b>	<b>1,169,008</b>	<b>1,293,914</b>	<b>106,797</b>	<b>1,127,978</b>	<b>1,234,775</b>

Income from government grants comprises performance related and general grants made by various government bodies to enable the charity to deliver its charitable objectives; that is the delivery of health and wellbeing services for older people.

**4 Income from investments**

	Unrestricted £	Restricted £	2022 Total £	Unrestricted £	Restricted £	2021 Total £
Investment interest	649	–	<b>649</b>	838	–	838
	<b>649</b>	–	<b>649</b>	<b>838</b>	–	<b>838</b>

## 5a Analysis of expenditure (current year)

	Raising funds £	Charitable activities					2022 Total £	2021 Total £
		Learning, Health & Wellbeing £	IT & Digital inclusion £	Employment support £	Governance costs £	Support costs £		
Staff costs (Note 7)	18,272	740,344	48,590	43,595	27,007	155,945	1,033,753	1,079,207
Other fundraising costs	6,385	-	-	-	-	-	6,385	6,746
Tutor fees	-	129,579	22,360	-	-	-	151,939	88,103
Premises	-	52,965	3,783	3,783	-	5,675	66,206	68,191
Other direct costs	-	80,453	-	-	-	-	80,453	81,363
Communication	-	-	-	-	-	81,648	81,648	54,305
Equipment	-	-	-	-	-	41,385	41,385	90,766
Recruitment, training & travel	-	-	-	-	-	12,889	12,889	4,521
Consultancy fees	-	-	-	-	-	20,675	20,675	33,911
Audit fees	-	-	-	-	17,420	-	17,420	13,740
	24,657	1,003,341	74,733	47,378	44,427	318,217	1,512,753	1,520,853
Support costs	-	303,258	9,959	5,000	-	(318,217)	-	-
Governance costs	-	39,607	2,950	1,870	(44,427)	-	-	-
<b>Total expenditure 2022</b>	<b>24,657</b>	<b>1,346,206</b>	<b>87,642</b>	<b>54,248</b>	<b>-</b>	<b>-</b>	<b>1,512,753</b>	
Total expenditure 2021	33,022	1,274,585	108,244	105,002	-	-	-	1,520,853



## 5b Analysis of expenditure (prior year)

	Raising funds £	Charitable activities					2021 Total £
		Learning, Health & Wellbeing £	IT & Digital inclusion £	Employment support £	Governance costs £	Support costs £	
Staff costs (Note 7)	26,276	725,357	25,198	86,147	30,448	185,781	1,079,207
Other fundraising costs	6,746	-	-	-	-	-	6,746
Tutor fees	-	75,564	12,539	-	-	-	88,103
Premises	-	51,615	2,758	7,678	-	6,140	68,191
Other direct costs	-	69,201	985	11,177	-	-	81,363
Communication	-	-	-	-	-	54,305	54,305
Equipment	-	-	-	-	-	90,766	90,766
Recruitment, training & travel	-	-	-	-	-	4,521	4,521
Consultancy fees	-	-	-	-	-	33,911	33,911
Audit fees	-	-	-	-	13,740	-	13,740
	33,022	921,737	41,480	105,002	44,188	375,424	1,520,853
Support costs	-	308,660	66,764	-	-	(375,424)	-
Governance costs	-	44,188	-	-	(44,188)	-	-
<b>Total expenditure 2021</b>	<b>33,022</b>	<b>1,274,585</b>	<b>108,244</b>	<b>105,002</b>	<b>-</b>	<b>-</b>	<b>1,520,853</b>

**6 Net (expenditure) / income for the year**

This is stated after charging / (crediting):

	2022 £	2021 £
Depreciation	49,049	49,049
Operating lease rentals payable:		
Other	1,834	1,774
Auditor's remuneration (excluding VAT):	10,500	11,450
	<u>          </u>	<u>          </u>

**7 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel**

Staff costs were as follows:

