

AGE CONCERN REGIONAL SUPPORT SERVICES EASTERN  
DIRECTORS' AND TRUSTEES' REPORT AND UNAUDITED ACCOUNTS  
FOR THE YEAR ENDED 31 MARCH 2011

Company No: 4721677 (England and Wales)  
Charity No: 1099606  
[www.aceast.org.uk](http://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  
Daphne Savage  
Anthony Southam (Co-Chair to January 2011)  
Phil Wells

#### **Secretary**

Clody Howlett

#### **Registered Office**

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

#### **Honorary Financial Officer**

David Connell-Smith (to August 2010)  
Kevin Lewis (from August 2010)  
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 2011**

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 2011. 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 1<sup>st</sup> 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 2009 and indicated a commitment to support the federation until March 2011. The federation has now decided to become the Age England Association comprising AgeUK Partners and Friends. No decision has yet been made on the status, scope and role of regional companies such as ACEast that were an informal part of the federation.

#### **Development, activities and achievements this year**

The company operates using subscriptions of member AgeUK and Age Concern Organisations and Groups (hereinafter referred to collectively as Members), 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 Member activities at a regional level. It has adopted the working name of ACEast and created its own website at [www.aceast.org.uk](http://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 Members in the region.
- Supported the continuing work of Eastern Promise, the network of Member 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 English Forum on Ageing for the East of England.
- 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
- Funded sustainability support for Members
- 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 English Forum on Ageing (EFA) for the East of England, 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 people from each county and unitary council area in the region.

Future East has been represented at the UK Forum on Ageing (UKAFA) by its Chair, Pauline Weinstein. The work of EFAs and UKAFA is supported by the Department of Work and Pensions and Department of Health with departmental ministers attending UKAFA meetings. This has ensured strong and direct inputs from the grass-roots to ministers and timely information coming down from the lead departments of state.

During the year Future East appointed Marion Bailey in partnership with Tom Makin-Bell as consultants to:

- Review the role and membership of Future East to develop its role post Elbourne;
- Develop a new strategy and business plan for Future East
- Ensure that demographic change and older people's issues are properly reflected in local planning;
- Influence national and regional policy making; and
- Raise the profile of Future East

### **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](http://www.futureeast.org.uk) which gives access to information of direct relevance to older people and links to other regional forums on ageing.

### **Supporting Members and other organisations**

ACEast retained the Development Trusts Association (DTA) to provide sustainability support for ten of its Members. This comprised a full review of each organisation including an initial diagnostic and documentation review, visit and a headline report for each. Feed-back from Members has been mostly very positive and appreciative of the insights the exercise had given them.

A Personalisation workshop training session was organised for Members in June 2010 which attracted a smaller take-up than had been hoped but was rated very useful by participants.

“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](http://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 projects and project partners are:

Carry On Cooking: is now led by Age UK Cambridgeshire following an agreement with Cambridgeshire ACRE its former lead partner

Healthwise: Age UK Hertfordshire

Wellbeing Mind & Body: Age UK 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

All 8 projects in the regional portfolio are on track to meet or have already exceeded beneficiary targets. As of March 2011, the projects have reported (collectively) that over 5,500 people have participated in project activities supported by over 200 volunteers. Over 5000 events, classes and courses have been held by the projects so far, including physical activity and healthy eating sessions. Where possible projects are focussing on encouraging sustainable activity, by training volunteers and supporting communities to set up and maintain their own activities.

Project delivery is now in its final year and research and consultancy company Ecorys have been commissioned by the National Fit as a Fiddle Team to evaluate the impact of the portfolio. Ecorys will be visiting each project in the Eastern Region to carry out an independent project level case study and there is also expected to be a regional focus on the wide range of partnership working which has taken place.

### **Influencing Markets**

ACEast has maintained its website at [www.aceast.org.uk](http://www.aceast.org.uk) and uses it to post information on its own and related activities.

