



**Sustaining What Is, Building What Isn't**  
**Annual Report**  
**Action for Elders Trust**

**1 October 2017 - 30 September 2018**



Watts Gregory LLP  
Chartered Accountants  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

**ACTION FOR ELDERS TRUST**

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FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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## ACTION FOR ELDERS TRUST

### CHAIRMAN'S REPORT FOR THE YEAR ENDED 30 SEPTEMBER 2018

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This past year has seen a period of unprecedented growth for Action for Elders Trust, bucking the trend of many small charities in an economic and political climate characterised by austerity and uncertainty.

I'm delighted to present a report which shows how we've extended our impact from delivering five programmes in 2016/17 to twelve in 2017/18, with new programmes in Peterborough, the Vale of Glamorgan, Herefordshire, Swansea, and York. Alongside our existing work in Sheffield, we now operate in six regions in England and Wales.

Last year's report was entitled 'Building Foundations for Growth'; by planning our growth in a structured and strategic way, we've been able to extend to new areas whilst continuing to improve quality and impact in existing areas.

Although we're a charity with a national remit and impact, our partners tell us we act like a local charity, building deep and lasting community connections to embed our work within local ecosystems of support. We design our Balanced Lives programmes with, not for, our group participants, ensuring each programme reflects community needs and interests.

Through the hard work and dedication of our team, word is spreading about our holistic, evidenced-based health and wellbeing programme, Balanced Lives, and our work is gaining traction within the health and social care sectors.

I'd like to draw particular attention to the highly successful partnership we've developed with the Bay Health Cluster Network in Swansea, spearheaded by Dr Kirstie Truman. From a pilot programme funded by the Cluster Network in Swansea which began in spring 2017, our partnership has gone from strength to strength. Together, we've taken a community-building approach to engaging older people in the Bay Health area, listening to their concerns and designing new approaches which improve the lives of individuals and communities. We now run two programmes in the Bay Health area, and are planning for two more. With the generous support of Dunhill Medical Trust, we're also building a team of volunteer Activators, who are starting to work within the eight GP surgeries in Bay Health to help older people develop health and wellbeing action plans.

Everything we do is built around the three pillars of our work: **physical, mental** and **social wellbeing**. People we work with - including older people, healthcare practitioners and care home staff - tell us that what we do is different, filling a vital gap in community provision. We're embracing the opportunities presented by the longer lives we now enjoy, by helping ensure people have the best quality of later life possible. Staying fit, active and sociable is key and we're privileged to be making this opportunity possible for hundreds of older people every year.

We're grateful to the Trusts and Foundations which have made this possible, particularly to Lloyds Bank Foundation and the National Lottery Community Fund, whose support has been instrumental in the significant growth we have achieved this year. We also value the in-kind support which organisations including Capital Law have given the charity, enabling more money to go to our frontline Balanced Lives programmes.

I'd also like to thank our participants, staff, teachers, Trustees and volunteers for demonstrating that physical and mental decline are not an inevitable consequence of ageing. On the contrary, Action for Elders is at the forefront of a movement to support all members of society to embrace a positive perception of ageing, with health and wellbeing at its heart.

As we now say, let's #ThinkDifferentlyAboutAgeing.

L Morgan  
Chair of Trustees

## ACTION FOR ELDERS TRUST

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2018

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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 30 September 2018. The trustees have adopted the provisions of 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).

## OBJECTIVES AND ACTIVITIES

### 1. Objectives and aims

Action for Elders Trust is a dynamic and growing charity established in 2012. Our vision is a society where all older people have the choice, support and empowerment to live healthy, active, fulfilling and meaningful lives.

We deliver this through our flagship programme, Balanced Lives, an evidence-based model which supports older people - particularly those aged 75 and over - to improve their wellbeing through structured, holistic support delivered by expert teachers.

Our original Balanced Lives model was the product of nearly six years of research and development by the Sheffield Institute of Studies on Ageing (SISA) at Sheffield University - winner of a Queen's Award for Excellence - to which our Founder and Chief Executive, James Lewis, was a key contributor. SISA's extensive academic and operational research showed that while longevity was increasing, the average 'healthy age' was still only 63. SISA identified a gap in health care provision, particularly for those aged 75 and over.

Action for Elders Trust aims to fill this gap. Evidence shows that our model is successful in reducing or delaying the use of more intensive and costly health and social care interventions.

The aims of our Balanced Lives Programme model are to improve:

- **Physical wellbeing**, by building strength, balance, mobility, endurance, flexibility and increasing individuals' control over their own health.
- **Mental wellbeing**, by building confidence, resilience, a more positive attitude, and a greater sense of self-worth.
- **Social wellbeing**, by building friendships, a stronger sense of community, openness to discussing problems, and a sense of value to society.



The programme is delivered in settings including community halls, sheltered and extra care housing schemes, and care homes. We co-design the approach for each Balanced Lives programme with participants, many of whom are referred by their GP or another healthcare provider.

