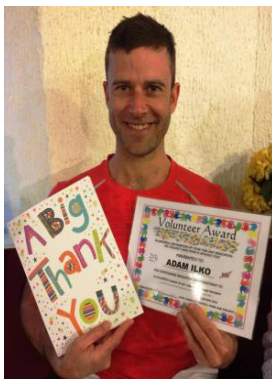


THE THIRD AGE PROJECT
(A company limited by guarantee)

DIRECTORS' AND TRUSTEES' REPORT AND ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2019



Our vision is to turn on its head the prevalent view that the Third Age is a burden on society and promote the view that old people are valuable and important assets, to be placed at the very heart of a community. In doing so we transform older people's lives, nurture creative aspiration, co-produce low cost services and build a community, reversing the declining quality of life and the elderly.

Company No: 04715685
Charity No: 1108521

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REPORT AND ACCOUNTS

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The trustees are pleased to present their annual directors' report together with the financial statements of the charity for the year ended 31st March 2019, which are also prepared to meet the requirements for a directors' report and Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statements 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) (effective 1 January 2015).

OUR PURPOSE AND ACTIVITIES

Our charity's purposes as set out in the objects contained in the company's memorandum of association are:

- To benefit the public by providing and assisting in the provision of facilities for education, recreation and other leisure-time occupations in the interests of social welfare
- To relieve older people in need aged 50 years and over in particular those living in the West Euston area

The aims of our charity are to improve the quality of life and well-being of older people, particularly those in high need that experience barriers to accessing mainstream or other older people's services and facilities. These barriers include social and economic isolation, having English as a second language, cultural background, lack of formal education, a physical or mental disability and/or one or more long-term health conditions eg. Diabetes.

Our aims fully reflect the purposes that the charity was set up to further.

Ensuring our services reach those that need them

We review our aims and objectives and evaluate our outcomes on a regular basis, and at least annually. This helps us to ensure our work remains focused and our future activities and targets relevant to our stated purpose.

We refer to the Charity Commission's general guidance on public benefit when reviewing our aim and objectives and in planning our future activities and setting targets.

Manager's Report

We had a total of 869 (740 in 2018) recorded users and 188 new users since April 2018

We delivered 1,650 sessions in 35 different sessional activities and 135 community and intergenerational events

What an amazing 21st coming of age year it has been for the charity! After 20 years in the Crypt of St Mary Magdalene Church we moved into our own refurbished and more centrally situated premises in Cumberland Market next door to the Regents Park Practice. Ironically, the building had originally been built as a Council day centre but had closed in April 2005 and remained largely empty until commencement of improvement works on 6th August 2018.

The charity is most grateful to many local businesses, residents and TAP members for helping us raise significant amounts of funding both in cash and in kind so that we could carry out the necessary works and to ensure that they were completed on time for our opening on Monday 24th September 2018.

The new premises quickly attracted many older residents with 233 registering as members within a fortnight of opening- 41 being entirely new. There have been tremendous benefits to owning our own centre; greater quality control, improved safeguarding, being able to invest in a longer term future and establish our unique distinctive identity and ethos greatly enhanced by adopting a bright new logo to illustrate diversity and friendship and more recently a new updated website www.thirdageproject.org.uk.

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We have recently received recognition and acknowledgement from the London Borough of Camden with a visit from Cllr Georgina Gould, Leader of the Council (who stated that the new centre was a rare local success story and an example of how a community came together to help create a new community hub).



In January 2019 we became a strategic partner attracting both core funding and improved access to council senior officers.

We appeared on BBC London Live in February 2019 with a film crew spending an afternoon with us that has led to us being much better known and that also highlighted the need to challenge ageism in all its forms and promote positive ageing.



A definite high point was moving our operational base temporarily to 5th floor of Tate Modern on the south bank for three days to showcase our work and hold an exhibition on the challenges that an ageing population brings. 2,803 people visited us over the 3 days with 61 of our TAP members and 3 of our partners delivering 18 hours of performances and workshops.

The charity has significantly strengthened its Board of Trustees (responsible for governance) by recruiting new trustees from the finance, legal and banking sectors and increasing its size from 7 to 12 trustees with the setting up of sub committees for Finance and IT & Comms. The Board is also advised by property experts from British Land.

Role of General Manager

The key role of our manager is to:

- Co-ordinate a range of different programmes of services delivered in conjunction with our partner organisations;
- Ensure quality control and carry out effective monitoring and evaluation systems involving the collection, collation and analysis of substantial data from registers, registration and feedback forms;
- Take responsibility for finances, financial reporting and budgetary control, and in fundraising for projects;
- Forward plan, carry out development work in identifying and building new partnerships and opportunities;
- Report to our Board of Trustees and supporting the user led and internal working groups eg. Volunteer Forum



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The focus of our work

We take a holistic approach to tackling inequalities and in bringing about social change. A key aspect to our work is in putting older people themselves in the driving seat that also ensures our services and facilities are responsive and relevant to their needs. The co-production and time banking model of reciprocal volunteering is key to the charity's success and sustainability. We strongly believe that an increasing ageing population brings about new opportunities, resources and solutions in tackling deep-seated social issues harnessing our biggest single asset – our users.

Our main objectives for the year continued to be:

The provision of a wide range of support, general advice and signposting, learning, education, health, information and social activities to those mainly over 60 years of age (with a particular emphasis on those over 75 years) in high need to improve life chances, quality of life and improved health and wellbeing and so that older people may play a greater and more important part in society ; and

Capacity-building mostly our own users through training and support in taking on formal roles within the charity.

How our activities deliver public benefit

All our charitable activities focus on our primary target groups, namely isolated older people who live in and around our area of benefit, who are on low income and who experience significant barriers in accessing mainstream and other services and facilities.

We provide a wide range of social, cultural, educational, healthy living and basic life skill courses, as well as befriending and support services, with the aims of improving quality of life, general health and wellbeing, and to equip older people with the confidence and knowledge to exercise greater choice and influence over decisions that affect their lives. These services are undertaken to further our charitable purposes for the public benefit.

Ensuring our services reach those that need them

Loneliness is reaching epidemic proportions as a result of older people living alone, for longer, and without access to the support they need. Inequalities in old age are rising especially, for those with a lifetime of low-paid work, who are often in poor health as well as on a low income.

Over 50% of Camden's Lower Super Output Areas are in the worst 20% across the country for older people's income deprivation and 20% are in the worst 5%. Poor health, immobility and living in a deprived area are additional issues often faced by the socially isolated. Indeed, there is an 11 year difference in life expectancy between men living in the most deprived areas in Camden and those living in the most affluent areas - the 3rd highest disparity in London.



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Through consultation, participation and research we have learned that older people in Camden who are socially isolated are:

- often living alone (10,000 pensioner in Camden do so, including 6,400 on the first floor or above and around 800 on the 5th floor or higher);
- frequently single, divorced or never married, or have caring responsibilities.
- often on a low income.
- vulnerable to social isolation at transitions in their life such as bereavement and retirement.

Those from black and minority ethnic (BAME) communities and/or who identify as LGBT are particularly vulnerable to being socially isolated. Camden's BME population (33.8%) is significantly higher than the English average (14.1%) and has poorer health outcomes than the wider community, and greater difficulty in accessing health, social care and other services. Given the high levels of mental health needs (3rd highest in London), over 3,000 older people are likely to be experiencing depression or anxiety.

We have drawn on national research into key factors for identifying lonely older people and have developed a local strategy through recruiting residents as outreach volunteers and bringing in new partners such as the local police team and tenants associations.

Over the year we have ourselves carried out regular monitoring and evaluation of our work as well as facilitating independence surveys and reports by external bodies including Traverse (OPM) and students from University College London to ensure our services benefit older people who are in need.

Who used and benefited from our services?

Over the year we recorded 869 older people accessing our services, with 374 individual users (20% increase from 2018) taking part weekly in one of more of 35 sessional activities and regular special events. We delivered over 1,650 sessions and 135 social, community and intergenerational events.

218 older Ramsgate, Eastbourne, Hastings & Rye, chartered boat up the river Thames, Broadstairs, Mystery Trip and Winchester Christmas Market. Volunteer escorts enabled many older people to go on these trips who otherwise would have been unable to do so. A particular feature was our volunteer English Buddies and our London Explorers Club who accompanied users with limited spoken English on trips to help them build increased confidence and enabling them to explore places they had never been to before.

New users this year

321 older people registered as new users since April 2017.

Many of our new users and members have come as referrals from a very wide range of social and health agencies, including Care Navigation Service, NHS Camden, Camden Carers Service, Regent's Park Practice, Fitzrovia Health Centre, Regent's Park Safer Neighbourhood Team, Community Connectors and Ageing Better Camden as well as from concerned neighbours and members of the family.

We had to turn away many older people who did not meet our stated criteria (we had to close our membership to older people living outside of the borough several years ago due to demand and the need to meet our charitable objects of local need).

Customer Satisfaction Ratings

104 users completed an anonymous annual customer satisfaction survey asking how they rate their overall satisfaction from 1 – 10 with the charity's services, 89% of those surveyed rated us as 'Very Good' or 'Good' (86% in 2018).

	Neutral		Good		Very Good		Total
	5	6	7	8	9	10	1-10
	2%	0%	0%	10%	16%	73%	100%

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The same users were asked to rate the level of support that they received when taking part in an activity from 1-10. 98% of those surveyed rated us as 'Very Good' or 'Good' (100% in 2018).

Neutral		Good		Very Good		Total
5	6	7	8	9	10	1-10
0%	1%	1%	15%	23%	60%	100%

Question three asked if they would recommend the charity to others they knew. 100% answered yes (98% in 2018).

