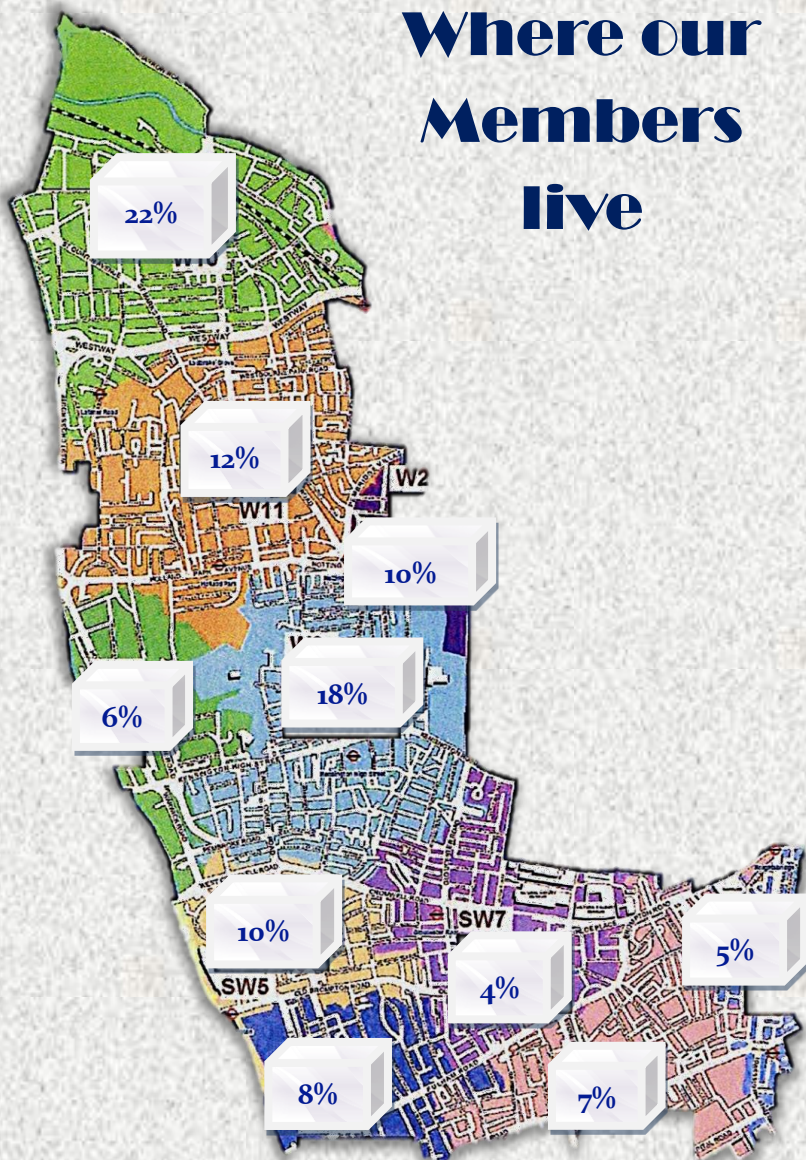




2022/2023

Annual Report

Where our Members live



KENSINGTON AND CHELSEA OVER 50s FORUM

The Queen's
Platinum Jubilee
1952-2022



Tulips in Holland Park



Chelsea Harbour

Keeping Older Residents
■ Informed
■ Involved
■ And Influential

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Our Queen's Platinum Jubilee Celebration Tea Event at the Kensington Town Hall

Kensington and Chelsea Over 50s Forum, 135 Notting Hill Gate, W11 3LB
Tel: 0203 719 4954 Email: info@kensingtonandchelseaforum.org.uk
www.kensingtonandchelseaforum.org.uk www.seniorhealthandwellbeing.co.uk
CIO Registered Charity No 1158108

PROFILE

For over 25 years we have been supporting older people living in Kensington and Chelsea to deal with some of the challenges life throws at them: bringing opportunity, stability and independence to the people we support. We provide a prevention platform that is all inclusive by means of education through learning to enhance older people's existing knowledge to upskill on current and future needs. Our aim is to encourage independence and healthy lifestyles, reduce isolation and loneliness.

