

# Scottish Older People's Assembly (a Scottish Charitable Incorporated Organisation)

Annual Report and Accounts For the year ended 30 June 2022

Registered Charity – SC046520

## Annual Report and Accounts For the year ended 30 June 2022

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## **Charity Information**

## **Charity number**

SC046520

#### **Trustees**

Current Trustees of the charity, representing the groups and bodies noted are:

Eileen Wallace Vice Chair Public Partnership Panel Forth Valley

Teresa Lavery Vice Chair Appointed 10 Nov 21 and elected as Vice Chair 12 Jul 22

John White Dumfries & Galloway over 50's Group and Public Partnership

Forum

Elaine Thornton-Nicol Older People's Champion
David Paterson Falkirk Older People's Network
Catriona Mason Seniors Together, South Lanarkshire

Harriette Campbell African Caribbean Elders Scotland – appointed 10 Nov 21

Margaret Fisher Appointed 10 Nov 21

The following Trustees also served during the year

Diana Findlay Chair Borders Older People's Forum, Regional Ambassador for

Age Scotland - resigned 25 Sep 22

Alan Sidaway Vice Chair Unite Retired Members Association Dumfries – resigned 22

Jul 22

Brodie Shepherd Appointed 10 Nov 21 and resigned 24 Aug 22 David Cullum Appointed 10 Nov 21 and resigned 24 Aug 22

Samuel Gibson Unite Retired Members Association Lanarkshire – resigned

10 Nov 21

Christine Wilson Human Development Scotland – resigned 10 Nov 21

#### Registered office

Eric Liddell Centre 15 Morningside Road Edinburgh EH10 4DP

## **Independent Examiner**

Elaine Alsop ACA DChA FCIE
EA Independent Ltd
1 Rosebery Place
Dunbar
East Lothian
EH42 1AQ

## Trustees' Report For the year ended 30 June 2022

The Trustees present their report and receipts and payments accounts of the charity for the year ended 30 June 2022.

## Structure, governance and management

#### Constitution

The Charity is a Scottish Charitable Incorporated Organisation (a SCIO). It was registered in its current legal form on 29 April 2016. The Scottish Older People's Assembly was delivered by the City of Edinburgh Council from 2011 until 31 March 31 2016 and changed its form to become a SCIO on 29 April 2016.

#### **Appointment of the Trustees**

The Constitution states that the Full Members of SOPA may elect any Full Member (unless he/she is debarred from appointment to the Board of Trustees) to serve as a charity trustee with effect from each Annual General Meeting (AGM). There must be a minimum of eight and a maximum of 18 trustees.

In line with section 87.2 of the Constitution one third of all the Trustees (those who have been in position the longest) are asked to stand down at each AGM for re-election if they wish.

All full members are asked to vote on the election and re-election of Trustees. Those who will not be in attendance at the AGM can submit their vote by mail, email or telephone call to the charity Lead Officer.

#### **Membership applications**

There are two categories of membership:

- Full membership open to organisations involved in any aspect of promoting the voice and experience of older people
- Associate membership open to other bodies (whether public sector or private sector) and to individuals

## Management

The charity currently receives funding which enables a Lead Officer to be appointed to assist with the general running of the charity on behalf of the Trustees. Successful funding applications made in 2021 mean that SOPA has now a staff team of two. A Lead Officer 4 days per week and a part-time Communities Development Worker, working 2.5 days per week.

#### Objectives and activities

#### Charitable purpose and principal activities

The Scottish Older People's Assembly exists to give a strong voice to older people about their experience of life in Scotland, their challenges and concerns, and to celebrate the positive contribution that older people make to society.

SOPA has over 60 membership organisations including community groups, national campaigns and organisations, equality and minority groups and lifelong learning associations along with individual members.

SOPA aims to enable and empower members to use their experience and skills to influence policy decisions that affect later life. Members are encouraged to feedback from national groups and forums to their wider networks of older people, creating a powerful network of engagement.

