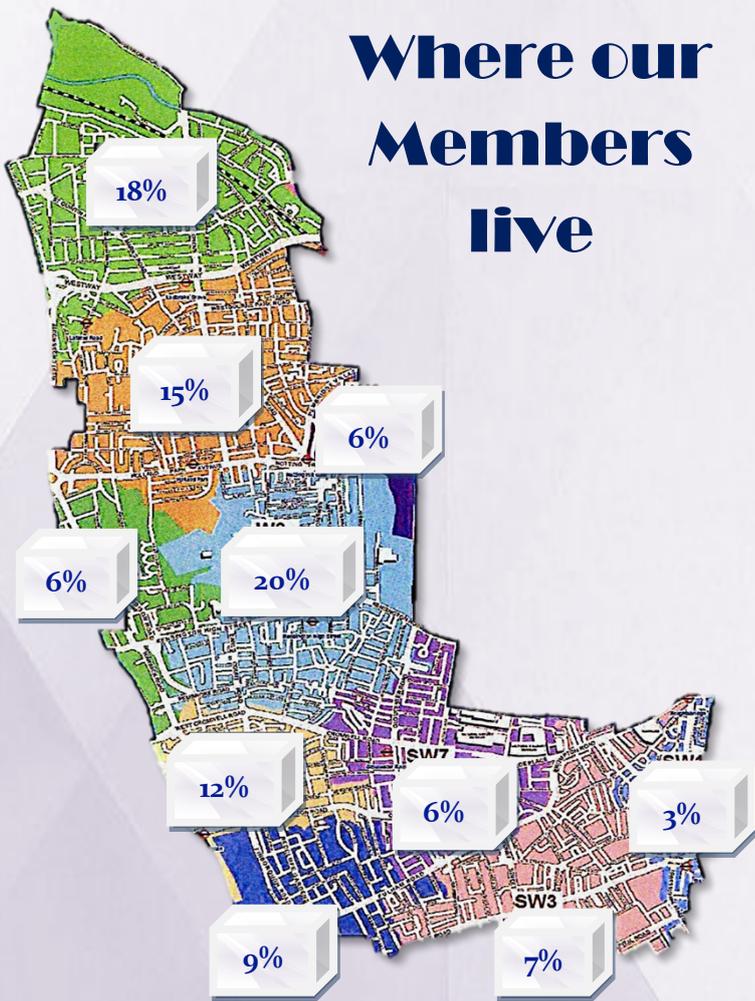




2018/2019

Annual Report



Holy Trinity Sloane Square



Kensington Gardens



Natural History Museum

KENSINGTON AND CHELSEA FORUM FOR OLDER RESIDENTS

Keeping Older Residents

- Informed
- Involved
- And Influential

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Victoria Borwick; The Mayor Cllr Marie-Therese Rossi; The Deputy Mayor Cllr Mohammed Bakhtiar; Laura Radley, Vice-Chair of the Kensington and Chelsea Forum for Older Residents

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CIO Registered Charity No 1158108

PROFILE

The Kensington and Chelsea Forum for Older Residents was set up in 1996, a community voluntary organization giving older residents of the Royal Borough an active voice in stating their needs and concerns on local issues and in working to alleviate social isolation in the Borough. We became a CIO registered charity in August 2014. We hold public meetings in the Town Hall on a range of topics with expert speakers focusing on transport, environment, community safety, housing, lifelong learning, health and government policies. We contribute to the wider movements through our links with regional and national bodies.

Governing Document

On 5th August 2014 the charity became a CIO registered charity establishing its objects in a new constitution.

The Forum's objectives are to:

To relieve elderly persons in Kensington and Chelsea and other London boroughs who are in need by reason of their financial circumstances, physical or mental health and by providing a framework of support for older people to help them remain healthy and independent.

The Forum's aims are to:

To promote the welfare and interests and to reach out to isolated older people and communities and provide them with information that will help them take more control over their lives and to give them a platform to voice concerns about issues relevant to them and to co-ordinate actions on those issues.

To provide a safe environment for older people in the London Borough of Kensington and Chelsea and others to meet for mutual support and to develop resources and liaise with relevant voluntary and statutory bodies/agencies.

Mission Statement

To support older people in Kensington and Chelsea to remain independent, healthy, foster inclusion, community cohesion and work to reduce social isolation

EXECUTIVE COMMITTEE MEMBERS

Chair:	Stewart Katz
Vice Chair:	Laura Radley
Trustee:	Lucille Briance
Trustee:	Oonagh Wohanka
Trustee:	Helen Morgan Edwards
Trustee:	Joyce Sack

STAFF:

Chief Executive:	Zara Ghods
Marketing Director:	Mina Nakhai

THE FORUM IS FUNDED BY


West London
Clinical Commissioning Group



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

the
Tudortrust

CHAIR'S REPORT

Stewart Katz, Chair

CHAIR'S REPORT

Dear Friends

It is with great pleasure that I present the Kensington and Chelsea forum 2019 Annual Report.

It has been a most successful year again, measured by the number of fully funded activities we have managed to create and run. This result has, in no small measure, come from the hard work, determination and creativity of our small team and volunteers punching way beyond their weight, in a crowded and challenging environment.