Finally, they were asked whether there was any particular aspect of the service they received from the charity that they would like to mention. A sample of responses below:

- Making new friends 36%
- Staff & volunteers are very friendly and welcoming 30%
- Amazing range of activities 20%
- A very supportive environment 14%



Evaluation Report

An independent evaluation of 180 registered users to assess the charity's overall impact upon the lives of older people was conducted independently by CSG students. Some of the key findings were:

① I have improved my personal independence evidenced by:

- 73% I now get out of my home more often than I did previously
- 78% I now feel more confident in meeting new people and attending new things
- 78% I now take part in new or additional healthy living activities

A majority of respondents (57%) gave at least one positive aspect they liked including:

- * Enjoy the walking groups 9 * Made new friends * 7 Exercise classes 6 *

② I have improved my general sense of wellbeing evidenced by:-

- 55% I now feel less anxious
- 88% I now feel healthier.
- 92% I have made new friends.

A majority of respondents (51%) gave at least one positive aspect they liked including:

- * Walking groups 6 * meeting new friends 5 * feel better connected 5 * feel more relaxed 3 *

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③ I have increased confidence in making lifestyle choices evidenced by:

72% I have increased my knowledge about health issues.

61% I have increased my knowledge about mainstream health and care services.

67% I have joined the Health Club, a self-help group or similar.

Respondents (43%) gave at least one positive aspect they liked including;

* Walking groups 3 * improved diet 4 * new friends 4 * help with English 3 * sleep better 3 *

④ Do you have any other comments to make regarding the Third Age Project?

A majority of respondents (54%) gave at least one positive aspect they liked including:

- ✓ I have learnt new skills
- ✓ I have made good friends
- ✓ I would be stuck at home all day without TAP
- ✓ I am now able to converse in English for the first time at 81 years of age!
- ✓ I had no friends until I joined TAP
- ✓ Such a fabulous range of different activities
- ✓ Regular exercise has reduced my aches and pains
- ✓ If I miss a week I can feel the difference
- ✓ I feel part of the local community
- ✓ I have met neighbours I previously didn't know
- ✓ TAP makes me feel younger
- ✓ I feel good in myself by coming here
- ✓ I have made lots of new friends and gone to lots of new places
- ✓ I now do shows that I never thought I be able to do
- ✓ I am more happier and healthier
- ✓ I feel more confident in every way in my life
- ✓ I like the sharing of life experiences with each other
- ✓ TAP is a happy place so full of life
- ✓ My depression is better!
- ✓ It has helped me to believe in myself
- ✓ Everybody has made me so welcome even though I speak little English
- ✓ I have learnt to keep fit and my friends notice I am looking well



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About our users

Gender

- Women – 77%
- Men – 23%

Ethnicity

Our users are from a highly diverse range of ethnic backgrounds, as shown below:

- White British & Irish – 39%
- Bangladeshi – 14%
- Chinese – 12%
- Filipino – 9%
- Indian Sub-Continent – 6%
- Black African – 6%
- Latin American – 5%
- Mixed Race – 5%
- Other Asian – 4%

24 different home languages were spoken by users, including Sylheti, Urdu, Thai, Japanese, Chinese (Mandarin), Chinese (Cantonese), Filipino, Spanish, Portuguese, Somali, Hindi and Arabic and 59% of users have English as a second language.

General health and wellbeing of our users

- ✓ 88% live alone, largely in rented flat accommodation above the ground floor. Around half of our users live on a large, high rise council housing estate next to where the Crypt Centre is situated, with many others in similar rented accommodation elsewhere.
- ✓ 85% stated they experience a range of barriers in accessing mainstream or other services through language, culture, lack of knowledge or information and lack of formal education.
- ✓ 64% of users stated that they had a serious health condition and one third have diabetes 80% of users are also on a low income.
- ✓ 89% stated they had become users in order to make new friends, and many said they lacked confidence in going out or in socialising.

Working more closely with our members

Not all of TAP users become registered members, as our services are based primarily on need, but non-registered users are encouraged to register as members through a range of incentives such as discounted trips and member-only activities, giving them the right to nominate themselves to be elected as a user representative on the new Volunteer Forum, working groups and vote at general meetings.

In April 2009 we established a membership scheme for our users in order to build a closer working relationship enabling them to have a formal role in decision-making and in the running of the charity. It currently costs £10 a year to join and members must be over 60 years of age and live in the borough. Membership is renewed every year (we had 413 registered members as at April 2019).



Promotion and Publicity

We have established an excellence reputation for the quality and distribution of our newsletters, leaflets and posters. We print 400 copies of a 4 page full colour monthly programme newsletter that is distributed in libraries, surgeries and sent to the housebound with a further 300 sent electronically by email. In addition, we produce a quarterly information newsletter updating residents on HS2 with updated contact details. Over 450 organisations and individuals follow us on twitter.

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TAP Membership

Since April 2009 there has been a formal membership scheme with AGMs taking place and an elected committee of members meeting monthly to oversee activities, provide feedback, and to forward plan social activities such as a weekly Bingo Club, Quiz & Games Afternoons, Third Age cinema and a cafe on Thursdays. This members' committee has its own bank account the Golden Years Committee. They contributed £2,250 towards coach trips and quarterly Tea Dances and over £2,500 towards the costs of new furnishings and equipment for the new centre.

Volunteer Forum

In September 2017 at a well-attended Annual General Meeting a new broad-based user committee to be made up of elected TAP members willing to take on more formal volunteering roles.

19 users representing different interest groups were appointed. This Volunteer Forum meets monthly and replaced the Golden Years Committee that had originally been set up in May 2000 to provide members with a voice and representation on the Board of Trustees.

The Volunteer Forum is chaired by a member Trustee and currently has three user representatives as trustees.



How we deliver our services

There were seven major strands to our work in the last year, detailed in the following sections.

1. Outreach Programme

Over the year we have rapidly expanded our outreach work in reaching out to the housebound and those experiencing acute social isolation and loneliness and appointed 2 part-time outreach staff (one specifically for older men)



Our move to new premises more centrally situated within the Regents Park Ward provided an opportunity to promote our services to new older residents living in the vicinity of the Cumberland Market, and for staff and member volunteers working in partnership with Age UK Camden's ABC Outreach Service to engage directly with older people in the local community.

ABC Outreach service developed and delivered training to Third Age Project staff and volunteers in preparation for joint outreach working activity (street outreach and door knocking). Following training, TAP volunteers and staff buddied up with ABC Outreach Workers to undertake outreach activities to proactively meet and engage with older people.

Outreach activity undertaken contributed towards engagement with new local older people (over 50 engagement with older people took place during street outreach, 10 engagements with family, friends and neighbours and approximately 20 local businesses – in addition to the outreach team letter dropped over 300 flats).

During the first two weeks of TAPs move to new premises, approximately 15 -20 new local people visited the centre, and 14 older people signed up as members of TAP

This work has been given recognition as new good practice and distributed in a briefing paper across older people's groups in the borough and as part of joint sharing and learning.



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Summary



56 older residents (41 entirely new users) received specific one-to-one support with volunteers regularly assisting the outreach worker at home visits and as befrienders and escorts.

Partnership Outreach with Cumberland Residents Association We brought together a social landlord (Peabody Housing) and a tenant association to both work with us in targeting those over 65 years and in running new drop-in events on Monday mornings at the TA hall.

Open House Week (1st to 8th October 2018)

To help promote our new centre and location we opened our doors to local residents of all ages to come and visit us and many took up the opportunity Many special events were organised sponsored and delivered by staff from the Francis Crick Institute and Santander plc. We also hosted a borough-wide older people's boccia tournament with the winners receiving a coveted Cup.



Case Study Mrs G is 103 year old woman confined to a week chair and very frail who we discovered as a result of an intensive outreach programme of door knocking and street walking. She is fiercely independent and did not want to be a burden upon anybody and told us she had not left her flat for over a year and was receiving support by a weekly visit from her son and a concerned neighbour. She had actually been a TAP service user 8 years previously but stopped coming when her best friend sadly passed away. She told us she had become very lonely at times as so many of her friends had passed away and was desperate to get out and make new friendships and meet old acquaintances. It needed two staff to provide initial support and encouragement who brought her to the bingo club where she met many old friends.

Source of referrals to chair-based classes

GP	Social Services	TAP Partner	TAP Outreach	Family Member	Concerned neighbour	Self referral	Community Connectors	TOTAL
17	8	4	16	8	5	11	3	72

The group exercise aids everyone, regardless of their ability/level/age, as the exercises can be done seated or standing, with or without chair support. It helps to maintain and improve emotional and psychological health, motor fitness, assists with maintaining and improving cognitive and coordination skills/ability and supports general wellbeing. With exercise promoting the release of feel-good endorphins, participants are encouraged to return each week and progress. These group sessions also significantly reduced isolation and encouraged communication among participants, as evidenced in our annual evaluation:

98% of older people registered with the chair-based exercise class rated it **10** out of **10** in a survey for assessing the impact attendance has had upon users lives

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Case Study Mr & Mrs J. Mr H is an 81 year old Sudanese man cared for by his wife who is 79 years old and very deaf. They were recently housed by the council on the estate and knew nobody locally. Mr J had not been out of his flat (although on the ground floor) for over 2 months because his wife was no longer able to push him in his wheelchair. They found out about us through our door knocking campaign and Mrs J came to visit the centre to find out more. Mr & Mrs J were delighted to be invited to our local pensioners Christmas Dinner and thoroughly enjoyed the Egyptian belly dancing! They state "Everybody made us so very welcome and we now feel part of the local community".



