

THE THIRD AGE PROJECT

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31ST MARCH 2023

THE THIRD AGE PROJECT

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Rebecca Levene (Resigned on 31st March 2023) Kim Halliday (Resigned on 31st March 2023) Vaibhav Negi – Convenor, Strategy Sub Committee Helen Mitchell – Convenor, HR Sub Committee Heather Johnson - Acting Chair (from April 2023) Ross Houston Mark Ross Celina Ho Andrea Garford -Tull Oluwafela Felix Ajayi Peter Brotherton – Treasurer (from 1st April 2023) Sujatha Senaratne
Secretary	Ross Houston
Charity number	1108521
Company number	04715685
Senior Management Team	Tony Bloor – Manager
Registered office	Cumberland Market Regents Park Estate London England NW1 3RH
Independent examiner	David Terry FCA Ramon Lee Ltd Chartered Accountants 93 Tabernacle Street London EC2A 4BA
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TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) FOR THE YEAR ENDED 31ST MARCH 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their financial statements in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

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 wellbeing 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 e.g. heart disease.

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

ENSURING OUR WORK DELIVERS OUR AIMS

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 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

2022 was our 25th anniversary year during which we had an astonishing range of special initiatives and events culminating in a major event on 8th September 2022 with the Mayor of Camden

*There were 81 new registered users
since April 2022 and a total of 469 registered users of which 103 are older men (28%)*

General Manager's Report

Over the year April 2022 to March 2023, we delivered 1,506 sessions with 31 different courses, topics and activities. We currently have 469 registered service users with 81 registering (21%) since April 2022 with a total of 28% older men (103) and 72% (366) older women. There is an average age of 76 years. We have a membership scheme with 357 users who are our stakeholders and committed to establishing closer relationships and promoting a strong self-help ethos.

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;
- to 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;
- to take responsibility for finances, financial reporting and budgetary control, and in fundraising for projects;
- to forward plan, carry out development work in identifying and building new partnerships and opportunities;
- report to our Board of Trustees and supporting our user led and internal working groups e.g. Volunteer Forum

The focus of our work

This project forms part of a longer-term strategy to develop a new sustainable centre of excellence and good practice in the field of older people's services. We wish to create a truly inclusive older people's activity hub at the heart of its neighbourhood reducing the acute levels of social isolation and loneliness experienced among Camden's older population particularly those with disabilities. We have expanded our outreach work and programmes generally to provide additional support to the housebound and in welcoming new referrals to settle in and find their feet more easily and this has been written up as a new gold standard of professional practice.

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TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

Emerging Needs in a Post-Covid Context

2022 was the first complete year without restrictions following a Covid Pandemic with a focus on helping isolated older residents re-connect to mainstream services, our own activities and support programmes ensuring older people were not forgotten and left behind as wider society moves into a post-Covid World.

Our 25th Anniversary Year (2022)

The decision to sponsor a wide range of user-led initiatives and events to mark the Charity's 25th anniversary year proved highly successful and attracted much interest including from delivery partners and funders. It also transformed the Centre into an aspirational and highly creative space within which to celebrate the rich and diverse lives of local older people. We were able to successfully complete major remedial works the costs largely covered by an insurance claim intime for our Anniversary Event. To do this meant contractors working weekends so that the Centre could remain open 4 days a week throughout August 2022. We wish to acknowledge the contribution given by Jonathan and Malcolm from British Land whose expertise was essential in resolving some premises issues and in helping to troubleshoot problems on site.

TAP Anniversary Event - Thursday 9th September 2022

We had over 100 users (64 Users and 40+ guests) attending significant for its success in both highlighting our immense ethnic, cultural and religious diversity as well as the amazing range of talent and creativity on display that included:-

- Art Exhibition opened by Cllr Nasim Ali as Mayor of Camden with his new wife.
- Atrium Project that even had an explanatory guide to the significance of the birds and butterflies reflecting the different home countries of our users. Literally, an uplifting experience that utilised a previously plain white glazed atrium.
- TAP Community Choir with voice coach Laura Gillham gave a most moving performance even though it was only set up a few weeks previously.
- Tunes on TAP – our fabulous Ukulele Band with volunteer band leader Geoff Stilwell.
- Life Stories- short videos of users amazing lives incorporating photos, drawings, voice recordings.

Sadly, in the early evening we heard that the Queen had passed away. As a result, the TAP Dance Show and barbecue planned for the 9th was cancelled although the Centre was open for local people to visit to share their thoughts and experiences- and many did.

Launch of a new TAP Men's Shed at the YMCA

Tuesday 6th September 2023 saw the launch of our new partnership with the YMCA at the Central London YMCA Club – the largest gym and sports facility in central London). The aim was to tackle a problem of our declining active engagement of older men and in utilising spare capacity at the YMCA who were also anxious in attracting more older local residents. To date, we have had 24 older men taking up our offer with weekly supervised sessions of circuit training, swimming, gym and badminton and o Tuesdays there is even a social café. Three TAP volunteers coordinate bookings and access to a wide range of activities through a men's WhatsApp group.

TAP Portrait Photographic Exhibition

An idea to engage a wider group of users and to celebrate the older person. Steve Franck a well-known professional photographer very kindly at a considerable discount set up a studio within the centre for a day – on 22nd September.

At first users were reluctant to come forward but quickly saw a rare opportunity to have their portrait taken by a professional photographer for free. An impressive Portrait Exhibition of 40 users was opened by Sir Mark Worthington on 12th October 2022.

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TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

Training & Information Sessions (September 2022 to June 2023)

We entered into a new programme agreement with our long-time partner – Greenlight Healthcare- to deliver a series of Health Information Evets and Accredited Training programmes for TAP staff and volunteers with funding from the Council's Resilience Fund. Greenlights' pharmacists are also tutors and trainers at the UCL School of Pharmacy and so are able to draw upon a wide range of expertise and experience.

Know Your Numbers	Roshani Patel	14th Sept 2022	25
Mental Health Awareness	Roshani Patel	30th Sept 2022	14
Basic 1st Aid	Roshani Patel	28th Oct 2022	21
Diabetes Awareness	Sarah Al-Saad	17th Nov 2022	26
Food Hygiene	Roshani Patel	25th Nov 2022	20
Walk Leaders	James Cornforth	27th Jan 2023	11
Winter Self-Care	Sarah Al-Saad	26th Jan 2023	16
Respiratory Conditions	Roshani Patel	17th Feb 2023	19
Bladder/Incontinence	Sarah Al-Saad	23rd Mar 2023	32
Falls Prevention	Roshani Patel	21st Apr 2023	14
Sleep	Sarah Al-Saad	11th May 2023	35
Dementia Awareness	Nathan Hartley	18th May 2023	26
Strokes Awareness/Review	Sarah Al-Saad	16th Jun 2023	31

A total of 93 older people attended at least one of 12 workshops with average attendances of 18 – 22 people at each session. At the end there was a review session with 19 participants completing a questionnaire.

