

AGE CONCERN REGIONAL SUPPORT SERVICES EASTERN
DIRECTORS' AND TRUSTEES' REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2010

Company No: 4721677 (England and Wales)
Charity No: 1099606
www.aceast.org.uk

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AGE CONCERN REGIONAL SUPPORT SERVICES EASTERN

Reference and Administration Details of the Charity, its Trustees and Advisers

The Charity has adopted the working name of Age Concern East (ACEast)

Directors and Trustees

Michael Bond
Gloria Culyer (Co-Chair)
Louise Hobbs
Richard Jarvis (from December 2009)
Daphne Savage
Anthony Southam (Co-Chair)
Phil Wells

Secretary

Clody Howlett

Registered Office

Compass House,
Chivers Way,
Histon,
Cambridge
CB24 9AD

Honorary Financial Officer

David Connell-Smith
Finance Director
Age Concern Suffolk
14 Hillview Business Park
Claydon
IPSWICH
IP6 0AJ

Bankers

Bank of Scotland
35 Princes Street
IPSWICH
IP1 1AE

Independent Examiner

H Rumsey
Ensors
Cardinal House
46 Nicholas Street
IPSWICH
IP1 1TT

AGE CONCERN REGIONAL SUPPORT SERVICES EASTERN

Report of the Trustees for the year ended 31 March 2010

The trustees, who are also directors of the charity for the purposes of the Companies Act, present their annual report and financial statements for the year ended 31 March 2010. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in March 2005 in preparing the annual report and financial statements of the charity.

Objects of the charity, principal activities and organisation of our work

The charity is constituted as a company limited by guarantee, and is therefore governed by a memorandum and articles of association.

The charity's object and its principal activity continues to be that of promoting the relief of elderly people in any manner which now or hereafter may be deemed by law to be charitable in and around the Eastern Region of England.

The charity is organised so that the trustees meet regularly to manage its affairs. There are no paid staff involved in its governance. The Board of the Company meets immediately after the meeting of the Steering Group of the Eastern Regional Meeting of Age Concern the Federation. Secretarial, administrative and co-ordination services for the Steering Group and the Regional Meeting are provided by the Eastern Regional Office of Age UK at Histon, Cambridge.

The merger of Age Concern England and Help the Aged to form Age UK became effective on 1st April, 2009. Age Concerns in the Eastern Region supported the merger and have mostly resolved in principle to adopt the new brand created by the merged entity when it became available. Age UK became the national member of Age Concern the Federation during the year and has indicated a commitment to support the federation at its present level until March 2011.

Development, activities and achievements this year

The company operates using subscriptions of member Age Concern Organisations and Groups, payments for attendance at events and meetings, grants for specific activities and a rebate from Age Concern the Federation. The charity is responsible for financing and promoting executive action to support Age Concern activities at a regional level. It has adopted the working name of ACEast and created its own website at www.aceast.org.uk.

Specifically during the year the charity has:

- Administered income and expenditure related to regional events, regional activities and induction training for new staff and trustees of Age Concerns in the region.
- Supported the continuing work of Eastern Promise, the network of Age Concern Information and Advice Officers in the Eastern Region, the Regional Finance Managers' network and the Volunteering network.
- Continued to play a major part in the work of Future East, the Eastern Regional Forum on Ageing.
- Run Fitter Futures, a capacity building project to encourage people aged 50+ to become more physically active
- Run Fit as a Fiddle in the Region. Funded under the Big Lottery Well-being Programme this five-year national project promotes physical and mental well-being for older people
- Worked with other regional voluntary sector partners to develop a strategy and plan to

develop sector infrastructure for participation in public services delivery

- Made inputs into the Regional Spatial Strategy and Regional Implementation Plan
- Participated in the work of COVER in partnership with other organisations concerned with the welfare of older people

Influencing Policy and Practice

ACEast has continued to support Future East, the regional Forum on Ageing, and to carry out appropriate development work under this brand. Future East was identified as a lead body in working with older people's forums in the Government's response to the Elbourne Review on Better Government for Older People. During the year the membership of Future East has been reviewed and widened to include direct representation of older peoples forums from each county and unitary council area in the region.