We link up with consultant surgeons, clinics, and hospitals to provide the best current information on health. Our links to museums and businesses have given our members a unique learning experience. We work closely with our local authorities and policy decision-makers to give older people the opportunity to help shape services that affect their lives.

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: Elizabeth Rutherford
TREASURER: Stewart Katz

TRUSTEES: Cllr Marie-Therese Rossi
Oonagh Wohanka
Laura Radley

STAFF:
Chief Executive: Zara Ghods
Marketing Director: Mina Nakhai
Mindfulness Coach: Elizabeth Hooper
Wellbeing Instructor: Chris Jones

Bank: Lloyds, Kensington High Street
Accountants: Accountability UK

THE FORUM IS FUNDED BY

MOPAC

MAYOR OF LONDON
OFFICE FOR POLICING AND CRIME



Funded by



THE ROYAL BOROUGH OF
KENSINGTON
AND CHELSEA

CHAIR'S REPORT

CHAIR'S REPORT

Elizabeth Rutherford

Our commitment to providing the best opportunities for members to learn and share



information from experts has proven successful, and we plan to continue this approach. Our activities include Mindfulness, which offers older people with stress and anxiety issues a chance to enhance their wellbeing. Our Tai Chi program is highly popular and continues to grow stronger. We are the only organization that works closely with a wide range of health services in London, enabling us to offer our members the most current and accurate expert guidance on health.

As we reflect on the past year, we do so with a smile. We successfully organized Platinum Jubilee events on June 5th, which saw over 400 guests in attendance, not to mention the incredible volunteers who contributed their time, along with our dedicated cadets. This event was funded by the Council and businesses, and we express our deep gratitude to them, as well as to the exceptional Victoria Borwick and Lady Arnold who chaired the committee and both played a pivotal role in its success.

Our services and activities rely on funding from various sources, including local support and national grants. We are actively exploring more effective methods to deliver our successful activities while maintaining our independence. The aftermath of the Covid-19 pandemic has posed challenges for the volunteer sector, particularly impacting older people. Your Forum is committed to enhancing the lives of the older generation in the years ahead by supporting the WHO Age-Friendly Community initiative. We aim to encourage our borough to adopt this framework and to embrace a forward-looking perspective.

My special thanks go to our four staff members and volunteers for the tremendous work they deliver tirelessly, and to Zara and Mina who make a significant difference to the success of the charity through their dedication and care. My Board of Trustees has consistently demonstrated their unwavering commitment to support and guide the charity.

We would like to express our thanks to:

- Royal Borough of Kensington and Chelsea
- St Mary Abbots Church
- Holy Trinity Sloane Square
- St Peter's Church in Notting Hill
- To our Funders for their guidance and support

OUR IMPACT



**WE BELIEVE
IN MAKING
A DIFFERENCE!**

- 2,329 older people benefited from our online courses, webinars, live and virtual events
- 982 people called our helpline to receive advice and information
- 1024 older people received copies of our publication the *Incredibly easy ways to keep fit*
- 791 older people attended learning online events on health
- 462 older people engaged on our chat phone calls
- 312 older people attended park walks
- 886 older people attended Tai Chi classes
- 626 Fact Sheets on Health and Keep fit were accessed
- 7354 readerships from Issues of our publication *Forum Review*
- 70,000 visitors to our Senior Health and Wellbeing website.

OUR MISSION AND ACTIVITIES

We are pleased to present the annual report for The Kensington and Chelsea Over 50s Forum for the year 2022/2023. As the Royal Borough's largest independent older people's forum, we remain committed to creating an inclusive environment where older individuals are active partners in shaping their own lives. This report highlights our achievements, partnerships, and activities over the past year.

Our forum offers a diverse range of activities that enhance the lives of older residents in the Royal Borough of Kensington & Chelsea. We continue to provide opportunities for older individuals to engage in decision-making processes, contributing to the formulation of local policies and the design of services that cater to their needs. We remain dedicated to combatting social isolation and empowering our members to influence the decisions that impact their lives.

Our Senior Health and Wellbeing website – Empowering seniors to find the best health solutions. With more knowledge about the issues that most affect your health, you can start enhancing your vitality and creating a life of greater satisfaction. You might not be able to stop ageing, but you can slow it down. By taking the right measures, you can help yourself maintain good physical and mental health, enabling you to stay independent and mobile into very old age. This is why a website like this is important to help you regulate your health.