- 93% said there had been sufficient opportunities to ask questions
- 71% said we had got the topics right
- 56% followed up with downloading the presentations from our online newsletter
- 55% said they had shared their new skills and knowledge with others

Christmas 2022

296 registered TAP users attended at least one festive activity, Christmas Dinner and or received a Christmas Hamper (we accepted 17 referrals for hampers with a total of 102 hampers being distributed by volunteers). In addition, we were also able to provide hampers to 51 local needy families with young children registered with the Food Bank. 146 pensioners were able to have a sit down three-course Christmas Dinner plus entertainment over four days. 38 school children from Netley School attended our TAP Christmas Pantomime at the new diorama theatre and each received a present from Mr & Mrs Claus (Kevin and Brighid). We hosted a Community Dinner of chicken biryani and rice plus ice cream and laid on children's entertainment and disco for 33 children from 14 local families. Each family went home with a substantial Christmas Hamper.

We are exceedingly grateful to all the sponsorship and volunteer help received that enabled us to put on the most ambitious festive programme ever. 34 volunteers came from the Cleveland Clinic (who also provided a significant amount of donated food) another 11 came from businesses in Regents Place and another 9 from SCS Railways). These were in addition to TAP volunteers who were brought in to help coordinate deliveries and with difficult to find local addresses. Mention must also be given of the help and cooperation of staff at LIDL at the Tottenham Court Road branch including loan of 8 trolleys plus financial support. Marks & Spencer helped to provide many of the Christmas Dinners and SCS Railways prepared some of the meals in their own kitchens as well as giving generous presents and raffle prizes. Wetherspoons kindly accommodated our Men's Shed Christmas Dinner at their Ice Wharf in Camden Lock attended by 15 older men.

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TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

Five Ways To Wellbeing

(A recovery programme for improving wellbeing of isolated elders coming out of a Covid Pandemic)

We have taken a holistic approach to tackling inequalities and in bringing about social change through piloting and adopting the Five Ways to Wellbeing (originally developed by the new economics foundation). We have re-organised our activities and services to reflect this approach on the grounds that it:

- Enables the Charity to have the greatest longer term sustainable impact
- Builds upon the Charity's strong self-help ethos
- Creates a more balanced range of activities and services
- Provides a focus on improving mental wellbeing
- Improves targeting for those in greatest need
- Promotes greater awareness in self-managing health conditions
- A holistic approach to improving mental wellbeing
- The need for resilient personal support networks
- Utilising older people's skills and knowledge
- Helping others is integral to delivering our services
- Reduces social isolation and the feeling of loneliness
- Older people need to have a sense of purpose in life
- Originally devised by the new economics foundation
- Carried out a pilot of 50 older people
- Conducted a local older people's survey in July
- Discovered high levels of anxiety (68%)
- Epidemic levels of feelings of social isolation
- Older residents found to be suffering from FOGO
- Many at high risk of being forgotten & left behind

What we have achieved so far

- An emphasis on teaching self-motivation techniques.
- Enables and empowers people to reach their goals.
- Energises people to want to adopt healthier and more active lifestyles.
- Takes a cooperative and supportive group approach.
- We can do it together.

A Case Study

Mrs L is a 90 years old Irish woman who joined following her partner having passed away and was finding life very difficult without him. Suddenly for the first time I was alone and finding day to day life very difficult to get through and extremely lonely. For the last eighteen months of his life her partner had a type of rapidly deteriorating Parkinson's disease and needed 24/7 care which she willingly gave. Mrs L went on to say "I had not been well since he passed away and had been attending the doctor. Because of the grief I was carrying I was continually breaking down and a doctor suggested I should join a club such as TAP to get out and meet people. Since I joined TAP it has given me a purpose. I am meeting new people and reconnecting with others I have known for years as I live locally. I attend three classes each week. All three are very beneficial to my health, both mentally and physically. I attend Dancing on Wednesdays - in fact I am taking a bronze medal exam. On Thursdays I go to Tai Chi class. This is really good - for the soul as well as the body and I really feel the benefit of it. Friday afternoons I attend Country Dancing class which I also enjoy. I said to her that coming to the class is better than going to the doctor". All three classes I attend involve exercise and I thoroughly enjoy and really benefit from all three. We are so lucky in this area to have TAP on our doorstep. The staff are all so lovely and caring. In fact, TAP is like one big happy family and I am so glad I joined. It has made such a difference to my life". In 2022 Mrs L was nominated as a mature adult learner award of the year and was presented with her certificate by the Mayor of Camden. She concludes "I feel very proud of what I have managed to achieve!".

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TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2023

What we have been able to achieve to date

- Improved mental Wellbeing
- More physically active lifestyle
- Having made a good new friend
- Reduced feeling of loneliness
- Having Helped Others
- Feeling more a part of a community

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:

- i) 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
- ii) capacity-building mostly our own users through training and support in taking on formal roles within the charity.
- iii) Exceptionally, and as our response to the Global Pandemic, we widened the focus of our work and our beneficiaries to include local families in high need (including vulnerable children) who were in crisis with those unable to support ageing parents as a result of sickness, loss of income and or employment, reduced mainstream services. We were able to widen our remit through the generosity of local businesses, charity foundations, our own funders and a strong working partnership with the Regents Park Time Bank and its dedicated volunteer members.

A Case Study

Mrs S is a 58-year-old Bangladeshi housewife who lives near the centre who has been experiencing depression for many years, during the lockdown she had Covid 19 and a minor stroke which affected her physically and emotionally, she had lost her confidence of going out. She was attending Philomena's Class online during lockdown which helped her physically but emotionally she's still lack's confidence. However, she started to attend the Bangladeshi Women's health walk soon as the lockdown ended. Since Aerobic class started at the centre (face to face) she was encouraged by staff members and by her friends to join the class in person.

Although she was worried and unsure at first. Now, she's slowly beginning to feel confident in coming out. She still feels that she's not able to go out by herself but working hard towards it. She feels that being able to join classes in person has made a huge difference in her everyday life. She's now able to go out and talk to her friends and share her feelings which helps her to be in a better mood.

Mrs S attended the 5 ways of Wellbeing and she's completed her goal setting:

She'll carry on with her health walks to connect with others. To be active she will continue to attend the Aerobics on Wednesdays. Mrs S wants to learn how to use smart phones so she'll be attending the Gadget clinics with Shahanara. For mindfulness, she'll carry on with the meditation/relaxation with Philomena at the health club. To help others she'll interpret to the Bengali Women's group, if needed on trips or health talks. She also brought in some seeds to plant in the Third Age Project's planter and grew some Bangladeshi vegetables, Spinach and marrow which she happily shared with others.

How our activities deliver public benefit

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.

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.

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TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

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.

Camden Borough

There is a growing older population in Camden with 32,700 residents aged 65+ which is 12.9%. This is a 35% increase since 2011 and it could rise to as many as 42,000 people by 2030. Over the next 10 years the number of those 65+ years is expected to increase 33.9% with those 75+ years 17.8%.

Central Neighbourhood

Central is one of five neighbourhoods identified in order to collate data at a more local level and to improve integration of health and social care services across the community and statutory agencies.