Each Programme is delivered through weekly sessions, delivered by highly experienced trainers:

- A Physical Health Practitioner, who focuses on the five evidence elements for improved mobility in older people (balance, flexibility, strength, endurance and sustainability) (Cochrane, 2009). Gentle movement and exercises are based on T'ai Chi practice.
- A Social Host who focuses on bringing people together in a social setting through peer group bonding, using a range of interactive group discussions and exercises around the relationship-centred Senses Framework (Nolan et al, 2006).
- A Programme Ambassador, who is outward facing in the community, networking with key stakeholders, communicating with local connectors, co-ordinating volunteers and integrating the groups within existing health and social care provision. This helps to promote cross-referral across local services.

Some Programmes are delivered with solely a Physical Health Practitioner, whilst others are delivered by two or all three roles, depending on funding and local priorities.

## ACTION FOR ELDERS TRUST

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2018

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#### Public benefit

In setting the charity's objectives, the trustees have paid due regard to Public Benefit guidance published by the Charity Commission. How the charity fulfils this responsibility is contained in the various sections of this report and review.

#### ACHIEVEMENT AND PERFORMANCE

##### 2. Achievements and performance

Trustees and staff met at the start of the year to review and refine our Business Plan, which has been at the core of our work and informed our activities and growth. The Plan sets out eight strategic objectives, as follows:

- To sustain our existing Balanced Lives projects so that older people can continue to improve their health and wellbeing.
- To extend the Balanced Lives programme to more communities benefiting the health and wellbeing of the older people who most need our support.
- To develop our work in care homes in England and Wales.
- To innovate in line with our mission.
- To raise awareness of the charity's work among participants, funders and partners.
- To build and sustain the core team we need to deliver essential services, focusing on finance, business development, project management, communications, and research & evaluation.
- To educate the public about celebrating positive ageing.
- To diversify our income.



ACHIEVEMENT AND PERFORMANCE



**2.1 Strategic Objective: To sustain our existing Balanced Lives projects so that older people can continue to improve their health and wellbeing**

In a difficult funding climate, we've worked hard to sustain our existing programmes over the past year in Hereford, Swansea, Barry, Sheffield, and York.

Dr Kirstie Truman, lead GP for Bay Health Cluster Network, says: "Physical, social and mental health and wellbeing are interconnected and taking action on one front has a positive impact on all three fronts. Often we see patients whose needs are primarily social, or whose physical and mental health problems could be improved or prevented through regular exercise and social interaction. I've been impressed at the difference the Balanced Lives programme has made in our local communities and am excited to be working in partnership with Action for Elders to expand the programme in response to demand."

We're delighted that we've been able to sustain our early programmes, mainly through grant income, and have enhanced through the local partnerships we have built with the health and social care sector, who provide referrals. We're grateful to the many Trusts and Foundations whose support has made this possible.

ACHIEVEMENT AND PERFORMANCE



Participants from our Sketty group in Swansea

**2.2 Strategic objective: To extend the Balanced Lives programme to more communities in England and Wales experiencing health inequalities, benefiting the health and wellbeing of the older people who most need our support**

Over the last year, we're excited to have introduced the following community-based Balanced Lives programme to our portfolio:

- In the Vale of Glamorgan, we're pleased to have secured a significant 'People and Places' grant from National Community Lottery Fund Wales to facilitate the Balanced Lives programme in three locations:- Golau Caredig Independent Living Scheme, Barry- Rondel House, Barry, a day centre for people with dementia- The Gathering Place in St Athan, where Hafod care runs a day centre supporting older people. The three- year programme began in Spring 2018 and is already greatly valued by participants and partners.
- In Hereford, we successfully applied to Herefordshire Clinical Commissioning Group's Integrated Care Fund to develop our programme in Belmont and to set up a new programme in College ward. The project began January 2018 and is set to run until April 2019, supporting 70 older people to improve their health and wellbeing. The programme will have a particular focus on falls reduction and establishing integrated pathways of care within the local health and care sector, including with the Falls Prevention Service.
- York: thanks to support from the National Community Lottery Fund and from Joseph Rowntree Foundation, we've been able to expand our activities across the city, including through the development of a new Balanced Lives programme in Clifton, a deprived area of York.
- In Swansea, we secured support from Western Bay's Regional Health and Social Care Wellbeing Fund to establish a new Balanced Lives group in West Cross, Swansea, a community-based programme which is facilitated by a Physical Mobility and Social Host.



**ACHIEVEMENT AND PERFORMANCE**

**2.3 Strategic objective: To develop our Balanced Lives for Care Homes offer ready to roll out to more care homes in England and Wales**

Last year, our Board took a strategic decision to expand Action for Elders' work in care homes, having identified a strong and urgent need for support to improve the physical, mental and social wellbeing of care residents through our work at Prior Bank care home in Sheffield, initially funded by Comic Relief

This year, with funding from Sport England, we successfully piloted a new Balanced Lives programme at Werrington Lodge care home in Peterborough. This has proved extremely successful, engaging residents, staff, and family members with the support of our expert teachers. We plan to continue the programme long-term.

**Vanessa's father Peter has dementia and is a resident at Werrington Lodge care home in Peterborough. Vanessa attends the group each week with her mother, Joyce. Vanessa tells her story:**

"We knew that when my dad moved into Werrington Lodge it was going to be harder for him to move around and do things for himself so we were all pleased to know there was going to be an activity which would keep him fitter and healthier and also be an activity we could all do together.