	2022 £	2021 £
Salaries and wages	927,764	969,228
Social security costs	81,119	84,275
Employer's contribution to defined contribution pension schemes	24,870	25,704
	<u>1,033,753</u>	<u>1,079,207</u>

The following number of employees received employee benefits (excluding employer pension costs and employer's national insurance) during the year between:

	2022 No.	2021 No.
£60,000 – £69,999	1	1
	<u>          </u>	<u>          </u>

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £329,516 (2021: £472,597). The 2021 figures included the remuneration for both the Senior Leadership Team (SLT) and Senior Service Managers, whilst the 2022 figures include only the SLT. The charity trustees were neither paid nor received any other benefits and expenses reimbursed from employment with the charity in the year (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity (2021: £nil).

## 8 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 35 (2021: 37).

The average monthly head count of staff

	2022 No.	2021 No.
Director	1	1
Heads of Department	4	4
Service Managers & Co-ordinators	24	26
Support Services (Finance / Admin / Fundraising)	6	6
	<b>35.0</b>	<b>37.0</b>

## 9 Related party transactions

Our CEO, Iain Cassidy sits on the Management Committee of Westway Community Transport, a Registered Society. Westway Community Transport provides mostly transport services to the charity. The value of services provided to the charity during the year totalled £851 (2021: £145). Of this amount £589 (2021: £Nil) was owed by the charity to Westway Community Transport at the end of the financial year.

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

## 10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

### 11a Tangible fixed assets

	New Horizons Building (Leasehold improvements)	Fixtures and fittings	Computer equipment	Total
Cost	£	£	£	£
At the start of the year	1,226,212	108,616	81,295	1,416,123
Additions in year	–	–	–	–
At the end of the year	1,226,212	108,616	81,295	1,416,123
<b>Depreciation</b>				
At the start of the year	686,686	108,616	81,295	876,597
Charge for the year	49,049	–	–	49,049
At the end of the year	735,735	108,616	81,295	925,646
<b>Net book value</b>				
<b>At the end of the year</b>	490,477	–	–	490,477
At the start of the year	539,526	–	–	539,526

All of the above assets are used for charitable purposes.

**11b Intangible fixed assets**

	Technological Innovation £
<b>Cost</b>	
At the start of the year	-
Additions in year	<b>40,620</b>
At the end of the year	<b>40,620</b>
<b>Amortisation</b>	
At the start of the year	-
Charge for the year	-
At the end of the year	-
<b>Net book value</b>	
<b>At the end of the year</b>	<b>40,620</b>
At the start of the year	-

The CRM system is under development, and hence no amortisation during the year.

**12 Debtors**

	2022 £	2021 £
Trade debtors	<b>48,274</b>	18,749
Other debtors	-	497
Prepayments	<b>37,252</b>	16,031
Accrued income	<b>68,590</b>	8,239
	<b>154,116</b>	43,516

**13 Creditors: amounts falling due within one year**

	2022 £	2021 £
Trade creditors	<b>46,290</b>	49,107
Taxation and social security	<b>21,871</b>	206
Accruals	<b>28,793</b>	5,064
Deferred income (note 14)	<b>33,725</b>	48,045
	<b>130,679</b>	102,422

**14 Deferred income**

Income is deferred when received in the financial period but has not been earned by the end of the year.

	2022 £	2021 £
Balance at the beginning of the year	48,045	12,017
Amount released to income in the year	(48,045)	(5,972)
Amount deferred in the year	33,725	42,000
	<hr/> 33,725	<hr/> 48,045
Balance at the end of the year	<hr/> <hr/> 33,725	<hr/> <hr/> 48,045

**15 Pension scheme**

The charity is a member of a multi-employer pension scheme administered by the Pensions Trust. All employees are members of the Growth Plan Series 4. This scheme is a defined pension contribution scheme and contributions are charged in the statement of financial activities. The charge for the year for the Charity for pension is £24,870 (2021: £25,704). The amount outstanding in respect of The Pensions Trust at 31 March 2022 was £2,173 (2021: £206).

