

## Annual Report 2018-19

### Ageing Well Celebrates 20 Years

A few highlights from our groups and special performances from our 20th anniversary year!



### Numbers in a nutshell

For financial year 2018-19  
 Income: £35,497  
 Expenditure: £30,933  
 Net: £4,564  
 Avg. participation per wk: 48

**Ageing Well in Lewisham** is a project of Lewisham Churches Care, reg. charity no. 1126357

### Chair's Report

Another demanding year for Ageing well, despite which the work and groups have continued largely successfully.

Important events in the year included the coming of Ann Howell as our new Project Administrator. Ann has had great experience in the Voluntary sector and we have valued her leadership. We have also recruited Winnie Carlson as her assistant and are exploring with them new ways of working.

A big impact has been the drastic cut in our grant from Lewisham Council. We are now operating with a much smaller grant and do not think this will continue for long.



## What our members have to say

*"I love to sing and I've tried other singing groups, but when I came to The Befrienders I just loved it! Everyone was so friendly and made me feel welcome."*

*"The art class is very enjoyable. Some of the things we make are so useful. It's a good crowd and a nice way to spend Tuesday afternoon."*

*"I find the arts and crafts club very relaxing and fun! "*

*"It's good to stay flexible with the exercise and the bingo is fun - Lynn makes me laugh with all of the bingo lingo!"*

*"I find going to the groups a great help. [The Gentle Exercise group] helps me to feel more relaxed and eases my aches and pains Also, I live on my own , so I really enjoy the company!"*

We are therefore planning a future without support from the Council.

Many thanks as usual to Grace Blyth, whose hard work and commitment are essential to our success and to our Treasurer Bill Bishop who has got our finances into shape. To trustees, Anthony Atherton, Robert Greene, Ray Williams and other committee members Danielle Rawoo and Olga Greene.

## We would welcome new trustees. Are you interested?

Andrew Grant, *Chair*

## Secretary's Report

It's always difficult when it comes to the Annual Report, as more than half a year will have passed by the time we get to the Annual General Meeting that focuses on the year we are reporting on.

We continue to be thankful to The Talent Factory in Barmeston Road, Catford as our base. An encouraging home in these times when we are constantly needing to rethink how we continue our work in the changing funding climate that we now have.

Our sincere thanks to the Griffin Trust for renting us the space in this brilliant building.

### Groups

As stated in our last Annual Report, even with all the changes that we have accommodated, our Befriending Groups at the Grove and Goldsmiths have continued to flourish. Our sincere thanks to The Grove Centre Church and Goldsmiths Community Centre.

Special thanks to Trinity Laban for their ongoing support for The Befrienders, who continue to participate in various events in the community including a community opera event with Students from Deptford Green School, the Sydenham Festival, Trinity Junior Schools' Summer Fair and their Christmas Event, and Trinity Laban's own Spring Forth presentation plus a Forest School outing with some of the Children and their teachers from the Cherub Day Nursery.

Appreciation is due to our sessional tutors providing craft sessions and gentle exercise at the Grove Centre and Goldsmiths Community Centre.

The Silver Lunchtime Group meeting on Thursdays in Goldsmiths Community Centre really came into its own this year. This group enjoys a mixture of activities as part of a monthly programme.

Members appreciate the home-cooked meal and browsing in the Apple Tree Charity Shop that Goldsmiths Community Association runs in the centre. We have been most blessed to have the help of a brilliant team of volunteers who organise the cooking.

Early in 2019 Barchester's awarded us funding to run a pilot group entitled "Mindfulness and Movement". This group met in the Unitarian Church in Catford. The spin-off is a monthly outreach session on Tuesdays at South Lewisham Health Centre. This new group provides information to older residents about what is available for them in their community – part of a Social Prescribing initiative.

We mentioned in our last Annual Report that we had organised a party for our wonderful loyal volunteers in June at Catford Cricket Club to say a proper Thank You. Organisations like ours could not continue to exist without the dedication and hard work of their volunteers.

### **Staffing**

Ann Howell, appointed at the beginning of this report year has proven to be an effective manager for the project. Winnie Carlson, one of our wonderful volunteers, stepped up to take on part-time admin work in the office and has also proved to be a real asset to the organisation.