During the first session, we noticed that Ray, the Action for Elders teacher, spent time getting to know all of us and our individual needs, particularly my dad, Peter. However, he also spent time getting to know my mum's needs; she has arthritis and often gets pains in her neck. As well as working through group activities, he also showed us some exercises which were specific to our conditions.

One of the main benefits is that Balanced Lives is a family activity we can all do together. When my eight-year-old daughter is on her summer holidays she's been able to join in too - and often joins Ray at the front of the class which she loves!

I think this family time together has meant my dad is really motivated. My mum and I help him with some of the exercises, for example massaging his hands. The social side of the classes has been great too – spending some time getting to know other residents and staff over a cup of tea is lovely, and makes us feel more connected to the home.



Although my dad's not able to communicate easily, we've noticed a general improvement in his health and fitness and he seems much calmer and happier.

I'd say the Balanced Lives classes have helped to reconnect us as a family, so we feel more confident about the care dad's getting and can spend some quality time together.

The sessions are a special 'time out' in our calendars each week when we all come away feeling better."



## ACTION FOR ELDERS TRUST

### REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2018

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#### **ACHIEVEMENT AND PERFORMANCE**

Through the generous support of a range of funders, we've been able to develop and expand our existing Balanced Lives programme at Prior Bank care home in Sheffield.

Thanks to funding recently announced from Lloyds Bank Foundation for activities to be delivered in 2018/19, we're seeking to expand our work in care homes, building on the expertise of our Physical Mobility teacher in Sheffield, David Lipka, to formalise our care home curriculum and to support our teachers in other parts of England and Wales to deliver new programmes in this sector.

#### **2.4 Strategic objective: To innovate in line with our mission**

In addition to developing and expanding our Balanced Lives, we've also sought opportunities to innovate whilst remaining true to our charity's mission.

In January 2018, we were fortunate to have received a grant from Dunhill Medical Trust for a new 'Activators' programme. Delivered over two years, this will see Action for Elders recruiting and training volunteers who work closely with GP practices in the Bay Health area of Swansea to support older people to become more active.

Each 'Activator' will be placed in one of eight GP surgeries and will refer older people to third sector and other local provision which can help them to achieve their health and wellbeing goals.

This project will also help to cement the highly successful partnership we've developed with the Bay Health Cluster Network.

#### **2.5 Strategic objective: To raise awareness of the charity's work among beneficiaries, funders and partners**

This year, we've continued to develop our website and social media presence, to help improve our engagement with a wide range of audiences. This is complex and labour-intensive, and an ongoing work in progress.

#### **2.6 Strategic objective: To build and sustain the core team we need to deliver essential services**

With the support of Lloyds Bank Foundation and others, we've been able to expand our core team, focusing on finance, business development, project management, communications, and research & evaluation.

#### **2.7 Strategic objective: To educate the public about celebrating positive ageing**

Following discussion with trustees, we have taken the decision to build our role as a campaigning organisation. There is growing evidence that age discrimination is pervasive across UK society; we want to change public attitudes to older people by reframing the narrative to focus on celebrating ageing in a more positive way.

This was one of the drivers behind our decision to hold a high-profile public event of the year: a House of Commons event to launch our 'Think Differently About Ageing campaign' and to celebrate the success of our Balanced Lives programme to date. This will take place in October 2018, although the majority of the planning has fallen within this financial year.

#### **2.8 Strategic objective: To diversify our income**

We have diversified the number and types of grants we receive so we are not dependent on a single funder. However, a key challenge is to prioritise resource for developing our corporate fundraising strategy and to increase other sources of income, including legacy income, individual donations, and trading income.

## **FINANCIAL REVIEW**

### **3. Financial review**

Action For Elders Trust's financial year end is 30 September 2018. In order to further develop activities, services and opportunities the charity continues to ensure that its day to day finances are healthy, its accounting procedures are robust and that it is alert to the strategic issues and risks associated with the management of funds under its guardianship.

As with many small charities, ensuring we have sufficient core funding to support the management and development of our work is an issue, as funders are more attracted to new project funding. Some more enlightened funders such as Lloyds Bank Foundation and National Lottery Community Fund recognise this issue and their financial contribution towards core costs has proved invaluable.

#### **3.1 Financial out-turn**

The presentation of our accounts for the year reflects our responsibilities in relation to the various grant funders that have supported us with income that is separately identified as restricted income in the SOFA with corresponding expenditure.

All of our financial income and expenditure - both restricted and unrestricted - underpins our mission.

This year saw a significant increase in our financial turnover of over 160%, due to an increase in larger grant support for development of both existing projects and new work. This development has inspired the title of this report: 'Sustaining What Is, Building What Isn't.'

We have been successful in securing the support of a wide range of funders, with which we have built excellent relationships, and are pleased that some of this funding is multi-year, helping ensure a pipeline of income for future years.

Our unrestricted funds remain modest. We expect this area to experience significant growth in future years in line with the adoption of our restructured but focused business plan with its priority for income diversification and sustainability.

The Board wishes to thank all of its financial supporters, both big and small, and takes its responsibility of stewardship in the distribution of monies awarded to us with the due diligence expected of custodians.

#### **3.2 Reserves policy**

During this accounting period the trust has received the majority of its income from restricted funding. These amounts have been focused on project implementation and delivery.