**16a Analysis of net assets between funds (current year)**

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible fixed assets (Leasehold improvements)	–	–	490,477	490,477
Intangible assets	40,620	–	–	40,620
Net current assets	787,904	64,958	–	852,862
<b>Net assets at 31 March 2022</b>	<hr/> <hr/> 828,524	<hr/> <hr/> 64,958	<hr/> <hr/> 490,477	<hr/> <hr/> 1,383,959

**16b Analysis of net assets between funds (prior year)**

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible fixed assets	–	–	539,526	539,526
Net current assets	801,146	105,578	5,000	911,724
<b>Net assets at 31 March 2021</b>	<hr/> <hr/> 801,146	<hr/> <hr/> 105,578	<hr/> <hr/> 544,526	<hr/> <hr/> 1,451,250

## 17a Movements in funds (current year)

	At 1 April 2021 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2022 £
<b>Restricted funds:</b>					
Second Half Foundation	-	50,000	(50,000)	-	-
The Football Found FF	-	460	(460)	-	-
Sport England	-	9,907	(9,907)	-	-
Westminster Almshouses	-	10,000	(10,000)	-	-
Queen's Park Community Council	-	875	(875)	-	-
The Kensington & Chelsea Foundation	-	15,000	(15,000)	-	-
Three Hands – Experian	-	1,900	(1,900)	-	-
Chatsie Research	-	5,000	(5,000)	-	-
Hyde Park Place Estate Charity	-	5,000	(5,000)	-	-
H&F LB Linked In and Active	-	38,000	(38,000)	-	-
H&F Fast Track Grant	-	4,000	(4,000)	-	-
Pimlico Million (Quaker Social)	-	1,482	(1,482)	-	-
RBKC – Older People Prevention Contract (Adult	-	224,457	(224,457)	-	-
RBKC – Older People Prevention (Public Health)	-	166,000	(166,000)	-	-
RBKC – Corporate Services Grant (Communities)	-	5,100	(5,100)	-	-
RBKC – Keep Active	-	19,736	(19,736)	-	-
WCC – Older People Prevention (Adult Social	-	164,286	(164,286)	-	-
WCC – Older People Prevention (Public Health)	-	53,500	(53,500)	-	-
WCC – Keep Active	-	44,642	(44,642)	-	-
London Sport	-	75	(75)	-	-
Westminster Amalgamated Charity	-	5,000	(5,000)	-	-
Cycling Smarter project (TFL/Groundworks)	-	4,996	(4,996)	-	-
Earls Court Community Fund	-	11,000	(11,000)	-	-
VCS & Community Partnerships –RBKC	-	4,590	(4,590)	-	-
K&C Art Festival	-	148	(148)	-	-
Delivery Of the Active Communities	-	95	(95)	-	-
RBKC – ACL Adult Education	-	114,867	(114,867)	-	-
RBKC – Sports Development Team	-	372	(372)	-	-
RBKC ACL (Tutor training)	-	260	(260)	-	-
RBKC – Silver Sunday	-	650	(650)	-	-
PCC ST STEPHENS CHURCH	-	780	(780)	-	-
Thrive Tribe	-	11,810	(11,810)	-	-
The Grove Trust	-	15,000	(15,000)	-	-
Childwick Trust	-	15,000	(15,000)	-	-
Westminster CC s75 Time for Me	-	22,978	(22,978)	-	-
NHS Tri BoroughCCGS – Steady and Stable	-	138,000	(138,000)	-	-
WCC AW Roujd 2	-	1,049	(1,049)	-	-
Kensington and Chelsea Social Council	-	22,768	(22,768)	-	-
CWPLUS	-	21,226	(21,226)	-	-
Masonic Charitable	-	20,000	(20,000)	-	-
City of Westminster – Healthy Lungs	-	999	(999)	-	-
Westminster Council Community Contribution	5,000	-	(5,000)	-	-
New Horizons Building Development	539,526	-	(49,049)	-	490,477
<b>Total restricted funds</b>	<b>544,526</b>	<b>1,231,008</b>	<b>(1,285,057)</b>	<b>-</b>	<b>490,477</b>
<b>Unrestricted funds:</b>					
Designated funds:					
Other works for New Horizons	25,578	-	-	-	25,578
CRM System project	80,000	-	-	(40,620)	39,380
<b>Total designated funds</b>	<b>105,578</b>	<b>-</b>	<b>-</b>	<b>(40,620)</b>	<b>64,958</b>
<b>General funds</b>	<b>801,146</b>	<b>214,454</b>	<b>(227,696)</b>	<b>40,620</b>	<b>828,524</b>
<b>Total unrestricted funds</b>	<b>906,724</b>	<b>214,454</b>	<b>(227,696)</b>	<b>-</b>	<b>893,482</b>
<b>Total funds</b>	<b>1,451,250</b>	<b>1,445,462</b>	<b>(1,512,753)</b>	<b>-</b>	<b>1,383,959</b>