A company “health check” was carried out in April 2010 and the company’s processes and procedures were mostly found to require little change. The Treasurer has indicated his intention to retire by September 2012 and discussions have been started on an orderly transfer of his executive responsibilities elsewhere.

### **Future Developments**

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

1. Enabling Members 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 Members 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 Members 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, removed a leading partner of Future East and the new government has abolished Regional Development Agencies and its regional Government Offices. It is not yet clear how the gap between local and national level will be filled if at all.

### **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 expenditure for the year of £1,734. An excess of expenditure over income of £8,716 before year end adjustments on unrestricted activities arises from the fact that £28,600 was allocated to the DTA contract. As in previous years funds from the Income Generation Partnership have been retained at regional level, this is likely to be the last year in which income will be received from this source. Restricted funds benefitted from a grant of £11,100 from the Department of Work and Pensions to fund continuing development of Future East which nonetheless had a net expenditure of £3,663 for the year. This result was expected as accrued funds are applied to developing the East of England Forum on Ageing. Both ACEast and Future East are expecting to incur significant future cost for support and development so the balances on these funds are expected to see a further fall in the coming year. The funds previously designated to Sure Start have been repatriated to Future East. The Board of ACEast have approved an investment policy for funds not needed immediately.

### **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, this is under review following the demise of 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 Member/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 six 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 9 December, 2011, and signed on its behalf.

Gloria Culyer

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 2011 on pages ten to seventeen.

### **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 2011**

**SUMMARY INCOME AND EXPENDITURE ACCOUNT**

	<b>Notes</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>Total 2011</b>	<b>Total 2010</b>
		<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>INCOMING RESOURCES</b>					
Grants received	3	278,627	6,500	285,127	330,213
Income Generation Partnership					
– Income		-	71,273	71,273	71,273
Subscriptions		-	4,035	4,035	2,970
Reimbursed Expenses		-	7,089	7,089	6,638
Training income	5	-	440	440	-
Sundry income		-	-	-	175
<b>Total Income</b>		<b>278,627</b>	<b>89,337</b>	<b>367,964</b>	<b>411,269</b>
 <b>RESOURCES EXPENDED</b>					
<b>Cost of generating funds</b>					
Fundraising costs	6	-	-	-	-
<b>Charitable expenditure</b>	7	271,645	32,923	304,593	320,362
Income Generation Partnership					
- Distribution	7	-	60,067	60,067	60,027
Governance Cost	9	-	1,046	1,046	892
Admin and management	8	-	4,017	3,992	5,303
<b>Total expenditure</b>		<b>271,645</b>	<b>98,053</b>	<b>369,698</b>	<b>386,584</b>
<b>NET INC. (EXP) FOR THE YEAR</b>		<b>6,982</b>	<b>(8,716)</b>	<b>(1,734)</b>	<b>24,685</b>
<b>Transfers between funds</b>		<b>30</b>	<b>(30)</b>	<b>-</b>	<b>-</b>
<b>Adjustments</b>					
- write back unrepresented cheque		-	-	-	84
- write down irrecoverable debtors		-	-	-	(1,500)
<b>Net Income (Exp.) after transfers</b>		<b>7,012</b>	<b>(8,746)</b>	<b>(1,734)</b>	<b>23,269</b>
<b>FUNDS at 1st April, 2010,</b>		<b>86,162</b>	<b>99,228</b>	<b>185,390</b>	<b>162,121</b>
<b>FUNDS at 31st March, 2011</b>		<b>93,174</b>	<b>90,482</b>	<b>183,656</b>	<b>185,390</b>

