

The GOLDEN-OLDIES Charity

t: 01761 470006 e: hiho@golden-oldies.org.uk

www.golden-oldies.org.uk

Charity

Unit 7, Fourth Avenue, Westfield Industrial Estate, Radstock, BA3 4XE

PATRON: SIR CLIFF RICHARD

"Making a difference to people's lives"



Tuesday, October 29, 2013

Ms Joy Norris
Town Clerk
Ilminster Town Council
Council Offices
North Street
Ilminster
Somerset TA19 0DG



Dear Joy,

Please find enclosed an application on behalf of the Golden-Oldies Charity for a grant to support a new singing and activity session in Ilminster.

In support of this application I would like you to consider please this recommendation from Pauline Burr who is Arts Development Officer for South Somerset District Council, she writes;

"I've been fortunate enough to see Goldies in action on many occasions - it really brightens the day for the people who take part. It gets them out of the house and away from the same four walls - which is particularly important for those who don't have friends and relatives nearby.

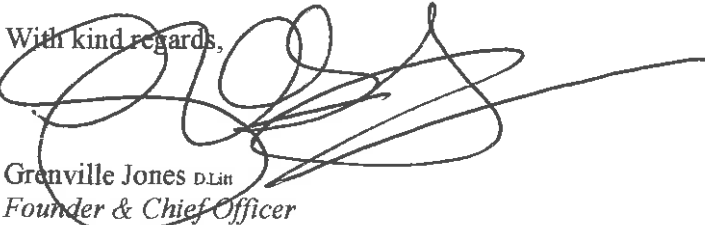
"I have also seen people rekindle old friendships and make new friends. The health benefits are self-evident; singing is proven to be good for the heart and whether people get up and dance or just stand and wave their hands in the air, their physical well-being is improved by taking part.

"The best thing about Goldies, however, is that people really have fun! For the length of the session they forget their problems and their aches and pains and just have a jolly good time!

I have also added a page which includes many comments from elderly folk who attend our sessions across the West of England. We know that the work of this charity is having a positive effect on lonely lives and I do hope that you will feel able to support us as we develop in Ilminster and West Somerset.

Please do not hesitate to contact me if you have any questions about our work.

With kind regards,


Grenville Jones D.Litt
Founder & Chief Officer

The results of this evaluation have clearly indicated how participation in the Golden-Oldies enhances a participant's health and well-being, strengthens and stimulates communities and can potentially be a cost-saving programme to society by reducing social isolation and improving overall health.

Source: University of Bath - Social & Policy Sciences Department / 2011

Golden-Oldies Ltd, a company limited by guarantee • Company No. 6369123 • Charity Registration No. 1121600.



Joan from our Kingswood group who said on a scale of 1-10 felt a 3 before the session and a 10 after the session. 'she said she loves to sing and enjoys the friendly company.'

Cath from our St Nicholas Court session in Bathampton chooses 'Dancing cheek to cheek' every week as it reminds her of when her and her husband used to dance together. 'It breaks the day up and I enjoy seeing the local people. I like singing and to hear the songs. My Husband and I used to go dancing.'

Vera from our Filton session in Bristol said 'What I like most about my Goldies session is meeting my friends and singing and having fun with them. I enjoy everything including have a cup of tea and a biscuit. I love to sing and clap my hands and wave to all my friends, this is the only time I see them. We all enjoy being together.'

Roy from our Goldies session in Kingswood gets on a public transport bus for 20 minutes, brings his guitar every week wearing his Elvis T-shirt, and strums along to Wonder of you. 'I love meeting with people each week, and I love singing and performing on my guitar.'

Val from our Midsomer Norton session said 'I love going to Goldies because I can sing even though I think I'm not good enough for a choir'

Carol went to a session in Kingswood. 'I was visiting my Aunt in Kingswood (Bristol) The session leader was very confident and had a good rapport with the group members. It was so apparent that they valued the service you are providing. I was talking to a lady called Jean, I got chatting to her and she said she walks 20mins to attend the session- whatever the weather! She must have been well in her 80's. Also the other lady sitting near us was Queenie and she also walked 15mins. There was a chap called Roy he produced a guitar and was given an Elvis song to which he strummed along- His guitar hasn't been tuned for years, but that didn't matter, he sang his heart out, and his smile was so large, it brought tears to my eyes, he so absorbed the round of applause he received when he'd finished.'

The niece of one of our Keynsham Goldies wrote and told us 'My Uncle C... and Auntie B.. Were joined together 'at the hip' and when she died suddenly, without warning, a few years ago, we were all very concerned of how he would cope. He joined the Golden-Oldies. His life now is singing, he loves it, when I see him now that's all he can talk about. He has made many friends and it has given him a well deserved new lease of life and it is lovely to see. Without Golden-Oldies his life would be very different.'

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What Goldies means to me

81 year old Vera from Wiltshire attends many sessions. She speaks for the hundreds to whom being a "Goldie" means so much. 'I'm addicted to Goldies, I just love it. I've met so many lovely people and made so many new friends. I'm sad when I can't get to a Goldies sessions.'

B... from Whiteway, Bath has suffered from a deep depression for many years. Since joining Goldies, she has come off her anti-depressant medication. She puts it down to one thing...Goldies! 'I have been attending Goldies at Blagdon Park since the start in 2008. I am partially sighted and cannot read the words in the song books but I still sing along to all the songs. Tom my husband suffers from Parkinsons and I take care of him full time. He is not well enough to attend the Goldies sessions, but is always thankful that they've made such a difference to my life. He likes to say "it's a tonic for the wife". Tom loves to attend concerts and events that Goldies put on when he is well.'

80 year old Winn from our Kingswood group in South Gloucestershire. 'I feel years younger after singing. It's wonderful. I see so many friends dancing and singing. The dancing is good for the figure and the singing is good for the lungs! I certainly don't feel my age and hope we can keep singing forever!'