The Report highlights the various activities carried out during the year, and makes most gratifying reading.

I am particularly proud to recall the success of the lunches and celebrations for the Women's Emancipation Centenary, which brought so much pleasure to the hundreds of guests attending.

I give personal thanks to the Committee, Zara Ghods and Mina Nakhai for their sterling and indefatigable work throughout the year.

And I would like to thank all the organisations who have supported the Forum financially and in kind.

And our funders: RBKC, Adult Social Care and West London Commissioning Group

Besides continuing with some current activities, there are several new initiatives the Forum is working on for the current year, and I look forward to reporting on these in the next report

Kindest Regards

Stewart Katz

REVIEWING KEY ACTIVITIES

THE SELF CARE PROJECT FUNDED BY WLCCG AND ADULT SOCIAL CARE

Self-care is the measures that people can take for themselves and their families in order to maintain and improve their health and wellbeing. Unnecessary GP consultations for minor ailments are costing the NHS over £2bn a year. The successful development of a self-care program in communities is therefore an important achievement.

Although most people feel able to manage minor ailments, research shows that people often desert self-care earlier than they need to, seeking the advice of a doctor within a period of 4-7 days. The main reasons for this are:

- Lack of knowledge in understanding the normal progress of symptoms (e.g. a cold can last up to 14 days)
- The perceived severity and duration of symptoms
- Reassurance that nothing more serious is wrong
- A prescription to 'cure' the illness, even though the same medicine may be available over-the-counter



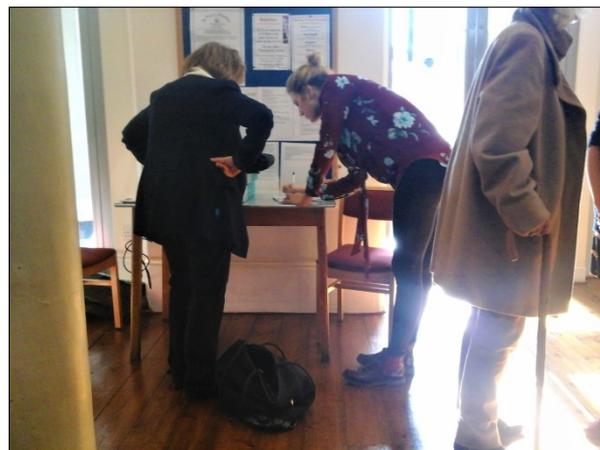
Often just simple changes aimed at meeting the needs of local communities can be very effective at encouraging increased self-care. These include giving patients the information they need to care for their common ailments and to make healthy lifestyle choices, signposting people to the right local services and outreach work to provide health advice. A more holistic approach has been adopted in addition to the traditional means of self-care

so that long-term good mental and physical health can be attained.

The aim of this project was to improve and promote successful self-care for older people within the Royal Borough of Kensington and Chelsea.

Specifically, the aim of the project has been to increase

- Confidence in dealing with health issues
- Control over own health and wellbeing issues and those of loved ones
- Awareness of activities available in RBKC to improve lifestyles
- Willingness to engage with others and make new friends
- Efficient use of resources.



The project objectives were to

a) Conduct a review of qualitative research evidence.

The aim of the review was to understand self-care in terms of older peoples' own self-care management techniques, identifying the causal barriers and facilitators of self-care actions.

b) Use the outcomes of that synthesis to create guidance which would be incorporated into educational provision for older people.

c) Provide opportunity for older people to incorporate a self-care regimen by offering skilled support beyond the educational facilities offered.

The outcomes were achieved by providing information, guidance and support on health issues at our master hubs throughout the Borough: St Peter's Church, Brompton Library, Cremorne Sheltered Clubrooms and St Mary Abbots Centre as well as at a number of sheltered housing schemes.



There is therefore a need for the implementation of a self-care programme.

This project is being funded by Adult Social Care to develop and reach out to the local community and beyond with information that would enable them to deal with health problems without having to encumber the NHS when not necessary.

The overall aim of this project has been to improve and promote effective self-care for

older people within the Royal Borough of Kensington and Chelsea.

The talks facilitated self-care regiments by bringing information about various health and wellbeing issues.

Speakers were scheduled to talk at five hubs and 23 events from major national health organisations and independent health services that brought information about some key health issues:

- Diabetes Coffee Mornings: Diabetes UK –the Bi-borough Coordinator Diabetes Champions gave several presentations at various sheltered housing schemes about diabetes and answered questions.
- Memory Loss and Alzheimer’s workshop ran by Cogniciti – the brain healthcare organisation. The symptoms, treatments, risk factors, prevention and treatment of Alzheimer’s and memory loss were explored in this workshop.
- Falls prevention presentation hosted by George Baker (Physiotherapist) and Laura Walsh (Occupational therapist) from the Hospital of St John and St Elizabeth. This workshop aimed to help give members an understanding of why falls occur, the risk factors that lead to falls and to present the necessary tools to reduce the risk of falling plus an exercise regime which would help reduce falls.
- We partnered with Imperial College Research on Memory Loss. Those taking part were given the opportunity to participate in studies focusing on the prediction and prevention of cognitive decline and dementia. This may lead to the development of effective life-style advice or therapies that reduce the risk of developing memory loss, confusion or dementia.
- Gym Group Therapy Session to help participants to stay active and independent and avoid stiff and painful joints. This group session involved following a gentle exercise program under the supervision of the physiotherapist from Excellence Physiotherapy who adopted exercises to suite specific conditions that participants could do at home on their own. The session covered:
 - Exercises to re-train and mobilise muscles from head to toe
 - Stretching to increase flexibility and reduce pain in joints
 - Gentle gym to keep participants active
 - Back-care exercises to help keep the back supple and reduce pain
 - Excellent fall prevention exercises that really work



