



ANNUAL REPORT

FOR YEAR ENDED

31ST MAY 2017



Learning
for the Fourth Age



Objectives and Aims

To advance the education and wellbeing of the public, in particular older people receiving care and support in Leicester and Leicestershire.

We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities.



A focus on quality of life

Learning for the Fourth Age (L4A) provides learning for older people receiving care in Leicester and Leicestershire. We focus on better quality of life and improving wellbeing for those living in care homes, nursing homes, sheltered housing units and their own homes.

Our sessions bring meaning, purpose and pride to the lives of individuals, empowering them to achieve new or long held goals, to do things that are worthwhile to them and to feel fulfilled. Our team of over 100 volunteers bring meaning to the lives of older people, encouraging their existing interests, developing new ones and using high quality resources to meet individual support needs. L4A has a strong track record of providing high quality, personalised learning opportunities to older people receiving care.

Independent evaluation shows that L4A makes a real difference to the quality of older people's lives and provides mental stimulus, for example using new technologies, and getting engaged with absorbing practical activities, such as gardening, art and music.

Our charitable objects state that Learning for the Fourth Age 'advances the education and wellbeing of the public, in particular older people receiving care and support in Leicester and Leicestershire'



Our Vision and Mission

Our Vision

Older age is a time of development enhanced by learning.

Our Mission

To offer learning opportunities to older people in need of care and support, primarily in Leicester and Leicestershire.

Our Definitions

Learning: Learning is a tool for creating wellbeing, a good later life and can be a catalyst for change.

Fourth Age: The fourth age is not a numerical age but a time in later life when older people need care and support to go about daily living.

Our Values

At Learning for the Fourth Age (L4A), our values are central. They inform our governance, our work with older people and the benefits that we provide for them. Our values are:

- We see learning as a tool for creating wellbeing and a good later life that can also be a catalyst for change
- We value learning for ourselves as an organisation, as well as learning being our specialism for older people and our volunteers
- We empower our older people by offering them real choices in what and how they learn
- We are determined to deliver quality, as well as to innovate and find creative solutions to problems
- We constructively challenge stereotypes about care settings, older people and what constitutes learning.
- Older people are never too old to learn.
- We share our ideas, our experiences and work with others, as L4A is a demonstration organisation and a thought and practice leader for learning in the fourth age.





Our Services for Older People

In Care Settings

L4A provides both individual and group learning to older people living in care homes and nursing homes.

We are always looking for more settings to work with so if you are interested in our services and would like to see more of it in your care setting, please get in touch with us via info@l4a.org.uk

At Home

Our domiciliary service works with people who are living in their own homes, including in wardened and sheltered flats, extra care units or in the community. If you or your loved one is interested in learning at home, please get in touch with us via info@l4a.org.uk or by calling any of our team members.

Projects

L4A also runs development projects to pilot new kinds of learning for older people and innovations and innovative ideas in care settings, for fourth agers or with new groups of volunteers.



Leicester Ageing Together programme

L4A is delighted to be working as part of the Leicester Ageing Together (LAT) programme, which is a consortium of 16 charity partners in Leicester and is funded by The Big Lottery Fund for five years from 2015.

Activities

Musical Care Homes

This project brought music, singing and instruments into care homes to engage older people in listening, performing and enjoying music together in a shared group.

Musical care homes also involved staff from the care homes and family, friends and the local community too. We were proud to work in partnership with Soft Touch Arts to deliver this project as part of LAT and an evaluation video tries to encapsulate the impact and success of the project.

The funding for this work ended in March 2017 but please contact info@l4a.org.uk if you would like any further information.



Activities

The Power of Stories

Stories really do have the power to help older people feel healthier and happier. Listening to stories together unlocks memories and prompts people to share their own stories - making friends in the process.

The Power of Stories was a project that ended in March 2017 but had a huge impact for older people living in care homes. However, a significant part of the work also involved training and supporting those who work in social care. Work with professional storytellers and training and supporting care home staff has created a legacy lasting beyond the funded lifespan of the project. There is also a beautiful video that highlights the impact created for everyone involved, as well as a lengthy evaluation report written by an external evaluator.

Please contact Fiona Smith on Fiona.smith@l4a.org.uk or by calling 07933 109 630 for more information about the work so far or our plans for finding future funding.



Activities

Tactile Textiles

Textiles are a wonderful and engaging medium to involve older people in care homes, especially those with dementia.

We work with groups of young volunteers drawn from the local community, which allows the skills and experiences of the older people to be valued as they are encouraged to share them. This includes jointly creating pieces of textile art to represent 'snapshots of time' for all concerned.

This project is part of LAT and ends in June 2017. Please contact Fiona Smith on Fiona.smith@l4a.org.uk or by calling 07933 109 630 for more information or if you would like to support care homes in this way.



Activities

Social Prescribing

The idea of social prescribing is that the cure for many modern ailments may be more than just medication and this project will explore what that might look like over a two year pilot period from November 2016 to November 2018. We are piloting a two year project working in Evington. Please contact Anita Barrand on Anita.Barrand@l4a.org.uk or by calling 07964 091 693 for more information.



Activities

Art on the Ward

During the first half of 2017, L4A is delighted to be working with the NHS Leicestershire Partnership Trust locally to provide our innovative new arts therapy project to two rehabilitation wards.

Art on the Ward works with community hospitals in Market Harborough and Coalville to provide weekly sessions to older people who have dementia or are recovering from strokes. Some people are also continuing to receive arts activities at home after they have been successfully discharged.

Although it is only a pilot project, the outcomes are already significant and transformative for the older people we are working with. We hope to be able to find further funding to continue this good work. Please contact info@l4a.org.uk for more information.