Over the next three years, trustees have agreed that the charity should work towards building unrestricted reserves of up to three months' running costs (approximately £50,000). This will help to ensure the charity's stability in the case of any unexpected loss of funding, and allow us to both meet any unforeseen expenditure and take advantage of new opportunities which present. In the event that our reserves exceed six months' running costs, we will reinvest this additional income in operational activity. Unrestricted reserves at 30 September 2018 were £2,851.

#### **3.3 Principal funding sources**

During this, our seventh year of operations, the principal funding streams remained largely unchanged from 2017/2018, other than we were able to attract a number of new funders to our work.

As reported previously our strategic aim is to move away from this reliance on grant funding and build sustainability through income diversity. We are actively exploring other sources of income, including corporate and individual donations, contracts, trading income and legacy funding.

However, our lack of core funding restricts us from moving forward on this strategy as quickly as we would hope for.

With the appointment of additional personnel, the charity is also moving forward in its continuous plans for financial and organisational sustainability.

#### **3.4 Investment policy and objectives**

There are insufficient unrestricted funds to consider an investment policy at this stage, although the trustees are fully aware of the ethical considerations to apply should future monies become available and would take the necessary advice from our professional advisers at the time of deliberation. Trustees have developed an ethical policy to inform future discussions.

## **ACTION FOR ELDERS TRUST**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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#### **FINANCIAL REVIEW**

##### **3.5 Risk management**

The Board have adopted a continuous process of risk assessment and management since the formation of the charity which it believes is at the correct level for a new and developing organisation. Where appropriate, robust systems or procedures, including financial have been established to manage the risk the charity faces at any one time. Once the risks have been identified, a 'traffic light' system is then adopted to manage the risk and plan for any contingencies, reflecting best practice governance quality assurance standards such as PQASSO.

The Board is satisfied that given the fact that this is still very much, in charitable terms, a new venture with a limited amount of resources for its core governance then the Trust has more robust systems, policies and procedures in place than many other organisations and businesses of similar size, structure and complexity. A review of risk is a standing item at all Board meetings and we are continually in discussion with our professional advisors on matters of governance, strategy, employment, and risk.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **4.1 Organisational structure and Board**

This report and review is provided by the trustees of Action For Elders Trust (charity no.1145996), whose registered office is at: Elfed House, Oak Tree Court, Cardiff Gate Business Park, Cardiff. CF23 8RS. Action for Elders Trust is also a registered company (07698291) private, limited by guarantee and with no share capital.

The Governing body of Action For Elders Trust is the Board of Trustees, who are also members of its management committee. The Board meets a minimum of three times a year, or as otherwise directed by its Chief Executive. At one of these meetings, its AGM, the officers are elected for an annual term of office.

The trustees of the charity during the year were Lorraine Morgan (Chair), Margaret Abbett, Wynford Emanuel, Edward Sherwood and Action For Elders CIC.

Action For Elders CIC, which has a separate board, is a Community Interest Company. It will donate its entire surplus (when in a position to do so) to the Trust through an asset lock. Directors of the CIC are legally allowed to sit on the Trust's Board and give strategic and management advice, as required for the benefit of the charity. However, voting rights are restricted to one collective vote for those directors in attendance. The Trust views this extra external input as fundamental to its governance and values the roles of the CIC Directors which are similar to that of Non Executives.

During the course of 2017/18, the Board of Trustees met three times to review the charity's strategy, operations and finance. In addition, monthly meetings took place between the Chair and Chief Executive and other trustees were frequently consulted and informed, providing advice and challenge.

The administration and operational procedures of the charity are the responsibility of the current Board of Trustees, who delegates the day to day strategic and operational management of the charity to the Chief Executive and through this position to the appropriate staff through the method of sub contracting and delegation, where applicable.

##### **4.2 Governing document**

The charity is controlled by its Memorandum and Articles of Association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

##### **4.3 Governance strategy**

Following an extensive review of activities, income, expenditure and capacity, the charity has a business plan to achieve financial sustainability and progressive service development, which is reviewed at trustees meetings. The plan has been restructured to focus on a 12 month period which senior staff believe allows for greater flexibility and speedier decision making in this current climate of uncertainty. The plan sets out the charity's mission, vision, values, aims and objectives for this period, and provides a framework for the reports of the Chief Executive to the Board throughout a particular year, alongside regular trustee reports, as appropriate and periodic risk appraisals.

##### **4.4 Recruitment and appointment of new trustees**

We are grateful to have a committed and highly expert Board of Trustees with a mix of skill sets. We are not currently recruiting new trustees.

For future recruitment, the Board recognises that it is important to recruit those who fully understand the issues and challenges of older people and share the general philosophy of care and culture of the Trust in regard to the betterment of the human condition and organisational development. The charity strives to promote a culture of care and business acumen in equal measure and does not wish in its development to lose sight of its prime reason for existing.

## **ACTION FOR ELDERS TRUST**

### **REPORT OF THE TRUSTEES FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **4.5 Induction and training of new trustees**

After undergoing a selection process procedure and interview, all potential trustees enter into a six month probationary period which includes an induction programme that follows the guidelines as set out in the Charity Commission publication 'The Essential Trustee'.