This website is about how to stay active, healthy, happy, and informed about your health as you age, but much of the information is good for all ages. Being a senior can be a rewarding experience, but it can also come with many age-related challenges.

The Senior Health and Wellbeing website [www.seniorhealthandwellbeing.co.uk] has continued to attract unique visitors worldwide with about 76% being from the UK.



EVENTS PROGRAM

We held over 140 events at venues throughout the Borough and at the Kensington Town Hall this year.

ILL HEALTH PREVENTION:

This year, we once again hosted presentations by world-renowned specialists, leading health professionals, and renowned health organizations. These sessions took place at two of our



Master Hubs and on Zoom. We remain committed to ensuring that our members have access to information related to ill health prevention through regular updates sent via mail and email. To enhance accessibility, we have revamped our Senior Health and Wellbeing website, www.seniorhealthandwellbeing.co.uk, to improve its search engine optimization and to enhance user

experience and accessibility. As a result of these efforts, our website received over 70,000 visitors during this year, with 75% of them located in the UK. Additionally, we have maintained our Mindfulness sessions during this quarter, which contribute to stress and depression reduction, thereby promoting physical and mental wellbeing. Moreover, we have reintroduced live Tai Chi Classes in Notting Hill. The results of a focus group session and telephone surveys revealed that 96% of respondents believed that these sessions significantly contributed to the reinforcement of ill health prevention efforts.

DIGITAL INCLUSION:

Throughout this year, we conducted over 40 free sessions at Binbrook House aimed at empowering older individuals to gain confidence in using laptops, smartphones, mobile phones, and iPads. Our promotion of these sessions involved distributing flyers to our online members and collaborating with Clarion Housing Association. Our focus remains on helping members who lack online confidence to enroll in this program. We have also continued our partnership with AbilityNet, which served nearly 200 members during this year. The feedback from a telephone survey indicated that 98% of respondents expressed satisfaction with the sessions and felt that we provided valuable support in addressing digital challenges.



ISOLATION AND BEREAVEMENT:

During this year, our efforts to combat isolation included hosting live events at various venues and on Zoom, distributing mailouts, operating chatlines, and publishing newsletters. We received over 982 calls this year from individuals seeking guidance on accessing local services and information, as well as those looking for a friendly chat. We maintained our collaboration with Age UK and Open Age. We have been encouraging participation in activities such as health walks, live events and virtual Zoom sessions. Our Phone Chat helpline sessions achieved success, with 462 individuals connecting with us to share their interests and concerns. This volunteer-driven service operates on both weekdays and weekends, totaling 736 hours during this reporting period. Insights from telephone interviews revealed that 95% of respondents believed that our efforts effectively tackled social isolation. In addition to this, we continued to offer support for bereavement, facilitating access to bereavement events on Zoom and referring individuals to Cruse Bereavement Care and Marie Curie Grief Counselling. We aided 12 forum members who experienced the loss of a friend or family member.



FREE TAI CHI CLASSES TO HELP MAINTAIN MUSCLE STRENGTH & BALANCE

Our Tai Chi classes in Notting Hill are led by Coach Christine Jones, the co-founder of Tai Ji Circle, a registered charity dedicated to making Tai Chi accessible to individuals of all ages, including seniors and those with disabilities, spearheads our Tai Chi classes. With a rich background in Tai Chi instruction, Chris not only manages and leads the Tai Ji Circle charity but also contributes to teaching Chen Taijiquan. Her teaching journey spans diverse locations, ranging from Tri-yoga in London to a P&O cruise ship.



Some of our regular Tai Chi class attendees at the Essex Unitarian Church

MINDFULNESS FOR MENTAL HEALTH AND WELLBEING



Our Mindfulness courses were conducted at various locations including Kensington Palace, the Design Museum, the Kensington Central Library, the Chelsea Library and on Zoom.