Medics. Dr Diane Loudon graduated from Charring Cross and Westminster Medical School and has been working as a general practitioner in Chelsea for 20 years. Dr Shaima Villait is a general practitioner working in Chelsea. She graduated from Imperial College.

- The Stroke Association has done a number of presentations on avoiding stroke and life after stroke at a number of our hubs and sheltered housing schemes
- Nutrition and Health and Wellbeing Workshops in several sheltered housing venues

with videos and handouts to help improve health and slow cognitive decline. Included quizzes with prizes to help increase attendance and encourage the isolated residents to attend

- Falls Prevention Stretch demonstration exercises and information hand-outs (by kind permission of University News Publications) at several sheltered housing schemes using the University News Publication: *Easy Stretches and Exercises for Seniors: how seniors can improve stability and core strength and prevent falls*
- Food for the Brain: speaker is Olga Preston, a qualified Nutritional Therapist through the acclaimed Institute of Optimum Nutrition and Clinical Manager of the Brain Bio Centre. She also has over 20 years experience in the health care industry.
- Innovo –Stop incontinence. Innovo sent demonstrators to show our members how to control incontinence. The cost of incontinence pads to the NHS is substantial and training offered by the Innovo product can reduce this radically
- Shoes for your Health and Safety. Rosie Laker from the award-winning shoe firm DB Wider-Fit-Shoes gave a presentation on why good fitting shoes is important for older people. It prevents falls and alleviates arthritis, corns, callouses and prevents pain and injuries which could impair mobility. Bad-fitting shoes can affect the back and knees.
- Nutrition and Osteopathy for Older People presentation by Susannah Makram, a noted Consultant osteopath who talked about how nutrition can affect knee pain, back and neck pain, musculoskeletal pain, non-specific pelvic pain and nerve pain



- The ME Association gave a presentation to our members. This is a UK health charitable organization that provides information, advocacy, and services to persons and families affected by ME/CFS, and raises funds for research into ME/CFS. Myalgic encephalomyelitis (ME) is characterised by a range of neurological symptoms and signs, muscle pain with physical or mental exhaustion, relapses, and specific cognitive disabilities.

- Common Medical Problems that Affect Older People. Dr Avinash Sharma, a Consultant Physician at Chelsea and

Westminster Hospital's Elderly Clinic talked about problems to look out for as you age

- Memory and Brain Health. Dr Jane Pitched, a Consultant Admiral Nurse (a specialist nurse working with people with dementia and their families) gave a presentation on dementia.

She has been working with people with dementia for nearly sixteen years, and is passionate about providing the best possible care

- Alexander Technique Workshop for people who are looking for a lasting solution to poor posture, back pain, repetitive strain injuries and who want to improve performance, breathing, stress levels and overall balance and coordination
- Prevention can save Lives -the Forum has organized with the NHS Diabetes Champions a number of sessions for members and friends who had the opportunity to be tested for the risks of developing diabetes



- Professor Frances Williams: professor of Genomic Epidemiology at Kings College talked to our members about controlling pain. Her research interests include the genetic epidemiology of chronic pain syndromes such as osteoarthritis of the spine and osteoporosis, and age-related hearing impairment.
- University College London Research Team. The effects of ageing on the immune system headed by Arne Akbar, professor of

Immunology. The UCL research is concerned with the effects of ageing on the immune system. As we grow older our ability to fight infection and illness is often diminished. Their research aims to better understand how the immune system functions in older individuals as compared to younger individuals which they hope will lead to developments in how boosting the immune system in older populations. Many of our members joined the research project

- Talkhealth is one of the leading online health communities providing free information and support to those with chronic health conditions, whilst collaborating with pharmaceutical and healthcare companies, charities and medical professionals to develop sustainable health programmes and solutions. They gave a presentation to our members about their work.
- Sepsis: the Silent Killer. Sarah Hamilton-Fairley, Executive Director of Strategy of the Sepsis Trust talked about this dangerous condition. There are around 250,000 cases of sepsis a year in the UK. At least 46,000 people die every year as a result of the condition.
- Rheumatology: A presentation by Dr Elisa Astorri who is an Academic Physician Rheumatologist working at Barts Hospital, Queen Mary University. She is the founder of Rheumatology Harley Street, a private practice specialising in the cure of inflammatory joint disorders and autoimmune rheumatic conditions.