A network of such agencies (including TAP) has been set up for the Central area and has met several times. 57% of residents live in the most deprived and second most deprived quintile ranked within Camden. At 47% being Black, Asian, Mixed or Other background it is the most ethnically diverse in the borough. There is a life expectancy at birth of male 80 years and female 84 years a gap of 7 years and 6 years respectively in regards to wealthier parts of the borough. The most common diagnosed long- term condition is depression (10%) followed by Hypertension (9%).

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

- often living alone (10,000 pensioners 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 (BME) 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 to ensure our services benefit older people who are in need.

Case Study (Mrs L) **Five ways to wellbeing**

Connect – Goal – Walking with a group – Partially achieved – Mrs L did join the Health Walk but had to stop. Her daughter is unwell (cancer treatment) so she's not continuing with lot of her regular activities.

Be Active – Goal - Dance Class Partially Achieved – Due to her daughter's illness she had to stop.

Keep Learning – Goal -Duolingo, Chinese Language - Fully Achieved, completed the course. She completed 3026 lessons, roughly 10 lessons a day. She would like to continue with Duolingo, learning Chinese, progress to level 2.

Be Mindful – Goal Breathing Exercise, Disconnect with mobile phone or TV by 10 pm. She's able to partially achieve her breathing exercise and TV and mobile. She still not able to stop using her mobile after 10 but trying hard to control it.

Help Others / Goal – Visiting / ringing elderly friends who lives alone – She was able to fully achieve her goal. She's been calling her friends who live alone or not well, needs food or help with shopping. She's enjoyed helping her friends/family.

Ms L said that it was a very useful exercise, setting up goals has helped her to understand what she needed to do and all the things she was already to doing. She is generally an active person but the goal setting has motivated her to do more. However, she's having to help her daughter a lot more now so she's reduced her activities but hoping to get back to her normal routine once her daughter is well.

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TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

An independent evaluator has observed that “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 would 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 noted that through attending 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”

The independent evaluator concluded “*These impacts suggest that the project area-based focus is supporting stronger communities and community cohesion in the Regents Park Ward and surrounding area.*”

Postscript: The evaluator’s update states “as a result of the quality of the initial relationships established by TAP users prior to the first national lockdown it may be asserted that older people were much better prepared and able to get through the subsequent succession of lockdowns and imposed self-isolations. TAP fully exploited these pre-Covid links through its new services (as a response to Covid) in building phone, doorstep and online networks that kept people connected throughout a very challenging period.

Who used and benefited from our services?

Third Age Project - Referrals April 2022 to March 2023								
GPs	Adult Care	Partners	TAP Outreach	Family member	Concerned Neighbour	Age UK Camden	Self referral	Total
14	9	9	16	2	4	6	21	81

We recorded 469 older people registered and accessing our services, with 358 receiving a regular service and taking part in one or more weekly activities and events. 273 (70%) received additional outreach support and a range of signposting services in regards to benefits, housing and help with hardship grants. 260 (76%) had moved online as a result of our Get Online initiative and were able to access many of our centre-based activities online from the comfort of their own home and subscribed to our weekly online newsletter providing news and views, useful information and healthy tips. A survey found that 30% stating they had made a new digital friend whilst accessing TAP online services. The average age was 76 years old with 42% being over 80 years of age.

Many elderly residents saw us as a vital and often only lifeline during the period especially during imposed self-isolation and lockdown restrictions that has made many feel even more isolated and lonely.

Third Age Project Typical Weekly Programme 2023					
Weekly	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Buddy Walks Well-being café Learning German	ESOL Ukulele Group Outdoor Gym Chair Exercise Lunch club	ESOL Health Buddy Walks Cycling Club Yoga Aerobics Health Talk	Tai Chi Health Walks Third age drama Theatre Club	Crafts Volunteer Training Cookery Club
Afternoon	Community Choir Digital drop-in	Sewing Club Bollywood Dance Family Days Men’s Shed at the YMCA	Bingo Club Pampering Sessions	Memory Café Art Wheelies in the Park	Country Dance Men’s Social Club Social Events

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TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2023

A majority of our users come from a highly diverse range of ethnic, cultural and religious backgrounds that reflect that the borough is one of the most cosmopolitan in London. Indeed, the Regents Park Ward is regarded as the most diverse in terms of range of religions of any in the capital:

- **92%** stated they had become users in order to make new friends, and many said they lacked confidence in going out or in socialising.
- **87%** lived alone, largely in rented flat accommodation above the ground floor. Around half of our users live on a large, high rise council housing estate, with many others in similar rented accommodation elsewhere.
- **84%** of users are on a low income (the Regents Park Ward has the poorest pensioners in the borough).
- **89%** 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.
- **67%** of users stated that they had a serious health condition and at least one third have diabetes
- **65%** said they had a learning difficulty, disability or mental health condition
- **64%** came from very diverse ethnic, cultural and religious backgrounds
- **52%** came from the immediate local area around where the centre is situated primarily the Regents Park Ward and adjacent Wards

Helping to Meet Wider Community & Intergenerational Needs

The local community was hit very hard as a result of Covid-19 and it was necessary for the charity being one of very few that continued to operate throughout the period to include local families in need and extended families struggling to continue to look after and care for ageing parents. To help these elderly parents we had to underpin their wider family support networks.

We have developed a close working relationship with Netley Primary School with a range of projects and events taking place over the year including Memories of Play, Communications through Time and two significant events – Dancing Around the Maypole in May 2022 and of course our famed Christmas Pantomime at the new diorama theatre in December 2022.

252 additional individual residents including 81 local families with 171 children under 12 years of age took part in 19 Family Day Events with 950 healthy snacks provided. We gave out over 300 food vouchers (provided by the Trussell Trust) worth £12K to those in urgent need and kept a small emergency food bank at the Centre. We are a member of the Camden Food Network that coordinates the distribution of food across the borough.

Buddying Schemes

We recruited and trained volunteers to meet and greet users especially those coming to the centre for the first time. We also recruited a range of different types of buddies (digital, walking and centre-based) to support the range of new services we were delivering. We facilitated and encouraged those socially isolated to be linked up to a neighbour or usually another TAP member who could act as a buddy via the phone, internet or over the doorstep

Volunteers

Our volunteers are key to our success and take on many roles within the Charity including as volunteer teachers, trip and event leaders, escorts and befrienders and there are two who sit on the Board of Trustees.

Over the year

- 11,169 volunteering hours
- 54 volunteers
- £29K of professional in-kind support received
- An active Volunteer Forum
- 93 members attended a major volunteer support and training programmes

Volunteering Case Study

Ms G attended several of the information and training workshops and at first felt reluctant in becoming a volunteer and worried about what could be involved. However, she has found she has gained both useful knowledge beneficial to her own self-care as well as discovering that helping others has made her feel good and useful. She says "Being a member and a volunteer help provide myself with a lot of selfcare as well as giving back to all the community, in which I live in. Good for my soul".

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TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

Outreach Programme

An important and expanding part of our work is related to our outreach programme out in the wider community and in providing individual one to one help to the housebound, those unwell and or in hospital. We have recruited and oversee many TAP members to act in roles as buddies and befrienders making regular visits and phone calls and alert us about any concerns that may arise.