##### **4.6 Management and staffing**

Throughout this year, the charity had no formal employees for PAYE purposes.

The charity has a founding Chief Executive, together with a Development Director and Communications Director, who work on a freelance basis. This has proved a highly effective way to manage the charity as it has scaled up and grown, providing a flexible resource which has now expanded to become a full-time role.

Due to expansion, in spring 2018 we recruited a Project Delivery Manager, followed by a Director of Finance. This support has enabled us to grow the charity responsibly and professionally.

Furthermore, the charity has worked with twelve sessional staff during the course of the year, who provide facilitation - either as a Physical Mobility Teacher, Social Host, or Community Ambassador - for our Balanced Lives local projects.

While the current employment arrangements work well for the charity and for the freelance staff which support it - in particular, allowing the charity to control its costs in what is a volatile funding environment - over the next year we plan to undertake a strategic review of our arrangements and assess the pros and cons of becoming an employer.

##### **4.7 Other outsourced support**

The charity maintained and developed its relationship with its main financial advisers and accountants Watts Gregory LLP, who agreed to perform an independent examination of our accounts and gave advice far in excess of the fees charged. We are grateful to them for their support and understanding throughout the year.

We were also supported by Abel and Imray, who assisted us in our decision to trademark various aspects of our branding, including the 'Balanced Lives' trademark in order to protect our work, model and philosophy.

The charity is grateful to Capital Law, which has given us pro bono support including meeting room hire throughout the year.

The Board believes that it has set a standard for reporting and good governance which is more exacting than usual for a charity of our size.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Company number**

07698491 (England and Wales)

##### **Registered Charity number**

1145996

##### **Registered office**

Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
CF23 8RS

##### **Trustees**

L J Morgan	Chair
Action for Elders UK C.I.C.	
E P Sherwood	
W Emanuel	
M Abbett	

##### **Senior Management**

James Lewis  
Anne Faulkner  
Vicki Evans

**ACTION FOR ELDERS TRUST**

**REPORT OF THE TRUSTEES  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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**REFERENCE AND ADMINISTRATIVE DETAILS**

**Company Secretary**

Action for Elders UK C.I.C.

**Independent examiner**

Watts Gregory LLP  
Chartered Accountants  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

**Bankers**

Unity Trust Bank Plc  
Birmingham  
B1 2HB

Santander  
Bootle  
Merseyside  
L30 4GB

Approved by order of the Board of Trustees on ..... and signed on its behalf by:

.....  
W Emanuel - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
ACTION FOR ELDERS TRUST**

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**Independent examiner's report to the trustees of Action For Elders Trust ('the Company')**

I report to the charity trustees on my examination of the accounts of the Company for the year ended 30 September 2018.

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors 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 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**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of which is one of the listed bodies

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts 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 accounts 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 accounts to be reached

Julia Mortimer FCCA  
Watts Gregory LLP  
Chartered Accountants  
Elfed House  
Oak Tree Court  
Cardiff Gate Business Park  
CARDIFF  
County of Cardiff  
CF23 8RS

Date: .....

**ACTION FOR ELDERS TRUST**

**STATEMENT OF FINANCIAL ACTIVITIES  
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

	Notes	Unrestricted fund £	Restricted fund £	Total 2018 funds £	Total 2017 funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	3	10,744	-	10,744	571
<b>Charitable activities</b>	6				
Advancement of Health		4,500	246,115	250,615	108,170
Other trading activities	4	304	-	304	582
Investment income	5	45	-	45	2
<b>Total</b>		15,593	246,115	261,708	109,325
<b>EXPENDITURE ON</b>					
Raising funds	7	-	4,620	4,620	18,591
<b>Charitable activities</b>	8				
Advancement of Health		14,284	179,177	193,461	90,224
<b>Total</b>		14,284	183,797	198,081	108,815
<b>NET INCOME</b>		1,309	62,318	63,627	510
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		1,542	17,171	18,713	18,203
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>2,851</u>	<u>79,489</u>	<u>82,340</u>	<u>18,713</u>

The notes form part of these financial statements

**ACTION FOR ELDERS TRUST**

**BALANCE SHEET  
AT 30 SEPTEMBER 2018**

	Notes	Unrestricted fund £	Restricted fund £	Total £	2018 funds £	Total £	2017 funds £
<b>CURRENT ASSETS</b>							
Debtors	14	7,080	-	7,080	7,080	4,407	4,407
Cash at bank		<u>(2,429)</u>	<u>79,489</u>	<u>77,060</u>	<u>77,060</u>	<u>16,796</u>	<u>16,796</u>
		4,651	79,489	84,140	84,140	21,203	21,203
<b>CREDITORS</b>							
Amounts falling due within one year	15	<u>(1,800)</u>	-	<u>(1,800)</u>	<u>(1,800)</u>	<u>(2,490)</u>	<u>(2,490)</u>
<b>NET CURRENT ASSETS</b>		<u>2,851</u>	<u>79,489</u>	<u>82,340</u>	<u>82,340</u>	<u>18,713</u>	<u>18,713</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>2,851</u>	<u>79,489</u>	<u>82,340</u>	<u>82,340</u>	<u>18,713</u>	<u>18,713</u>
<b>NET ASSETS</b>		<u>2,851</u>	<u>79,489</u>	<u>82,340</u>	<u>82,340</u>	<u>18,713</u>	<u>18,713</u>
<b>FUNDS</b>							
Unrestricted funds	16			2,851	2,851	1,542	1,542
Restricted funds				<u>79,489</u>	<u>79,489</u>	<u>17,171</u>	<u>17,171</u>
<b>TOTAL FUNDS</b>				<u>82,340</u>	<u>82,340</u>	<u>18,713</u>	<u>18,713</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2018 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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 special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on ..... and were signed on its behalf by:

.....  
W Emanuel -Trustee

The notes form part of these financial statements



**1. STATUTORY INFORMATION**

Action for Elders Trust is a private company limited by guarantee, incorporated in Wales within the United Kingdom. The registered office is Elfed House, Oak Tree Court, Mulberry Drive, Cardiff Gate Business Park, Cardiff, CF23 8RS.

Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

The financial statements are presented in Sterling (£), the company's functional currency, and rounded to the nearest pound.

The principal activities and nature of the charity's operations is to help older people and society cope with the major challenges posed by increasing longevity and to co-create a world where older people are placed at the heart of a community, giving them the support they deserve to ensure that they get as much value out of their later life as possible.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

**2. ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Action for Elders Trust meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction values unless otherwise stated in the relevant accounting policy note(s).

**Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

It is not the policy of the charity to show income net of expenditure.

**Donations and legacies income**

Donations and legacies income includes donations, gifts and grants that provide core funding or are of a general nature and are recognised where there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Such income is only deferred when the donor specifies it must be used in future accounting periods or the donor has imposed conditions which must be met before the charity has unconditional entitlement.

**Income from charitable activities**

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions. This income is recognised as the related services are provided and there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

**Income from other trading activities**

Income from other trading activities includes income received under contract. This income is recognised as the related services are provided and there is entitlement, probability of receipt and the amount can be measured with sufficient reliability. Income is deferred when the amounts received are in advance of the performance of the service or event to which they relate.

**Investment income**

Investment income is recognised on a receivable basis.

**2. ACCOUNTING POLICIES - continued****Basis of recognition of liabilities**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Expenditure on costs of raising funds includes fundraising costs.

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

Support costs are those costs that, whilst necessary to deliver an activity, do not themselves produce or constitute the output of the charitable activity. This includes governance costs which are those costs associated with meeting the constitutional and statutory requirements of the charity and include the accountancy fees and costs linked to the strategic management of the charity.

**Allocation and apportionment of costs**

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

**Taxation**

The charity is exempt from corporation tax on its charitable activities.

**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.

**Debtors**

Debtors with no stated interest rate and receivable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

**Creditors**

Creditors 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 are normally recognised at their settlement amount after allowing for any trade discounts due.

**Fund accounting****Unrestricted funds**

Unrestricted funds are donations and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

**Restricted funds**

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure, which meets this criterion, is charged to the fund, together with a fair allocation of support and governance costs.

**3. DONATIONS AND LEGACIES**

	2018	2017
	£	£
Donations	<u>10,744</u>	<u>571</u>

**ACTION FOR ELDERS TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

**4. OTHER TRADING ACTIVITIES**

	2018 £	2017 £
Fundraising	-	378
Action for Elders lottery	<u>304</u>	<u>204</u>
	<u>304</u>	<u>582</u>

**5. INVESTMENT INCOME**

	2018 £	2017 £
Deposit account interest	<u>45</u>	<u>2</u>

**6. INCOME FROM CHARITABLE ACTIVITIES**

	2018 £	2017 £
Grants	<u>250,615</u>	<u>108,170</u>

Grants received, included in the above, are as follows:

	2018 £	2017 £
Lloyds Bank Foundation for England and Wales	14,750	-
People's Health Trust	1,560	-
E.F. Bulmer Benevolent Fund	1,500	3,500
Sheffield Town Trust	2,000	-
The Harry Bottom Charitable Trust	2,500	2,000
The Austin Bailey Foundation	-	500
The Albert Hunt Trust	2,000	-
Big Lottery Fund - Reaching Communities	73,850	62,075
People's Health Trust - Active Communities Funding Programme	-	10,920
Joseph Rowntree Foundation	-	4,950
Groundwork UK	3,000	9,975
Barry Town Council	-	300
Swansea Council for Voluntary Service	4,000	8,000
Glamorgan Voluntary Service	-	4,950
The Alan Cadbury Charitable Trust	-	1,000
National Lottery - Awards for All	9,895	-
Big Lottery Fund - Balanced Lives Barry and the Vale	60,898	-
Herefordshire County Council	42,900	-
The Millennium Stadium Charitable Trust	2,500	-
Cardiff Third Sector	4,688	-
The Evan Cornish Foundation	4,650	-
The Dunhill Medical trust	<u>19,924</u>	<u>-</u>
	<u>250,615</u>	<u>108,170</u>

**7. RAISING FUNDS**

**Other trading activities**

	2018 £	2017 £
Fundraising costs	<u>4,620</u>	<u>18,591</u>

**ACTION FOR ELDERS TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

**8. CHARITABLE ACTIVITIES COSTS**

	Direct costs (See note 9) £	Support costs (See note 10) £	Totals £
Advancement of Health	<u>187,287</u>	<u>6,174</u>	<u>193,461</u>