- **Common Digestive Problems.** This was an informative talk given by the charity Guts UK on common digestive diseases to watch out for as you get older. These may include diverticular disease, pancreatic disorders, cancers, biliary and liver disorders and colitis
- **Stroke Association.** Barry Coppock from the Stroke Association gave talks to a number of our sheltered housing schemes and venues on the dangers of strokes, how to avoid them and life after stroke.

The Self-Care Fact Sheets continued to be distributed at venues. They provide information about useful facts, what patients can expect to happen, what people can do to help themselves, when to seek medical help and where to find out more.

The Forum continued this year to engage the hard-to-reach residents in sheltered schemes in order that they may become more informed and engaged in activities to improve lifestyles. This was done by holding talks and social activities in the sheltered housing schemes in North Kensington and Cremorne Ward.



Again this year as in past years, talks were held in community centres to help the BME and hard to reach communities become more informed about local services. The objectives have been to ensure that older people become more involved in the design and delivery of services and develop confidence through this knowledge.

There were 30 activities delivered at seven sheltered schemes across the Borough to highlight local services. Some of the subjects covered included:

- | | |
|---|---------------------------------|
| ■ NUTRITION | ■ DIABETES UK |
| ■ HEALTH AND WELLBEING | ■ EXERCISE AND FALLS PREVENTION |
| ■ MEMORY AND DEMENTIA SERVICES | ■ PENSION SERVICES |
| ■ ANXIETY , STRESS AND LONELINESS | ■ SCAMS AND FRAUD |
| ■ STROKE PREVENTION AND LIFE AFTER STROKE | |

Also awareness of our health and wellbeing website [www.seniorhealthandwellbeing.co.uk] assisted self-care. This website received 21,000 unique visitors worldwide, 71% of which were from the UK.

Additionally we distributed through emails information from the HARVARD MEDICAL SCHOOL SPECIAL HEALTH REPORTS. Harvard Medical School is one of the most famous in the world and produces excellent Reports for patients. Here are a few of their publications for older people which we have made available to our users: (for full list see <http://www.content.health.harvard.edu/SpecialHealthReports/index.html>)

FREE TAI CHI CLASSES TO HELP MAINTAIN MUSCLE STRENGTH AND BALANCE

We have continued to hold our free Tai Chi classes ran by coach Christine Jones (right) who is the founder of Tai Ji Circle, a registered charity which brings the benefits of Tai Chi to people of all ages including the over 60s and the disabled. Our classes take place every Friday from 11 am to 12 noon. They are held in the Essex Unitarian Church, 112 Palace Gardens Terrace, W8 4RT. We have worked with the



CLCH/Falls Prevention team to refer those individuals who will need a different support to improve their wellbeing.

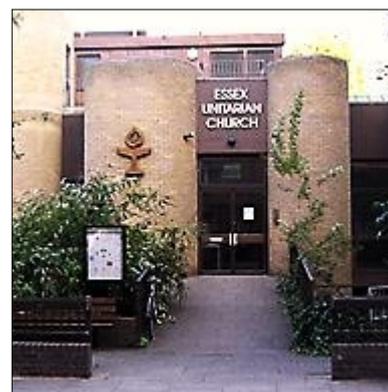


Our classes are extremely popular and attendance has increased. We have had to hold them in larger rooms to accommodate the larger numbers. The attendees include local residents and people from throughout the Borough. We have tried to encourage the more hard to reach older residents of the Borough to attend.

We have also encouraged older people who live in the immediate vicinity of the Church to attend these classes and to engage in local activities that we delivered in 2018/2019.

Some of the benefits of Tai Chi for older people include:

- ◆ Better mood, with lower levels of depression, stress, and anxiety
- ◆ Greater aerobic capacity and muscle strength
- ◆ Fewer falls
- ◆ More energy and stamina
- ◆ Enhanced flexibility, balance and agility
- ◆ Lower blood pressure and improved heart health
- ◆ Reduced inflammation



ACTIVITIES WITHIN THE BOROUGH

We have continued to encourage homebound and isolated residents to attend our many activities and outings which have included our monthly Tea Afternoon sessions in St Peter's Notting Hill, events at the St Mary Abbots Centre and the Brompton Library. We have continued to work with the local GP surgeries, the Kensington Central Library and the residences' associations to encourage more local residents to join our events. This year we are also working with the Holy Trinity Sloane Square where we have held a number of events.



We held several events in Kensington Palace this year as part of the Community Access Scheme (CAS). This Scheme offers free entry and practical advice and support for exploring the Palace to adult community groups. We have held six events this year in the Mrs Lyons Room in the Palace in which our members had Afternoon Tea and a lecture on health and wellbeing in the Victorian Era and a tour of the Museum.

We have continued to work with local businesses, churches, medical and dental practices, social services and Carers Kensington and Chelsea to identify and communicate with isolated older people and to create an environment conducive to the health, wellbeing and security of older people.

We have continued to work this year with the Community Safety Team and Trading Standards in bringing awareness of scams by holding several events throughout the Borough.



We have increased the number of events we held this year to include many more on the culture and heritage of the Borough, London and the UK. Our membership has continued to increase.