We provide one to one support to those new as users of our services with a welcome and induction package, provide information on what we can offer and identify passions and interests they may have. Often new users will join a buddy walk in the park to get to know new people informally out of doors in relaxed company. Several of our tutors offer one to one counselling and support in addition to delivering group sessions.

Memory Café

Supporting older people who have been diagnosed with various forms of dementia and or are experiencing serious memory issues is a growing part of our work. Our ethos is to provide support to enable somebody with dementia to be able to access and participate in most of our organised sessions at TAP. Dancing, Art, Walking Groups as well as seated exercise are all popular.

On Thursday afternoons we undertake small group support work via a Memory Café coordinated and delivered by Philomena – a highly experienced and long-term TAP sessional consultant. These sessions often act as a welcoming gateway for those new to our services.

Our aim is to offer an inclusive warm friendly non-threatening environment in which users can explore the senses, be creative, build new positive relationships and experiences. 60% of those diagnosed with dementia receive little or no statutory support and family often living far away. Lots of stimulating exercises such as Brain Teasers and Brain Food sessions and wheelies in the park are popular in the warmer months.

Measuring Our Impact

Each year in July we carry out a detailed sample survey of our registered users. This year 114 users (34%) responded. 47 (41%) completed the survey online whilst 67 (59%) completed a printed version. In addition, 51 (45%) provided written feedback much of it very positive.

How would you rate your overall customer satisfaction with TAP services?

10 out of 10	79%
9 out of 10	9%
8 out of 10	4%
Total	92%

How do you rate the quality of our Outreach Services?

10 out of 10	62%
9 out of 10	13%
8 out of 10	8%
Total	87%

How do you rate the quality of our Online weekly newsletters?

10 out of 10	71%
9 out of 10	14%
8 out of 10	9%
Total	94%

How do you rate the amount of health knowledge gained through information provided by TAP?

10 out of 10	57%
9 out of 10	17%
8 out of 10	17%
Total	91%

Note: many of our users have English as a second language and have limited written and spoken English so imaginative and visual approaches are often needed.

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TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

How do you rate the number of opportunities for making new friends, especially with somebody from a different background?

10 out of 10	64%
9 out of 10	18%
8 out of 10	7%
Total	89%

How do you rate how much physically fitter you are as a result of taking part in TAP classes?

10 out of 10	48%
9 out of 10	17%
8 out of 10	15%
Total	80%

Note: Many of our users came out of lockdown in much poorer physical health requiring an additional focus on chair-based and targeted keep fit work.

How do you rate the extent you feel less lonely and better connected as a result of TAP services?

10 out of 10	54%
9 out of 10	13%
8 out of 10	17%
Total	84%

Note: Many of our users are rated as being at high risk of social isolation and loneliness as a result of meeting many of the risk factors used nationally in a Social Isolation Index

How do you rate the extent you feel less anxious and able to relax more easily as a result of TAP services?

10 out of 10	38%
9 out of 10	20%
8 out of 10	18%
7 out of 10	11%
Total	87%

Note: Last year's user survey found 68% of respondents with increased anxiety levels as a result of the Covid-10 Pandemic.

How do you rate the extent you feel you were able to help other members and the charity in delivering services?

10 out of 10	53%
9 out of 10	15%
8 out of 10	16%
Total	84%

Note: We have an active Volunteer Forum that oversees our volunteer and training programme.

How do you rate the overall impact of TAP services upon your general health and wellbeing?

10 out of 10	59%
9 out of 10	17%
8 out of 10	13%
Total	89%

Whilst we do many feedback surveys the TAP Annual Questionnaire is the most important each year in helping us ascertain overall customer satisfaction and impact of our services and work upon our registered service users. We use a rating scale from 1 to 10 with 5 being neutral as the most easily understood method of obtaining feedback. Anything 6 or above means varying degrees of beneficial impact whilst anything between 1 to 4 indicate varying degrees of dissatisfaction being expressed. TAP welcomes critical and honest feedback as a means of us helping to make improvements and shape future priorities and services. The results show that a significant majority of our registered users rate our services highly and regarded as essential to their general health and wellbeing and to their daily lives. Our overall rating this year is 96% with 79% giving us the maximum of 10 out of 10. Nevertheless, there remains much to be improved and achieved around especially among those at highest risk of being Left Behind and in danger of being excluded whilst the rest of society comes out of the Covid Pandemic. We need to further expand our Outreach Work, Physical Fitness support and in tackling Anxiety and Depression (the latter is the highest diagnosed health condition within the borough).

THE THIRD AGE PROJECT**TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)****FOR THE YEAR ENDED 31ST MARCH 2023****The differences we're making:**

Third Age Project	April 2022 to March 2023	
Key Service and or Activity	Target	Actual
<i>A major programme of free healthy living activities in conjunction with our partners for those 60+ living alone in social rented housing</i>		
<i>New users per year</i>	50	81
<i>Numbers given ongoing support</i>	200	270
<i>Induction and Support in becoming new volunteers to those 50+ in poor mental health</i>		
<i>New volunteers per year</i>	10	15
<i>Numbers given ongoing support</i>	20	54
<i>Deliver an Outreach Programme outside of the Centre involving home visits, escorted trips to those 75+ and or housebound</i>		
<i>New per year</i>	10	27
<i>Numbers given ongoing support</i>	50	69
<i>Engage with isolated older men with men friendly activities and a Men's Shed</i>		
<i>New per year</i>	30	17
<i>Numbers given ongoing support</i>	100	67
<i>Run an ESOL/English Club for older non-English speakers building self-confidence and improving social cohesion</i>		
<i>New per year</i>	10	15
<i>Numbers given ongoing support</i>	30	49
<i>Run a Memory café for those with dementia and or with memory issues with the help of volunteers</i>		
<i>New a year</i>	10	12
<i>Numbers given ongoing support</i>	40	51
<i>Provide practical drop-in support to those digitally excluded with drop-in sessions and digital courses</i>		
<i>New online each year</i>	20	33
<i>Numbers given ongoing support</i>	100	280
<i>Recruit, train and support volunteers to take on key roles in co-producing services including an induction and training programme</i>		
<i>New volunteers per year</i>	10	13
<i>Numbers of active volunteers per year</i>	50	54
<i>Engage with local community members of all ages through intergenerational projects and initiatives</i>		
<i>Total number engaged each year</i>	500	876

THE THIRD AGE PROJECT

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

A New Web Site

In April 2022 we launched our new web site that has been very popular and an easy means of finding out about TAP, What's On and even access our latest newsletter as well.