**9. DIRECT COSTS OF CHARITABLE ACTIVITIES**

	2018 £	2017 £
Direct charitable activities - Balanced Lives Programme	91,621	23,603
Project development, implementation and research	51,260	38,049
Motor, travel and subsistence	12,910	-
Administration hire fees	-	7,123
Direct office costs	10,343	4,328
IT and web services	9,249	4,351
PR and marketing costs	4,830	2,263
Bank charges	229	84
Other direct costs	-	4,672
Events	1,927	-
Control and compliance	<u>4,918</u>	<u>-</u>
	<u>187,287</u>	<u>84,473</u>

**10. SUPPORT COSTS**

	Governance costs £
Advancement of Health	<u>6,174</u>

**11. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

	2018 £	2017 £
Independent Examiners fees	<u>1,800</u>	<u>780</u>

**12. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 30 September 2018 or for the year ended 30 September 2017.

**Trustees' expenses**

During the year, trustees' expenses totalling £62 (2017 - £157) were paid to or on behalf of 1 trustee (2017 - 3 trustees) in respect of travel and subsistence expenses.

**ACTION FOR ELDERS TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

**13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	571	-	571
<b>Charitable activities</b>			
Advancement of Health	2,000	106,170	108,170
Other trading activities	582	-	582
Investment income	<u>2</u>	<u>-</u>	<u>2</u>
<b>Total</b>	3,155	106,170	109,325
<b>EXPENDITURE ON</b>			
Raising funds	-	18,591	18,591
<b>Charitable activities</b>			
Advancement of Health	<u>1,155</u>	<u>89,069</u>	<u>90,224</u>
<b>Total</b>	1,155	107,660	108,815
<b>NET INCOME</b>	2,000	(1,490)	510
<b>RECONCILIATION OF FUNDS</b>			
<b>Total funds brought forward</b>	<u>(458)</u>	<u>18,661</u>	<u>18,203</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u><u>1,542</u></u>	<u><u>17,171</u></u>	<u><u>18,713</u></u>

**14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2018 £	2017 £
Other debtors	2,230	-
Balance due from Action For Elders UK C.I.C.	4,850	-
Prepayments and accrued income	<u>-</u>	<u>4,407</u>
	<u><u>7,080</u></u>	<u><u>4,407</u></u>

**15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2018 £	2017 £
Balance due to Action for Elders UK C.I.C.	-	690
Accruals and deferred income	<u>1,800</u>	<u>1,800</u>
	<u><u>1,800</u></u>	<u><u>2,490</u></u>

**ACTION FOR ELDERS TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

**16. MOVEMENT IN FUNDS**

	At 1/10/17 £	Net movement in funds £	At 30/9/18 £
<b>Unrestricted funds</b>			
General fund	1,542	1,309	2,851
<b>Restricted funds</b>			
Project delivery and development	17,171	62,318	79,489
	<u>18,713</u>	<u>63,627</u>	<u>82,340</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	15,593	(14,284)	1,309
<b>Restricted funds</b>			
Project delivery and development	246,115	(183,797)	62,318
	<u>261,708</u>	<u>(198,081)</u>	<u>63,627</u>

**Comparatives for movement in funds**

	At 1/10/16 £	Net movement in funds £	At 30/9/17 £
<b>Unrestricted Funds</b>			
General fund	(458)	2,000	1,542
<b>Restricted Funds</b>			
Project delivery and development	18,661	(1,490)	17,171
	<u>18,203</u>	<u>510</u>	<u>18,713</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	3,155	(1,155)	2,000
<b>Restricted funds</b>			
Project delivery and development	106,170	(107,660)	(1,490)
	<u>109,325</u>	<u>(108,815)</u>	<u>510</u>

**16. MOVEMENT IN FUNDS - continued**

During the year the charity obtained grant funding from a number of highly respectable sector funders as listed within note 6 of the financial statements.

Specific restrictions as outlined below:-

**National Lottery - Awards for All**

Specifically for Creating a Wellbeing Community at Prior Bank Care Home, Sheffield.

**The Dunhill Medical Trust**

Grant funding for a two year period to pilot an innovative programme throughout Swansea Bay involving the placement of 'volunteer activators' within GP surgeries throughout the cluster area. The project acts as a signposting service for older people.

**The Evan Cornish Foundation**

Grant awarded as a contribution to build on the success and sustainability of the charity's pilot work in the care home sector with particular relevance to Sheffield.

**Lloyds Bank Foundation**

Funding received specifically to fund freelance consultancy costs.

**Cardiff Third Sector Council**

Grant provided to fund 12 weeks balanced lives programme.

**The Millennium Stadium Charitable Trust**

The grant was awarded from its Sports Legacy Grant Scheme to contribute to and aid the sustainment of one of the charity's oldest Balanced Lives Programmes which has been running since 2011 in the community of Clydach, Swansea.

**Herefordshire County Council**

The Award was part of the IBCF initiative administered by Hereford City Council. Balanced Lives Hereford was tasked with delivering two community based health and well-being programmes to support older people within the city of Hereford.