Future East hosted a conference "Better Outcomes for Older People" at Newmarket on 16th November, 2009, offering workshops on: Mental Health – Depression in later life; Older People and Strategic Engagement: making Elbourne happen; Age proofing and the Equality Bill; Employment of 50+: good for the individual, good for the economy; Invest to save: prevention improves quality of life and can be cost effective; Older People's Champions: do we need them in the Eastern region? This event was sponsored by GO-East and DWP and targeted at decision makers in local authorities and other agencies with direct input from the older people their services are intended for.

Enabling Older People

ACEast has made consistent inputs to the working party developing the regional dimension of the Commission on Equalities and Human Rights to ensure that age discrimination is properly addressed within its remit.

Future East has re-established its web site www.futureeast.org.uk which gives access to information of direct relevance to older people and links to other regional forums on ageing.

Supporting Age Concerns and other organisations

"Fitter Futures", a project to increase participation in physical activity and sport by people in midlife, funded by Sport England East, EERA, GO-East and ACEast under the umbrella of Future East is now in run-off mode.

The Fitter Futures website at www.Fitterfutures.org.uk continues to provide useful information and attracts significant numbers of hits each month. Some funding is still available to support pilot project activities aimed at those in mid-life.

Becky Pheasey, Regional Co-ordinator for the Fit as a Fiddle programme in the Eastern Region, continued to guide the ACEast programme of eight projects in the Eastern Region as part of the national Fit as a Fiddle portfolio of projects funded by the Big Lottery's Well-being Programme. The Regional partners came together to showcase their projects at the "Fit as a Fiddle in the East" conference at the Airspace Conference Centre, Duxford, Cambridge, on 25th November, 2009. The projects and project partners are:

Carry On Cooking: led by Cambridgeshire ACRE in partnership with Age Concern Cambridgeshire

Healthwise: Age Concern Hertfordshire

Wellbeing Mind & Body: Age Concern Peterborough

Active Age Centres: Town & Bridge Project of Ipswich CVS

Active Bedfordshire: Bedfordshire PCT

Active Health: led by Epping Forest District Council in partnership with Uttlesford District Council and Harlow District Council

Dancing for Fun & Better Health: Living Sport Cambridgeshire and Peterborough County Sports Partnership

The Time of Your Life: North Norfolk District Council

Influencing Markets

ACEast has maintained its website at www.aceast.org.uk and uses it to post information on its own and related activities.

We have continued to work with our partners in the region and have participated in the work of the regional JSNA (Joint Strategic Needs Assessment) group at which the knowledge we have from Age Concern activities assisted understanding of some research results.

Future Developments

The Regional Strategy and Action Plan was revisited at an away day in February 2009 involving chief officers and trustees of all member Age Concerns. The outcome was a working party which revised the Regional Plan based on four priorities:

1. Enabling Age Concerns to influence key stakeholders and national and regional decision makers and policy makers;
2. Playing a full role in the Age Concern federation;
3. Developing tools and resources to enable Age Concerns to respond positively and effectively to changes that affect them and the lives of older people;
4. Acting as a broker to strengthen the capacity and sustainability of Age Concerns in the Eastern region

A working party of the Board has continued to monitor our effectiveness in achieving these priorities in the context of a rapidly changing national and regional situation. The demise of the Regional Assembly on 31st March, 2010, removes a leading partner of Future East and there are uncertainties over other aspects of the regional agenda.

Both ACEast and Future East have plans to recruit support staff in the coming year to further their respective agendas. Consideration was given to a joint appointment but the roles are sufficiently different for this to produce a post that it would be extremely difficult to recruit to.

Transactions and financial position

Unrestricted funds of the charity have been designated to future activities consistent with the origin of the funds. It is intended that activities organised by the charity will cover their costs and any surplus will be applied exclusively to the purposes of the charity. The Statement of Financial Activities shows net income for the year of £23,269. An excess of income over expenditure of £17,437 before year end adjustments on unrestricted activities arises from the fact that £11,246 of funds from the Income Generation Partnership have been retained at regional level coupled with a necessary delay in spending ACE Regional Grants totalling £15,000 pending the review of our strategy and work plan. Restricted funds benefitted from grants of £5,400 from the Department of Work and Pensions and Go-East to fund pending development of Future East,

the regional forum on ageing, and from Fit as a Fiddle funds that have yet to be spent. Both ACEast and Future East are expecting to incur significant future cost for support and development so the balances on restricted and unrestricted funds are expected to see a sharp fall in the short term in the coming year.