### **Risks**

The reduction in our grant from the London Borough of Lewisham will have an impact on the future of AWIL. We are in a healthy place at the moment but a dependency on ad-hoc grants could impact on our reserves. The trustees will invoke triggers to ensure the charity does not become insolvent; however, these could change our scope and make us more dependent on our volunteers managing our activities.

The trustees have identified a number of risks and will take actions to mitigate their effects:

- Running out of money – mitigated by agreed triggers
- Refreshing our trustees – we are getting older, so we are engaging with trustee volunteer forums.
- Recruiting volunteers – we attend formal local events, maintain contact with the Neighbourhood Community Development Partnership, liaise with the groups' venues,

and outreach within the Deanery Synod and with other faith groups.

- Providing transport for service users – issues affecting local transport schemes have reduced access to transportation, which already impacted the provision of our services.

### **Fundraising**

Ageing Well in Lewisham still benefits from contributions that are made via Localgiving.com and we are always looking for ways to supplement our income.

Once again I participated in 'The Little Half' sponsored event in March 2019, walking from Rotherhithe to Greenwich. Fortunately it was not icy this year so the full event took place and I joined lots of other people, including elders and toddlers, being cheered on by the event organisers. A very different experience to the previous year, when I had been a solitary participant. I have the t-shirt to prove my attendance again, and I thank all of the lovely people who sponsored me to raise money for Ageing Well in Lewisham.

Grace Blyth, *Secretary and Volunteer*

## **From the Office**

This financial year was one of celebrations and challenges! The office gained two new staff members and we looked forward to marking Ageing Well's 20th anniversary. The biggest challenges were financial ones, namely that Lewisham council's 40% cut to their main grants programme would leave us with a fraction of what we had relied on in past years.

The resilience of the trustees, session leaders, and volunteers has been inspiring. With a commitment to carrying on delivering quality programming that so many seniors in the borough had come to rely on for friendship and support, we began a plan of action to operate as leanly as possible, while aggressively seeking new funding streams.

The two of us in the office now share the responsibilities of organising the activities, communicating with our stakeholders, maximising partnerships, and tactically researching and applying for funding. This sharing of responsibilities has allowed us to become more than the sum of our parts!



There have been some definite highs this year, especially the fantastic 20th Anniversary celebration at The Talent Factory, attended by many of our friends and supporters. The Befrienders, led by Natasha Lohan, entranced us with a moving concert, featuring the song “If You Can Breathe”, composed by member Cynthia Dunn, who we had sadly lost at the beginning of 2019.

We also benefitted from engaging with Table Talk, a new initiative to connect older people in Lewisham with the groups and services that can benefit them. This partnership has some exciting new possibilities for 2020, which we look forward to exploring.

*Thank you to all of the trustees, volunteers, and session leaders — we love being part of the team!*

Ann Howell, Programme Manager

Winnie Carlson, Assistant Programme Manager



Cynthia Dunn (centre) performing with The Befrienders

***“If you can breathe,***

***And you can move,***

***Really move,***

***There’s so much more,***

***that you can do...”***

*“If You Can Breathe”, by Cynthia Dunn*

## Staff

Ann Howell—Programme Manager

Winnie Carson—Asst. Programme Manager

## Session Leaders

Susan Rafique, Lynn Edwards, Estelle

Grandidier and our partners from Trinity Laban: Natasha Lohan, Kate Atkinson, Elizabeth Green and Trinity students

## Board

### Trustees

Fr. Andrew Grant (Chair)

Grace Blyth (Secretary)

Bill Bishop (Treasurer)

Fr. Anthony Atherton (Staff Management)

Robert Green (Health and Safety rep)

Ray Williams (Organisation skills)

### Co-opted members

Olga Greene

Danielle Rawoo (members rep)

## Volunteers

All the members of the Board including co-opted members; Avril Trivett, Chris Coveney, Phillip Crumb, Kathleen Goodyear, Ijeoma Nwajiobi, Sharon Williams, Beverley, and numerous other individuals who have also donated their valuable time during the year.

## Funders

Lewisham Council, Barchester’s Charitable Foundation, Goldsmiths’ Company Charity, The Diamond Club, Local Giving, and contributors who donate via the Localgiving.com website, and a number of individuals who wished to remain anonymous.