Case Study Mrs K is a 67 years old Indian woman who lives with her adult son. She joined in October 2018 in order to improve her physical health but also as she was very lonely to make new friends. Nearly 6 years ago she had thyroidectomy (removal of the thyroid gland, operation). This has affected her voice and she finds it difficult to speak to people. As a result she had avoided people and did not want to see her friends and family anymore. As a result, she started to feel lonely and isolated. One of TAPs strengths is supporting people who are not normal eg this lady has a unusual voice and had felt judged in another centre, but had felt ok coming to TAP.

"Instantly welcoming-if people in a place welcome you in a nice way then you know it's for me. There's a difference between the staff here and elsewhere. The staff are very important-they're always people no matter who you are. They don't discriminate and will be over backwards for you".

Outreach – Older Men's Initiatives

Empowering isolated older men from diverse backgrounds to build resilience, new friendship and support networks.

Our charity has successfully completed several innovative health and community projects with respect to older men and continues to deliver targeted men only activities and services with a total of 91 (23%) men over 60 years currently registered as users.

Consultation with older men found they regarded many of our organised activities as targeting older women's needs (eg. crafts, jewellery) and felt marginalised and expressed a desire to have a greater voice within the charity.

Trustees at an away day event in 2017 set new monitoring targets with the aim of increasing the % of older men as registered users to 30%.

Test & Learn

We found married men behaved differently to unmarried or single men. Married men tended to do what their wives wanted to and not go off on men only trips and activities even when they wanted to!

We found that men especially at the beginning wanted to build relationships with staff members rather than with other men.

Personal outreach work is essential to recruit and engage with older men initially. However, we found it is important that men are actively encouraged to build separate relationships with other men once individual relationships have been established by staff.

Men are much more likely to become involved if they feel they have been genuinely consulted through out the process of decision-making

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A consequence of our move to new premises and in consolidating many of our activities on one site was a fall in the number of older men re-registering (27% to 12%).

A decision was taken to undertake fundraising to be able to recruit a new part-time men's outreach worker who started in January 2019.

The weekly Men's Shed took time to get going. Attendances were often erratic and suffered from men not coming regularly enough to obtain the benefits of attending and to build relationships with other men.

To begin with it took time for men to open up and talk about their problems but when some eventually did they felt reassured that others were experiencing similar health issues eg. prostate problems.

Several examples emerged of men beginning to provide informal support to each other.

Men started to discover ways of engaging with each other even though they may not share or speak the same language eg. were able to play table tennis or pool together as they both understood the basic rules.

The two elected Men's Shed representatives attended monthly meetings and increasingly took on an important and more influential role.

Having their own dedicated worker who held a separate budget enabled the Men's Shed to go ahead to organise several successful men only day trips (i) a guided trip to Arsenal Stadium (ii) a Victorian Pub Walk with an eminent historian (iii) a steam railway day on the Kent and East Sussex line.



There has been an increase in the number of older men as volunteers including volunteer leaders for the men only day trips.

Two men have also come forward and have led other walks that have included both men and women.

The Men's Shed have also invited men from other groups (Dragon Hall, Castlehaven, Abbey and Kilburn) to come and join them as guests.

Third Age Project – new users – Men Only Activities (October 2018 – June 2019)

Registered men for each Activity (total 6 weekly activities)	Number	Number of sessions	Average number of attendances	Total
Walking Football – Tuesdays 11.00 - 12.30pm	7	29	6	174
Men's Gym – Wednesdays 10.30 - 11.30am	4	33	5	165
Kayaking Club – Wednesdays 11.00 - 12.30pm	9	22	10	220
Music Circle – Thursdays 1.30 – 3.00pm	4	19	5	95
Social Club – Fridays 1.30 – 4.30pm	6	34	4	136
Chi Jung classes – Mondays 2.00 – 3.00pm	9	12	4	48
TOTALS	39	63	34	838

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Case Study Mr T is a 74 year old local White British man. The man had originally been approached in the street a few days previously as part of a local joint outreach campaign between TAP and the ABC outreach team and was persuaded to attend a 'Come and have a Cuppa' drop-in event at TAP's new premises on 8th November 2018. He has not been involved previously with any other projects or with TAP.

He is an intensely shy person wary of entering into commitments or in engaging with others. Nevertheless, he was happy to enter into lengthy conversation at the drop-in session particularly on topics that he really was interested in. Although, he had lived in the same block of flats for very many years he knew none of his neighbours and said he had very few people he could call his friends. Our new men's outreach worker rang him on several occasions (he had not given us an address) and eventually persuaded him to come and visit the centre and in attending a Men's Shed meeting on 25/01/19 at which he described his hobby of being a volunteer train driver at a miniature railway, giving out leaflets and agreeing to arrange a men's trip on a train driven by himself later on in the year (arranged for 08/08/19). He became a TAP member and completed a registration form on 30/01/19.

60+ Health Club

The need for a 60+ Health Club has never been so urgent or necessary. We operate within a deprived inner-city neighbourhood where there is a high level of general poor health, low self-esteem and poor knowledge and understanding of health issues, and barriers to accessing mainstream services. Primary care is at crisis point and over stretched, with some seeking access to healthcare services through A&E at nearby University College Hospital. Public Health England's recent report acknowledges the urgent need for a greater focus on prevention services, new innovative solutions and ways of engaging with older people in non-clinical community-based settings, particularly those unable to self-manage long term health conditions. Diabetes alone costs the NHS £14 billion a year.

- 125 older people registered with the Health Club (98 women and 27 men), with 49 being new members.
- 86% were of Black and Minority Ethnic (BME) origin.
- 28% of club users were of Bangladeshi ethnic origin.
- 104 (83%) had an identified health condition (80 women and 24 men).

Ethnic background of 60+ Health Club users

Our users are from a highly diverse range of ethnic backgrounds, as shown below:

- Bangladeshi – 31%
- White British & Irish – 27%
- Chinese – 25%
- Filipino – 17%
- Latin American – 8%
- Mixed Race – 5%
- Other Asian – 5%
- Black African – 5%
- Afro Caribbean – 5%

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The 60+ Health Club achieved impressive outcomes over the year and was evaluated through an independent survey completed by 63% of club users.

- 93% reported they now felt healthier as a result of taking part.
- 87% reported an improved general sense of wellbeing.
- 81% reported they had increased their knowledge of health issues.

We held many well-attended health-themed events that attracted 196 older people as part of the Health Club with very high levels of satisfaction and overall feedback. Examples are:

- Lasting Power of Attorney (Hodge Jones & Allen Solicitors) 9th May 2018.
- Dementia Awareness Week 2018 Event (Alzheimer's Society).
- Diabetes Awareness Event (Greenlight Healthcare) Nov 2018

Case Study Ms H is a 83 year old White Irish woman who was referred by the practice next door as being socially isolated and having troubling long term health conditions. She is fiercely independent so hadn't ask for help before. Within a week of joining us she enrolled in Holistic Health, Crafts and chair-based exercises and likes the self-help ethos of the centre. She says that she had no idea that such a project was on her doorstep all these years



2. Health and Wellbeing Community Learning Programmes

There is increasing recognition and acknowledgement of the importance of the creative arts for health and wellbeing, boosting wellbeing among isolated and marginalized older people and feedback from our users and supporting partners provides powerful evidence of impact on health outcomes.

The key aims of our learning programmes are to:

- maximise the impact of community learning;
- reduce health inequalities; and
- support sustainable and resilient communities.

Benefits for learners include:

- improvements in physical health;
- improvements in mental health;
- improved mobility;
- increased engagement in community activities;
- improved confidence in the future;
- increased sense of belonging.

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We are able to deliver a large range of accessible free community adult learning tasters and courses through our partnerships with four supporting organisations; Mary Ward Centre, Westminster Kingsway College, Workers Educational Association

Classes include: home crafts, crafts, yoga, drama, ESOL, jewellery, Tai Chi, art & drawing, computers and country dance. We regularly hold open taster sessions at community events and at our premises and hold a well-attended Open House Week each year.

Case Study

Ali is a 68 year old Bangladeshi man brought to the centre by a local estate caretaker. He lives on his own and appears to have no family or anybody to provide help and support. After several wary and short visits is now comes each week to our chair-based exercise class followed by a luncheon club at which he always asks for extra helpings!

We are an active member of the Camden Community Learning Partnership and took part in two learning fairs over the year.

Our community learning programmes are regularly evaluated internally and externally by our delivery partners and statutory agencies eg. local authority and National Skills Council, Ofsted.

Workers Educational Association

DRAMA CLASSES – a case study

A long-standing course that has always attracted older people with a diverse range of challenging conditions including poor mental health, learning difficulties and dementia that wouldn't usually be associated with an adult learning class. Each term involves students writing, constructing and acting in a production that is performed as a show at the new diorama theatre in front of members of the public. The teacher has a wealth of professional acting experience and is able to demonstrate many different concepts and creative methods of teaching appropriate to the learners.

Students work collaboratively together and there is plenty of peer and tutor feedback with students taking full ownership of their learning and the value of community engagement. The inspector states "this is an outstanding class and impressed at how student-led it was. The students need to share their amazing achievements beyond the classroom and productions so that they be shared with others and inspire others to achieve more.



"An outstanding drama class with a highly talented tutor with many students having barriers to learning who are able to conceive, develop and deliver quite remarkable performances in front of a public audience in a local theatre"

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WORKSHOPS IN BUILDING RESILIENCE

We ran some innovative learning workshops in partnership with the WEA to test out different approaches in helping to build resilience and an increased ability to deal with change as part of positive ageing. A six week Holistic Health programme by Marion Makonenn ran from October 2018 that received excellence feedback and responses from those who were enrolled. We developed this approach further in mindfulness workshops facilitated by Julia Griffiths in February 2019 and in a series of four workshops aimed in beating austerity called Style; How to Dress for Less with ex London College of Fashion expert Sue Game during March 2019.