Some written feedback received from our registered users over the year

- Happy events ...lots of fun for those able to attend
- Quality advice, health and. Other.
- I have been a TAP member for a number of years now and have introduced a few friends to become members. I try to participate in classes & activities as much as I can and enjoy going to TAP to socialise as it is a very welcoming centre. We are very lucky to have it on our doorstep.
- I've gained so much from being a member of the Third Age Project. I feel much better connected to my local community, as I've been able to meet so many other older local people from all sorts of different backgrounds and made new friends. I've been able to improve my health and fitness, and my knowledge of health issues, and enjoyed taking part in various social activities. It gives me a special boost when I'm able to give back to the community through volunteering for the Project. I live alone but rarely feel lonely, and I'm reassured to know that there's always someone to give me help and support if and when I need it.
- TAP is excellent. Providing good service to the members
- I enjoy very much the classes I attend and feel better for having attended.
- TAP has been a very important part of my life and I would be lost without it. My physical and mental health would be much poorer.
- I've been 9 years joining this. I'm very happy to all the activities, walking and happy to learned likeable class. Everybody is friendly. and met lots of friends. I'm very glad very friendly staff enjoy giving all the support to everyone, Thank you very much!!
- In a wheelchair so collected by volunteers really appreciate it. Thanks to them for keeping me coming to classes, don't know what I'd do without them
- An excellent service catering to the needs of a diverse population of users, inclusive, welcoming and friendly. TAP has been very helpful and understanding of the needs of my 94 years old mother who uses a wheelchair and has advanced Alzheimer's. Mum has enjoyed going on guided walks on Hampstead Heath and Regent's Park, attending talks and local history walks and the dementia cafe. Recently we had fun at a dancing display and afternoon tea and in the past we joined a day trip to Bognor Regis. We very much look forward to continuing to be members of TAP and developing the friendships we have made.
- I enjoy the Wednesday exercise classes and Bollywood dance classes very much. I feel happier after these sessions/classes. My body feels from head to toe feels lighter and i have more energy.
- Being a member and a volunteer help provide myself with a lot of selfcare as well as giving back to all the community, in which I live in. Good for my soul.
- My life-support. you help me with a drama and friends and bingo and all the help you provide. God Bless you
- TAP is one of the very few organisations that encourage and support elderly men to participate in activities and actively get involved with community events.
- The TAP Men's Shed at the YMCA has provided the opportunity to exercise is helping me to recover my physical strength after the devastating illness of Polymyalgia rheumatica. Also, I'd not experienced such comradery since I retired 9 years ago, which is, I'm sure, a benefit to my mental well-being to.
- Felt more energetic and relax attending exercises on aerobics, Yoga, tai chi and Uke playing as well as attending health talks and attending barbecue parties meeting other different nationalities and most of all enjoyed watching some drama and dancing shows performed by TAP members as well as hired outside performers. I do sometimes attend some exercises via zoom as I have some computer webinar courses at home to attend to. Overall, my health has improved after my Mastectomy breast cancer operation two years ago. I'm most grateful to TAP organisers for my improved well-being. God bless to you all and hope to continue your wonderful services to us all.
- Would not have learnt to play the ukulele without TAP
- There is something for everyone and new activities all the time.

THE THIRD AGE PROJECT

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

Future Plans and Developments

Rolling out our 5 Ways to Wellbeing induction courses to more people

We will be encouraging more isolated older people to participate in our induction sessions to take maximum benefit of our 5 Ways to Wellbeing approach following a successful first year.

Re-Building our ESOL/English Club

We have had problems with retaining an ESOL teacher having had a succession of different people over the year then were also affected by contracting Covid as well. However, we have now managed to recruit a very able-bodied new teacher full of enthusiasm for helping us re-build our English and London Explorers Clubs and have been able to give certificates of achievement to 15 users who have now progressed to a Level 2 standard course whilst at the same time continue to support less able more reluctant learners still needing to build more confidence in speaking English. As always regular attendances and motivating people to take part is key to success but the benefits are significant in terms of being able to make new friends with people from a different background, greater independence and improved communication with especially their GP. Language (plus culture) is probably the single biggest barrier to accessing mainstream services.

Self-help Support Groups

We plan to run more focus groups around common shared interests or characteristics eg. Bangladeshi women or Chinese users to provide more small group support where participants are able to speak openly and honestly about personal experiences. A successful example was our partnership with LSHTM working with a group of TAP members who had direct or indirect experience of cancer and one of our crafts teachers on visualising their collective experience through a collage of images that will be placed on public display.

Volunteer Recruitment

To date we have been willing to accept some people between 50 and 60 years if they were referred to us usually for long-term depression and unlikely ever to work again (or were carers) and if they were able-bodied as new registered volunteer TAP members. We have recently started a pilot project to help tackle the issue of people having disappeared from the job market due to Covid and in helping them get back into paid work. We have accepted as a GP referral a 52 years old BAME women with post Covid issues as a new volunteer and will be supporting her over the coming year to build her self-confidence and employability skills.

Neighbourhood Working

In conjunction with the Council we have been giving a greater focus on the range of health issues that are particularly important at a local level. TAP is within the Central Neighbourhood that embraces Regents Park and St Pancras and Somers Town Wards and Public Health have been using statistical information to identify the key issues.

Tackling Depression

Depression and hypertension have been identified as by far the greatest health issues within the neighbourhood and the highest across the borough. It is likely to be much more as these are just residents who have been able to access a GP and have had a diagnosis. We will be expanding our Wellbeing Cafes on Monday mornings to provide additional opportunities to just talk in a comfortable and non-judgmental atmosphere. We will be offering a wider range of mindfulness sessions and opportunities. We are exploring the possibility of becoming a delivery partner eg. with the Camden and Islington Recovery College to perhaps run some of their courses within our Centre.

Tacking Hypertension

TAP's response is that we ran a local campaign in conjunction with Healthwatch Camden and local pharmacists to raise awareness of the dangers of high blood pressure (hypertension) and hosted a special Health Event in June 2023. We have acquired two blood pressure machines and are training TAP staff and volunteers how to use them and encouraging service users to regular monitor their blood pressure.

Improving our Referral Procedures

We are conscious of the need to retain more of those referred to us and in ensuring we receive more of those we can help most effectively. At the moment we do not systematically record or follow up those that never actually register with us and are not monitored and reported upon. Towards this end we have had discussions with a range of different agencies who make referrals and they have agreed to amend their current assessments to address our issues. In turn we have agreed to produce a new information leaflet and be much better prepared (resources permitting) when those referred to us visit our Centre and when making subsequent follow ups via phone or email.

Adult Social Care

Camden Council has adopted a revised new strategy for promoting ageing and wellbeing in the borough – Supporting People, Connecting Communities – and we have hosted an event and have been in discussions with the new Lead Officer. They have asked our help in developing their new co-production model that aims to develop a different relationship with the older people who receive their services.

THE THIRD AGE PROJECT

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

Expanding our Walking Groups

As a result of the popularity of our Wellbeing walks into Regents Park we launched a new monthly walk over Hampstead Heath with the generous help of Heath Hands with training being provided by the Ramblers Association.

Get Online Campaign

We still need to continue to persuade more users to move online providing free loans of digital devices, access to cheap smart phones and connection to low-cost social internet tariffs. It's important that some users are not left behind as others make the move online in order to access services and up to date information. Please note: currently about 50% of our users access our weekly online newsletter via a smart phone only.