Joan attends our Chippenham session. 'I wouldn't miss Goldies for the world. I fell down earlier today and all I could think about was 'I've just got to get to Goldies. I wasn't worried about my knee, just getting to Goldies.'

George from David Stoddard Gardens in Swindon. 'It's helped to get my voice back. We sing the good old songs we know. It's such good fun, we have a laugh and a joke, if only the time didn't go so quickly. The people that come here thoroughly enjoy it and they sing their hearts out. It makes the week for us. It sure beats being stuck in all the time just watching TV.'

65 year old Edwina from a group in Bath. After losing my husband 3 years ago, it took Goldies to get me out of my depression. It makes so much difference to me. I get to meet people, chat, laugh and sing and it's so enjoyable.

June never misses her Clevedon session in North Somerset. 'My husband suffers from Alzheimers and I was able to bring him to Golden Oldies. It was uplifting to hear him sing along word perfect when he couldn't put a sentence together. Thank you so much for keeping him in the 'real world'. I still come along although sadly he can't. Golden Oldies are a real life-saver.'

Pat from our Withywood group in Bristol. 'Goldies is the one hour of my week I look forward to. I wish we could have it every day. We might be Golden-Oldies but we feel more gold than old.'

Heather from a North Somerset session. 'It's so enjoyable to sing old songs, which are not heard often today, it's also lovely to meet new friends and the atmosphere is happy.'

67 year old Annette from Weston Super Mare. 'I love singing and I love seeing other people, singing is good for you and it cheers you up. I love my Goldies session they mean a lot to me, I love coming to Goldies and singing with other people.'

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Grant Breakdown Costs

<u>Item</u>	<u>Amount</u>
Payment to Session Leader	£360.00
Ipod and Docking Station	£300.00
Song Books and Printing	£175.00
Flyers, Advertising and Promotion	£275.00
Admin Research and Set up	£231.00
TOTAL	<hr/> £1,341

A handwritten signature in black ink, consisting of several loops and a long tail, positioned to the right of the table.



**ILMINSTER TOWN COUNCIL
GRANT APPLICATION FORM 2013/14**

Please Note: Prior to completion of this form please read The Town Council's Grant Policy and Guidelines

1. Name / Title of Organisation GOLDEN-OLDIES CHARITY

2. Name of person submitting the application ROSIE ATKINS

Position held in organisation FUNDRAISING EVENT ORGANISER

Address GOLDEN-OLDIES, UNIT 7, FOURTH AVENUE,
WESTFIELD INDUSTRIAL ESTATE, RADSTOCK, BA3 4XE

Tel. No. 01761 470006

Email rosie@golden-oldies.org.uk

3. Full details of project for which a grant is sought: *with emphasis on how it will benefit the citizens of Ilminster*

THE AIM OF THE PROJECT WILL BE SET UP AND RUN
MONTHLY SINGING SESSIONS AND ACTIVITY SESSIONS
FOR OLDER PEOPLE IN ILMINSTER. PLEASE SEE ALL
EVIDENCE PROVIDED OF HOW THE GOLDEN-OLDIES
CHARITY CAN IMPROVE AND CHANGE LIVES,
INCLUDING QUOTES FROM EXISTING GOLDIES MEMBERS,
ENDORSEMENTS AND THOSE ALL IMPORTANT PICTURES. PLEASE
ALSO TAKE A LOOK AT OUR WEBSITE
www.golden-oldies.org.uk

4. Total anticipated cost of project
(Please enclose supporting estimates)

£1,341

5. Amount of grant sought from Town Council and % of total project cost

£971.00
72%

6. Please give details of applications made to other grant making bodies in respect of this project
(eg South Somerset District Council/Lottery. etc)

Date	Organisation	Amount Sought	Granted
09/10/13	SOUTH SOMERSET COUNCIL	£250.00	PENDING

7. Please provide details of the contribution that will be made by your organization to the Project.

WE ASK PEOPLE ATTENDING TO MAKE A VOLUNTARY DONATION OF £1.00. WHEN THIS COULD BRING APPROXIMATELY £120.00 INTO THE CHARITY FUNDS.

8. Has your organisation received a grant from this Council within the last 3 years?

YES NO If YES, please provide details.

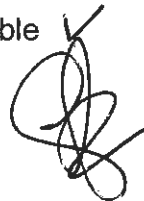
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Please use additional sheets if necessary

Don't forget to include:

- Constitution / rules ✓
- Financial information – accounts ✓
- Evidence project costings are reasonable ✓

Please return the completed form to
 Ilminster Town Council
 Council Offices
 North Street
 Ilminster
 Somerset
 TA19 0DG





The research that supports our work

We consult with the elderly people who attend our Goldies singing and activity sessions across the West of England on a regular basis through the Session Leaders. Between May and June 2013 a survey of 200 people took place, 129 were female and 71 male, between the ages of 64 and 92. We asked - How they felt **before** and **after** the session on a 1-10 scale.

50% scored **BELOW 5** at the **start** of the session

ONE hour later, 90% ticked either 9 or 10

Research carried out over the last few decades has consistently shown that 10% of older people feel always or very lonely. Recent estimates place the number of people aged over 65 who are often or always lonely at over 1 million.