Grants Policy

Grant monies received for project work or general distribution are passed on to beneficiaries in accordance with the agreements relating to those funds. The Board has the power to allocate unrestricted funds, including making grants to third parties, in accordance with policies approved from time to time by the Regional Meeting.

Investment policy and returns

Under the memorandum and articles of association, the charity has the power to make any investment which the trustees see fit. The trustees consider the most appropriate policy for investing funds is to retain them as cash deposits whilst the business plan and pattern of work is still developing.

Reserves

Most unrestricted funds are held in designated reserves and will be applied to those purposes unless it becomes necessary to transfer them to the General Reserve. The present level of the General Reserve is adequate at the present level of ACEast's regional activity and will be increased in line with Charity Commission guidance as our level of activity increases.

Directors and trustees

All directors of the company are also trustees of the charity, and there are no other trustees. The Board is constituted from the membership of the Steering group of the Eastern Regional Meeting of Age Concern the Federation. The Board has the power to appoint additional trustees subject to the provisions of the Articles of Association. It is expected that the Board will normally comprise experienced trustees or Age Concern/Age UK officers familiar with the duties and responsibilities of charity trustees. Board members will avail themselves of appropriate training opportunities to update their skills as trustees.

Risk Management

The trustees actively review the major risks which the charity faces on a regular basis and believe that maintaining reserves at current levels, combined with an annual review of the controls over key financial systems, will provide sufficient resources in the event of adverse conditions. A formal 'company health check' was carried out during the year and some minor changes to improve systems made as a result. The trustees have also examined other operational and business risks faced by the charity and confirm that they have established systems to mitigate the significant risks.

Trustees' responsibilities in relation to the financial statements

The trustees are required by company law to prepare financial statements for each financial year which give a true and fair view of the financial activities of the charity and of its financial position at the end of that year. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- state whether the policies adopted are in accordance with the Companies Act 2006 and with applicable accounting standards and statements of recommended practice, subject

to any material departures disclosed and explained in the financial statements;

- prepare the financial statements on a going concern basis unless it is inappropriate to assume that the charity will continue in operation.

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

Public Benefit

The trustees are aware of the Charity Commission's guidance in relation to delivering public benefit. In promoting the relief of older people the trustees consider that they are fulfilling the requirement to deliver a public benefit. The specific areas of activity are detailed on pages three to five of this report.

CONSTITUTION

The company is limited by guarantee. Each of the members has undertaken to contribute an amount not exceeding £1 towards the assets of the company in the event of the same being wound up, while he is a member, or within one year after he ceases to be a member, and the assets being insufficient to cover the company's debts and liabilities.

No donation or other income of the company may be distributed to the members either by way of distribution or on the winding up of the company. They may only be applied for the charitable purposes of the company.

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

Approval

This report was approved by the board of directors and trustees on _____ and signed on its behalf.

Gloria Culyer

Trustee

Anthony Southam

Trustee

Report of the Independent Examiner to the Members of Age Concern Regional Support Services Eastern

I have examined the financial statements of Age Concern Regional Support Services Eastern for the year ended 31 March 2010 on pages nine to sixteen.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is needed. The Charity's gross income exceeded £250,000, and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination it is my responsibility to:

- examine the accounts (under section 43 of the 1993 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the 1993 Act); and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements
 - to keep accounting records in accordance with section 386 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