Trustees' Report For the year ended 30 June 2022

## Achievements and review of the year

The 2021/22 year was challenging for SOPA, as it has seen the end of restrictions from the pandemic, but this has impacted on our Members willingness to travel, their health and wellbeing and it impacted on our activities and delivery. SOPA saw significant changes in staffing during this period, our long serving Co-ordinator Caroline left the organisation and moved to an exciting new role. An interim Lead Officer was brought in to manage the organisation and support the Board to ensure that key priorities were met during this period including the recruitment of a permanent Lead Officer. Through all this change and interruption SOPA has moved forward and we have, since our last AGM in 2021, managed to accomplish a lot.

## Some of the key highlights from the year are described below:

#### Older People's Champion Campaign

Our partnership with Age Scotland has been a successful one, in launching and developing a campaign to encourage all 32 councils in Scotland to appoint an Older People's Champion. As of September 2022, we now have 19 councils on board. We have jointly chaired three Gatherings for the champions to come together in the 21/22 year to share ideas and experiences, held in Sept, Nov and March. It was great to get this group of enthusiastic leaders together, some have been in the role for a number of years, others are new to the role, but all shared a commitment to listening to older people's concerns and acting to address their issues. We look forward to continuing to work with the champions in raising the voice of older people from a local to a national level. The aim is to recruit 32 OPC's by the end of 2023.

#### **Age-friendly Communities**

In February 22, Sheena Fontana joined SOPA as a Communities Development Worker to lead on Age-friendly Communities. The Scottish Older People's Assembly secured funding for one year (February 2022 – Feb 2023) from the Tudor Trust to develop Age-friendly Communities across Scotland. The Age-friendly Communities Development Worker is leading on this work to stimulate local and national action to achieve better outcomes for people in and approaching later life, using the World Health Organisation (WHO) Age-friendly Communities Framework.

## **Age-friendly Programme Delivery**

Age-friendly Communities (AFC) work is new to SOPA and to Scotland but is established in other parts of the UK. SOPA is an affiliate of the UK network of Age-friendly Communities. The AFC Steering Group chaired by a SOPA Trustee and chair of Seniors Together has been established to guide and champion AFC delivery in Scotland. Membership includes national third sector organisations working with older people, academic partners and public sector bodies. The group has met 3 times during the reporting period and learning has been shared across the WHO framework, the Scottish Policy agenda and input from national exemplar AFCs such as Age-friendly Wales.

## Identifying and Supporting Local Areas on their Age-friendly Journey

5 areas in Scotland have expressed interest in becoming an Age-friendly Community. The AFC lead has met and supported each of these areas. South Lanarkshire, City Of Edinburgh and South Ayrshire are the most progressed and are working towards joining the UK Network of AFC. Working towards accreditation to join the Network demonstrates a political commitment to working with older people and supporting developments to enable older people to have active and healthier later lives in their communities. Exploratory discussions have taken place with Midlothian and Moray.

## Trustees' Report For the year ended 30 June 2022

## **Age-friendly Activities**

Raising awareness, knowledge and creating a movement for change has been a key first task.

#### **Presentations and workshops**

- The SCVO Gathering face to face workshop 55 participants including older people, third sector organisations and public sector bodies a direct outcome was South Ayrshire's commitment to becoming an AFC.
- Attendance at the Cross Party Group on Age and Ageing 20 individuals representing organisations.
- Presentation to Seniors Together Executive Group 10 members
- Capacity to Collaborate Age-friendly Edinburgh face to face workshop. 40 participants including older people, third sector organisations working with older people and public sector bodies.
- Joint presentation with AFC Chair/SOPA Trustee at SOPA members meeting to 30 older people and organisations working with older people.
- Wider networks and relationship building include academic partners Heriot Watt, Dundee and Stirling Universities. National third sector organisations Independent Age, Age Scotland and the Alliance.
- Building the knowledge base and learning from other areas including Age-friendly Ireland an AFC country, Manchester, Belfast and Leeds who have been working on AFC for up to 20 years. (100 contacts)

## **Key Achievements**

- Supporting 3 local areas on their AFC journey and accreditation to the UK Network, South Ayrshire a direct result of the SCVO workshop delivered in June.
- 2 new members of SOPA as a direct result of Age-friendly Communities input and presentations.
- Development of AFC flier, the first of a series of Scottish resources which has had positive feedback and supported Local Authorities in particular elected members to embark on AFC iourney.
- National recognition of the work and request for input at Holyrood Health and Social Care Festival in September.
- Positive feedback from the Tudor Trust as funder and recommendation to apply for continuation funding.