Mindfulness is a widely recommended technique for enhancing the mental wellbeing of participants. Research indicates that it can effectively mitigate cognitive decline, particularly in older individuals. The funding for our Mindfulness Courses comes from Adult Learning RBKC. Elizabeth Hooper CThA, our dedicated coach, has assisted numerous participants in their journey to improve their health and overall wellbeing. The structure of the courses involved attending a weekly class for a duration of 8 weeks. During this time, participants were trained to apply mindfulness techniques at home and acquire strategies for managing stress.

The Kensington and Chelsea Over 50s Forum has been conducting mindfulness courses since April 2017, impacting over 820 individuals through courses and publications centered around mindfulness. These courses, led by our Mindfulness and Wellbeing Coach Elizabeth Hooper CThA (pictured on the right), provide training in mindfulness meditation that can be practiced at home. Consistent daily practice post-course completion is encouraged to maximize the benefits.

Research demonstrates that attention span often diminishes with age. However, mindfulness offers a proven approach to enhancing attention and memory. This involves focusing awareness on present sensory experiences while disregarding intrusive thoughts and inner dialogue. Studies indicate that mindfulness can even reverse memory loss.

.An additional advantage of mindfulness is its ability to alleviate stress and anxiety while promoting overall wellbeing and happiness.

THE QUEEN'S PLATINUM JUBILEE TEA AT THE KENSINGTON TOWN HALL



On Sunday, June 5th, 2022, we had the immense privilege of organizing a magnificent event to commemorate the Queen's Platinum Jubilee – the longest-reigning monarch in England's history. Held in the illustrious Great Hall of Kensington Town Hall, this celebration saw the gathering of nearly 400 guests, all coming together to honor and celebrate the remarkable reign of Queen Elizabeth II.

The setting itself was nothing short of breathtaking. The Great Hall was adorned with splendid decorations created by Peter Jones, Sloane Square, that evoked a sense of grandeur and reverence fitting for such a historic occasion. With meticulous attention to detail, the ambiance was set to capture the essence of the Jubilee – a blend of tradition and celebration.

The LFB Choir performed some great songs and entertained the audience well. The 100 cadets and scouts were magnificent and interacted well with all the guests. The unique support that the 100 volunteers contributed in helping the guests was absolutely brilliant. The outstanding organisational skills of both Victoria Borwick and Lady Arnold was noted throughout the event. We are extremely thankful to both of these two ladies for the time they spent helping us ensure that every aspect of the event went well.

In retrospect, the Queen's Platinum Jubilee celebration at Kensington Town Hall was not just an event; it was an experience. We are deeply honoured to have been part of this historic moment and grateful to all who joined us in celebrating a reign that has touched lives across generations.

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 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 2600 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. We keep to the GDPR requirements in maintaining our database.



Our events in the Kensington Town Hall and our five 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



Thomas the volunteer therapy person, North Kensington

We are extremely fortunate to have twelve wonderful volunteers (plus Thomas pictured left, our volunteer therapy cat) who assist us with our events and projects. Their dedicated attention to detail has earned our activities a reputation for consistency and reliability – a formula for success.

Our Sub-Committee on Health and Wellbeing will be a key program next year, and we will be reaching out to our members and others to participate. Therefore, we will be inviting more members to volunteer and assist us in enhancing the design and delivery of the Forum's array of activities aimed at improving health and wellbeing.

Join us and be part of the solution!

Financial Activities for the period 1 April 2022 - 31 March 2023

Kensington & Chelsea Forum Older Residents

Receipts and Payments Accounts

For the year ended on 31 March 2023

		2023			2022		
		Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	Notes	£	£	£	£	£	£
Receipts:							
Grants	2	1,975.00	50,256.00	52,231.00	13,391.00	84,100.00	97,491.00
Donations				-	277.00	1,844.00	2,121.00
Investment				-	2.00		2.00
Total		<u>1,975.00</u>	<u>50,256.00</u>	<u>52,231.00</u>	<u>13,670.00</u>	<u>85,944.00</u>	<u>99,614.00</u>
Payments							
Charitable Activities							
Membership Activities	3		84,541.00	84,541.00		52,988.00	52,988.00
Administrative	4	5,801.00		5,801.00	2,295.00		2,295.00
Total Payment		<u>5,801.00</u>	<u>84,541.00</u>	<u>90,342.00</u>	<u>2,295.00</u>	<u>52,988.00</u>	<u>55,283.00</u>
Net receipts /(payments)		(3,826.00)	(34,285.00)	(38,111.00)	11,375.00	32,956.00	44,331.00
Reconciliation of funds							
Total Funds brought forward		<u>20,100.00</u>	<u>48,539.00</u>	<u>68,639.00</u>	<u>8,725.00</u>	<u>15,583.00</u>	<u>24,308.00</u>
Total funds carried forward		<u>16,274.00</u>	<u>14,254.00</u>	<u>30,528.00</u>	<u>20,100.00</u>	<u>48,539.00</u>	<u>68,639.00</u>