Working with Local Research Institutions

As a relatively small grassroots charity we are aiming to extend our partnership working with local learning and research institutions to access their expertise and resources. In return these institutions would be able to access our users that are often described as being hard to get and therefore under-represented in research data. Towards meeting this aim we have met with and linked up with the nearby Centre for Ageing Better (holding a one-day event in September) and with LSHTM (School of Hygiene and Tropical Medicine) working with their cancer research team on Cancer – The Power of My Stories.

Cost of Living Crisis

This leads to older people staying at home and increasingly isolated. Once people have terminated care package it is very difficult to re-engage them in activities. This is particularly impacting residents from a Bangladeshi background who cannot afford the contribution.

Challenge around access to support and services for people who are housebound or have mental health issues. Providing opportunities for people to engage in a social environment e.g., social events, food events, can help take some of the anxiety out of accessing support. This can be followed up with an appointment, potentially a home visit if needed. It is particularly important to have a range of approaches to ensure that the most vulnerable residents can access support.

We continue to draw upon hardship and welfare funds for older residents unable to pay bills due to high heating costs, damp and mouldy housing, disabilities, and long-term health conditions. Many more are likely to have just grim and borne it. Once again, we supported families within which there were elderly relatives whom they cared for.

Warmth Hub

Isolated older residents were able to take advantage of our Warmth Hub offer with free hot drinks and welcoming friendly company.

Food Insecurity

We are a member of the Tackling Poverty Network and Food remains an important service provision with around 30 emergency food vouchers from the Trussell Trust a month being given out. New courses such as Eat Well Pay Less partnered with the Working Men's College with teacher Luvain Maximen provide practical dietary and budgetary advice as well as an excellent (free) two course meal. During the school holidays we hold Family Days and other intergenerational activities that attracted many local families with children and a cooked meal is always provided

A Social lease

The Council is to offer us a new Social Lease that will discount our current commercial rent by 50% to acknowledge the added social value TAP provides within the Centre. As it is a modular lease we will need expert advice in tailoring and negotiating the lease to best fit our needs and Jonathan Lovejoy from British Land has kindly offered to take on this role. Negotiations will take several months and are yet to start so there will be updates and options for Trustees to consider. We are asking for the new lease to start from April 2024 in line with our budgetary assumptions.

Planning for Succession

The current Manager of 23 years standing will be retiring in 2024. This interim period has enabled the charity to recruit and appoint a new Deputy Manager who started in September 2023 and is expected to takeover as the new Manager from the new financial year in 2024. In addition, it is anticipated that the Board of Trustees will approve the appointment of a new Chair at the Annual General Meeting on 15th November 2023.

THE THIRD AGE PROJECT

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

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.

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 Statement of Financial Activities showed a surplus of £24,360 (2022 - £73,705) for the year and reserves stand at £332,425 (2022 - £308,065). The financial position at the year-end revealed by the Balance Sheet shows net current assets or working capital of £289,992 (2022 - £256,347). The net book value of fixed assets held, all of which are used directly for charitable purposes, amounted to £42,433 (2022 - £51,718).

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 objective of Third Age Project's reserves policy is to ensure that the organisation's unrestricted reserves are sufficient to guarantee that operational running costs can be covered effectively during any future period of unforeseen difficulty allowing the opportunity, if necessary, to wind down its operation. Such circumstances might include:

- Unexpected emergencies
- Unforeseen operational costs
- Unexpected reduction to funding or discontinuation of certain funding streams
- Requirements for expenditure to be paid in advance of related funding

The calculation of the required level of reserves takes account of both financial risks associated with each stream of income and expenditure, together with future planned activity levels and commitments.

To encourage transparency, a simple formula is proposed, based on 6 months of operating costs (property and staff costs), 3 months of contract staff and redundancy costs. The number of months utilised in the calculations will be re-assessed on an annual basis, dependent on strategic and operating requirements.

On this basis, using the above formula:

- the required target level of unrestricted reserves for 2023/24 is circa £95k

As at the yearend financial statements showed reserves of £332,425 (2022 - £308,065), of which £78,755 (2022 - £69,000) was restricted. The unrestricted funds not designated or invested in tangible fixed assets held by the charity are £211,237 (2022 - £187,347) which are above the targeted level.

THE THIRD AGE PROJECT

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED)

FOR THE YEAR ENDED 31ST MARCH 2023

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 2019) 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.

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 bimonthly 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 have identified the major risks to which the charity is exposed and believe that the systems in place are adequate to mitigate those risks. The charity's Organisational Risk Assessment is reviewed regularly.

THE THIRD AGE PROJECT

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31ST MARCH 2023

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) including Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

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.

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


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:

DocuSigned by:

C63D55E2F1704E0...

..... HEATHER JOHNSON – TRUSTEE

DocuSigned by:

B5583B44D41944E...

..... PETER BROTHERTON – TRUSTEE

15 November 2023

THE THIRD AGE PROJECT

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF THE THIRD AGE PROJECT

I report to the trustees on my examination of the financial statements of The Third Age Project (the charitable company) for the year ended 31 March 2023.

This report is made solely to the charity's trustees, as a body, in accordance with the Charities Act 2011. My work has been undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my Independent Examination, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the trustees of the charitable company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charitable company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charitable company's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable 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 matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charitable company as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act 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
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

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 financial statements to be reached.

DocuSigned by:



BFA6442682BF4CE...

David Terry FCA

Ramon Lee Ltd
Chartered Accountants
93 Tabernacle Street
London
EC2A 4BA

Dated: 15 November 2023

THE THIRD AGE PROJECT

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
Income from:					
Donations and legacies	3	29,108	25,000	54,108	78,475
Charitable activities	4	-	162,713	162,713	165,994
Investments	5	337	-	337	-
Total income		<u>29,445</u>	<u>187,713</u>	<u>217,158</u>	<u>244,469</u>
Expenditure on:					
Raising funds	6	5,212	-	5,212	5,384
Charitable activities	7	9,628	177,958	187,586	165,380
Total expenditure		<u>14,840</u>	<u>177,958</u>	<u>192,798</u>	<u>170,764</u>
Net income for the year/ Net movement in funds		14,605	9,755	24,360	73,705
Fund balances at 1 April 2022		<u>239,065</u>	<u>69,000</u>	<u>308,065</u>	<u>234,360</u>
Fund balances at 31 March 2023		<u><u>253,670</u></u>	<u><u>78,755</u></u>	<u><u>332,425</u></u>	<u><u>308,065</u></u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

The notes on pages 22 to 34 form part of these financial statements.

THE THIRD AGE PROJECT

BALANCE SHEET

AS AT 31 MARCH 2023

	Notes	2023		2022	
		£	£	£	£
Fixed assets					
Tangible assets	11		42,433		51,718
Current assets					
Debtors	12	12,094		8,019	
Cash at bank and in hand		287,486		253,194	
		299,580		261,213	
Creditors: amounts falling due within one year	13	(9,588)		(4,866)	
Net current assets			289,992		256,347
Total assets less current liabilities			332,425		308,065
Income funds					
Restricted funds	14		78,755		69,000
Unrestricted funds			253,670		239,065
			332,425		308,065

The notes on pages 22 to 34 form part of these financial statements.