## Partners

Grove Centre Sydenham, Trinity Laban, Community Connections, Lewisham Pensioners Forum, Volunteer Services Lewisham, Positive Ageing Council, Table Talk, Sydenham Gardens, The Griffin Trust, St Laurence Church Catford, Goldsmiths Community Centre, Catford Cricket Club, Westwood House

Accountant: RK Lawrence & Co.

Ind. Examiner: Robert Cunningham, ACA

Patron: Heidi Alexander

*Our thanks to everyone who contributes to our ongoing effectiveness.*

AGEING WELL IN LEWISHAM - LCC

Statement of Financial Activities  
for the year ended 31 March 2019

	Restricted funds	Unrestricted funds	Total funds 2019	Total funds 2018
<b>Incoming resources</b>				
Incoming resources from generated funds:	7845	19228	27073	29837
Voluntary income		2861	2861	1902
Incoming resources from generated funds: charitable activities		5563	5563	5597
Total incoming resources	7845	27652	<u>35497</u>	<u>37336</u>
<b>Resources expended</b>				
Costs of generating funds			286	246
Charitable activities			30605	34388
Governance costs			42	870
			<u>30933</u>	<u>35504</u>
Net incoming/outgoing resources			4564	1832

AGEING WELL IN LEWISHAM - LCC

Balance Sheet  
as at 31 March 2019

	2019	2018
Fixed Assets		
Tangible Assets	1	1
Current assets		
Debtors	0	0
Cash at bank and in hand	56597	51736
Creditors	1632	1339
Net current assets/liabilities	54965	50397
Net assets	<u>54966</u>	<u>50398</u>
The funds of the charity are represented by:		
Net incoming resources	4564	1832
Restricted funds	10000	
Unrestricted funds	40462	48566
Total funds	<u>54966</u>	<u>50398</u>

These financial statements were approved by the Trustees on  
and signed by

AGEING WELL IN LEWISHAM - LCC

Voluntary income	<u>2019</u>	<u>2018</u>
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LB Lewisham	19697	25637
Trinity Laban	3150	4200
St Laurence		500
LB Lewisham - Whitefoot	446	
Barchester	280	
Goldsmiths Community	3500	
Donations	2861	1402
Total	<u>29934</u>	<u>31739</u>

Income resources from charitable activities

Members' contributions	5535	5587
Bank interest	28	10
Total	<u>5563</u>	<u>5597</u>

Charitable activities

Salaries and employment costs	17579	13271
Redundancy costs		10045
Rent	3600	3600
Telephone	623	655
Insurance	869	850
Equipment	574	
Other office costs	341	893
Training	192	254
Transport	465	
Gratuity	0	25
Disclosure & Barring Service	0	110
Volunteer costs	177	161
Other costs	72	23
Group activities	6113	4501
	<u>30605</u>	<u>34388</u>

## AGEING WELL IN LEWISHAM - LCC

### 5. Governance costs

Cost of AGM	43	
Independent examiner's fee		870
	<u>43</u>	<u>870</u>

### 6. Cost of generating funds

Cost of generating funds	<u>285</u>	<u>246</u>
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### 7. Salaries and employment costs

Staff costs were as follows	<u>2019</u>	<u>2018</u>
Salaries and NIC	16495	11787
Pensions	819	995
Cost of paying staff	265	202
Staff costs	0	287
	<u>17579</u>	<u>13271</u>

No employee received emoluments of more than £60,000 (2018: nil)

The average number of employees, undertaking charitable activities, was as follows	1	1
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The charity contributes to a workplace pension scheme.