Group Project Works

We are a strong believer in people along with our partners encouraged learning the discipline and social skills of working together on projects. The crafts class on Tuesday mornings with talented teacher Zoe Hewitt Dutton from the Mary Ward Centre is an outstanding example. In collaboration with the British Museum and several other community associations our students created a highly impressive installation on show to the public in the Great Court for two weeks in November 2018 as part of the opening of the new Albukhary Foundation Gallery of the Islamic World.

Active Ageing Community Programmes

Completion of a successful major three-year programme in partnership with the Regents Park Time Bank

Active All Areas Initiative

We joined three other community organisations across the borough (Somers Town CA, Queens Crescent CA & Sidings CA together with Camden Council (as the lead partner) in a three year partnership that increased physical activity and sporting activity for all ages in each area. Andy Gilbert was recruited as a part-time community sports activator who we shared with Somers Town and was on secondment to us and co-ordinated a wide range of community sports programmes.

Key Need – A high proportion of local residents assessed as being physically inactive. The area has been identified as one of 4 in the borough with the highest number of inactive residents. It is felt that this is likely to be due to a combination of low income and lack of local and appropriate leisure facilities that exist within the area. Local consultation surveys have identified certain barriers preventing residents accessing physical exercise and sport activities and as a result sessions are free, delivered at different venues within the area, some are women only and crèche and child care support options are being explored to enable women with young children to attend. Family and multi-sport programmes are run during school holidays in Cumberland Market.

- To empower residents to be more active
- To develop community capacity and skills to sustain activities
- To create a joined-up Camden approach to tackling physical activity in deprived areas

The results as shown below were significant both in terms of statistics and in the achievement of outcomes. The initiative involved the delivery of a very wide range of physical activity sessional tasters and sports at many different venues to get local older people more physically active and take part in a range of community sports. It was co-ordinated locally by the West Euston Time Bank and funded through Sport England. The programme has supported the development of boccia as a new popular older people's activity that has now spread across the borough, with regular tournaments taking place between competitive teams.

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Unique	55+
Regents Park	186

Throughput	55+
Regents Park	3784

Gender	55+
Male	36%
Female	64%

Activity Levels	55+
Active	18%
Inactive	77%

Ethnicity	55+
White	27%
BAME	67%

In addition, Zumba Gold, soft ball tennis, mixed and men's badminton, men's health walks have all been able to be delivered.

Recently, as part of expanding our men's services, we set up men's walking football sessions with a coach provided by the Council's sports development team. Participants have formed a new football team – the Regent's Park Rogues - and will soon start competitive matches including an invitation to play at Arsenal football stadium.

Case Study

Mrs G is a 83 year old woman with Parkinson's Disease referred to us by her GP to seek alternative remedies other than medication that had unfortunately tend to have adverse side-affects. Supported by an inspirational teacher and other students in the tai chi class she was only after a few weeks of perseverance reporting noticeable improvements in her condition. She also enjoyed the social side of meeting new people and even made one or two friends.

Through this programme 186 older people were enrolled in a physical activity or community sport.



59% of our registered users have English as their second language, with many not confident in everyday conversational English. As a response to this we went into partnership with the Regents Park Time Bank to pilot English conversation clubs. These pilots found that people wanted the sessions to be fun, enjoyable and sociable so that they could make new friends whilst they improve their English and were also enthusiastic about exploring what London has to offer together. The main benefits stated were increased confidence in going out, meeting new people and in doing new things. 31 people participated in the clubs who spoke 11 different home languages.



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4. Empowerment and Volunteering

Volunteers operate at every level within the charity in informal and formal capacities and provide a significant and essential role in the running of the charity and in the delivery of its services and facilities. There is a strong self-help ethos and members are expected to help in some way in the day to day running of the charity. There were 69 recorded regular volunteers over the year (56 TAP members and 10 others) that carried out 8,195 hours of volunteering in roles such as bingo calling, befriending, interpreters, escorts and sessional organisers.

In addition, we had over 41 volunteers from corporate bodies such as British Land, Regent's Place, Dentsu Aegis and Santander that organised several one-off events such as a Carnival Dance, a Christmas Dinner & cabaret, Grandparents Day, carrying out over 300 hours of volunteering.

Other volunteering activity included:

- A training and capacity building programme for staff, trustees, user representatives and volunteers in collaboration with the Regents Park Time Bank, Greenlight Healthcare and Camden Council.
- A buddying and befriending service was provided by TAP volunteers to welcome and support new users, help identify their needs and barriers in accessing our services and activities and to enable us to maintain regular links with our most isolated users.
- We formally established our **new Volunteer Forum** in September 2017 to provide a focus for co-ordinating and supporting volunteers. Issues discussed were further developing different roles and responsibilities, development of social media to improve communications, increasing the use of digital technology to aid communication.
- Training sessions included Safeguarding adults and Basic First Aid, as well as Induction and Awareness training for our volunteers.

We have been successful in not only providing invaluable support to isolated older people experiencing major barriers in accessing mainstream services, but these people have gone on to become volunteers themselves and help each other outside of the charity, strengthening and expanding our impact.

We also ran a volunteering initiative with support from the Mayor of London to recruit older people to take on a range of roles including:

- Bi-Lingual Volunteers to improve communication and dissemination of information.
- Befriender Volunteers to help identify and provide support to acutely isolated elderly residents.
- Support / English Buddies to welcome and support new users especially those lacking confidence as English speakers and experiencing barriers to building friendships with others from different backgrounds and cultures.
- Third Age Ambassadors to improve internal structures, communication and governance within the charity and who are willing to undertake training and commitment to become charity trustees and or the charity's ambassadors

This project was ambitious in many ways and we are very appreciative of Team London's support.

- It sought to recruit into new formal volunteering roles older people living within a deprived and highly diverse neighbourhood.
- Many of these older people were disadvantaged through language, culture, poverty, poor physical and mental health
- Many saw themselves initially as lacking in the skills and knowledge seen as necessary to become volunteers
- Many had never volunteered before in their lives

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The Third Age Theatre Club

Our partnership with the new diorama theatre has gone from strength to strength with many memorable special matinee shows by prize-winning and notable theatre companies

	Show	Company	Date	Total attended
1	The Secret Life of Humans	NDT own in-house show	26/04/2018	67
2	The World Upside Down	Third Age drama	07/06/2018	71
3	Left My Desk	Lost Watch Theatre	14/06/2018	49
4	It's True, It's True, It's True	Breach Theatre	25/10/2018	47
5	Cinderella	Third Age drama	29/11/2018	69
6	The War of the Worlds	Rhum & Clay	24/01/2019	70
7	Dinomania (with stagetext)	Kandinsky	06/03/2019	64
8	Keep Watching (with stagetext)	Engineer	18/04/2019	56
9	Operation Mincement (with stagetext)	Spitlip	30/05/2019	61
10	Paradise Airport	Third Age drama	20/06/2019	68
			TOTAL	622



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All of these shows were on a much bigger scale and more ambitious than we've done before – we are so excited to share them with you! Each show had a capacity of 70 seats.

Dinomania – it was really interesting hearing the feedback from people on the show and the captioning, which seemed to go down brilliantly.

The Secret Lives of Humans – continues to have local impact and there was a waiting list at the library to borrow The Ascent of Man even though they have 5 copies available!

LEFT MY DESK – was a brilliant piece of new writing exploring the complex world of social work

*“Very thought provoking” says 91 year old Jessica.
“I very much enjoyed the play and want to see more!!!”*

Shows were stewarded by third age volunteers and there was a free afternoon tea with the cast of each show afterwards.

We went into a new partnership with a deaf charity – Stage text- who have provided text captioning for our last several shows that have attracted many older people who are deaf or hard of hearing.

Tate Exchange Event – putting TAP on the map

We were invited to take part in a three day programme of workshops and performances to celebrate the immense creativity of older people.

Our aims were to:

- challenge the public's attitude towards Ageing, Older People & their Lives
- promote Positive Ageing in all its forms
- treat older people's lived experience as rich and as important community assets

Over the Tate Exchange Weekend we showcased the remarkable creativity and diverse talents of older people through a range of activities provided for those 60+ from its new centre in NW1 led and delivered by service users themselves as co-producers and stakeholders. We put on display photographs and videos of the charity's work including individual interviews that powerfully highlighted personal stories and journeys and the impact our charity's work has had upon older people's lives. Members of the public were invited to take part in workshops following performances.

We asked older People that had taken part in the three day event to complete a feedback questionnaire	
Q I would like to do a similar project again if possible	100%
Q This project has helped to increase my self-confidence	100%
Q This project has helped me meet new people & make new friends	100%
Q I learnt a lot from this project	85%
Q This project has helped improve my health and well-being	77%
Q The project has helped me develop my communication skills	62%

The project gave us the confidence and skill to pass on to others. We had a few men join us at our table and non-English speakers also. A very friendly atmosphere!

Sylvia age 70 years

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I was a bit nervous beforehand about what was expected of me at the workshops but in the end it exceeded my expectations and I feel proud of having taken part

Pam age 84 years

The experience has been a very positive one that has lifted my horizons and what I feel I can now achieve in life.

Andy age 67 years

Inspiring atmosphere with lots of people joining in our workshops that were led by older people themselves.