H. Rumsey FCA
ENSORS
Chartered Accountants
IPSWICH

AGE CONCERN REGIONAL SUPPORT SERVICES EASTERN

**Statement of Financial Activities
for the year ended 31 March 2010**

SUMMARY INCOME AND EXPENDITURE ACCOUNT

	Notes	Restricted	Unrestricted	Total 2010	Total 2009
INCOMING RESOURCES		£	£	£	£
Grants received	3	323,713	6,500	330,213	310,281
Income Generation Partnership					
– Income		-	71,273	71,273	74,000
Subscriptions		-	2,970	2,970	2,640
Reimbursed Expenses		-	6,638	6,638	6,512
Investment income	5	-	-	-	4,885
Sundry income		-	175	175	-
Total Income		323,713	87,556	411,269	398,318
 RESOURCES EXPENDED					
Cost of generating funds					
Fundraising costs	6	-	-	-	-
Charitable expenditure	7	316,465	3,897	320,362	307,478
Income Generation Partnership					
- Distribution	7	-	60,027	60,027	59,510
Governance Cost	8	-	892	892	887
Admin and management	8	-	5,303	5,303	6,748
Total expenditure		316,465	70,119	386,584	374,623
NET INC. (EXP) FOR THE YEAR		7,248	17,437	24,685	23,695
Transfers between funds		-	-	-	-
Adjustments					
- write back unrepresented cheque		-	84	84	-
- write down irrecoverable debtors		-	(1,500)	(1,500)	-
Net Income (Exp.) after transfers		7,248	16,021	23,269	23,695
FUNDS at 1st April, 2009,		78,914	83,207	162,121	138,426
FUNDS at 31st March, 2010		86,162	99,228	185,390	162,121

The notes on pages 11 to 16 form part of these accounts

AGE CONCERN REGIONAL SUPPORT SERVICES EASTERN

**Balance Sheet
as at 31 March 2010**

	Notes	2010 £	2009 £
Fixed Assets			
Tangible Assets	12	-	-
Investments	13	-	-
Current Assets			
Debtors & Prepayments	14	1,250	2,993
Cash at bank and in hand	13	196,525	163,546
Total Current Assets		197,775	166,539
Creditors: amounts falling due within one year	15	12,385	4,418
Net current assets		185,390	162,121
Total assets less current liabilities		185,390	162,121
Creditors: amounts falling due after more than one year	16	-	-
Net assets		185,390	162,121
Funds:			
Unrestricted funds	17	99,228	83,207
Restricted funds	17	86,162	78,914
Total Funds		185,390	162,121

The notes on pages 11 to 16 form part of these accounts

For the year ended 31st March, 2010 the company was entitled to exemption under section 477(1) of the Companies Act 2006. No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476(2). The directors acknowledge their responsibility for: i) Ensuring the company keeps accounting records which comply with section 386; and ii) Preparing accounts which give a true and fair view of the state of affairs of the company as at the end of its financial year and of its profit and loss for the financial period in accordance with section 396, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company. These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Gloria Culyer
Director and Trustee

Anthony Southam
Director and Trustee

Company Number: 4721677

AGE CONCERN REGIONAL SUPPORT SERVICES EASTERN

Notes to the accounts for the year ended 31 March 2010

1 Accounting policies

1.1 Basis of preparation of accounts

The financial statements are prepared under the historical cost convention, with the exception of investments which are included at market value. The financial statements have been prepared in accordance with the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2005) issued in March 2005, applicable accounting standards and the Companies Act 2006.

1.2 Incoming resources

Grants receivable are credited to the Statement of Financial Activities in the year for which they are received. Deferred income represents amounts received for future periods and is released to incoming resources in the period for which it was received. Voluntary income and donations are included in incoming resources when they are receivable, except when the donors specify that they must be used in future accounting periods or donors' conditions have not been fulfilled, then the income is deferred. The income from fundraising ventures is shown gross, with the associated costs included in fundraising costs.

1.3 Resources expended

Resources expended are included in the Statement of Financial Activities on an accruals basis, inclusive of any VAT which cannot be recovered.

Expenditure which is directly attributable to specific activities has been included in these cost categories. Where costs are attributable to more than one activity, they have been apportioned across the cost categories on a basis consistent with the use of these resources.

1.4 Finance and operating leases

Payments under operating leases are charged in the period to which they relate.

1.5 Pension costs

The Charity has adopted a stakeholder pension scheme operated by HSBC and makes a contribution of 6% of salary for a participating employee. Pension costs during the year were £1,694 in respect of one employee.

1.6 Tangible fixed assets

The Charity has no tangible fixed assets

1.7 Investments

The only investments are cash deposits.

1.8 Fundraising costs

Fundraising expenditure comprises costs incurred in inducing people and organisations to contribute financially to the charity's work. This includes the cost of advertising for donations and the staging of special fundraising events. There was none during the year.