The narrative to explain the purpose of each fund is given at the foot of the note below.



## 17b Movements in funds (prior year)

	At 1 April 2020 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2021 £
<b>Restricted funds:</b>					
RBKC ACL ( Adult Education)	-	133,404	(133,404)	-	-
RBKC (North Hub Contract)	-	166,448	(166,448)	-	-
RBKC (South Hub Contract)	-	206,270	(206,270)	-	-
RBKC Public Health (Time For Me Carers	-	46,052	(46,052)	-	-
RBKC (Corporate Services)	-	10,200	(10,200)	-	-
RBKC (Activate Project)	-	2,323	(2,323)	-	-
Tri- Borough CCG ( Steady & Stable)	-	138,000	(138,000)	-	-
Westminster Council (Older People Hub	-	156,051	(156,051)	-	-
Central London CCG (Time For Me Programme)	-	22,980	(22,980)	-	-
CLCH NHS Trust (Brent Falls Prevention)	-	15,036	(15,036)	-	-
Public Health Westminster ( Positively Physical)	-	33,500	(33,500)	-	-
W C C & CCG (Bone Health)	-	20,000	(20,000)	-	-
West London CCG – Self Care Programme	-	39,125	(39,125)	-	-
West London CCG (Tier 1 Prevention)	-	102,000	(102,000)	-	-
Westminster CC (Telephone Club)	-	8,235	(8,235)	-	-
L B of Hammersmith and Fulham (Fast Track Grant)	-	38,000	(38,000)	-	-
Everyone Active	-	2,276	(2,276)	-	-
National Community Lottery Fund (Improving	-	9,125	(9,125)	-	-
The London Community Respnse Fund (K&C Foundation)	-	21,759	(21,759)	-	-
The London Community Respnse Fund (City Bridge Trust)	-	21,758	(21,758)	-	-
The Kensington and Chelsea Foundation	-	15,332	(15,332)	-	-
Hyde Park Place Estate Charity	-	5,000	(5,000)	-	-
Westminster Amalgamated Charities	-	5,000	(5,000)	-	-
Pimlico Million (Quaker Social)	-	1,500	(1,500)	-	-
The Austin Hope Pilkington Trust	-	5,000	(5,000)	-	-
Westminster Council Community Contribution	-	10,000	(5,000)	-	5,000
Second Half Foundation– (SHC activity)	-	20,000	(20,000)	-	-
Mercers Charitable Foundation	-	24,788	(24,788)	-	-
Restricted Donations	-	7,600	(7,600)	-	-
London Sport (Covid grant)	-	4,848	(4,848)	-	-
Great London Authority	-	55,310	(55,310)	-	-
Legacy (restricted to The Avenues)	-	5,972	(5,972)	-	-
New Horizons Building Development	588,575	-	(49,049)	-	539,526
<b>Total restricted funds</b>	588,575	1,352,892	(1,396,941)	-	544,526
<b>Unrestricted funds:</b>					
Designated funds:					
Open Age Hubs Activities	1,790	-	-	(1,790)	-
Other works for New Horizons	68,047	-	-	(42,469)	25,578
CRM System	-	-	-	80,000	80,000
<b>Total designated funds</b>	69,837	-	-	35,741	105,578
<b>General funds</b>	697,534	263,265	(123,912)	(35,741)	801,146
<b>Total unrestricted funds</b>	767,371	263,265	(123,912)	-	906,724
<b>Total funds</b>	1,355,946	1,616,157	(1,520,853)	-	1,451,250