### 8. Trustee remuneration and expenses

No trustee received remuneration during the year. (2018: £25-00)  
Expenses amounting to £nil (2018:£nil) were re-imbursed to trustees

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.  
(2018:nil)

# AGEING WELL IN LEWISHAM - LCC

## 9. Tangible fixed assets

	Computer & Office Equip	Furniture & Fittings	
Cost at 1 April 2018	5587	911	6498
Additions	0	0	0
Disposals	0	0	0
Cost at 31 March 2019	<u>5587</u>	<u>911</u>	<u>6498</u>

## Accumulated depreciation

At 1 April 2018	5586	911	6497
Charge for the year	0	0	0
Disposals	0	0	0
Cost at 31 March 2019	<u>5586</u>	<u>911</u>	<u>6497</u>

## Value

at 31 March 2018	1	0	1
at 31 March 2019	1	0	1

## 10 Debtors

	<u>2018</u>	<u>2017</u>
Other debtors	0	0

## 11 Creditors

	<u>2018</u>	<u>2017</u>
Other creditors	0	870
Deferred income	1632	469
	<u>1632</u>	<u>1339</u>



**LEWISHAM CHURCHES CARE - AGEING WELL IN LEWISHAM**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2019**

**ACCOUNTING POLICIES**

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

**i) Basis of Accounting**

The accounts have been prepared under the historic cost convention and in accordance with the Statement of Recommended Practice, Financial Reporting Standard for Smaller Entities 2015, published on 16 July 2014, applicable accounting standards and the Companies Act 1985.

**ii) Fund accounting**

Funds held by the charity are either unrestricted or restricted:

Unrestricted general funds are available for use at the discretion of the trustees in accordance with the charitable objects.

Restricted funds are used for activities specified by the donor or through the terms of an appeal or grant.

**iii) Incoming resources**

All incoming resources are included in the Statement of Financial Activities (SOFA) when the charity is entitled to the income and the amount can be established with reasonable accuracy. The following specific policies are applied to particular categories of income.

Voluntary income is received by way of grants, donations and gifts and is included in full when receivable

Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable or when these are associated with expenditure.

Donated services and facilities are quantified where possible but are not presented in these accounts. Where possible the value of these services has been used to release restricted income.

Investment income is included when receivable by the charity.

Where income is received, some or all of which is specifically in relation to future periods, the relevant amount is deferred and credited to the Statement of Financial Activities in the period to which it relates.

**iv) Resources expended**

Expenditure is accounted for on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Costs of generated funds comprises the costs associated with attracting voluntary income.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to those activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examination fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

**v) Fixed Assets**

Tangible fixed assets are stated at cost less accumulated depreciation. The cost of minor additions or those costing below £500 are not capitalised. Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life. The rates are 25% for computer and office equipment and 25% for furniture and fittings.

**vi) Deferred income**

Where income is received, some or all of which is specifically in relation to future periods, the relevant amount is deferred and credited to the SOFA in the period to which it relates.

**vii) Pension costs**

The Charity makes contributions to a defined contribution pension scheme on behalf of its employees. These are recognised in the SOFA in the period to which they relate.

**ix) Reserve**

The trustees continue to keep a minimum of four months operating expenditure as part of the unrestrictive reserve. The trustees have determined that a reserve of £10,000 be maintained to ensure, if it were to be necessary, the winding up of the charity in a proper manner.

**x) Risks**

The loss of our grant from the London Borough of Lewisham will impact on the future of AWIL. We are in a healthy place at the moment but a dependency on ad-hoc grants could impact on our reserves. The trustees will invoke triggers to ensure the charity does not become insolvent; however these could change our scope and make us more dependent on our volunteers managing our activities. The trustees have identified a number of risks which are detailed in the Secretary's report.

## Independent Examiner's Report on the Accounts

Report to the trustees / members of

### LEWISHAM CHURCHES CARE - AGEING WELL IN LEWISHAM

On the accounts for the year ended 31 March 2019 Charity no. 1126357

#### Respective responsibilities of trustees and examiner

The charity's trustees consider that an audit is not required for this year (under section 145(1)(a) of the Charities Act 2011 (the Act) and that an independent examination is needed. It is my responsibility to

- Examine the accounts (under section 145 of the Act),
- To follow procedures laid down in the General Directions given by the Charity Commission (under section 145(1)(a) of the Act, and
- To state whether particular matters have come to my attention.

#### Basis of independent examiner's report

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

#### Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure that

- Proper accounting records are kept in accordance with sections 130 - 134 of the Act, and
- Accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Date:

2<sup>nd</sup> November 2019

Name & address:

Relevant professional qualification:

ROBERT CUNNINGHAM, ACA

64 WIDMORE ROAD

BROMLEY

BR1 3BD