MINDFULNESS



We launched our Mindfulness Courses in April 2018 which has been funded by the WLCCG. The courses are held by our Mindfulness and Wellbeing Coach Elizabeth Hooper CThA (left). The courses have involved attending one class per week for 12 weeks. The courses have trained participants to practice mindfulness meditation at home which should be done every day to obtain the best benefits.

Mindfulness is a technique which has been widely recommended for improving the mental wellbeing of those practicing it. Research has also shown that it can reduce cognitive decline in older people.

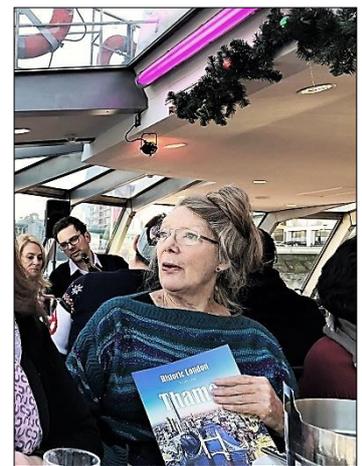
MESSAGE IN A BOTTLE

This year we have continued to supply 42 pharmacies throughout the Borough and 24 GP practices under My Care My Way. The Message in a Bottle is an essential life-saving scheme to help the emergency services if you have an accident or health incident within your home.

The purpose is to keep your personal and medical details on a standard form inserted in the bottle and placed in your fridge. Emergency services are alerted by the sticker placed on the back of your front door and on the door of your fridge. The scheme is for all ages. You can obtain the bottle from your local pharmacy or GP practice.



SENSATIONAL CHRISTMAS CRUISE LUNCH ON THE THAMES



We celebrated Christmas with a sensational Christmas Cruise Festive Lunch on the Thames. We were fully booked with over 60 of our members joining us. Elegant dining, entertainment and spectacular sights made this Christmas party on the river a truly memorable one. The lunch included a three-hour river cruise, a welcome glass of sparkling wine, 3-course Traditional Festive lunch menu followed by tea or coffee, a vocalist with festive music and a medley of popular songs, Christmas crackers and decorations, dancing and a licensed Bar.

VOTE 100 COMMUNITY TEA



Vote 100 was the Parliamentary project to mark the 100th anniversary of the Representation of the People Act 1918, which enabled all men and some women over the age of 30 to vote for the first time. The Borough of Kensington and Chelsea hosted a Community Tea event for the isolated and homebound residents on July 8th, 2018 at the Kensington Town Hall to commemorate this anniversary. The Kensington and

Chelsea Forum for Older Residents worked with all the voluntary organisations in the Borough to invite guests and also helped organize the event

Over 350 older residents from across the Borough

attended this memorable event. The activities included two seminars in North Kensington focusing on challenges and achievements and an intergeneration Open Day in the National Army Museum in Chelsea.



The Leader of the Council

Kensington had made a significant contribution to the Women's Suffragette Movement when a discussion group for middle-class women called the Kensington Society who met at 44 Phillimore

Gardens in Kensington discussed the issue of the vote at one of their meetings and decided to form an informal committee to draft a petition which the Liberal philosopher John Stuart Mill MP eventually presented to Parliament.



NATIONAL ARMY MUSEUM



We partnered with the National Army Museum to launch An Intergenerational Day of Discovery in the presence of The Worshipful Mayor of Kensington and Chelsea Cllr Marie- Therese Rossi and the Deputy Mayor Cllr Mohammed Bakhtiar. This was part of the Vote 100 celebrations.

The National Army Museum organised this unique day with the Kensington and Chelsea forum for Older Residents so that

schools and Forum members and friends can enjoy the museum's wide range of activities. There included Music, poetry, discussions and free refreshments to highlight the Vote 100 and the WWI Centenaries

This event included a full free programme for forum members and friends:

- Object handling workshop
- Guided gallery tour
- Panel discussion – female soldier role models
- All-female military band
- Private room for forum members to enjoy tea/coffee



Justin Maciejewski DSO MBE Director General of the National Army Museum with Laura Radley, Vice Chair of the K & C Forum



EXCLUSIVE PRIVATE TOUR OF LEIGHTON HOUSE MUSEUM



The Kensington and Chelsea Forum for Older Residents organised a private, exclusive tour of the Leighton House Museum for our members and friends. The Museum gave us a wonderful tour and presentation on their future plans which included organising a much more community-friendly atmosphere with a cafeteria which is generally more accessible and friendly. The presentation was followed by a wonderful tea with cakes where members networked and asked questions.



Our members at the Leighton House Museum

THE LONDON FIRE BRIGADE



The London Fire Brigade invited 34 of our members to a fantastic afternoon of tea, cakes and fun at the Chelsea Fire Station. There was a presentation on safety in the home and the work that the Fire Brigade does for the residents of the Borough of Kensington and Chelsea.



The Fire Brigade originated after the Great Fire of 1666 when businessmen created the 'Fire Insurance Brigades' to limit losses in future. The Great Fire was a huge financial blow to the city, the cost being estimated at £10 million at a time when London's annual income was only £12,000. People were financially ruined and debtors' prisons became over-crowded. Each insurance company supplied its own Insurance Fire Brigade team which would only tackle fire in a building displaying the team's own insurance company's plaque (see right).