The percentage of the population who feel isolated and are therefore, at risk of loneliness is significantly larger:

- 12% of older people feel trapped in their own home
- 6% of older people leave their house once a week or less
- Nearly 200,000 older people in the UK don't get help to get out of their house or flat
- 17% of older people are in contact with family, friends and neighbours less than once a week and 11% are in contact less than once a month
- Over half (51%) of all people aged 75 and over live alone
- 36% of people aged 65 and over in the UK feel out of touch with the pace of modern life and 9% say they feel cut off from society
- Half of all older people (about 5 million) say the television is their main company
- **These statistics on loneliness and social isolation were taken from a report produced by the Campaign to End Loneliness.**

Songs with personal meaning make it possible to acknowledge the person's emotions, breaking the social isolation, and meeting the music therapy participant's psychosocial needs. *Taylor and Frances*

Source Age UK - The power of music, especially singing, to unlock memories and kickstart the grey matter is an increasingly key feature of dementia care. It seems to reach parts of the damaged brain in ways other forms of communication cannot. Age UK source

People who continue to maintain close friendships and find other ways to interact socially live longer than those who become isolated. Relationships and social interactions even help protect against illness by boosting your immune system. *Yale Medical Centre*

Promoting and maintaining the health and well-being of older people has become one of the most pressing priorities of our time.

There is increasing recognition that having a sense of purpose through leisure and cultural activities contributes to older people's well-being.

(Department for **Work and Pensions (DWP)** 2009)

In evaluative terms, respondents reported benefits of participation in singing in a number of ways. These included enjoyment, mental wellbeing, being with others and socializing, physical improvement (such as breathing), improvement in memory and concentration. These findings support previous research and therefore serve to build up the evidence base in this area. **De Haan Canterbury**

Singing, particularly in a social group, seems to benefit the elderly particularly well. As part of a three-year study examining how singing affects the health of those 55 and older, a Senior Singers Chorale was formed by the Levine School of Music in Washington, D.C. The seniors involved in the chorale (as well as seniors involved in two separate arts groups involving writing and painting) showed significant health improvements compared to those in the control groups. Specifically, they reported fewer doctor visits, less incidence of depression, less need for medication and fewer falls and other injuries.

With the number of older people set to increase dramatically in coming years, nobody can be complacent. Without action, the prospects for older people look grim. This is not just important for the current generations of older people, but also for those now in their forties and fifties who will reach older age shortly. **Age Alliance**

Currently the **Welsh Assembly Government** has signed up to the wellbeing definition developed by the UK Government's Department for Environment Food and Rural Affairs (DEFRA) 9 ...

"... a positive physical, social and mental state; it is not just the absence of pain, discomfort and incapacity. It requires that basic needs are met, that elderly individuals have a sense of purpose, that they feel able to achieve important personal goals and participate in society.

It is enhanced by conditions that include supportive personal relationships, strong and inclusive communities, good health, financial and personal security, rewarding employment, and a healthy and attractive environment."



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WHY SUPPORT THE GOLDEN-OLDIES CHARITY ?

Sir Cliff Richard, Patron of the Golden-Oldies Charity

He writes; I am proud to be the Patron of the Golden-Oldies, a small charity that has made huge progress in the last five years. We now reach out to hundreds of elderly and isolated people across the West of England and South Wales through our fun singing sessions and want to continue to brighten hundreds more lonely lives in the future.

The Rt. Hon. Don Foster is the Liberal Democrat MP for Bath and Member of the Privy Council.

He writes; I have watched Golden-Oldies develop from launching in 2008 and seen for myself on a number of occasions the pure joy and energy that it brings to people's lives. As well as the singing there is, of course the value of exercise as many of the Goldies also get up and dance. For so many people, attending their weekly session is the only time they get out to meet other people and make friends. Isolation is a growing concern in our society. We have always had anecdotal evidence of the power of Goldies almost from day one. The recent research by Bath University clearly shows that this Charity, with its very simple ethos, is making a big difference.

Dawn Primarolo, MP for Bristol South

She writes; I know from experience how much work you do in Bristol and really enjoyed attending a Goldies session in Witywood. It was clear that the older people who attended not only have a fantastic time, but use the sessions to make and maintain friendships. This is extremely important to older people in my constituency and, for some, may be their only chance to get out and socialise.

Mr Partridge from Brislington Enterprise College, Bristol, took part in our Jubilee Time after Time project

He writes; I am very proud to have led my students in completing an extremely worthwhile and mutually beneficial project. Observing each individual interact with strangers so responsibly and respectfully was very pleasing. All were engaged and interested in each other; the method of interviewer and interviewee soon became natural conversation. I will definitely aim to facilitate such an experience again because not only were positive values and attitudes reinforced, but skills learned too.

Raymond Friel is Headteacher, St. Gregory's Catholic College, Bath

He writes; A group of "Goldies" first came to our school about three years ago. We weren't sure what to expect and all the students initially were a bit cautious about a group of elderly people who had come to sing for us at an assembly. Within minutes the scene was transformed with the Goldies singing their hearts out and our students – all our students – singing along and waving in unison. They were cheered off the stage with Goldies exchanging 'high fives' with our students on the way out.

Over lunch I talked with many of the Goldies and they were clearly very moved by the experience. Many of them live alone, with very little contact with young people. Among the elderly population, there is a great deal of suspicion and even fear of young people. The media have not helped with their demonization of the 'hoodie' generation. And among young people there is a great deal of ignorance about elderly people and their circumstances. Once they come together, however, it's as if a memory of the bond between them re-asserts itself. There is a natural warmth between the young and the elderly and it is so important to us as a society that we do not lose that.

Dr Afroditi Stathi is a Lecturer in Exercise Psychology Sport, Health & Exercise Science at University of Bath

She writes ; Findings from our Older People and Active Living study clearly demonstrate that daily journeys out of the house for shopping and personal business contribute to physical activity levels and physical function in later life. Golden-Oldies offer older people, particularly the lonely and socially isolated, a reason to "get out and about". As a result, older people get the opportunity to participate in enjoyable activities in their local community and, without realising it, to increase their daily activity levels. To maximise the impact of the Golden Oldies sessions on people's physical function and well-being, **we have developed a short programme of functional exercises which are delivered alongside the singing sessions.** This exercise provides Goldies with a great opportunity to improve their functional ability and maintain their independence. All this without the need for strenuous or "punishing" exercise regimes! The familiar Goldies atmosphere, where fun, enjoyment and support are the key ingredients.