Kensington & Chelsea Forum for Older Residents Notes to Financial statements
For the year ended 31st March 2023

1 General Accounting policies

Basis of preparation:

The financial statements have been prepared on receipt and payment basis.

Funds:

Unrestricted funds are a charity's general resources without usage limitations, freely available to support any activities that advance the charity's mission.

Restricted funds are donations or grants given to charities with specific guidelines set by the donor. They're earmarked solely for designated areas or particular projects within the charity's operations, ensuring the money is used as the donor intended.

Taxation

The organization operates as a charity and based on its present activities, asserts its right to tax exemption under Section 505(1) of the Income and Corporation Taxes Act (ICTA) 1988

2 Grants income

		2023			2022	
	Unrestricted	restricted	Total	unrestricted	restricted	Total
	£	£	£	£	£	£
RBKC		50,256.00	50,256.00	13,391.00	74,213.00	87,604.00
Clarion Future			-		4,887.00	4,887.00
Rothermere			-		5,000.00	5,000.00
foundation						
Donations	1,975.00		1,975.00			-
	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>	<hr/>
Total	1,975.00	50,256.00	52,231.00	13,391.00	84,100.00	97,491.00

Kensington & Chelsea Forum for Older Residents Notes to Financial statements
For the year ended 31st March 2023

3 Charitable activities

	2023			2022		
	Unrestricted	restricted	Total	unrestricted	restricted	Total
	£	£	£	£	£	£
Membership Activities:						-
Payroll & Volunteers		34,150.00	34,150.00		35,049.00	35,049.00
Meeting and events Costs		33,987.00	33,987.00		6,498.00	6,498.00
Printing stationery and IT		11,094.00	11,094.00		11,441.00	11,441.00
Others		5,310.00				
Total		84,541.00	79,231.00	-	52,988.00	52,988.00

4 Administration and other expenses

	2023			2022		
	Unrestricted	restricted	Total	unrestricted	restricted	Total
	£	£	£	£	£	£
Accountancy fees	1,452.00			900.00		900.00
Insurance	504.27		504.27	452.00		452.00
Telephone	232.45		232.45	480.00		480.00
Other office expenses	3,612.52		3,612.52	463.00		463.00
Total	5,801.24	-	4,349.24	2,295.00	-	2,295.00

5 Trustee remuneration and expenses

During the year 2022/23, none of the trustees received any form of remuneration, whether monetary or in-kind

6 Related party transactions

For 2022/23, there are no related party transactions to report. Furthermore, no donations from related parties deviated from regular business activities, and there were no restricted contributions from such parties.

Balance Sheet as at 31st March 2023

Kensington & Chelsea Forum for Older Residents Statement of assets and liabilities

As at 31 March 2023

	Notes	2023	2022
	£	£	
Current assets			
Cash at bank and in hand	8,277.00	54,009.00	
Cash at bank - deposit account	15,065.00	15,038.00	
Accrued income	7,186.00		
	30,528.00	69,047.00	
Liabilities:			-408
Net Assets	30,528.00	68,639.00	
Funds			
Restricted Funds	22,075.00	48,539.00	
Unrestricted Funds	8,453.00	20,100.00	
Total Funds	30,528.00	68,639.00	

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



Stewart Katz, Treasurer



OVER 50s FORUM

Kensington and Chelsea Over 50s Forum
135 Notting Hill Gate W11 3LB

Tel: 0203 719 4954

E: info@kensingtonandchelseaforum.org.uk
www.kensingtonandchelseaforum.org.uk

Thank you to our fantastic members, whose support we always greatly value. You are all truly special.