Mabel age 88 years

Taking part has made me very happy and can be said to have helped transform my life

Catherine age 85 years

18 hours of performances and workshops
61 older people directly in co-production
3 partners (Mary Ward Centre, WEA and Capital Age Arts)
350 people taking part in our workshops
2,803 people visiting us over the 3 days of the event



Putting older people at the very heart of the community

We regard older people as important community assets and a rich and varied untapped resource of rich life experience. We place the elderly in the driving seat and at the very heart of community life, not hidden away in day centres and institutions. We can demonstrate that a dynamic multi-cultural older people's charity can act as a catalyst to bring about vital social change and in doing so transform the lives of both young and old in the process. We challenge predominately negative attitudes, moving from wanting to find someone to blame to how we can all work together to seek solutions, empowering older people and increasing self-confidence and self-esteem.



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Our stated target outcomes for this programme were:

- To strengthen the community enabling it to become more active, involved and engaged as citizens.
- To bring the different communities and generations together to build mutual understanding and respect.
- To draw upon and utilise older people's life skills and rich experience as valuable community assets.



869 people including other members of the community took part in our many cross-community and cultural events such as Chinese New Year, Thai New Year, Fun Palace Weekend, Eid Festival and even a Japanese Respect for the Aged day. We harnessed the diversity of our users empowering them through support and encouragement to draw upon their ethnic and cultural backgrounds that benefit the whole community.

400 people including 61 primary school children came along to see one of our own shows put on by Third Age drama or attended free matinee shows by acclaimed professional theatre companies delivered in conjunction with the New Diorama Theatre, with many visiting the theatre for the first time.

370 Older people and primary school children from Netley School took part in an Age Exchange Day held at the school sponsored by British Land.

300 people attended our Christmas activities programme that included a dance, carols concert and a lovely Christmas dinner in December 2017.

218 Older people went on one or more assisted coach trips during the year.

200 Older people from across the borough attended our popular Tea Dances held at a range of venues often around a theme eg. Hawaiian, country & western, Caribbean cruise.

180 people of all ages attended one of our many family and intergenerational events organised in conjunction with the Regents Park Time Bank at a variety of venues that included Grandparents Day, International Languages Day, Puppet Shows, Talent Shows and a Mad Hatters Tea Party. Children and older people both worked together to put on performances at these events

109 older people received one or more therapies at our monthly Pampering Sessions that included head and shoulders massage, nail care, foot care and reflexology.

76 people participated in our quarterly Boccia borough-wide tournaments held at the diorama arts centre

Asian Women's Cancer Awareness Project



The Cancer work was sponsored by Public Health who have funded three local organisations to look at how to improve rates for screening in Bangladeshi community. TAP are trialling having members work as mentors to debunk myths in the community regarding cancer and screening.

This was an important piece of co-production work 1) because the members decided on this format for the work 2) TAP members worked with public health on the training for the mentors explaining the context of living as a Bangladeshi older person in Camden.

Ageing Better in Camden – a partnership project

We started a major community action project for West Euston & Regents Park in October 2017. The aim is to reduce the high levels of older residents at high risk of social isolation and loneliness and improving quality of life, general health and wellbeing.

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To date we have performed well exceeding all our planned statistical targets.

- Ageing Better aims to support people aged over 50 who are experiencing or at risk of social isolation and loneliness, so that they can lead more fulfilling lives, better connected to their communities.
- 14 local partnerships will work to ensure that people aged 50 and over are:
- less isolated and lonely
- actively involved in their communities, with their views and participation valued more highly
- more engaged in the design and delivery of services that improve their social connections
- recognised for their positive contribution to society.
- Ageing Better also supports services that improve social connections to be better
- planned, co-ordinated and delivered
- the development of better evidence about how to reduce isolation and loneliness for people aged over 50, in order to improve the design of services in the future

482 TAP service users older were registered on a national database, charity-log, as part of this major pilot study funded by the Big Lottery.

“Participants were very positive about the quality of activities delivered by the Third Age Project”

Making new friends and connections

Many participants across the groups and interviews, reported that through the project they had formed connections and friendships with a wide range of people. In a few cases, these participants reported that they spoke to these new friends on the telephone or met up with them outside of project activities. This included a widow who previously felt isolated but now felt as though she had developed a support network of people who could call on when things got difficult.

Some talked about the value of seeing project participants when they were out and about, stopping for a chat. Several also noted that through attending Third Age Project, they had made connections with people from a range of backgrounds and nationalities. This was felt to be important in a diverse area where people often lived parallel lives and had few opportunities to connect.

*“We’re all different nationalities and from walks of life – it’s nice meeting new people.
It’s lovely. You get different views – that doesn’t happen as much out here.”*

These impacts suggest that the project area-based focus is supporting stronger communities and community cohesion in the Regents Park Ward and surrounding area.

Physical and mental well being

The physical and mental wellbeing benefits associated with attending the project were widely discussed by participants. Many emphasised that participating in the project had made a marked improvement on their mental wellbeing. For example, several talked about the fun and laughter that the project had brought, another described the lift in their mood once they had visited the centre, and were making their way home. For one participant who had suffered a period of poor mental health, the regular football classes that she had embraced, had had a transformative effect on her wellbeing and sense of self.

“The mental and physical benefits of playing football have been massive. Like I said, I feel like I’m reborn now. With everything I do, I’m feeling fresh. I’m back to normal. I feel happy.”

When it came to the social benefits of taking part in activities, it was mentioned that the period before and afterwards offered important opportunities to catch-up and develop connections.

As one participant became more active and challenged herself through the project, she recounted that her memory had improved. Others talked about improved mobility and physical fitness as a result of taking part in the sports-based activities.

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Netley Primary School

Our Age Exchange Event at Netley School held on 5th July 2018 involved 70 TAP members and 300 school children spending the day together in 23 different activities that were decided upon by the attendees. The programme was prepared and designed through planning sessions with children and third agers. The grand finale was a show put on in the school hall by third age drama and our dance groups to over 300 children and teachers. The event was so popular children have voted to hold another

The St Georges Intergenerational event on 23rd April with Netley primary school was interesting with the white community from TAP going into the school and having a party with mainly Somali British year 8s who made Easter bonnets.

Regents Park Children's Centre

We began our monthly visits from the nursery class at the nearby children's centre in November 2018 and they have become an important regular event. 8 third sgers and 8 four-year children take part together in workshops that they decide with singing, story-telling, making pancakes, painting portraits so far.

Regents Park Time Bank

Together with this local time bank we have put on many highly popular Family Days at our new centre during every school holiday. In addition, we have put on many cultural and community events for the whole community.



Social Activities and Trips

218 older people went on one or more assisted coach trips including to ancient Ely in the fens (19/04/18), Tour of Cotswolds Villages (15/05/18), Ramsgate on market day (22/06/18), Polhill & Eastbourne (12/07/19), Dickens Broadstairs for the folk festival (16/08/18), lovely old Rye and Hastings, Kent & East Sussex Railway (both 06/09/19), Mystery Trip to the countryside in Autumn (11/10/18), Winchester Christmas Market (06/12/18) and a Thames Boat Trip (25/04/19).

197 older people took part in one or more of our volunteer escorted London trips including 2 Temple Place (05//04/18), Kew Gardens (24/05/18), Regents Canal Walk (31/05/18), Brunel Museum & Boat Trip (31/05/18), Crick Tour (20/06/18), John Soane's Museum (13/07/18), Kenwood & plot 45 (19/07/18), Victorian Pubs with Stan Harris (26/07/18), Design Museum & Holland Park (02/08/18), Kew Gardens (15/08/18), Queen's Gallery (10/09/18), Kling of Assyria exhibition (04/11/18), Columbian Orchid Festival (21/02/19), Keats House (12/03/19), Barbican (24/03/219), Tour of Kings Cross (28/03/19), Russia The Romanovs (01/04/19), Edvard Munch (07/04/19), Manga (19/05/19).

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Third Age cinema included:

- ✓ LaLaLand (03/05/18),
- ✓ Paddington (10/05/18),
- ✓ 3 Billboards (31/05/18),
- ✓ Darkest Hour (28/06/18),
- ✓ Dunkirk (08/11/18),
- ✓ Its Never Too Late (15/11/18),
- ✓ Mama Mia Here We Go Again (06/12/18),
- ✓ 42nd Street (13/12/18),
- ✓ Eel Pie Society (10/01/19),
- ✓ Singing in the Rain (31/01/19),
- ✓ Calamity Jane (28/02/19),
- ✓ Peterloo (14/03/19),
- ✓ Oklahoma (28/03/19),
- ✓ Quadrophenia (02/05/19),
- ✓ Bohemian Rhapsody (16/05/19),
- ✓ Mary Queen of Scots (23/05/19)



Tea Dances & Cultural & Community Events

(Swinging Sixties with David Carter at Steve Smith Hall (09/04/18), World War One Event in a marquee in Regents Park (11/05/18), Great Get Together with Kev at Old Diorama Centre (21/06/18) Grand Opening Dance with Steve Broughton at the new centre (04/10/18), World Dance Party (25/10/18), Royal Albert Hall Bras Band visit (22/11/18), Chinese New Year Party (17/01/19), Top Hat Tales by Rah Rah Theatre (09/05/19), St Valentine's Tea Dance at Esther Randall Court (14/02/19), ST Patrick's Dance with Wraggle Taggle Band (15/03/19)

Improved confidence

Participants who previously spent most of their time indoors reported becoming more confident about leaving their house and travelling since engaging with the project. This meant that they were more able to seek out new experiences in their wider life. Some also talked about the pride associated with developing new skills, such as learning how to play a sport, and developing skills such as sewing.

Volunteering and contributing to the project

Many participants reported that they were doing their best to encourage friends and people they met in passing to visit the Third Age Project, because their own experiences had been so positive. There was some evidence to suggest that the project was committed to being steered by its members, in terms of the mix of activities offered.