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Carol went to a session in Kingswood. 'I was visiting my Aunt in Kingswood (Bristol) The session leader was very confident and had a good rapport with the group members. It was so apparent that they valued the service you are providing. I was talking to a lady called Jean, I got chatting to her and she said she walks 20mins to attend the session- whatever the weather! She must have been well in her 80's. Also the other lady sitting near us was Queenie and she also walked 15mins. There was a chap called Roy he produced a guitar and was given an Elvis song to which he strummed along- His guitar hasn't been tuned for years, but that didn't matter, he sang his heart out, and his smile was so large, it brought tears to my eyes, he so absorbed the round of applause he received when he'd finished.'

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COMPANIES ACTS 1985, 1989 and 2006

**COMPANY LIMITED BY GUARANTEE AND NOT HAVING A SHARE
CAPITAL**

MEMORANDUM OF ASSOCIATION OF GOLDEN-OLDIES

1. NAME

The name of the Company is Golden-Oldies ('the Charity')

2. REGISTERED OFFICE

The registered office of the Charity is to be in England and Wales

3. OBJECTS

To promote, maintain, improve and advance the education of senior citizens aged 70 years and over in the culture and heritage of Bath and North East Somerset and in other regions of the United Kingdom and the encouragement of the arts, in particular, but not exclusively by organising community singing sessions, exhibitions, musical events, television and radio broadcasts and presenting and promoting concerts. ('the Objects')

4. POWERS

The Charity has the following powers, which may be exercised only in promoting the Objects:

- 4.1 To promote or carry out research
- 4.2 To provide advice
- 4.3 To publish or distribute information
- 4.4 To co-operate with other bodies, community groups and trusts
- 4.5 To support, administer or set up other charities
- 4.6 To raise funds (but not by means of taxable trading)
- 4.7 To borrow money and give security for loans (but only in accordance with the restrictions imposed by the Charities Act).
- 4.8 To acquire or hire property of any kind
- 4.9 To let or dispose of property of any kind (but only in accordance with the restrictions imposed by the Charities Act)
- 4.10 To make grants or loans of money and to give guarantees
- 4.11 To set aside funds for special purposes or as reserves against future

- expenditure
- 4.12 To deposit or invest funds in any manner (but to invest only after obtaining advice from a financial expert and having regard to the suitability of investments and the need for diversification)
 - 4.13 To delegate the management of investments to a financial expert, but only on terms that:
 - 4.13.1 the investment policy is recorded in writing for the financial expert by the Trustees
 - 4.13.2 every transaction is reported promptly to the Trustees
 - 4.13.3 the performance of the investments is reviewed regularly with the Trustees
 - 4.13.4 the Trustees are entitled to cancel the delegation arrangement at any time
 - 4.13.5 the investment policy and the delegation arrangement are reviewed at least once a year
 - 4.13.6 all payments due to the financial expert are on a scale or at a level which is agreed in advance and are notified promptly to the Trustees on receipt
 - 4.13.7 the financial expert must not do anything outside the powers of the Trustees
 - 4.14 arrange for investments or other property of the Charity to be held in the name of a nominee (being a corporate body registered or having an established place of business in England and Wales) under the control of the Trustees or of a financial expert acting under their instructions and to pay any reasonable fee required
 - 4.15 To insure the property of the Charity against any foreseeable risk and take out other insurance policies to protect the Charity when required
 - 4.16 To insure the Trustees against the costs of a successful defence to a criminal prosecution brought against them as charity trustees or against personal liability incurred in respect of any act or omission which is or is alleged to be a breach of trust or breach of duty, unless the Trustee concerned knew that, or was reckless whether, the act or omission was a breach of trust or breach of duty
 - 4.17 Subject to clause 5, to employ paid or unpaid agents, staff or advisers
 - 4.18 To enter into contracts to provide services to or on behalf of other bodies
 - 4.19 To establish subsidiary companies to assist or act as agents for the Charity
 - 4.20 To pay the costs of forming the Charity
 - 4.21 To do anything else within the law which promotes or helps to promote the Objects

5 BENEFITS TO MEMBERS AND TRUSTEES

- 5.1 The property and funds of the Charity must be used only for promoting the Objects and do not belong to the members of the Charity but members who are not Trustees may be employed by or enter into contracts with the Charity and receive reasonable payment for goods or services supplied
 - 5.1.1 members (including Trustees) may be paid interest at a reasonable rate on money lent to the Charity
 - 5.1.2 members (including Trustees) may be paid a reasonable rent or hiring fee for property let or hired to the Charity
 - 5.1.3 individual members who are not Trustees but who are beneficiaries may receive charitable benefits in that capacity
- 5.2 A Trustee must not receive any payment of money or other material benefit (whether directly or indirectly) from the Charity except
 - 5.2.1 as mentioned in clauses 4.16, 5.1.2, 5.1.3 or 5.3.
 - 5.2.2 reimbursement of reasonable out-of-pocket expenses (including hotel and travel costs) actually incurred in running the Charity
 - 5.2.3 an indemnity in respect of any liabilities properly incurred in running the Charity (including the costs of a successful defence to criminal proceedings)
 - 5.2.4 payment to any company in which a Trustee has no more than a one per cent shareholding
 - 5.2.5 in exceptional cases, other payments or benefits (but only with the written approval of the Commission in advance)
- 5.3 Any Trustee (or any firm or company of which a Trustee is a member or employee) may enter into a contract with the Charity to supply goods or services in return for a payment or other material benefit but only if
 - 5.3.1 the goods or services are actually required by the Charity
 - 5.3.2 the nature and level of the remuneration is no more than is reasonable in relation to the value of the goods or services and is set in accordance with the procedure in clause 5.4
 - 5.3.3 no more than one half of the Trustees are subject to such a contract in any financial year
- 5.4 Whenever a Trustee has a personal interest in a matter to be discussed at a meeting of the Trustees or a committee the Trustee concerned must:
 - 5.4.1 declare an interest at or before discussion begins on the matter
 - 5.4.2 withdraw from the meeting for that item unless expressly invited to remain in order to provide information
 - 5.4.3 not be counted in the quorum for that part of the meeting
 - 5.4.4 withdraw during the vote and have no vote on the matter