## **Future Plans**

- A Parliamentary reception on AFC to raise awareness and gain support for AFC at a national level will be planned for 2023.
- Develop a Scottish AFC network which will create space to bring those interested in AFC or other community friendly initiatives together to facilitate and accelerate the development of AFCs through shared learning.
- Continue to have a focus on equalities in AFC by working with LGBT Age and Age Scotland Minority Ethnic community development project.
- In 2023 have 2 areas in Scotland accredited UK network Age-friendly Communities.
- Seek continuation funding from Tudor Trust.

Trustees' Report For the year ended 30 June 2022

#### Health & Wellbeing in Later Life

As part of the Rethinking Later Life event arranged by SOPA and u3A, David Paterson, Chair of SOPA's Health and Wellbeing Group, presented findings from a health survey on people's experiences of accessing healthcare during the pandemic. Over 800 responses were received from people across 14 health board areas. 84% of respondents were aged over 60. This event engaged a further 125 older people, many of whom provided additional experiences of difficulties accessing primary health care during the pandemic. The survey undertaken by SOPA was submitted to the Chief Administrative Medical and Dental Officers and to the Cabinet Secretary for Health and Social Care.

#### **National Care Service Consultation**

Key points made by SOPA in the NCS consultation response were evident in the analysis of the responses report from the Scottish Government which demonstrated the impact of our contribution with many of our points reflected in the final report. For example, rather than focusing purely on reorganisation as a solution to improving the delivery of services, SOPA's constructive comments included, the importance of equity based needs assessment, the need to prioritise prevention and early intervention rather than waiting for crisis before support is available.

SOPA posited the view that by recognising the interdependency of hospital and social care a more effective and efficient system would deliver improvements to the health and wellbeing of the general population. SOPA also concurred with the criticism of the consultation itself which provided closed and leading questions,

#### Scottish Government: COVID-19- Health Impact Study

SOPA recognised the considerable challenges inherited by Humza Yousaf Cabinet Secretary for Health and Social Care and offered our support to develop strategies to restore the delivery of healthcare following the disruption caused by the pandemic. SOPA reminded the cabinet secretary that access to healthcare was a basic human right which was being eroded by restricting patient access as a result of the increasing reliance on the use of digital technology in delivering primary healthcare services

#### **House of Lords Committees**

Following submissions to the COVID-19 and Communication and Digital committees, the UK government responded in late 2021. It is SOPA's intention to continue to monitor progress in implementing the committee's recommendations.

## **SOPA Development Day**

SOPA recruited five new Trustees and did appoint two staff in the financial year which required a significant amount of planning and managing change. A Development Day was held at the end of February. Feedback was sought from the 7 Trustees that attend and 5 responded to an online survey. Of these, 62% felt that the aims of the day were met. The key issue was not enough time to get through everything in one day, so a series of four follow up online sessions were held and a report was produced setting out the next steps for the organisation. This was an important piece of work to bring together the views of Trustees and staff in strategic planning. Later in the year a restructure took place and a new Lead Officer post has been developed, 4 days a week. Hetty Malcolm-Smith has now joined SOPA as the new permanent Lead Officer. Hetty will be reviewing the work from the Development Day and the SOPA Strategic Plan.

## Trustees' Report For the year ended 30 June 2022

#### Information Sharing by SOPA

SOPA arranged an online session for members and its wider network on how to engage and influence the UK Parliament. Aimee Dobie, Senior Education and Engagement Outreach Officer (Scotland), UK Parliament, provided an interesting and engaging talk, highlighting opportunities and tips for having your voice heard at a UK level. The Number of people who attended was 30.

SOPA produced a March 2022 and a June 2022 Newsletter, circulated to 804 contacts. The newsletters contained updates on SOPA's key achievements and news from our partner organisations.