Reflections on the project

Staff were consistently described as friendly and approachable and skilled in making people feel at ease when they began attending activities. Participants valued the way in which staff helped to create a relaxed atmosphere, where there was no pressure to be "sporty" and high achieving when taking part in activities. A few also highlighted how dedicated staff were to helping people take part. For example, the group noted that the project lead would pick people up from their homes who were wheel-chair users and take them to activities, if they could not arrange help themselves. The project had paid for taxis so people could attend the Christmas parties. Some reported that they had developed close relationships with staff over time and had come to see them as like family members.

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Provision of services "in kind" by our partners

We had 40 partnership arrangements to help us deliver a varied programme of services and activities with over 1,500 hours of "in kind" professional services valued at a minimum of £34k.

Age UK Camden	Greenwich Leisure Ltd	Samuel Lithgow Youth Centre
Ageing Better in Camden	Lendlease	Santander
Alzheimers Society	DCM	Trustlaw
British Land	London Arts for Health Forum	The Francis Crick Institute
British Museum	London Borough of Camden	Team London (Mayor of London)
Broadgate Estates	Mary Ward Centre	The Liminal Space
Camden Carers Service	Metropolitan Police	University College London VSU
Camden Giving	New Diorama Theatre	Regents Park Time Bank
Camden New Journal	Regents Place tenants and	Welcome Collection
Coop Local Community Fund	Management team	Westminster Kingsway College
Cumberland Residents Association	Old Diorama Arts Centre	Working Men's College
Dentsu Aegis Network	One Housing Group	Workers Educational Association
Fibre Tense (Therapies)	Royal Collection	
Greenlight Healthcare Ltd	Royal Botanic Gardens at Kew	

Donations in kind by partners (premises)

Pro bono work towards refurbishment costs by British Land & Broadgate Estate - 32k

Pro bono legal & property maintenance support 3K

Donated fixed assets (lap top computers) 2.8k

Total: 37.8k

Donated in kind by partners (teaching)

650 hours of professional in kind teaching support 16.43k

Total: 16.43k

British Land covered the full cost of a Christmas Dinner event for 75 pensioners on 11th December 2018 (estimated as being £3k) that was organised and delivered by volunteer staff. 30 Christmas Hampers were distributed to the local housebound by Regents Place staff and donated through the Camden New Journal hamper fund.

FUTURE PLANS AND DEVELOPMENTS

Grassroots charities such as ours have a vital role to play in tackling key social issues, such as our rapidly ageing population, growing numbers of those living with dementia, significant rising health and social inequalities, the complexity of older people's needs and increased competition for funding and services. Whilst we are small in size, our impact is considerable and we continue to think and act strategically to best achieve our aims.

Loneliness is now reaching epidemic proportions as a result of older people living alone for longer, without access to the support they need. Inequalities in old age are rising, especially for those with a lifetime of low-paid work, who are often in poor health as well as on low income. There are also more local challenges, such as the impact of HS2 necessitating demolition of residents' homes and the wider disruption this large-scale infrastructure project brings. We have drawn on national and local research into key factors for identifying lonely older people to develop a local strategy, and we have also drawn on the findings of a UCL independent evaluation report carried out in early 2016 which clearly evidenced the significant impact our work has on disadvantaged and marginalised older people.

Public benefit statement

All our charitable activities focus on our target groups, namely isolated older people who live in and around our area of benefit, who are on low income and who experience significant barriers in accessing mainstream and other services and facilities.

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We provide a wide range of social, cultural, educational, healthy living and basic life skill courses, as well as befriending and support services, with the aims of improving quality of life, general health and well-being, and to equip older people with the confidence and knowledge to exercise greater choice and influence over decisions that affect their lives. These services are undertaken to further our charitable purposes for the public benefit.

FINANCIAL REVIEW

The results of the year's operations are set out in the attached financial statements. The charity made a net income of £44,169 (2018 – £7,736) for the year and reserves stand at £121,193 (2018 – £77,024).

Principal Funding Sources

The charity's income has derived from a range of different sources including the London Borough of Camden and from charitable grant giving foundations. An increasing amount of our income is being raised from corporate sponsorship and through the efforts of our own users and members.

Investment powers and policy

The Trust Deed authorises the Trustees to make and hold investments using the general funds of the charity. The Trustees have the power to invest in any way that they see fit.

Reserves Policy

The Trustees are in the process of finalising its reserves policy with a view to establishing an appropriate level of reserves necessary to meet the needs of the Project.

The unrestricted funds not designated or invested in tangible fixed assets held by the charity at 31st March 2019 were £44,188 (2018 - £27,546) which is above the target level.

Both the policy and its implementation are under regular scrutiny.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The Third Age Project (the word "Limited" being omitted by licence from the Department of Trade) is registered under the Companies Act 2006 as a company limited by guarantee and not having a capital divided by shares.

The Third Age Project took over the assets, liabilities and activities of "The Third Age Project Munster Square" with effect from 1st April 2003 and formally registered as a new charity on 9 March 2005.

The company was incorporated on 28 March 2003. It is a registered charity constituted as a Limited Company under the Memorandum and Articles of Association. The charity registration number is 1108521 and the company registration number is 04715685.

Recruitment and Appointment of Trustees

Under the Articles of Association of the charity there are to be between seven and fifteen trustees of whom the longest serving third retire by rotation each year at the Annual General Meeting but are eligible for re-election.

Anybody over the age of 18 can be appointed as a Trustee of the charity and there are currently 12 trustees (nine in 2018) each of whom agrees to contribute £1.00 in the event of the charity winding up.

The Articles of Association state that the trustees of the charity should reflect the different groups within the community of West Euston (as defined by the Government Office for London) and who are the beneficiaries of the charity within the community. No specific procedure should be adopted for an appointment of any particular trustee but trustees should consult with the respective groups and include within the consultation process any new or changed groups that emerge from time to time.

THE THIRD AGE PROJECT
(A company limited by guarantee)

DIRECTORS' AND TRUSTEES' REPORT
FOR THE YEAR ENDED 31ST MARCH 2019

Trustee Induction and Training

The Trustees maintain a good working knowledge of charity and company law and best practice by attendance at charity and company courses run by outside providers and by using an advisory service offered by our accountants. New Trustees are provided with a copy of the Memorandum and Articles, a Trustee job description and information outlining the duties and expectations of a trustee. They are asked to provide information about their background and the name of a character referee.

Organisational Structure

The Board of Trustees which can have up to 15 members (and no fewer than 7), administers the charity through its bi monthly meetings. A manager is appointed by the trustees to manage the day to day operations of the charity.

Related Parties

The charity does not have relationships with related parties and other charities and organisations with which it cooperates in pursuit of its charitable objectives.

Risk Management

The trustees are reviewing the risks facing the Project but consider that the threat caused by major risks is being addressed. The Trustees are in the process of setting up a formal Risk Register to give more structure to our risk management process.

REFERENCE AND ADMINISTRATIVE DETAILS

Company Number: 04715685

Charity Number: 1108521

Trustees

Joanne Hammond - Chair
Ross Houston - Company Secretary
Heather Johnson
Mark Ross
Sera Baartman
Hatija Feltham
Celina Ho
Andrea Garford-Tull
Harish Gulati - Appointed 12/08/2018
Vaibhav Negi - Appointed 12/08/2018
Kim Halliday - Appointed 12/08/2018
Kozimzhon Khusanov – Appointed 03/10/2018
Martin Poole - Resigned 12/05/2018

Secretary: Ross Houston

Senior Management Team: Tony Bloor – Manager

Company Number: 04715685

Registered Office: Third Age Project Cumberland Market, Regents Park Estate, London, England, NW1 3RH

Independent Examiner: Bruce F Jones – Chartered Accountant
Ramon Lee Ltd, 93 Tabernacle Street, London EC2A 4BA

Bankers: NatWest Bank Plc, 45 Tottenham Court Road, London W1T 2EA

THE THIRD AGE PROJECT
(A company limited by guarantee)

DIRECTORS' AND TRUSTEES' REPORT

FOR THE YEAR ENDED 31ST MARCH 2019

TRUSTEES' RESPONSIBILITIES IN RELATION TO THE FINANCIAL STATEMENTS

The Trustees (who are also directors of the Third Age Project for the purposes of company law) 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).

Company law 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 charitable company and of the incoming resources and application of resources, including the income and expenditure 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;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK 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 charitable company will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

APPROVED BY THE TRUSTEES AND SIGNED ON ITS BEHALF BY:

..... **CELINA HO – TRUSTEE**

..... **KIM HALLIDAY – TRUSTEE**

24TH OCTOBER 2019

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF

THE THIRD AGE PROJECT (A company limited by guarantee)

I report on the accounts of the company for the year ended 31 March 2019.

Respective responsibilities and basis of report

As the charity's trustees of the Company (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 Act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission (under section 145(5)(b) of the 2011 Act).

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which gives me cause to believe that:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

**B JONES – CHARTERED ACCOUNTANT
RAMON LEE LTD
93 TABERNACLE STREET
LONDON EC2A 4BA**

24TH OCTOBER 2019

THE THIRD AGE PROJECT
(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST MARCH 2019

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
Income					
Donations	2	53,686	16,468	70,154	44,566
Income from charitable activities	3	73,024	34,100	107,124	84,072
Total income		<u>126,710</u>	<u>50,568</u>	<u>177,278</u>	<u>128,638</u>
Expenditure					
Expenditure on charitable activities	4	104,426	28,683	133,109	120,902
Total expenditure		<u>104,426</u>	<u>28,683</u>	<u>133,109</u>	<u>120,902</u>
Net income/ (expenditure) and net movement in funds for the year before transfers		22,284	21,885	44,169	7,736
Transfer between funds		58,110	(58,110)	-	-
Net income/ (expenditure) and net movement in funds for the year		<u>80,394</u>	<u>(36,225)</u>	44,169	7,736
<i>Reconciliation of funds</i>					
Total funds brought forward		27,599	49,425	77,024	69,288
Total funds carried forward		<u>107,993</u>	<u>13,200</u>	<u>121,193</u>	<u>77,024</u>

The Statement of Financial Activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

CONTINUING OPERATIONS

None of the company's activities were acquired or discontinued during the above financial periods.