### **Purposes of restricted funds**

Grants, which are received for specific projects, are accounted for as restricted funds. The balances on restricted funds as at 31 March 2022 arise from grants received for specific projects.

Grants fund a range of activities to older people delivered across multiple projects. Each of the projects is described in more detail below.

### **COMMUNITY ACTIVITIES**

#### **Second Half Centre (South Kensington)**

Second Half Centre provides a weekly programme of learning, physical, health and creative and performing arts related activities in the north of RBKC. It is funded by a variety of grants including West London CCG, the RBKC contracts, RBKC Adult Community Learning (ACL) and the Second Half Foundation.

#### **New Horizons Centre (Chelsea)**

The New Centre provides a weekly programme of learning, physical, health and creative and performing arts related activities in the south of RBKC. It is funded by a variety of grants including West London CCG, RBKC contracts, RBKC Adult Community Learning (ACL).

#### **Time For Me (Kensington and Chelsea, and Westminster)**

Projects providing activities and trips out for older carers across Kensington and Chelsea and Westminster, funded through Westminster City Council, Central London CCG and RBKC.

#### **New Futures 50 Plus Employment Programme (Westminster, Hammersmith and Fulham and Kensington and Chelsea)**

A programme supporting people over 50 into employment or work-related training and placements under contract with Reed and the DWP.

#### **Link Up Project (Kensington and Chelsea)**

A project supporting individuals on a one to one basis to take up activities for those older people who for whatever reason face barriers to attending. Funded through Public Health and Bi-Borough (RBKC and Westminster) Adult Social Care.

#### **The Avenues & St. Margaret's (Westminster)**

Funding from Westminster City Council and West London CCG, and Westminster Almshouses Foundation, provided infrastructure support for the services.

#### **Steady and Stable (Kensington and Chelsea, Westminster and Hammersmith and Fulham)**

This project in partnership with the Falls service provides sessions to support older people who are unsteady on their feet as well as training for staff working in older people's services funded by West London, Central London and Hammersmith and Fulham CCGs

#### **Men's Space**

A weekly programme of men's activities funded through the Kensington & Chelsea Foundation, The Masonic Charitable Foundation, and The Grove Trust.

#### **Linked-In and Active (Hammersmith and Fulham)**

A programme to link older people on a one to one basis into activity as well as provision of activities funded by the London Borough of Hammersmith and Fulham.

#### **Brent Falls Prevention**

A project in Brent to deliver strength and balance classes to prevent falls, funded by Central London Community Health.

### **Purposes of designated funds**

Designated funds at 31 March 2022 represents unrestricted funds set aside towards planned and unplanned premises maintenance and infrastructure support costs for New Horizons. We also have a fund of £39,380 towards the development costs of our new CRM booking system (at the end of the previous financial year, these funds stood at £80,000).

**18 Operating lease commitments payable as a lessee**

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Equipment 2022 £	2021 £
Less than one year	1,834	1,774
One to five years	2,540	4,434
Over five years	–	–
	<u>4,374</u>	<u>6,208</u>

**19 Legal status of the charity**

The charity is registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission. The charity is registered in England and its registered address is St Charles Centre for Health and Wellbeing, Exmoor Street, London, W10 6DZ.







St. Charles Centre for Health and Wellbeing,  
Exmoor Street, London W10 6DZ

**Tel: 020 4516 9978**

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