We produced email bulletins which included information from partner organisations, we circulated these monthly, in addition to other emails with relevant information forwarded from partner organisations.

Examples of partner organisations featured in our recent newsletter and bulletin included:

- Home Energy Scotland
- LGBT Age Age Action Group
- The Joy Club
- African and Caribbean Elders in Scotland (ACES)
- University of Third Age
- · Generations Working Together
- Glasgow University

SOPA held an online Members meeting on 21<sup>st</sup> March where updates on SOPA's work was shared along with speakers on relevant topics.

This meeting included presentations from:

- Katherine Southern, Hourglass "Last in Line" a report on attitudes to elder abuse
- Laura Manderson, University of Strathclyde update on research project: "Ageing and Communication." The number of organisations who attended was 40.

#### Wellbeing in Later Life (WeLL) Programme

SOPA was a co-partner in the WeLL Programme, a collaboration led by the International Foundation for Integrated Care (IFIC) Scotland and the Alliance. The six-month project (Oct 2021 – Mar 2022), brought together a learning network of older people, community leaders and activists, third sector and public sector partners to test, share and grow opportunities to improve the lives of older people, and the communities in which they live. Involvement in the programme provided a useful base of contacts and information to build on through the Age-friendly Communities project.

## Trustees' Report For the year ended 30 June 2022

## **SOPA's Summary of Activities**

- Engaging and Influencing the UK Parliament 18 Oct 21 30 attendees via zoom
- David Linden MP and Alan Brown MP 2 Feb 22
- Rethinking Later Life 26 Oct 21 & 2 Nov 21 125 attendees from across Scotland participated in the first event and around 100 at the second event. Report.
- SOPA AGM 10 Nov 21, hybrid
- OPCs Gatherings 13 Sep 21 (11 OPCs, 6 others), 29 Nov 21 (8 OPCs, 6 others), 14 Mar 22 (8 OPCs, 7 others)
- WeLL Project Co-Lab sessions (Oct 21, Jan 22), Conversation Cafes (Nov 21, Dec 21, Jan 22, Feb 22), Advisory group (3)
- UK Network Age-friendly comms Steering Group 16 Nov 21, 8 Mar 22
- Recruitment Staff Interviews 6 & 13 Nov 21, induction meetings, HR work
- SOPA development Day 28 Feb 22
- Trustee meetings 5 Oct 21, 7 Dec 21, 8 Mar 22
- CPG OP, age and ageing 15 Mar 22
- SOPA Members meeting 21 Mar 22
- Consultations
  - o NCS engagement session OPSAF 19 Oct 21, consultation response (met 1 Nov),
  - OP H&SC OP H&SC Strategy session 12 Oct 21
  - o NPF4 (TL attended event 1 Mar 22, submission 31 Mar 22)
  - Accessible Travel Plan session 22 Mar 22
- Newsletters March 2022, June 22 and bulletins (monthly)
- Health and Wellbeing group Feb 22
- LG Manifesto
- SOPA Assembly 5 Oct 22

#### SOPA's three-year plan

SOPA published its three-year plan in January 2021. It is based on the priorities, discussion and activities that have been identified over the last year and translates those into a clear objectives and actions. With the recruitment in September 22 of the new Lead Officer and the Assembly in October 22, the Strategic Plan will be reviewed early 23.

#### **External meetings**

We have continued to take part in meetings of the Older Peoples Strategic Action Forum (OPSAF) and other meetings, workshops and consultations led by government officers on topics such as Housings for Older People, Transport and Social Security, which are of importance to Older People. We look forward to the re-establishment of other forums such as the Cross Party on Older People, Age and Ageing. New issues are facing older people in 2022, Cost of Living through the economic crisis, fuel poverty, cost of food, etc. The pension issue is another factor facing older people in 2022. These will all be of interest to SOPA in 2022/2023 and may influence the direction going forward.

Trustees' Report For the year ended 30 June 2022

#### **Financial Review**

We thank our funders for their continuing support.