5.5 This clause may not be amended without the prior written consent of the Commission

6 LIMITED LIABILITY

The liability of members is limited

7 GUARANTEE

Every member promises, if the Charity is dissolved while he, she or it remains a member or within 12 months afterwards, to pay up to £1 towards the costs of dissolution and the liabilities incurred by the Charity while the contributor was a member

8 DISSOLUTION

8.1 If the Charity is dissolved the assets (if any) remaining after provision has been made for all its liabilities must be applied in one or more of the following ways:

8.1.1 by transfer to one or more other bodies established for exclusively charitable purposes within, the same as or similar to the Objects

8.1.2 directly for the Objects or charitable purposes within or similar to the Objects

8.1.3 in such other manner consistent with charitable status as the Commission approve in writing in advance

8.2 A final report and statement of account must be sent to the Commission

9 INTERPRETATION

9.1 Words and expressions defined in the Articles have the same meanings in this Memorandum.

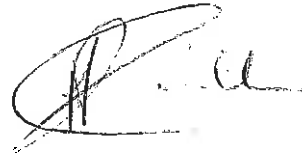
9.2 References to an Act of Parliament are references to the Act as amended or re-enacted from time to time and to any subordinate legislation made under it


We wish to be formed into a company under this Memorandum of Association

NAMES & ADDRESSES OF SUBSCRIBERS

SIGNATURES OF SUBSCRIBERS


John David Cullum
Bathwick Hill House
Bathwick Hill
Bath
BA2 6HA



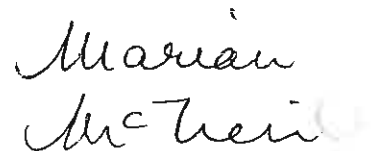
Witness signature 
Full Name: ..PAULA..BRUCE.....
Address: ..c/o..3..Queen..Square.....
.....Bath,.....BA1..2HG.....
Occupation:..legal..Secretary.....


Grenville Lloyd Jones
The Old Chapel
The Mead
Farmborough
Bath
BA2 0AF



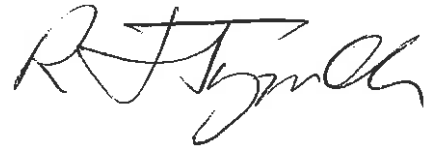
Witness signature 
Full Name: ..PAULA..BRUCE.....
Address: ..c/o..3..Queen..Square.....
..Bath,.....BA1..2HG.....
Occupation:..legal.....Secretary.....


Marian McNeir
The River House
Avoncliff
Bradford on Avon
BA15 2HB



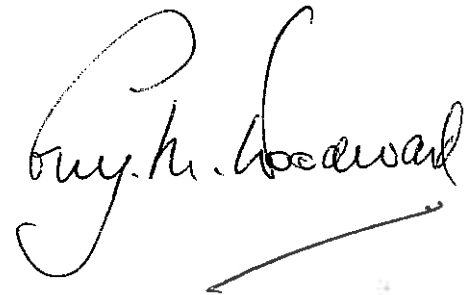
Witness signature 
Full Name: ..PAULA..BRUCE.....
Address: ..c/o..3..Queen..Square.....
.....Bath.....
Occupation:..legal.....Secretary.....


Robert James Tyrrell
Warberry Lodge
Lansdown Road
Bath
BA1 5RB



Witness signature 
Full Name: ..Paula Bruce.....
Address: ..40 3 Queen Square.....
.....Bath.....
Occupation: ..Legal Secretary.....

Guy Mowbray Woodward
20 Park Lane
Bath
BA2 2HX



Witness signature 
Full Name: ..GEOFFREY JAMES NORTHOVER.....
Address: ..3 Queen Square.....
.....Bath BA1 2HG.....
Occupation: ..Solicitor.....

Dated this *fourth* day of *September* 2007

Amended this 26th day of October 2007 by a Special Resolution to insert a new Clause 3 (the objects clause) as set out above in this Memorandum of Association.

Report of the Trustees and Unaudited Financial Statements
For The Year Ended 30 September 2012
for

GOLDEN-OLDIES



The ethos of 'Goldies' as we have become fondly known, is to encourage people who live in isolation to get out and enjoy the company of others through our fun singing and activity sessions. The Jubilee Time after Time project funded by the National Lottery through the Big Lottery Fund added a new dimension to Golden-Oldies. Hundreds of children welcomed elderly people from their local communities into school to take part in Jubilee-based projects. Our picture shows Goldies from Quebec, Twerton enjoying a jubilee tea party with teachers and pupils at Oldfield Park Infants School.

REGISTERED COMPANY NUMBER: 6369123 (England and Wales)
REGISTERED CHARITY NUMBER: 1121600

www.golden-oldies.org.uk

REGISTERED COMPANY NUMBER: 06369123 (England and Wales)
REGISTERED CHARITY NUMBER: 1121600

**Report of the Trustees and
Unaudited Financial Statements For The Year Ended 30 September 2012
for
GOLDEN-OLDIES**

Golden-Oldies

**Contents of the Financial Statements
for the Year Ended 30 September 2012**

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Chief Officer's Report	1 to 2
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Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
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GOLDEN-OLDIES

Chief Officer's Report for the Year Ended 30 September 2012

It is a pleasure to write again about another successful year of the Golden-Oldies Charity with a reflective look back at the last 12 months. It has been a year with so many exciting events and most importantly a hat full of special occasions that have been enjoyed by hundreds of our Goldies.