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

**AGE CONCERN REGIONAL SUPPORT SERVICES EASTERN**

**Balance Sheet  
as at 31 March 2011**

	Notes	2011 £	2010 £
<b>Fixed Assets</b>			
Tangible Assets	12	-	-
Investments	13	-	-
<b>Current Assets</b>			
Debtors & Prepayments	14	104	1,250
Cash at bank and in hand	13	189,027	196,525
<b>Total Current Assets</b>		<b>189,131</b>	<b>197,775</b>
Creditors: amounts falling due within one year	15	5,475	12,385
<b>Net current assets</b>			<b>185,390</b>
<b>Total assets less current liabilities</b>		<b>183,656</b>	<b>185,390</b>
Creditors: amounts falling due after more than one year	16	-	-
<b>Net assets</b>		<b>183,656</b>	<b>185,390</b>
<b>Funds:</b>			
<b>Unrestricted funds</b>	17	90,482	99,228
<b>Restricted funds</b>	17	93,174	86,162
<b>Total Funds</b>		<b>183,656</b>	<b>185,390</b>

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

*For the year ended 31st March, 2011 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**

**Company Number: 4721677**

## AGE CONCERN REGIONAL SUPPORT SERVICES EASTERN

### Notes to the accounts for the year ended 31 March 2011

#### **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 £1,744 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.

<b>2 Donations and gifts</b>	<b>2011</b>	<b>2010</b>
	<b>£</b>	<b>£</b>
Individuals	-	-
Corporate sponsors	-	-
<b>3 Grants received</b>	<b>2011</b>	<b>2010</b>
	<b>£</b>	<b>£</b>
ACE: Regional Grant	5,000	5,000
Rebate from federation	1,500	1,500
Fit as a Fiddle (Big Lottery)	267,331	317,813
Future East:		
DWP	11,100	4,400
Digital Switchover	196	-
GO-East	-	1,000
Volunteering Partnership	-	500
<b>Total Grants</b>	<b><u>285,127</u></b>	<b><u>330,213</u></b>
<b>4 Activities for generating funds</b>		
There were no such activities during the year.		
<b>5 Investment Income</b>	<b>2011</b>	<b>2010</b>
	<b>£</b>	<b>£</b>
Income from listed investments	-	-
Interest receivable on cash deposits	-	-
<b>6 Costs of generating funds</b>	<b>Nil</b>	<b>Nil</b>

## 7 Charitable Expenditure

	Restricted	Unrestricted	2011	2010
	£	£	£	£
<b>Influencing Policy &amp; Practice</b>				
Sure Start	-	-	-	-
<b>Supporting Member</b>				
Fitter Futures	18	-	18	268
Fit as a Fiddle	45,281	-	45,281	55,858
* Grants to Partners	210,921	-	210,921	259,000
Volunteering Network	467	-	467	375
Support to Members	-	28,600	28,600	-
Miscellaneous activities	-	3,241	3,241	3,897
Training	-	1,082	-	-
<b>Influencing Markets</b>				
Future East	<u>14,958</u>	-	<u>14,958</u>	<u>964</u>
<b>Total</b>	<b><u>271,645</u></b>	<b><u>32,923</u></b>	<b><u>304,568</u></b>	<b><u>320,362</u></b>

Re-distribution of Income Generation

Partnership Grant		<u>60,067</u>		<u>60,027</u>
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\* Fit as a Fiddle Grants to Partners

Active Bedfordshire Bedfordshire PCT	23,554			36,787
Mind & Body AC Peterborough	17,532			19,808
Dancing for Fun (Living Sport)	32,731			38,042
ActivAge Ipswich CVS	20,361			21,868
Carry on Cooking Cambs ACRE	25,987			42,655
The Time of Your Life N. Norfolk DC	22,946			22,881
Healthwise AC Hertfordshire	34,040			44,480
Active Health Epping Forest DC	<u>33,770</u>			<u>32,479</u>
	<u>210,921</u>			<u>259,000</u>

## 8 Admin and management

	Restricted	Unrestricted	2011	2010
	£	£	£	£
Insurance	-	152		152
Meeting costs	-	1,075		1,626
Financial administration	-	2,644		3,290
Trustee expenses	-	111		235
Other administrative costs	-	<u>25</u>		<u>-</u>
<b>Total costs</b>	<u>-</u>	<b><u>4,017</u></b>		<b><u>5,303</u></b>
<b>Governance</b>	<u>-</u>	<b><u>1,046</u></b>		<b><u>892</u></b>