Insurance company's plaque on an insured building



The Mayor Cllr Marie Therese-Rossi and Cllr Robert Freeman with The Twin Swing 1920's dancers

The Kensington and Chelsea Forum helped organise a Silver Sunday *Afternoon of Music* for the over 50s at the Our Lady of Victories Parish Centre. The event included a brilliant performance by the Opera Holland Park and a 1920's routine by the very popular Swing Twin. Afternoon tea was served after the performances. The event was funded by City Living Local Life.

Silver Sunday is a special day in the National Calendar when everyone can come together to celebrate older people. Hundreds of events are held Nationwide to celebrate Silver Sunday every year.



Opera Holland Park singers at our Silver Sunday event



SOCIAL FORUM EVENTS

We have held over 130 events in the year which have enabled members to link with others and to network and to improve their health and wellbeing.

We have, as always in the past, held coach trips in partnership with the Hammersmith and Fulham Pensioners Forum . We have also held cultural, history and entertainment events to increase social connectedness. In addition to the health and wellbeing events listed above, some of our social events have included:

- Amaryllis Fleming Concert Hall – Royal College of Music Performance
- Jane Muvalagh- fashion historian for Vogue and TV presenter talked about the history of fashion
- Free Legal Question and Answer Sessions with the Legal Practice
- Fraud and Scam Awareness Sessions throughout the Borough at our hubs to bring awareness to our members. We have worked with the Metropolitan Police, Barclays Bank Trading Standards and the Community Safety Team
- Digital Techy Tea Party in partnership with Coutts Bank
- Opera Holland Park gave a number of performances in several sheltered housing schemes and hubs. Immensely popular with great attendances every time
- We partnered with Partridges in the Chelsea Bun Competition. Partridges Sloane Square announced that they were hosting Chelsea's first annual Chelsea Bun Bake-off competition to celebrate World Chelsea Bun Day. Entrance was free for our over 65 members
- A Store is Born! John Lewis Partnership: Judy Faraday, Manager Heritage Services, John Lewis Partnership, talked about the very exciting John Lewis Family history and how the partnership started. This was a unique opportunity to find out more about the partners, exchange stories and have fun
- Royal Albert Hall Christmas Carols. Our members attended the spectacular Royal Albert Hall's Christmas Carols on 23rd December 2018



- Rival Queens at the Kensington Central Library. We organised a small group outing to this exciting event. Mary Tudor and Elizabeth I were cousins, rivals and queens. They allied and fought and plotted, but could never escape their bond. This was a thrilling talk from the bestselling historian and broadcaster, Kate Williams and included a glass of wine

- Group outing to see Anita Rani at the Royal Geographical Society . Anita Rani is a Royal Television Society Award winning presenter. She's also one of the lead presenters on BBC One's *Countryfile* and is a regular part of the *One Show* team.
- Friends of Holland Park. Jenny Kettlewell, Chair of the Friends of Holland Park gave an interesting presentation on the park's history, events at the park and how our members can get involved. Many of our members who attended joined the



Friends of Holland Park and we are now partnering with the Park to deliver a number of events for our members

- Vote100 Event at Peter Jones. Our members attended an event at Peter Jones celebrating women's achievements



- Launched our Shared Reading Club with Erin Carlostrom from the Reader – the Pioneers of Shared Reading at sheltered housing schemes. A simple idea with a powerful impact. By bringing people together in small groups to read aloud a book, short story or poem, our *Shared Reading* groups create a safe, welcoming space where individual thought and feeling is recognised and valued. Group members can choose to read aloud, share personal reflections or simply to listen – in this

way, individuals form real connections with the literature and with each other

- The Ghost Bus. We organised a small group outing to a ghostly, comedy-horror tour on a special London Route-master bus to celebrate Halloween. The tour with commentary lasted about 1 hour 15 minutes. We encountered some of the top attractions of London including: the Houses of Parliament, London Bridge, Westminster Abbey, Downing Street, Tower Bridge, St Paul's Cathedral and the Tower of London. The haunted history of London's most famous and best loved tourist attractions were fascinating.
- Halloween Party. Our members had a scary time at a spooky Halloween Party at the St Peter's Notting Hill church organised by us. Spooky music, ghostly decorations, weird food and drink and all kinds of horrible things!
- The 70th Birthday Party of the Prince of Wales. Mayor's Parlour, Kensington Town Hall. A group of our members were invited to a wonderful Afternoon Tea Event at the Mayor's Parlour, Kensington Town Hall to celebrate Prince Charles' 70th Birthday
- Memories of WWII. Our members came to this interactive session where they shared views and memories about WWII. Our speaker, Andy Boarer is a history graduate from Kings College London and had joined the RAF from 1981 to 1983
- Housing for Older People in RBKC. Kensington and Chelsea Forum for Older Residents presented a special meeting regarding housing issues for older people such as waiting for long periods for repairs to be made and the problems affecting private tenancies.