The ethos of our Charity is to give people who are lonely and who may live in isolation events and occasions that give them a REASON to get out of their homes. Traditionally these "reasons" have been our hugely popular Goldies singing sessions and these of course continue to flourish with Hi-Ho Silver Lining as our much-loved Goldies anthem.

An indicator of the growth of the Charity was illustrated by our very first Session Leaders' Seminar in March. Organised by Abby, this was a memorable day with 18 of our Session Leaders taking part. Guest speakers covered subjects from security to well-being and nutrition.

Securing the funds from the National Lottery People's Millions for our intergenerational Jubilee Time after Time project was a massive step forward for our Charity. It says so much for the popularity of Golden-Oldies that we only won this award because hundreds of people voted for us. We launched Jubilee Time after Time early in the year and over 70 schools participated. The Queen's Jubilee was the theme of our project and schools were encouraged to invite the elderly from their communities to join together in Diamond Jubilee-themed projects. We also introduced a specially commissioned children's song entitled Diamond Day. Tessa Cox, who lives near Bath, wrote this song for us and it was enjoyed by school children's choirs all across the United Kingdom.

Many of the projects involved singing but others looked at the history of playground games and other subjects which included artwork and drama. I was honoured to receive an invitation from the National Lottery to attend the June Buckingham Palace Garden Party where Tessa Cox and I were presented to Her Majesty the Queen. We told her about Goldies and Tessa said to the Queen, "I have written a special song for you."

I also worked with BBC Points West which filmed a number of schools singing Diamond Day. This film featured on their special Jubilee programme in June.

That month we were told that the National Lottery had selected Jubilee Time after Time to be one of ten projects in the Education category of the National Lottery Awards 2012.

We immediately recognised the massive potential that this nomination represented for the work that we do and what we aspire to be in the future. Once again our wonderful Goldies, their families and all our supporters picked up phones, went online and we had the most votes of the 10 nominations in our category. This took us forward to be in the award finals.

At that stage our Patron, Sir Cliff Richard added his support. In truth, it was a disappointment to be told in November we were runners-up and that the winners were the RSPB schools project. Of course we congratulate them in the knowledge that as a national organisation, they can call on many thousands to supporters to vote for them. I have been told that we had over 5000 votes against the RSPB's 9000.

I see it as vital to Goldies that we continue with the schools Time after Time programme and am addressing the issue of how this could be funded.

All our Goldies sessions have continued through this last year. We have added new sessions in both Timsbury and Stoke Gifford and with the support of Wiltshire Council a popular new programme of sessions was introduced during the year. We held an open day at Trowbridge Civic hall in April when our Goldies and children from the Jubilee Time after Time project had a fantastic day together.

The 2012 Bath Half Marathon in March was another success with brilliant support from Integrity Print whose factory is close to our office on the Westfield Industrial Estate. With Abby and Emma providing plates stacked with sandwiches, bananas and liquid refreshments, the team conquered the unusually hot March morning and we raised over £9,000.

Our annual concert this year was held at the Prospect Theatre at Writhlington School with a record number of Goldies attending. This was the perfect venue with excellent access, a large refectory and terrific help from everyone at the school. We were joined that day by a film crew working for the Big Lottery on the Jubilee Time after Time project and the end product was the short video that appeared on the National Lottery website and was also shown on BBC National TV.

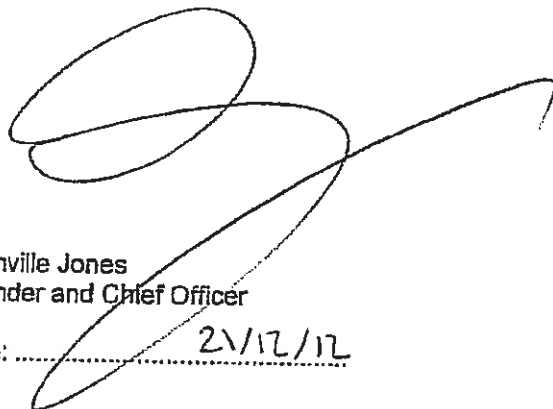
GOLDEN-OLDIES

Chief Officer's Report for the Year Ended 30 September 2012

Goldies in South Wales under the Goldies Cymru title has really taken off this year. Beth Ford is a great new addition to the Charity and is the programme leader in South Wales reporting to me. By February of next year we will have at least ten regular sessions taking place.

I would like to record my personal thanks to Howard Cunningham-Smith who is standing down as Chair of the board of Trustees. He brought to Goldies a wealth of knowledge and the secure governance and policies and procedures that we now have in place are due to his understanding and diligence.

Howard set us on a stable course for the future and I am delighted that he is remaining as a Trustee for a short time whilst our new Chair of trustees Dr Jenny Smerdon settles into her role and takes us forward as we aspire to become a National Charity under the Goldies UK banner.



Grenville Jones
Founder and Chief Officer

Date: 21/12/12

GOLDEN-OLDIES

Report of the Trustees for the Year Ended 30 September 2012

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 30 September 2012. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
06369123 (England and Wales)

Registered Charity number
1121600

Registered office
11 Laura Place
Bath
BA2 4BL

Trustees

Dr J Smerdon

I R Head
M T Richardson
R F Friel
Ms L V Parker
P M J Edwards

Dr A Stathi
R Parsons
I Sellers
H Cunningham-Smith

Chairperson of the
Trustees

Manager
Accountant
Head teacher
Trustee
Cllr and Charity

Trustee

Doctor

Director

Trustee

Fundraiser

- appointed 1.10.11

Company Secretary

M T Richardson

Independent Examiner

Phil Roberts
FCA

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

GOLDEN-OLDIES

Report of the Trustees for the Year Ended 30 September 2012

STRUCTURE, GOVERNANCE AND MANAGEMENT

Management Organisation

Currently the Trustees are Directors of the Company and also Directors of the Charity for the purposes of the Companies Act.