## 9 Surplus for the year

The surplus of income over expenditure is stated after charging:

	2011	2010
	£	£
Accountancy fees 2010/2011	<u>1,046</u>	<u>892</u>

**10 Staff costs**

No remuneration was paid to trustees in the year, travel expenses of £111 were reimbursed to two people (2010 £235). 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 2010: Salary £29,074, Employer's NIC £2,990, pension contributions £1,744. 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**

	2011	2010
	£	£
Investments	-	-
Cash deposits	<u>189,027</u>	<u>196,525</u>

There were no purchases or sales of investments during the period

**14 Debtors**

	2011	2010
	£	£
Prepayments		1,250
Other debtors	-	-
<b>Total</b>	<u><b>1,250</b></u>	<u><b>2,993</b></u>

**15 Creditors: amounts falling due within one year**

	2011	2010
	£	£
PAYE	2,770	-
Accountancy Fees	800	800
Employee costs	161	185
Other creditors	<u>1,744</u>	<u>11,400</u>
<b>Total</b>	<u><b>5,475</b></u>	<u><b>12,385</b></u>

**16 Creditors: amounts falling due after more than one year**

Nil.

## 17 Funds of the charity

	Brought Forward	Income	Expenditure	Adjustment	Balance
	£	£	£	£	£
<b>Restricted</b>					
Volunteer Network	909	-	467	-	442
Future East	43,420	11,296	14,959	4,230	43,987
Fitter Futures	28,148	-	17	-	28,131
Sure Start	4,230	-	-	(4,230)	-
Fit as a Fiddle Lottery funds	<u>9,455</u>	<u>267,331</u>	<u>256,202</u>	<u>30</u>	<u>20,614</u>
<b>Total Restricted</b>	<b><u>86,162</u></b>	<b><u>278,627</u></b>	<b><u>271,645</u></b>	<b><u>30</u></b>	<b><u>93,174</u></b>
<b>Unrestricted</b>					
Development	9,593	-	28,600	19,007	-
Change Up	10,604	-	-	(10,604)	-
Research	2,250	-	-	-	2,250
Training	960	440	1,082	-	318
IGP	25,736	71,273	60,067	(1)	36,941
General Reserve	<u>50,085</u>	<u>17,624</u>	<u>8,304</u>	<u>(8,432)</u>	<u>50,973</u>
<b>Total Unrestricted</b>	<b><u>99,228</u></b>	<b><u>89,337</u></b>	<b><u>98,053</u></b>	<b><u>(30)</u></b>	<b><u>90,482</u></b>
<b>Total funds</b>	<b><u>185,390</u></b>	<b><u>367,964</u></b>	<b><u>369,698</u></b>	<b><u>-</u></b>	<b><u>183,656</u></b>

**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 2011) 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 Member 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 Member 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** – Development project used up the accrued funds in the Development budget and in Change Up. The balance was then met from the General Fund.

## 18 Fund Analysis

	Restricted	Unrestricted	Total	Total
	£	£	2011	2010
	£	£	£	£
Debtors	104	-	104	1,250
Cash at Bank	97,745	91,282	189,027	196,525
Creditors	<u>(4,675)</u>	<u>(800)</u>	<u>(5,475)</u>	<u>(12,385)</u>
<b>Total Funds</b>	<b><u>93,174</u></b>	<b><u>90,482</u></b>	<b><u>183,656</u></b>	<b><u>185,390</u></b>

## 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 1<sup>st</sup> October 2007 to 30<sup>th</sup> 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 1<sup>st</sup> April, 2009. This did not impact on ACEast in the past two years as the merged organisation was committed to maintaining current levels of support to Member Organisations and Groups in the region for two years from the date of the merger. It is not known at present if any further direct support for ACEast will be available from national Age UK sources.