TOTAL RECOGNISED GAINS AND LOSSES

The company has no recognised gains or losses other than the above movement in funds for the above financial period.

The notes on pages 33 to 39 form part of these accounts.

THE THIRD AGE PROJECT
(A company limited by guarantee)

BALANCE SHEET AS AT 31ST MARCH 2019

	Notes	2019		2018	
		£	£	£	£
Fixed assets					
Tangible fixed assets	9		64,255		728
Current Assets					
Debtors	10	11,004		5,819	
Cash at bank and in hand		63,430		77,392	
		74,434		83,211	
Liabilities					
Creditors falling due within one year	11	17,496		6,915	
			56,938		76,296
Net Current Assets			56,938		76,296
Net assets			121,193		77,024
The funds of the charity:					
Unrestricted funds	12		107,993		27,599
Restricted funds	12		13,200		49,425
Total charity funds			121,193		77,024

For the financial year ended 31st March 2019 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledged their responsibilities for ensuring that the company keeps accounting records which comply with Section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial period and of its profit or loss for the financial period in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as is applicable to the company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime within Part 15 of the Companies Act 2006.

These financial statements were approved by the Board of Directors and Trustees on 24th October 2019 and were signed on its behalf by:

..... **CELINA HO – TRUSTEE**

..... **KIM HALLIDAY – TRUSTEE**

COMPANY NUMBER 04715685

The notes on pages 33 to 39 form part of these accounts.

THE THIRD AGE PROJECT
(A company limited by guarantee)

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 31ST MARCH 2019

1. ACCOUNTING POLICIES

1.1 Basis of preparation of accounts

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) (effective 1 January 2015) – (Charity SORP (FRS 102) Revised), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006. The Charity has opted to early adopt Charity SORP (FRS 102) Revised.

The Third Age Project meets the definition of a public benefit entity under FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the Charity. Monetary amounts in these financial statements are rounded to the nearest £.

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

1.2 Preparation of accounts on a going concern basis

The Charity's Financial Statements show a net income of £44,169 for the year. The Charity has free reserves of £44,188. The Trustees are of the view that these results have secured the immediate future of the Charity for the next 12 to 18 months and on this basis, the Charity is a going concern.

1.3 Income

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

- Income received by way of donations are included in full in the Statement of Financial Activities when received, unless they relate to a specified future period, in which case they are deferred.
- Income from charitable activities received by way of revenue grants and donations are credited to restricted incoming resources on the earlier date of when they are received or when they are receivable, unless they relate to a specified future period, in which case they are deferred.
- Grants and donations of general nature which are not conditional on delivering certain levels of service are included as part of Donations as shown under note 2. Performance related grants and donations which have conditions for a specific outcome are include as Income from Charitable Activities as shown in Note 3.
- Capital grants for the purchase of fixed assets are credited to restricted incoming resources on the earlier date of when they are received or receivable. Deprecation on the related fixed assets is charged against the restricted fund.
- Income from activities includes income recognised as earned (as the related goods and services are provided) under contract.

1.4 Volunteers and donated services, facilities and goods

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Charity is not recognised in the main body of the financial accounts but detail is contained in the Trustees report.

On receipt, donated professional services, donated facilities and goods are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

THE THIRD AGE PROJECT
(A company limited by guarantee)

NOTES TO THE ACCOUNTS (Cont/d)

FOR THE YEAR ENDED 31ST MARCH 2019

1.5 Expenditure recognition 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:

- (a) Expenditure on charitable activities includes the costs directly associated providing social activities and classes, to further the purposes of the Charity and their associated support costs.

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

1.6 Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance and administration personnel, payroll and governance costs which support the Charity's programmes and activities. These costs have been allocated to Charity's expenditure on activities. The bases on which support costs have been allocated are set out in note 5.

1.7 Funds structure

The general fund comprises those monies, which may be used toward meeting the charitable objectives of the company at the discretion of the Board of Trustees.

The restricted funds are monies raised for, and their use restricted to, a specific purpose or donations subject to donor imposed conditions.

1.8 Tangible Fixed Assets And Depreciation

Tangible fixed assets are stated at cost less depreciation. Individual fixed assets costing over £250 are capitalised at cost. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Short Leasehold improve.	-	Over 10 years
Furniture and Equipment	-	Furniture and equipment 20% and computer equipment 25% on cost

1.9 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.

1.10 Cash at bank and in hand

Cash at bank and in hand includes cash and short term cash deposits.

1.11 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.

1.12 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 with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.13 Taxation

The Charity is a registered charity and, therefore, is not liable for Income Tax or Corporation Tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

1.14 Judgement and key sources of estimation uncertainty

In the application of the company's accounting policies, the charity is required to make judgments, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

THE THIRD AGE PROJECT
(A company limited by guarantee)

NOTES TO THE ACCOUNTS (Cont/d)

FOR THE YEAR ENDED 31ST MARCH 2019

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

1.15 Cash flow statement

The charitable company qualifies as a small company and advantage has been taken of the exemption provided by SORP (FRS 102) as amended by Bulletin 1, not to prepare a cash flow statement.

2. DONATIONS

	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
	£	£	£	£
Age UK Camden	-	-	-	900
British Land Company Plc.	10,000	-	10,000	40,000
The Francis Crick Institute	-	2,455	2,455	-
London Borough of Camden	-	10,918	10,918	-
Co-op Local Community Fund	1,936	-	1,936	646
Membership Subscriptions	2,790	-	2,790	2,120
Other donations	1,160	3,095	4,255	900
Donated services - See below	35,000	-	35,000	-
Donated fixed assets - see below	2,800	-	2,800	-
	53,686	16,468	70,154	44,566

Donations in kind:

Income equivalent has been recognised within the income as donations, and an equivalent charge included within expenditure as follows:

Income:	Donated services - refurbishment costs (British Land & Broadgate Estate pro bono)	£32,000
	Donated services - (pro bono legal & property maintenance support)	£3,000
	Donated fixed assets – computer equipment	£2,800

Total donations in kind: £37,800

Expenditure:	Premises costs	£17,000
	Professional services	£3,000
	Fixed assets - Shorthold improvements	£ 15,000
	Fixed assets - Computer equipment	£2,800

Total donated expenditure: £37,800

Donations in 2018 totalling £44,566 were attributed to unrestricted funds of £13,666 and restricted funds of £30,900.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
	£	£	£	£
<i>Social activities and classes</i>				
Age UK Camden	51,112	-	51,112	23,058
British Land Company Plc.	-	1,595	1,595	561
Camden Giving	-	16,642	16,642	-
The Francis Crick Institute	-	-	-	2,250
The Golden Years Committee	-	4,250	4,250	-
Gordon Family Fund	-	4,000	4,000	5,000
Reducing Isolation Fund	-	-	-	10,000
Regents Place Community Fund	-	7,500	7,500	5,000
Welcome Trust	-	113	113	-
User contributions	2,682	-	2,682	4,313
Donated services - see below	19,230	-	19,230	33,890
	73,024	34,100	107,124	84,072

THE THIRD AGE PROJECT
(A company limited by guarantee)

NOTES TO THE ACCOUNTS (Cont/d)

FOR THE YEAR ENDED 31ST MARCH 2019

The charity is indebted to various donors for sessions with users provided free of charge. The value placed on these contributions are £19,230 (2018 - £33,890). The income equivalent has been recognised within the income as donations, and an equivalent charge included within expenditure under other direct project costs.

Income from charitable activities in 2018 totalling £84,072 was attributed to unrestricted funds of £61,261 and restricted funds of £22,811.

4. ANALYSIS OF EXPENDITURE

	Social activities & classes	2019	2018
	£	£	£
Staff costs	43,232	43,232	41,050
Other Direct project costs	36,993	36,993	53,603
Support costs (Note 5)	50,084	50,084	24,689
Governance costs (Note 5)	2,800	2,800	1,560
	<u>133,109</u>	<u>133,109</u>	<u>120,902</u>

Of the £133,109 expenditure in 2019 (2018 - £120,902), £104,426 was charged to unrestricted funds (2018 - £89,616) and £28,683 to restricted funds (2018 - £31,286).

5. ANALYSIS OF SUPPORT AND GOVERNANCE COSTS

The Charity initially identifies the costs of its support functions. It then identifies those costs which relate to the governance function. Governance costs and other support costs are allocated to the Charity's sole charitable activity undertaken (see note 4) in the year.

	General support	Governance function	2019	2018
	£	£	£	£
Independent Examiner's fee	-	1,800	1,800	1,560
Premises Costs	34,927	-	34,927	16,208
Communication costs	4,331	-	4,331	5,196
Insurance	1,686	-	1,686	1,606
Professional expenses	2,245	1,000	3,245	232
Other office costs	1,169	-	1,169	1,205
Depreciation	5,726	-	5,726	242
	<u>50,084</u>	<u>2,800</u>	<u>52,884</u>	<u>26,249</u>

6. NET INCOME/(EXPENDITURE) FOR THE YEAR

This is stated after charging:

	2019	2018
	£	£
Independent Examination	1,800	1,560
Depreciation	<u>5,026</u>	<u>242</u>

THE THIRD AGE PROJECT
(A company limited by guarantee)

NOTES TO THE ACCOUNTS (Cont/d)

FOR THE YEAR ENDED 31ST MARCH 2019

7. ANALYSIS OF STAFF COSTS, TRUSTEES REMUNERATION AND EXPENSES, AND COST OF KEY MANAGEMENT PERSONNEL

STAFF COSTS	2019	2018
	£	£
Salaries	36,134	40,392
National Insurance	-	300
Pension	198	358
	36,332	40,417

No employee received remuneration in excess of £60,000 during the year.