Our Patron is Sir Cliff Richard.

The Golden-Oldies operates as a company Limited by Guarantee under the terms of a Memorandum of association signed on, and dated 4th September 2007. The Memorandum sets out the objectives of the Trust, its beneficiaries and the powers accorded to the Board of Trustees who are also directors of the Charity for the purposes of the Companies Act.

The Charity is administered by a Management Committee of the Trustees who serve for a minimum of two years and who are elected at the Annual General Meeting. The Board of Trustees is required to hold four meetings per year, one of which would be the AGM. The Board can meet at other times if required.

The day-to-day operation of the Charity is delegated by the Board of Trustees to the Chief Officer who is the originator and founder of Golden-Oldies. A Management Team currently of two Trustees and the Chief Officer are appointed to advise upon the strategic direction of the Charity and on charity finances. It also assists the Chief Officer on the operational aspects of the charity under the terms agreed and approved by the Trustees.

In his report Grenville Jones, our Founder and Chief Officer, details another exciting year for "Goldies" as it has become fondly known. As Trustees we continue to be proud to be associated with and support Grenville and the team as they work so hard to deliver 50 weekly singing sessions to hundreds of older people in the South West and South Wales. The Time after Time project has developed our work into schools and we hope that this innovative programme will continue in the future.

Our Trustees now number eleven and we are fortunate to have Helen Wann, an experienced PA, who acts as volunteer secretary to the Trustees. I thank them, the session leaders, the Chief Officer, and staff for their time and tremendous commitment during the year.

I would particularly like to extend my thanks to Howard Cunningham-Smith, my predecessor, who chaired the Trustees the last three years. His experience and knowledge of developing charities has been invaluable in placing the necessary foundations to the future growth of "Goldies".

We also continued to tackle the framework of good practices reflected in the Charity Commission's 'The Hallmarks of an Effective Charity'. Our aim is not only to improve the effectiveness of the charity now, but also to keep pace with future growth and engage with more people who live in social isolation.

Risk management

The Trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

OBJECTIVES AND ACTIVITIES

Aims and Objectives of the Charity

To support the Goldies' ethos which is to promote and sustain independence in the growing elderly UK population. Our singing and activity sessions across the West of England and Wales give people, some who may be lonely and vulnerable, social events, inter-generational projects (Time after Time) and concerts to look forward to and enjoy. Many of our weekly sessions are now attended by people with learning difficulties and dementia. Goldies is for everyone - the power of music knows no boundaries.

Through Goldies fun daytime singing sessions and other organised events we bring together people and promote social cohesion. We endeavour to brighten the lives of thousands of people and develop our work throughout the United Kingdom.

Working with the founder we aspire to become Goldies UK in the years ahead.

GOLDEN-OLDIES

Report of the Trustees for the Year Ended 30 September 2012

FINANCIAL REVIEW

Fundraising proved to be extremely difficult. However many new philanthropic trusts added their support and I would like to record our specific thanks to the Tudor Trust whose faith and commitment to our development has had a major factor on this years figures. I also pay tribute to Swindon Borough Council who have continuously supported us for year one, the only Local Authority that has done so.

We exist in a world where so many worthwhile causes are forced to compete for public support. It is very satisfying to note that two separate public vote situations - the Bath Chronicle awards and the Jubilee Time after Time proved, without question that people know - and want to support - our development.

During the year ending 30 September 2012 the Trust raised a total income of £265,504 (2011: £191,367). Of this sum the resources expended were £268,714 (2011: £187,489). We ended the year with a surplus of £21,176 (2011: £24,386).

I would also like to extend our thanks to all those sponsors and contributors detailed in the Chief Officer's report and on our web site whose support enabled us to achieve so much in this most difficult of financial times.

FUTURE PLANS

We have interest from across the West of England to introduce Goldies and also a huge demand to continue with the Time after Time programme. Schools are asking about Time after Time 2013 but we have no contingency funding for this.

Thanks to help from Wiltshire Council we have popular new sessions with more starting in 2013. By February we will have 12 session in South Wales working with he Salvation Army and Age Concern. We also plan new sessions in Gloucester supported by the City Council,

Income generation remains a constant challenge. We are facing very difficult times ahead. With more cuts from our under pressure Local Authorities we have to rely even more on individual's generosity as well as Trust and Foundation funding.

We are keen to work in partnership with NHS organisations. Research carried out by Teater and Baldwin in 2010, in addition to a wealth of anecdotal evidence, has indicated that attending "Goldies" sessions considerably increases individuals' emotional well-being, social networks and reduces symptoms of depression and anxiety. We believe that our sessions could prove useful to General Practitioners and other relevant health professionals as a resource to refer individuals who are vulnerable and at risk of developing mental health problems as a consequence of their social circumstances. We aim to carry out further research to look more formally at the impact of attending "Goldies" sessions on individuals.

We are having a profound effect on the lives of hundreds of isolated and lonely people and are determined that Goldies will be a national charity in the years ahead - putting smiles on thousands of faces. Our focus for the future is to continue the development of a robust business model that will enable Goldies Uk to be a reality.

Finally I would like to add my congratulations to Grenville who received an honorary degree from Bath Spa University this summer. This was in deserved recognition of his growing reputation and commitment to encourage people of all ages to participate in the "singing experience" and, in particular his work with this charity. I particularly want to thank Grenville for his unwavering dedication and vision for "Goldies" - I know that he will continue to take the charity to new heights in the future.