1.9 Fund Accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes. Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

1.10 Expenditure on governance of the charity

Governance expenditure includes all expenditure not directly related to the charitable activity or fundraising ventures. This includes costs of renting and running office premises, staff salaries for administrative staff and accountancy fees.

1.11 Grants

Grants payable are payments made to third parties in the furtherance of the charitable objectives. Grants are accounted for when either the recipient has a reasonable expectation that they will receive a grant and the trustees have agreed to pay the grant without condition or the recipient has a reasonable expectation that they will receive a grant and any condition attaching to the grant is outside the control of the charity.

2 Donations and gifts	2010	2009
	£	£
Individuals	-	-
Corporate sponsors	-	-
3 Grants received	2010	2009
	£	£
ACE: Regional Grant	5,000	5,000
ACE:	-	1,500
Rebate from federation	1,500	1,500
Fit as a Fiddle (Big Lottery)	317,813	292,281
Future East: EERA	-	10,000
DWP	4,400	-
GO-East	1,000	-
Volunteering Partnership	500	-
Total Grants	<u>330,213</u>	<u>310,281</u>

4 Activities for generating funds

There were no such activities during the year.

5	Investment Income			2010	2009
				£	£
	Income from listed investments			-	-
	Interest receivable on cash deposits			-	<u>4,885</u>
6	Costs of generating funds			Nil	Nil
7	Charitable Expenditure				
		Restricted	Unrestricted	2010	2009
		£	£	£	£
	Influencing Policy & Practice				
	Sure Start	-	-	-	8,834
	Supporting Age Concern				
	Fitter Futures	268	-	268	7,458
	Fit as a Fiddle	55,858	-	55,858	44,506
	ACEast disbursements	-	-	-	-
	* Grants to Partners	259,000	-	259,000	242,212
	Volunteering Network	375	-	375	543
	Miscellaneous activities	-	3,897	3,897	3,900
	Training for tendering	-	-	-	-
	Influencing Markets				
	Future East	<u>964</u>	<u>-</u>	<u>964</u>	<u>25</u>
	Total	<u>316,465</u>	<u>3,897</u>	<u>320,362</u>	<u>307,478</u>
	Re-distribution of Income Generation Partnership Grant			<u>60,027</u>	<u>60,027</u>
				<u>60,027</u>	<u>59,510</u>
	* Fit as a Fiddle Grants to Partners				
	Active Bedfordshire Bedfordshire PCT		36,787		26,572
	Mind & Body AC Peterborough		19,808		21,147
	Dancing for Fun (Living Sport)		38,042		37,859
	ActivAge Ipswich CVS		21,868		22,670
	Carry on Cooking Cambs ACRE		42,655		34,398
	The Time of Your Life N. Norfolk DC		22,881		22,996
	Healthwise AC Hertfordshire		44,480		42,420
	Active Health Epping Forest DC		<u>32,479</u>		<u>34,150</u>
			<u>259,000</u>		<u>242,212</u>
8	Admin and management				
		Restricted	Unrestricted	2010	2009
		£	£	£	£
	Insurance	-	152	152	674
	Meeting costs	-	1,626	1,626	2,929
	HR Costs	-	-	-	1,551
	Financial administration	-	3,290	3,290	1,150
	Trustee expenses	-	235	235	355
	Other administrative costs	<u>-</u>	<u>-</u>	<u>-</u>	<u>89</u>
	Total costs	<u>-</u>	<u>5,303</u>	<u>5,303</u>	<u>6,748</u>
	Governance	<u>-</u>	<u>892</u>	<u>892</u>	<u>887</u>

9 Surplus for the year

The surplus of income over expenditure is stated after charging:

	2010	2009
	£	£
Accountancy fees 2009/2010	<u>892</u>	<u>887</u>

10 Staff costs

No remuneration was paid to trustees in the year, travel expenses of £235 were reimbursed to two people (2009 £332). Company Secretary: the services of Clody Howlett were provided by the Eastern Regional Office of Age UK.

One fulltime person has been employed to deliver the Fit as a Fiddle programme from February 2009: Salary £28,427, Employer's NIC £2,907, pension contributions £1,694. No employee received remuneration of more than £60,000 in the year.

11 Interest payable

There are no interest charges payable.

12 Tangible fixed assets

There are no tangible fixed assets.