KENSINGTON AND CHELSEA WALKS

The Forum again this year continued to offer Royal Borough walks in conjunction with the Walking for Health Scheme to help our members stay fit, meet friends, make new friends and enjoy the landscape. Kensington and Chelsea Health Walks is the local Walking for Health scheme. Their walks are free, fun and friendly – perfect to help older people get active and meet new people.





- On Tuesday 19th June 2018 we held an Open Meeting at the Kensington Town Hall on Housing Matters. This important event was to highlight housing issues and covered such topics as repairs and adaptations, relations with landlords, older private renters in RBKC and how best to get a reliable trader. Speakers included: Claire Wise, Older People's Housing Project Manager, RBKC (tbc); Catherine Vachia, Information & Advice specialised in housing, Age UK Kensington and Chelsea; Gordon Deuchars, Policy and Campaigns Manager, Age UK London; Huw Jones, Head of Trading, Age UK London; Justine Dornan, Healthier Homes, Bi-borough Private Sector Housing and Energy Officer, Residential London Borough of Hammersmith & Fulham/ Borough of Kensington & Chelsea.

- On 19th October 2018 we had an Open Meeting on Planning for Later Life. This was a very instructive and valuable event on planning for one's future. Thinking of what might happen to us as we grow older can naturally seem daunting and often becomes something that people don't like to discuss with friends and family or plan for. Failing health, loss of independence and financial concerns are among the many factors likely to occupy our thoughts. Speakers were Cllr Sarah Addenbrooke Cabinet Member for Adult Social Care, Public Health, RBKC; Jacqueline Berry, Founding Director, My Care Consultant; Zoë Elkins, Head of Care Strategy, The Good Care Group; Christopher Poxamatis, Partner and Gillhams Solicitors LLP. The Mayor Cllr Marie Therese-Rossi was present.



- On 15th March 2019 we had an Open Meeting on Adult Social Care Commissioning for the bi-borough – Kensington and Chelsea and the London Borough of Westminster. This was an opportunity for our members to say how they want homecare to be provided. Lead Homecare providers were invited to highlight best practices in order to change the perception of Homecare.

OUR ANNUAL CHRISTMAS PARTY AT THE KENSINGTON TOWN HALL

Our annual Christmas Party this year took off with a bang with the fabulous Spinettes (right) performing a medley of 50s songs and dance. Over 140 members joined forces with the Spinettes who wowed us with close harmony, slick moves and a medley of fabulous songs from the 40s and 50s. The Mayor of Kensington and Chelsea Cllr Marie Therese-Rossi was present.

There were great festive decorations, colourful Christmas crackers, and festive food.



AFTERNOON TEA SESSIONS



Our afternoon tea sessions in St Peters Church have now established an attendance from the local community which has again increased by over 47% since last year. This has been due to social media marketing and the distribution of flyers and information throughout the Borough at libraries, church halls and through the mail to residents. The topics discussed vary and cover all aspects of health, wellbeing, legal, financial and entertainment.

PROJECTS AND EVENT EVALUATIONS

We evaluate every meeting or event, large and small, and the opinions of members are recorded and analyzed. This helps us to be immediately aware of what we do well and what we need to do to improve.

There is a high level of satisfaction among our members and their views and feedback are very important to us and are placed at the heart of our work. We use evaluations as one of the performance indicators to measure how well we are meeting the expectations of our members and the outcomes of our funders.

MEMBERSHIP

Over the last 12 months the membership of the Forum has increased to over 1,900 members. We regularly update and improve the data we hold on members and friends of the Forum.

We can now draw important statistical information more accurately. The map showing geographical distribution of individual members by postal code is one example and we can similarly retrieve useful data on age, gender, disability, ethnicity, etc. In addition to basic personal details we have collected information on areas of interest and concern so that the events and activities we organize are a true reflection of the wishes of the majority of our members.

Our events in the Kensington Town Hall and our four master hubs are the main high light of the year. Members are keen to attend knowing they will benefit from the resources on offer and enjoy the opportunity of networking.

VOLUNTEERING

We are extremely fortunate in the wonderful volunteers we have to help us in our events and projects. Their keen dedication to detail has given our activities a reputation for consistency and reliability – a formula for success.

We rely very much on the well-organized volunteers from the Department for Work and Pensions who have contributed to the success of our Open Meetings.



Some of our brilliant volunteers from the DWP

Financial Activities for the period 1 April 2018 - 31 March 2019

Kensington & Chelsea Forum for Older Residents

Receipts and payments account

For the year ended 31 March 2019

		Unrestricted	Restricted	2019 Total	Unrestricted	Restricted	2018 Total
	Note	£	£	£	£	£	£
Receipts:							
Grants	2	4,596	58,934	63,530	9,924	37,333	47,257
Donations		5,784	-	5,784	1,681	-	1,681
Other trading activities		-	-	-	9	-	9
Total receipts		10,380	58,934	69,314	11,614	37,333	48,947
Payments:							
Charitable activities:							
Membership activities	3	3,102	59,078	62,180	4,730	26,722	31,452
Administration and other expenses	4	6,399	-	6,399	5,576	-	5,576
Total payments		9,502	59,078	68,579	10,306	26,722	37,028
Net receipts / (payments)		878	(144)	734	1,308	10,611	11,919
Reconciliation of funds:							
Total funds brought forward		13,276	10,340	23,616	11,968	(271)	11,697
Total funds carried forward		14,155	10,196	24,350	13,276	10,340	23,616

Kensington & Chelsea Forum for Older Residents

Notes to the financial statements

For the Year ended 31 March 2019

1. General accounting policies

Basis of preparation:

The financial statements have been prepared on a receipts and payments basis.