No Trustee received any remuneration during the year (2018 - £nil). No Trustees received reimbursed expenses during the year (2018 - £nil).

The key management personnel of the charity comprise of the Manager. The total employee benefits of the key management personnel of the charity were £30,579 (2018 - £30,579).

8. STAFF NUMBERS

The average number of employees, calculated as full time equivalents, during the year was 2 (2018 – 2). The average monthly number of persons employed by the charity during the year was 2 (2018 – 2).

9. TANGIBLE FIXED ASSETS

NET BOOK VALUES	2019	2018
	£	£
Short leasehold improvements	60,222	-
Furniture and equipment	1,448	1
Computer and equipment	2,585	727
	64,255	728

MOVEMENTS IN YEAR

<u>Cost or valuation</u>	Opening Balances	Additions	Disposals	Closing Balances
	£	£	£	£
Short leasehold improvements	-	64,524	-	64,524
Furniture and equipment	752	1,929	-	2,681
Computer and equipment	8,745	2,800	-	11,545
	9,497	69,253	-	78,750

<u>Depreciation</u>	Opening Balances	Charge For Year	Disposals	Closing Balances
	£	£	£	£
Short leasehold improvements	-	4,302	-	4,302
Furniture and equipment	751	482	-	1,233
Computer and equipment	8,018	942	-	8,960
	8,769	5,726	-	14,495

THE THIRD AGE PROJECT
(A company limited by guarantee)

NOTES TO THE ACCOUNTS (Cont/d)

FOR THE YEAR ENDED 31ST MARCH 2019

10. DEBTORS

	2019 £	2018 £
Trade debtor	6,595	-
Other debtors	50	5,000
Prepayments	4,359	819
	11,004	5,819

11. CREDITORS: amounts falling due within one year

	2019 £	2018 £
Taxation and social security	-	520
Accruals	17,496	6,395
	17,496	6,915

12. MOVEMENTS IN FUNDS

	Balance at 01.04.18 £	Income £	Expenditure £	Transfer £	Balance at 31.03.19 £
Restricted Funds					
Age UK Camden	675	-	225	-	450
British Land Company Plc.	30,000	-	-	(30,000)	-
London Borough of Camden	-	10,918	5,000	(5,918)	-
The Francis Crick Institute	-	2,455	-	(2,455)	-
Donations - refurbishment	-	3,095	-	(3,095)	-
Social activities and classes					
British Land Company Plc.	-	1,595	1,595	-	-
Camden Giving	-	16,642	-	(16,642)	-
The Golden Years Committee	-	4,250	4,250	-	-
Gordon Family Fund	5,000	4,000	-	-	9,000
Reducing Isolation Fund	10,000	-	10,000	-	-
Regents Place Community Fund	3,750	7,500	7,500	-	3,750
Welcome Trust	-	113	113	-	-
	49,425	50,568	28,683	(58,110)	13,200
Unrestricted Funds:					
General Funds	27,599	126,710	104,426	58,110	107,993
	27,599	126,710	104,426	58,110	107,993
Total funds	77,024	177,278	133,109	-	121,193

Description, nature and purpose of restricted funds:

Age UK Camden – A donation of £900 received towards cost of equipment. Balance carried forward represents undepreciated costs.

British Land Company Plc. – A donation of £30,000 towards premises improvement works. An extra £1,595 grant was given towards the cost of the Pensioners Christmas Dinner. The premises refurbishment work was carried out in 2018/19, therefore, £30,000 was transferred to unrestricted funds.

London Borough of Camden – A grant of £5,918 towards property refurbishment costs and £5,000 from the Strategic Partner Fund towards the improvement of life chances and opportunities for older residents from different backgrounds to be more connected and more involved in local social action, to help themselves and each other.

THE THIRD AGE PROJECT
(A company limited by guarantee)

NOTES TO THE ACCOUNTS (Cont/d)

FOR THE YEAR ENDED 31ST MARCH 2019

The Francis Crick Institute – A grant towards the purchase of new chairs for the new community hub.

Camden Giving – A grant towards core costs of running the new community hub for the Third Age Project that will act as a safe haven and a meeting point and community space for older residents.

Gordon Family Fund – A grant towards cost of an outreach programme that engages older people and link them to relevant services in order to reduce their loneliness and isolation and improve the general health and well-being of the most isolated and least connected elderly residents within the ward.

The Golden Years Committee – A grant towards coach trips, tea dances and social events.

Reducing Isolation Fund – A grant towards the cost of employing a part-time Outreach Worker to support 150 isolated older people in Camden, support 20 service users into volunteering and develop five new partnerships.

The Regent's Place Community Fund – A grant towards the cost of the 60+ Health Club.

Welcome Trust – A grant towards trip costs.

Description, nature and purpose of unrestricted funds:

General funds: General fund represents funds available to spend at the discretion of the Trustees.

13. ANALYSIS OF FUND BALANCES BETWEEN NET ASSETS

	Unrestricted	Restricted	Total	Total
	£	£	2019	2018
			£	£
Tangible fixed assets	63,805	450	64,255	728
Current assets	44,188	12,750	56,938	76,296
	<u>107,993</u>	<u>13,200</u>	<u>121,193</u>	<u>77,024</u>

14. LEASE COMMITMENTS

The charity has operating lease commitments as shown below.

	Land & buildings	
	2019	2018
	£	£
Within one year	24,000	-
Two to five years	96,000	-
Over five years	104,000	-
	<u>224,000</u>	<u>-</u>

15. SHARE CAPITAL

The company is limited by guarantee and does not have a share capital divided by shares.

16. RELATED PARTY TRANSACTIONS

No related party transactions took place in the year except the transactions disclosed in note 9.

THE THIRD AGE PROJECT
(A company limited by guarantee)

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31ST MARCH 2019

		<u>2019</u>		<u>2018</u>	
	£		£		£
INCOME					
Grants and donations:					
Age UK Camden	51,112			23,958	
British Land Company Plc.	11,595			40,561	
Camden Giving	16,642			-	
Co-op Local Community Fund	1,936			646	
The Francis Crick Institute	2,455			2,250	
The Golden Years Committee	4,250			-	
Gordon Family Fund	4,000			5,000	
London Borough of Camden	10,918			-	
Reducing Isolation Fund	-			10,000	
Regents Place Community Fund	7,500			5,000	
Welcome Trust	113			-	
Donated services	54,230			33,890	
Membership Subscriptions	2,790			2,120	
Other donations	4,255			900	
User contributions	2,682			4,313	
Donated fixed assets	2,800			-	
				<hr/>	
			177,278		128,638
TOTAL INCOME			<hr/>		<hr/>
			177,278		128,638
EXPENDITURE					
Project costs	36,993			53,603	
Staff costs	43,232			41,050	
Premises costs	34,927			16,208	
Communication costs	4,331			5,196	
Insurance	1,686			1,606	
Professional costs	5,045			1,792	
Other office costs	1,169			1,205	
Depreciation	5,726			242	
				<hr/>	
TOTAL EXPENDITURE			133,109		120,902
NET SURPLUS FOR THE YEAR			<hr/>		<hr/>
			44,169		7,736
			<hr/>		<hr/>

THE THIRD AGE PROJECT
(A company limited by guarantee)

DETAILED INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31ST MARCH 2019

	<u>2019</u>		<u>2018</u>	
	£	£	£	£
EXPENDITURE				
PROJECT COSTS:				
General project costs	8,772		12,815	
Events and trips	8,391		6,898	
Website costs	600		-	
Donated services	19,230		33,890	
	<hr/>		<hr/>	
		36,993		53,603
STAFF COSTS				
Wages and salaries	36,134		40,392	
Employer's NI	-		300	
Employer's pension contribution	198		358	
Seconded staff from RPTB	7,421		-	
PAYE creditor b/f w/off	(521)		-	
	<hr/>		<hr/>	
		43,232		41,050
PREMISES COSTS				
Light & heat	6,980		3,556	
Cleaning	1,519		3,000	
Maintenance and garden costs	1,948		2,152	
Rent	8,114		12,500	
Service charges	500		-	
Rates	2,000		-	
Move costs	1,866		-	
Loss on sale of fixed asset	-		-	
Donated services	17,000		-	
Contribution from WETB	(5,000)		(5,000)	
	<hr/>		<hr/>	
		34,927		16,208
COMMUNICATION COSTS				
Printing, postage and stationery	2,553		4,197	
Telephone	1,280		833	
Computer costs	498		166	
	<hr/>		<hr/>	
		4,331		5,196
INSURANCE				
Insurance	1,686		1,606	
	<hr/>		<hr/>	
		1,686		1,606
PROFESSIONAL COSTS				
Independent Examiner's fee	1,800		1,560	
Payroll	245		232	
Donated services	3,000		-	
	<hr/>		<hr/>	
		5,045		1,792
OTHER OFFICE COSTS				
Bank charges	210		186	
Sundry	217		104	
Advertising	450		525	
Travel and subsistence	62		75	
Refreshments	230		315	
	<hr/>		<hr/>	
		1,169		1,205
DEPRECIATION				
Depreciation	5,726		242	
	<hr/>		<hr/>	
		5,726		242
		<hr/> <hr/>		<hr/> <hr/>
		133,109		120,902