GOLDEN-OLDIES

Report of the Trustees for the Year Ended 30 September 2012

STATEMENT OF TRUSTEES RESPONSIBILITIES

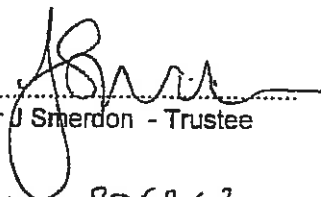
The trustees (who are also the directors of Golden-Oldies for the purposes of company law) are responsible for preparing the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

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

ON BEHALF OF THE BOARD:


.....
Dr J Smerdon - Trustee

Date: 20/12/12

**Independent Examiner's Report to the Trustees of
Golden-Oldies**

I report on the accounts for the year ended 30 September 2012 set out on pages eight to twelve.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also the directors 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 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of FCA.

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 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commission. 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 statements 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 and 387 of the Companies Act 2006; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

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.

Phil Roberts
FCA



Date: 21/12/12

GOLDEN-OLDIES

**Statement of Financial Activities
for the Year Ended 30 September 2012**

	Notes	Unrestricted funds £	Restricted funds £	2012 Total funds £	2011 Total funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income		187,648	57,186	244,834	166,768
Activities for generating funds	2	6,099	-	6,099	14,333
Investment income	3	23	-	23	6
Incoming resources from charitable activities					
Goldies Sessions		14,548	-	14,548	10,260
Total incoming resources		<u>208,318</u>	<u>57,186</u>	<u>265,504</u>	<u>191,367</u>
RESOURCES EXPENDED					
Costs of generating funds					
Costs of generating voluntary income		216	-	216	665
Charitable activities					
Goldies Sessions		-	-	-	179,928
Activities for generating funds		208,273	57,106	265,379	3,279
Governance costs		3,119	-	3,119	3,617
Total resources expended		<u>211,608</u>	<u>57,106</u>	<u>268,714</u>	<u>187,489</u>
NET INCOMING/(OUTGOING) RESOURCES		<u>(3,290)</u>	<u>80</u>	<u>(3,210)</u>	<u>3,878</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>15,751</u>	<u>8,635</u>	<u>24,386</u>	<u>20,508</u>
TOTAL FUNDS CARRIED FORWARD		<u><u>12,461</u></u>	<u><u>8,715</u></u>	<u><u>21,176</u></u>	<u><u>24,386</u></u>

The notes form part of these financial statements

GOLDEN-OLDIES

**Balance Sheet
At 30 September 2012**

	Notes	Unrestricted funds £	Restricted funds £	2012 Total funds £	2011 Total funds £
FIXED ASSETS					
Tangible assets	7	3,472	2,449	5,921	2,268
CURRENT ASSETS					
Cash at bank		12,497	6,265	18,762	25,773
CREDITORS					
Amounts falling due within one year	8	(3,507)	-	(3,507)	(3,655)
NET CURRENT ASSETS		8,990	6,265	15,255	22,118
TOTAL ASSETS LESS CURRENT LIABILITIES		12,462	8,714	21,176	24,386
NET ASSETS		12,462	8,714	21,176	24,386
FUNDS					
Unrestricted funds	9			12,462	15,751
Restricted funds				8,714	8,635
TOTAL FUNDS				21,176	24,386

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2012.

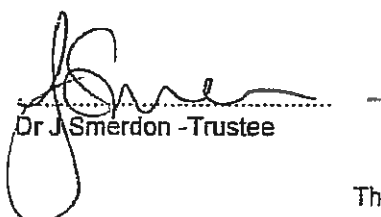
The members have not required the charitable company to obtain an audit of its financial statements for the year ended 30 September 2012 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Trustees on 20/12/12 and were signed on its behalf by:


Dr J Smerdon - Trustee

The notes form part of these financial statements

GOLDEN-OLDIES

Notes to the Financial Statements for the Year Ended 30 September 2012

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), the Companies Act 2006 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Donated services or facilities, which comprise donated services, are included in income at a valuation which is an estimate of the financial cost borne by the donor where such a cost is quantifiable and measurable. No income is recognised where there is no cost borne by the third party.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings - 20% on reducing balance

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included, where relevant, in the notes to the financial statements.

2. ACTIVITIES FOR GENERATING FUNDS

	2012	2011
	£	£
Fundraising events	5,916	14,333
T-shirt sales	183	-
	<u>6,099</u>	<u>14,333</u>

3. INVESTMENT INCOME

	2012	2011
	£	£
Deposit account interest	<u>23</u>	<u>6</u>

GOLDEN-OLDIES

Notes to the Financial Statements - continued for the Year Ended 30 September 2012

4. NET INCOMING/(OUTGOING) RESOURCES

Net resources are stated after charging/(crediting):

	2012	2011
	£	£
Depreciation - owned assets	<u>1,480</u>	<u>568</u>

5. TRUSTEES' REMUNERATION AND BENEFITS

No Trustees' were remunerated for services as a Trustee, or received other benefits for the year ended 30 September 2011 nor for the year ended 30 September 2010.

Trustees' Expenses

During the year the trustees received £282 (2011: £325) for travelling expenses.

6. STAFF COSTS

	2012	2011
	£	£
Wages and salaries	<u>61,175</u>	<u>33,856</u>

7. TANGIBLE FIXED ASSETS

		Fixtures and fittings £
COST		
At 1 October 2011		4,414
Additions		<u>5,133</u>
At 30 September 2012		<u>9,547</u>
 DEPRECIATION		
At 1 October 2011		2,146
Charge for year		<u>1,480</u>
At 30 September 2012		<u>3,626</u>
 NET BOOK VALUE		
At 30 September 2012		<u>5,921</u>
At 30 September 2011		<u>2,268</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2012	2011
	£	£
Trade creditors	145	2,155
Taxation and social security	1,862	-
Other creditors	1,500	1,500
	<u>3,507</u>	<u>3,655</u>