THE THIRD AGE PROJECT

BALANCE SHEET (CONTINUED)

AS AT 31 MARCH 2023

The company is entitled to exemption from audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the Year in question in accordance with section 476

The directors acknowledge their responsibilities for:

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 15 November 2023 and were signed on its behalf by:

DocuSigned by:

Heather Johnson

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Heather Johnson
Trustee

DocuSigned by:

Peter Brotherton

.....B5583B44DA1944E..

Peter Brotherton
Trustee

Company registration number 04715685

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

1.1 Accounting convention

The financial statements have been prepared in accordance with the charitable company's Memorandum and Articles of Association, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charitable company is a Public Benefit Entity as defined by FRS 102.

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

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

The Charity's Financial Statements show a net surplus of £24,360 (2022 - £73,704) for the year. The Charity has free reserves of £211,237 (2022 - £187,347). 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 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

All income is included in the consolidated SOFA when the charity is legally entitled to it, receipt is probable and the amount can be measured with sufficient reliability.

Grant income

Grants are credited to the SOFA when the charity is entitled to the funds. Income is only deferred where there are time constraints imposed by the donor or if the funding is performance related.

Where entitlement to grants receivable is dependent upon fulfilment of conditions within the charity's control, the income is recognised when there is sufficient evidence that conditions will be met.

Grants supporting the core activities of the charity and with no specific restrictions placed upon their use are included within donations and legacies. Grants that have specific restrictions placed upon their use are included within income from charitable activities.

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. Depreciation on the related fixed assets is charged against the restricted fund.

Donations and legacies

Donations are recognised in the period in which they are received. Legacy income is recognised when the charity's entitlement is judged to be probable and where the amount can be reliably measured.

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

Contract income

Income from charitable activities include income recognised as earned (as the related goods and services are provided) under contract.

Investment income

Investment income is included when receivable.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Cost of raising funds comprises the costs of seeking grants and donations and their associated support costs.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent.

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 between cost of raising funds and expenditure on charitable activities in proportion of direct costs.

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

The cost of minor additions or those costing less than £250 are not capitalised.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Short Leasehold improvements	Over 10 Years
Furniture and Equipment	20% on cost
Computer Equipment	25% on cost

1.7 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.8 Financial instruments

The charitable company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charitable company's balance sheet when the charitable company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies (Continued)

1.9 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.

1.10 Creditors and provisions

Creditors and provisions are recognised when the charitable company has a legal or constructive present obligation as a result of a past event, it is probable that the charitable company will be required to settle that obligation and a reliable estimate can be made of the amount of the obligation.

The amount recognised as a provision is the best estimate of the consideration required to settle the present obligation at the reporting end date, taking into account the risks and uncertainties surrounding the obligation. Where the effect of the time value of money is material, the amount expected to be required to settle the obligation is recognised at present value. When a provision is measured at present value, the unwinding of the discount is recognised as a finance cost in net income/(expenditure) in the period in which it arises.

1.11 Operating leases

The Charity classifies the lease of property as an operating lease. The rentals are charged to the Statement of Financial Activities on a straight-line basis over the lease duration. No assets are held under hire purchase agreements.

1.12 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.

1.13 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 statements 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.

1.14 Cash flow statement

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

2 Critical accounting estimates and judgements

In the application of the charitable company's accounting policies, the trustees are required to make judgements, 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 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.

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies

	Unrestricted funds £	Restricted funds £	Total 2023 £	Total 2022 £
British Land Company Plc.	11,320	-	11,320	10,404
Donations in kind	2,300	-	2,300	2,000
Francis Salway Endowment Fund (LCF)	5,000	-	5,000	5,000
L. B. Camden - Business Covid Grant	-	-	-	16,000
L. B. Camden - Strategic Partner	-	25,000	25,000	25,000
Masonic Charitable Foundation	5,000	-	5,000	5,000
Membership Subscriptions	3,354	-	3,354	2,300
Other Donations	2,134	-	2,134	3,694
The Regents Place Community Fund	-	-	-	9,077
	<u>29,108</u>	<u>25,000</u>	<u>54,108</u>	<u>78,475</u>
For the year ended 31 March 2022	<u>53,475</u>	<u>25,000</u>		<u>78,475</u>

Donations in kind:

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

Professional services - Pro bono legal & property maintenance support £2,000 (2022- 2,000)

Fixed assets additions during the year £300 for donation of folding bike (2022 - nil)

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	Social activities and classes £	Total 2023 £	Total 2022 £
The Henry Smith Charity	40,000	40,000	40,000
The Mercers' Company	30,000	30,000	30,000
The National Lottery	40,000	40,000	-
Donated Services	26,708	26,708	19,950
L. B. Camden - Resilience Fund	10,000	10,000	-
The London Community Foundation - Gordon Family Fund	9,000	9,000	9,000
British Land Company Plc.	4,155	4,155	-
L. B. Camden - Food Bank	1,500	1,500	-
LSH&TM Cancer Project	850	850	-
L. B. Camden - Parks Department	500	500	-
Age UK Camden - Aging Better	-	-	35,043
Camden Giving - Connecting Older People Together	-	-	22,466
Age UK Camden - Men's Project	-	-	7,500
UCL - Apple Tree Study	-	-	2,035
	<u>162,713</u>	<u>162,713</u>	<u>165,994</u>
Analysis by fund			
Unrestricted funds	-	-	19,950
Restricted funds	<u>162,713</u>	<u>162,713</u>	<u>146,044</u>
	<u>162,713</u>	<u>162,713</u>	<u>165,994</u>
For the year ended 31 March 2022			
Unrestricted funds	19,950		19,950
Restricted funds	<u>146,044</u>		<u>146,044</u>
	<u>165,994</u>		<u>165,994</u>

The charity is indebted to various donors for sessions with users provided free of charge. The value placed on these contributions are £25,708 (2022 - £19,950). The income equivalent has been recognised within the income as income from charitable activities, and an equivalent charge included within expenditure under other direct project costs.