The charity had receipts in the year of £66,625 (2021: £24,050) and payments of £40,576 (2021: £22,643) resulting in net receipts of £26,049 (2021: £1,407). Total funds under management of the charity at 30 June 2022 are £39,750, which are represented by cash and bank balances. The unrestricted fund stands at £10,714, while those funds dedicated to specific projects are £29,036.

#### Reserves

The Trustees are mindful to retain appropriate reserves to cover three months' worth of normal running costs to meet commitments and to cover any unexpected expenditure in the event of a sudden loss of funding. Based on these accounts, three months' expenditure is approximately £9,800, which would cover staff costs, rent, office and travel costs. As at 30 June 2022, unrestricted reserves of £10,714 is sufficient to meet these costs, in particular with other restricted funding in place for 22/23. The Trustees will continue to review the reserves position in light of the risks facing the charity.

## Major risks facing the charity

The Trustees manage a Risk Register which sets out the most significant risks to the organisation. Action taken to mitigate financial risks and the inability to deliver our objectives due to a lack of capacity, by attracting additional funding, has been successful, meaning SOPA has a more secure future for the next three years. Trustees have recently reviewed SOPA's key policies and are taking positive action to ensure that SOPA's governance arrangements are robust to support the delivery of SOPA's three-year plan which is being reviewed to form a new strategic plan for 2023-2026.

#### Plans for future periods

SOPA looks forward to enhancing our capacity and bring new ideas and enthusiasm with the recruitment of our new Lead Officer in 2022. We are excited to be able to hold our Assembly in October in Perth and to meet in person at outreach events. Online engagement has brought some

benefits in allowing participation by many remote older people and partners, so we also have plans to continue with online activities. An Age-friendly Communities Reception at the Scottish Parliament will be organised early in 2023. This was postponed due to the death of Her Majesty Queen Elizabeth II.

#### Approved by the Trustees and signed on their behalf

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Teresa Lavery Vice Chair 14 November 2022

# Independent Examiner's Report to the Trustees of Scottish Older People's Assembly

I report on the accounts of the charity for the year ended 30 June 2022, which are set out on pages 10 and 11 and the related notes on page 12 to 14.

#### Respective responsibilities of trustees and examiner

The charity's Trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006(as amended) ("the 2006 Regulations"). The charity's Trustees consider that the audit requirement of Regulation 10(1) (d) of the Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.

#### Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the 2006 Regulations. 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 seeks explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

#### Independent examiner's statement

In the course of 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 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Regulations
  - to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations
    - have 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.

Elaine Alsop ACA DChA FCIE 1 Rosebery Place Dunbar East Lothian 14 November 2022

# Receipts and Payments Account For the year ended 30 June 2022

	Notes	Unrestricted 2022 £	Restricted 2022 £	Total 2022 £	Total 2021 £
Receipts		~	~	~	2
Grants and donations	2	800	65,825	66,625	24,050
		800	65,825	66,625	24,050
Payments					
Charitable activities Governance costs	3 4	30	38,778 1,768	38,808 1,768	21,751 892
Total payments		30	40,546	40,576	22,643
Net receipts/(payments) before transfe	rs	770	25,279	26,049	1,407
Transfers		3,675	(3,675)	-	-
Net receipts for the year		4,445	21,604	26,049	1,407

The notes on pages 12 to 14 form part of these accounts

# Statement of Balances As at 30 June 2022

	Notes	Unrestricted 2022 £	Restricted 2022 £	Total 2022 £	Total 2021 £
Opening funds at 1 July		6,269	7,432	13,701	12,294
Net receipts for the year		4,445	21,604	26,049	1,407
Closing funds at 30 June	6	10,714	29,036	39,750	13,701
Represented by:		10.714	20.026	20.750	12.701
Bank and cash balances		10,714 ======	29,036 ———	39,750 ———	13,701

## **Creditors (for information only)**

	£	£
Project & freelance staff costs	192	2,190
Rent	-	150
Trustee travel	-	58
Independent examiners fee	<u>500</u>	400
	692	2,798

Approved by the Trustees on 14 November 2022 and signed on their behalf by:

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Teresa Lavery, Vice Chair

## Notes to the Accounts For the year ended 30 June 2022

## 1. Accounting policies

#### Basis of accounting

The accounts have been prepared on a Receipts and Payments basis in accordance with the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006 (as amended).