**Swansea Council for Voluntary Service**

The grant was awarded as part of the ABMU Health Board Social Care and Well Being 'Changing for the Better' initiative. The monies will be paid to support the development of our Balanced Lives Programmes in Swansea.

**E.F. Bulmer Benevolent fund**

Funding specifically for Herefordshire clients.

**Big Lottery Fund - Reaching Communities**

Funding received under the project 'Improving the Health and Wellbeing of older people in York'. This three year grant will fully-fund the project. It will cover recruitment, running expenses, training, travel, sessional workers (including a community ambassador), consultancy, building capabilities, start-up costs and project overheads.

**People's Health Trust**

Funding received under 'Active Communities Funding Programme', towards the organisations 'Adding value in later life in Herefordshire' project, based within the HealthThrive Local Society Area.

**Groundwork UK**

Grant funding received specifically for Balanced lives: Supporting Care Home Residents with Dementia.

**Big Lottery Fund - Balanced Lives Barry and The Vale**

Project funding will improve the health and well-being of older people in Barry and the Vale of Glamorgan by delivering sessions and activities that focus on preventative health, mental health and mobility.

**Sheffield Town Trust**

Funding specifically for a project for residents of Prior Bank Care Home.

**ACTION FOR ELDERS TRUST**

**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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**16. MOVEMENT IN FUNDS - continued**

**Prior year restricted funds:**

**Joseph Rowntree Foundation**

Funding towards the set up of a Balanced Lives programme in a rural community of Clifton, York.

**Groundwork UK**

Funding towards the set up of a new Balanced Lives programme in a rural community of Peterborough.

**Barry Town Council**

Funding specifically for Barry clients.

**Swansea Council for Voluntary Service**

Funding towards the set up of a new Balanced Lives programme in a rural community of Swansea.

**Glamorgan Voluntary Service**

Funding specifically for a physical mobility leader, social host, travel and subsistence and project management costs.

**The Alan Cadbury Charitable Trust**

Funding towards the set up of a new Balanced Lives programme in a rural community of Herefordshire.

**The Harry Bottom Charitable Trust**

Funding specifically for Sheffield clients.

**The Austin Bailey Foundation**

Funding towards the hire of a venue in Clydach for 36 weeks to provide group courses for the elderly to encourage health and prevent falling.

All other grant funding was received in support of the Balanced Lives Health and Social Economy programme.

**17. RELATED PARTY DISCLOSURES**

During the year, payments were made to J Lewis for project development, implementation, fundraising, WEB marketing and governance services provided to the charity amounting to £55,190 (2017 - £41,320). J Lewis is a director of Action for Elders UK C.I.C. At the year end J Lewis owed the charity £1,259.

During the year, payments were made to M Lewis in respect of lead services for a pilot community fundraising initiative amounting to £5,075 (2017 - £2,400). M Lewis is a close family member of J Lewis.

During the prior year, payments were made to S Lewis in respect of poster design for projects and publicity amounting to £500). S Lewis is a close family member of J Lewis.

As at 30 September 2017 a balance of £4,850 (2017 - £690 due to) was due from Action for Elders UK C.I.C. The balance has arisen as a result of transactions paid for/on behalf of and bank transfers with Action for Elders UK C.I.C.

**18. FINANCIAL INSTRUMENTS**

	2018 £	2017 £
<b>Financial assets</b>		
Financial assets that are debt instruments measured at amortised cost	<u>84,140</u>	<u>21,203</u>
<b>Financial liabilities</b>		
Financial liabilities measured at amortised cost	<u>1,800</u>	<u>2,490</u>

Financial assets measured at amortised cost comprise of cash, trade debtors and other debtors.

Financial liabilities measured at amortised cost comprise of trade creditors, other creditors and accruals.



**ACTION FOR ELDERS TRUST**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

	2018 £	2017 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	10,744	571
<b>Other trading activities</b>		
Fundraising	-	378
Action for Elders lottery	<u>304</u>	<u>204</u>
	304	582
<b>Investment income</b>		
Deposit account interest	45	2
<b>Charitable activities</b>		
Grants	<u>250,615</u>	<u>108,170</u>
<b>Total incoming resources</b>	261,708	109,325
<b>EXPENDITURE</b>		
<b>Other trading activities</b>		
Fundraising costs	4,620	18,591
<b>Charitable activities</b>		
Direct charitable activities - Balanced Lives Programme	91,621	23,603
Project development, implementation and research	51,260	38,049
Motor, travel and subsistence	12,910	-
Administration hire fees	-	7,123
Direct office costs	10,343	4,328
IT and web services	9,249	4,351
PR and marketing costs	4,830	2,263
Bank charges	229	84
Other direct costs	-	4,672
Events	1,927	-
Control and compliance	<u>4,918</u>	<u>-</u>
	187,287	84,473
<b>Support costs</b>		
<b>Governance costs</b>		
Accountancy fees	1,800	780
Legal fees	4,374	300
Governance costs	<u>-</u>	<u>4,671</u>
	<u>6,174</u>	<u>5,751</u>
<b>Total resources expended</b>	198,081	108,815
<b>Net income</b>	<u><u>63,627</u></u>	<u><u>510</u></u>

This page does not form part of the statutory financial statements