The charity received musical instruments worth £1,000 from various donors. The income equivalent has been recognised within the income as income from charitable activities, and an equivalent charge included within addition to fixed assets

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

5 Investments

	Unrestricted funds £	Total 2023 £	Total 2022 £
Interest income	337	337	-
	<u>337</u>	<u>337</u>	<u>-</u>

6 Raising funds

	Unrestricted funds £	Total 2023 £	Total 2022 £
Staff costs	3,357	3,357	3,671
Support costs	1,795	1,795	1,649
Governance costs	60	60	64
	<u>5,212</u>	<u>5,212</u>	<u>5,384</u>
For the year ended 31 March 2022			
Fundraising and publicity	5,384		5,384
	<u>5,384</u>		<u>5,384</u>

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

7 Charitable activities

	Social Activities & Classes	Total 2023	Total 2022
	£	£	£
Staff costs	60,420	60,420	66,074
Other Direct Project Costs	60,410	60,410	46,696
	<u>120,830</u>	<u>120,830</u>	<u>112,770</u>
Share of support costs (see note 8)	64,596	64,596	50,634
Share of governance costs (see note 8)	2,160	2,160	1,976
	<u>187,586</u>	<u>187,586</u>	<u>165,380</u>
Analysis by fund			
Unrestricted funds	9,628	9,628	37,718
Restricted funds	177,958	177,958	127,662
	<u>187,586</u>	<u>187,586</u>	<u>165,380</u>
For the year ended 31 March 2022			
Unrestricted funds	37,718		37,718
Restricted funds	127,662		127,662
	<u>165,380</u>		<u>165,380</u>

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

8 Support costs

	Support costs	Governance costs	Total	Total
	£	£	2023	2022
			£	£
Office and administration staff	3,357	-	3,357	3,671
Depreciation	13,049	-	13,049	12,983
Premises costs	27,306	-	27,306	26,267
Communication costs	12,432	-	12,432	4,258
Insurance	2,075	-	2,075	2,007
Professional costs	2,748	-	2,748	2,160
Other office costs	5,424	-	5,424	937
Independent examiner's fees	-	2,220	2,220	2,040
	<u>66,391</u>	<u>2,220</u>	<u>68,611</u>	<u>54,323</u>
Analysed between				
Fundraising	1,795	60	1,855	1,713
Charitable activities	64,596	2,160	66,756	52,610
	<u>66,391</u>	<u>2,220</u>	<u>68,611</u>	<u>54,323</u>

9 Net movement in funds

	2023	2022
	£	£
Net movement in funds is stated after charging/(crediting)		
Depreciation on tangible fixed assets	13,049	12,983
Independent examiner's fees		
Independent Examination	1,440	1,320
Other Services	780	720
	<u>2,220</u>	<u>2,040</u>

10 Employees

The average number of employees, calculated as full time equivalents, during the year was:

	2023	2022
	Number	Number
Direct project work	<u>2</u>	<u>2</u>
Total	<u>2</u>	<u>2</u>

The average monthly number of employees during the year was 2 (2022- 2.5).

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

10 Employees	(Continued)	
Employment costs	2023 £	2022 £
Wages and salaries	64,165	53,016
Redundancies	-	1,302
National Insurance	-	78
Pension costs	1,024	560
Seconded Staff	1,945	18,461
	<u>67,134</u>	<u>73,417</u>

No trustee received any remuneration during the year (2022 - £Nil). No trustees received reimbursed expenses during the year (2022 - £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 £28,878 (2022 - £35,194).

There were no employees whose annual remuneration was more than £60,000.

11 Tangible fixed assets	Short Leasehold improvements £	Furniture and Equipment £	Computer Equipment £	Total £
Cost				
At 1 April 2022	64,525	6,442	30,318	101,285
Additions	-	1,618	2,146	3,764
At 31 March 2023	<u>64,525</u>	<u>8,060</u>	<u>32,464</u>	<u>105,049</u>
Depreciation and impairment				
At 1 April 2022	23,659	3,333	22,575	49,567
Depreciation charged in the year	6,452	1,366	5,231	13,049
At 31 March 2023	<u>30,111</u>	<u>4,699</u>	<u>27,806</u>	<u>62,616</u>
Carrying amount				
At 31 March 2023	<u>34,414</u>	<u>3,361</u>	<u>4,658</u>	<u>42,433</u>
At 31 March 2022	<u>40,866</u>	<u>3,109</u>	<u>7,743</u>	<u>51,718</u>

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

12 Debtors	2023	2022
	£	£
Amounts falling due within one year:		
Trade debtors	7,100	6,250
Other debtors	2,742	780
Prepayments	2,252	989
	<u>12,094</u>	<u>8,019</u>
	<u><u>12,094</u></u>	<u><u>8,019</u></u>
13 Creditors: amounts falling due within one year	2023	2022
	£	£
Trade creditors	7,343	408
Other creditors	25	2,418
Accruals	2,220	2,040
	<u>9,588</u>	<u>4,866</u>
	<u><u>9,588</u></u>	<u><u>4,866</u></u>

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

14 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Movement in funds			Movement in funds			Balance at 31 March 2023 £
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	
L B Camden Food Bank	-	-	-	-	1,500	1,500	-
L B Camden Parks Department	-	-	-	-	500	500	-
The Henry Smith Charity	-	40,000	10,000	30,000	40,000	40,000	30,000
The Mercers' Company	-	30,000	6,000	24,000	30,000	30,000	24,000
L B Camden Resilience Fund	-	-	-	-	10,000	10,000	-
L B Camden - Strategic partner	25,000	25,000	(35,000)	15,000	25,000	(15,245)	24,755
Age UK Camden - Aging Better	-	35,043	(35,043)	-	-	-	-
Age UK Camden - Men's Project	-	7,500	(7,500)	-	-	-	-
British Land Company Plc	500	-	(500)	-	4,155	(4,155)	-
Camden Giving - Connecting Older People Together	-	22,466	(22,466)	-	-	-	-
The London Community Foundation - Gordon Family Fund	-	9,000	(9,000)	-	9,000	(9,000)	-
The Regents Place Community Fund	118	-	(118)	-	-	-	-
Ucl Apple-Tree Study	-	2,035	(2,035)	-	-	-	-
The National Lottery	-	-	-	-	40,000	(40,000)	-
Donations in kind	-	-	-	-	26,708	(26,708)	-
LSH&TM Cancer Project	-	-	-	-	850	(850)	-
	<u>25,618</u>	<u>171,044</u>	<u>(127,662)</u>	<u>69,000</u>	<u>187,713</u>	<u>(177,958)</u>	<u>78,755</u>

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

14 Restricted funds

(Continued)

Description, nature and purpose of restricted funds:

The Henry Smith Charity – a grant towards three year's running costs of delivering health and wellbeing services for older people in Camden.

The Mercers' Company – a grant from The Charity of Sir Dick Whittington to reduce stark social, economic and health inequalities among isolated elderly people within a disadvantaged neighbourhood improving social cohesion, life chances and quality of life.

L B Camden Strategic Partner Fund - a core grant to improve opportunities for older residents to ensure they are not held back because of background, circumstance or identified community and to increase opportunities for older residents from different backgrounds to be more connected and involved in social action, to help themselves and each other.

THE THIRD AGE PROJECT

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

15 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total 2023 £	Unrestricted funds £	Restricted funds £	Total 2022 £
Fund balances at 31 March 2023 are represented by:						
Tangible assets	42,433	-	42,433	51,718	-	51,718
Current assets/(liabilities)	211,237	78,755	289,992	187,347	69,000	256,347
	<u>253,670</u>	<u>78,755</u>	<u>332,425</u>	<u>239,065</u>	<u>69,000</u>	<u>308,065</u>

16 Lease commitments

	2023 £	2022 £
Within one year	15,000	15,000
Between two and five years	60,000	60,000
In over five years	5,000	20,000
	<u>80,000</u>	<u>95,000</u>

17 Share capital

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

18 Related party transactions

There were no disclosable related party transactions during the year (2022 - none).