Funds:

Unrestricted Funds represent general funds of the charity that are not subject to any restriction on their use and are available to spend on activities that further any of the purposes of charity.

Restricted Funds are donations or grants which the donor has specified to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

2. Grants income

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	2019	£	£	2018
			£			£
RBKC	4,596	41,366	45,962	9,924	37,333	47,257
NHS West London CCG	-	15,568	15,568	-	-	-
Tudor trust	-	2,000	2,000	-	-	-
	<u>4,596</u>	<u>58,934</u>	<u>63,530</u>	<u>9,924</u>	<u>37,333</u>	<u>47,257</u>

3. Charitable activities

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	2019	£	£	2018
			£			£
<i>Membership activities:</i>						
Payroll and volunteers	2,409	21,677	24,086	2,500	18,333	20,833
Meetings and events costs	-	34,791	34,791	1,779	6,694	8,473
Stationery and postage	694	2,609	3,303	451	1,696	2,147
	<u>3,102</u>	<u>59,078</u>	<u>62,180</u>	<u>4,730</u>	<u>26,722</u>	<u>31,452</u>

Kensington & Chelsea Forum for Older Residents

Notes to the financial statements

For the Year ended 31 March 2019

4. Administration and other expenses

	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	2019	£	£	2018
			£			£
Office rent	3,275	-	3,275	2,250	-	2,250
Insurance	395	-	395	374	-	374
Telephone and internet	1,532	-	1,532	946	-	946
Other expenses	1,198	-	1,198	2,006	-	2,006
	<u>6,399</u>	<u>-</u>	<u>6,399</u>	<u>5,576</u>	<u>-</u>	<u>5,576</u>

5. Trustee remuneration and expenses

No Trustee received any remuneration, benefits in kind or expenses payments during the year (2018: none).

6. Taxation

The organisation is a charity and claims exemption from taxation on its current activities under S505(1) ICTA 1988.

7. Restricted funds

	At the	Total	Total	Transfers	At the
	start of	receipts	payments		end of
	the year	£	£	£	the year
	£				£
RBKC	10,340	41,366	41,510	-	10,196
NHS West London CCG	-	15,568	15,568	-	-
Tudor trust	-	2,000	2,000	-	-
	<u>10,340</u>	<u>58,934</u>	<u>59,078</u>	<u>-</u>	<u>10,196</u>

8. Related party transactions

There are no related party transactions to disclose for 2019 (2018: none). There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

Balance Sheet as at 31st March 2019

Kensington & Chelsea Forum for Older Residents

Statement of assets and liabilities

As at 31 March 2019

	Notes	2019 £	2018 £
Current assets			
Cash at bank and in hand		9,323	13,586
Cash at bank - deposit account		15,027	10,030
		<u>24,350</u>	<u>23,616</u>
Liabilities: amounts falling due within one year		-	-
Net current assets		<u>24,350</u>	<u>23,616</u>
Funds:			
Restricted funds	7	10,196	13,276
Unrestricted funds		14,155	10,340
		<u>24,350</u>	<u>23,616</u>

Approved by the Board of Trustees on 29 July 2019
and signed on its behalf:



Stewart Katz, Chair and Treasurer

ACKNOWLEDGEMENT

Our grateful thanks also to our partners:

- ▶ Brompton Library
- ▶ Chelsea Library
- ▶ Essex Unitarian Church
- ▶ Eudelo
- ▶ Holy Trinity Sloane Square
- ▶ St Mary Abbots Centre
- ▶ St Peter's Church Notting Hill
- ▶ The Good Care Group

The Kensington and Chelsea Forum for Older Residents would like to express their grateful thanks to:

Royal Borough of Kensington and Chelsea

For allowing us to use the Town Hall for our meetings and events and for the tremendous support given by the staff in organizing our events.

St Mary Abbots Church

Our grateful thanks to the Rev'd Jonathan MacNeaney and Adam Norton for their invaluable support at the St Mary Abbots Centre where we have held many events.

Department of Work and Pensions Volunteers

For their outstanding support at our events held in Kensington Town Hall. David Andersson who deals with volunteers at the DWP has been a tremendous help to the Forum in giving us such efficient volunteers at all our events in the Kensington Town Hall.

Brompton Library

For the use of their meeting room and superb support given by the librarian and staff.

St Peter's Church in Notting Hill

For allowing us to use the foyer area to hold our monthly Afternoon Tea meetings free of charge.

To our wonderful volunteers

Who have given the Forum their total commitment throughout the year.

To our Funders

For their guidance and support.

Thank you to our fantastic members whose support we value.



FORUM FOR OLDER RESIDENTS

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