#### VAT

The charity is not registered for VAT and, accordingly, expenditure includes VAT where appropriate.

## Resources expended

Expenditure incurred has been classified on a basis appropriate to the charity's circumstances. All expenditure relates to the charitable activities.

Governance costs are separately identified.

#### 2. Grants and donations

	Unrestricted 2022	Restricted 2022	Total 2022	Total 2021
	£	£	£	£
Grants				
PECF Funding	-	5,000	5,000	20,000
EHR Funding	-	36,825	36,825	-
Tudor Trust	-	24,000	24,000	-
Strathclde University	-	-	-	3,000
Donations				
NFOP – Outreach Work	800	-	800	1,000
Other donations	-	-	-	50
	800		66,625	24,050

#### 3. Charitable activities

	Unrestricted 2022 £	PECF 2022 £	EHR 2022 £	Tudor Trust 2022 £	Lottery 2022 £	Total 2022 £	Total 2021 £
Staff costs	-	5,942	18,843	5,632	-	30,417	16,174
Staff expenses	-	14	252	152	-	418	-
Volunteer costs	-	324	-	-	-	324	-
Professional fees	-	-	1,092	-	-	1,092	200
Project & event costs	-	582	1,875	970	-	3,427	4,179
Rent	-	150	610	-	-	760	675
Office costs	30	21	94	-	-	145	338
IT software & equipment	-	-	509	180	1,095	1,784	
Insurance	-	-	96	-	-	96	185
Recruitment			345			345	
	30	7,033	23,716	6,934	1,095	38,808	21,751

# Notes to the Accounts For the year ended 30 June 2022

#### 4. Governance costs

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2022	2021
£	£
700	43
668	449
400	400
1,768	892
	2022 £ 700 668 400

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Governance costs are chargeable to the PECF (£629) and HER (£1,139) restricted funding.

The fee for the independent examination of the 2022 accounts is £500 (2021: £400) and is included in the creditors as shown in the Statement of Balances

#### 5. Trustees and Related Parties

No remuneration was paid to any Trustee during the year (2021: £Nil).

Travel expenses and reimbursement of expenses such as printing and refreshment costs are paid to the Trustees for attending meetings and events on behalf of the charity. A total of £668 was paid to 5 Trustees in the year (2020: £449, 1)

## 6. Funds

	Balance at 1 July 2021 £	Receipts £	Payments £	Transfers £	Balance at 30 June 2022 £
Unrestricted Funds					
General fund	6,269	800	(30)	3,675	10,714
Restricted Funds					
PECF	5,386	5,000	(7,662)	(2,724)	-
HER	-	36,825	(24,855)	-	11,970
Tudor Trust	-	24,000	(6,934)	-	17,066
Awards for All	2,046	-	(1,095)	(951)	-
	7,432	65,825	(40,546)	(3,675)	29,036
Total Funds	13,701	66,625	40,576	-	39,750

## Restricted funds:

**PECF fund** represents funding awarded to cover the costs of the co-ordinator and administrator, together with volunteer expenses and a contribution towards rent and office costs. This funding ceased during the year and was replaced by EHR funding.

# Notes to the Accounts For the year ended 30 June 2022

#### **Funds continued**

**EHR fund** represents funding from the Inspiring Scotland Equality and Human Rights fund. This covers the lead officer project worker, delivery costs and a contribution to overheads. The balance is due to be spent in quarter 4 of the funding year, July to September 2022. The funding will be in place for 3 years.

**Tudor Trust** funding was received in the year to deliver the Age Friendly Communities project. The funding covers a project worker and delivery costs. The balance is to be spent in 2022/23.

**Awards for All** funding has been received to support remote participation and the filming project. The remainder of the funding was fully spent in the year.

#### Transfers between funds:

A transfer was made from both the Awards for All and PECF funding to unrestricted funding with the consent of the funders to cover costs over the life of the project now that the funds have come to an end.