13 Investments & Cash Deposits

	2010	2009
	£	£
Investments	-	-
Cash deposits	<u>196,525</u>	<u>163,546</u>

There were no purchases or sales of investments during the period

14 Debtors

	2010	2009
	£	£
Prepayments	1,250	1,375
Other debtors	-	<u>1,618</u>
Total	<u>1,250</u>	<u>2,993</u>

15 Creditors: amounts falling due within one year

	2010	2009
	£	£
PAYE	-	2,375
Accountancy Fees	800	800
Employee costs	185	392
Other creditors	<u>11,400</u>	<u>851</u>
Total	<u>12,385</u>	<u>4,418</u>

16 Creditors: amounts falling due after more than one year

Nil.

17 Funds of the charity

	Brought Forward	IncomeExpenditure		Adjust -ment	Balance
	£	£	£	£	£
Restricted					
Volunteer Network	784	500	375	-	909
Future East	38,984	5,400	964	-	43,420
Fitter Futures	28,416	-	268	-	28,148
Sure Start	4,230	-	-	-	4,230
Fit as a Fiddle Lottery funds	<u>6,500</u>	<u>317,813</u>	<u>314,858</u>	-	<u>9,455</u>
Total Restricted	<u>78,914</u>	<u>323,713</u>	<u>316,465</u>	-	<u>86,162</u>
Unrestricted					
Development	9,903	-	310	-	9,593
Change Up	10,604	-	-	-	10,604
Research	2,250	-	-	-	2,250
Training	960	-	-	-	960
IGP	14,490	71,273	60,027	-	25,736
General Reserve	<u>45,000</u>	<u>16,283</u>	<u>9,782</u>	<u>(1,416)</u>	<u>50,085</u>
Total Unrestricted	<u>83,207</u>	<u>87,556</u>	<u>70,119</u>	<u>(1,416)</u>	<u>99,228</u>
Total funds	<u>162,121</u>	<u>411,269</u>	<u>386,584</u>	<u>(1,416)</u>	<u>185,390</u>

Volunteer Network is a network to support best practice in volunteer management in the region.

Future East is the Regional Forum on Ageing supported by ACEast and Age UK in partnership with the Department for Work and Pensions, the East of England Regional Assembly (EERA) (until March 2010) East of England Development Agency (EEDA), and the Government Office for the Eastern Region (GO-East).

Fitter Futures is a project aimed at encouraging the participation of midlife and older people in physical activity.

Sure Start is an initiative aimed at addressing Social Exclusion.

Fit as a Fiddle is an ACE programme funded by the Big Lottery which will run until 2012.

ACEast is the fundholder and co-ordinator for the programme in the Eastern Region.

Development Fund comprises historic funds and specific grants to enhance the capacity of Age Concern in the Eastern Region

Change Up specific funds from Capacitybuilders, a Non-Departmental Public Body, provided via COVER for development of the capacity of infrastructure bodies to support their networks

Research Fund for specific small-scale research as necessary

Training comprises historic and specific funds to deliver training courses for Age Concern Organisations and Groups at regional and sub-regional level.

IGP (Income Generation Partnership) represents funds remitted to the Eastern Region by Age Concern England for distribution

Adjustment – see SOFA

18 Fund Analysis

	Restricted	Unrestricted	Total 2010	Total 2009
	£	£	£	£
Debtors	-	1,250	1,250	2,993
Cash at Bank	97,747	98,778	196,525	163,546
Creditors	<u>(11,585)</u>	<u>(800)</u>	<u>(12,385)</u>	<u>(4,418)</u>
Total Funds	<u>86,162</u>	<u>99,228</u>	<u>185,390</u>	<u>162,121</u>

19 Future Commitments

The Company has entered into a contract with the National Council on Ageing to deliver its Fit as a Fiddle programme in the Eastern Region over the period 1st October 2007 to 30th September 2012. The Eastern Regional Co-ordinator for this programme currently occupies premises at Saxon House Bury St Edmunds for which there is no formal lease agreement.

The merger of Age Concern England and Help the Aged became effective on 1st April, 2009. This is not expected to impact on ACEast in the immediate future as the merged organisation is committed to maintaining current levels of support to Age Concern Organisations and Groups in the region for two years from the date of the merger.