Activities

Baking a Difference

Baking a Difference is an exciting new pilot project from L4A, in collaboration with local community business Planet Leicester Bakers. It uses the many activities and skills involved in hand making fresh bread.

The project is being developed in two care homes and a sheltered housing setting where L4A already works and we hope to be able to take it to more settings during the coming year, too.

For more information about Planet Leicester Bakers, please contact Michelle Stratford or visit their website: www.planetleicesterbakers.co.uk. A full report on the project is available on the L4A website at l4a.org.uk



Key Achievements

2016/17 has been a period of significant change for L4A through a series of comings and goings. We said goodbye to our co-founder and chair of over nine years, Toni Fazaeli. We were, however, delighted that she accepted our invitation to join us as our charity's first ever patron and we are pleased to be able to continue her involvement with us. Brian Wilson succeeded Toni to become our new Chair of Trustees with a plan to lead L4A forwards on a firm financial footing.

- We are still working together with other partners through Leicester Ageing Together to deliver life changing work for local older people, including those with dementia, through three innovative projects.
- Working with primary school age children and supporting this age range to have a positive benefit on the lives and learning of older people in care homes, particularly through our tactile textiles work.
- Working to train and support care staff in basic storytelling skills provided confidence, self esteem and a feeling of being valued to them, as well as a more enjoyable way to interact with those that they care for.
- Hosting our first ever art exhibition, which displayed the art, craft and other achievements of local people receiving care in Leicester to an audience over 120 people.
- Delivering poetry performances by Rob Gee to engage care home and sheltered housing residents in Leicester's Everybody's Reading Festival.

Public benefit

The trustees have regard to the Charity Commission's guidance on public benefit Section 4 of the Charities Act 2006. The trustees ensure that the charity's activities are undertaken in line with the charitable aims and objectives.



Key Figures

109 volunteers working in care homes and in the community to support older people across our range of initiatives and funded work.

310 learners involved in our services to care homes.

We engaged with and supported **43 visitors** and other people to care homes.

385 older people benefiting from our work across all projects in Leicester and Leicestershire during the last year, a notable increase on previous years as a result of more project funding secured.

We worked with **48 members of staff** working in Leicester and Leicestershire's care homes to provide training, mentoring and support during 2016/17.

Staff

Anita Barrand joined our team in November 2016 as our Social Prescribing Coordinator. She will lead and develop a pilot project in Evington, Leicester, exploring how older people accessing GP services could benefit from more than just medication. This project looks to encourage older people to learn, volunteer or become active in their local communities by seeking more holistic solutions to some of the problems that they face.

Melissa March continued to lead the organisation and coordinate our work in care settings from September 2016 when she returned from maternity leave. In addition to overseeing services that improve the quality of life for older people, she has found significant funding to provide the sure financial footing the charity needs going forwards.

Clare Miles continued to create life-changing impact for those who are

living in their own homes by leading and coordinating our domiciliary services until December 2016. In her new capacity as a freelance arts therapist, Clare will be leading our Art on the Ward project.

Ali Sinclair joined the team in July 2015 to ensure continuity and development of our service delivery to care settings across Leicestershire. She also managed our musical care homes project. We were sad to see her leave in March 2017.

Fiona Smith continued to connect isolated older people to the communities around the care settings they live in. Fiona is leading our life changing tactile textiles project, and was the lead for our The Power of Stories project too. She has been instrumental in piloting new work with schools, as well as with staff who work in the care homes. Both of these new groups have been supported in roles that really have a positive impact for older people living in care settings.

It was also our great pleasure to work with Nicky Rafferty from April 2016 to March 2017. Nicky is a professional storyteller and CPD qualified trainer who worked together with Fiona, older people and care staff to really maximise the benefits and impact for everyone involved in the work.

Rowena Williams is a long standing volunteer who has also agreed to take on some freelance work to deliver our Art on the Ward project in Coalville, working closely with Clare Miles in the process.

Volunteers

Our team of volunteer learning mentors make our work possible through their collective work with individual older people every week. All our volunteers are inducted and have proper safeguarding, DBS checks, as well as ongoing support and development. Our trustees and staff want to thank you all for your commitment and dedication as you give up your time, skills and thought to create positive change in the lives of older people.

Working together with Partners

We sincerely thank all our partners and supporters. It is no exaggeration to say that we could not have achieved so much without your generosity of time and resources. You have helped us make a difference to older people during the year, as well as giving volunteers training and support, often helping them learn new skills too. There are too many partnership organisations to mention them all, but they include:

Agnes House
Aigburth
Ashlands
Brook House
CoLab
David Weight
De Montfort University
DMU Square Mile
Downing Drive GP Surgery
Friends of Evington
Lester Hall
Linden Primary School

Harley House
Harley Grange
Holloway House
Hunters Lodge
Leicester City Council
NHS Leicestershire Partnership Trust
Pilgrim Home
Planet Leicester Bakers
Scraptoft Court
Seed Creativity
Soft Touch Arts
St. Georges
Steve Stickley of Stickley Stories
Syston Lodge
Thurn Court
University of Leicester
Vernon House
Voluntary Action LeicesterShire
William House
Wyggeston QE Sixth Form College

Quotes about our work:

“Care tasks are about keeping residents alive; activities are about helping them to live their life.”

“We love it when you people come in. We look forward to it so much. The sun comes out when you come in.”

“It’s helped bring some people back to life!”

Future Prospects

Looking forward, L4A plans to continue our work as a charity boosting wellbeing and quality of life through learning for older people receiving care. We will continue to deliver our three existing services: offering learning sessions to older people living in care settings, offering learning to older people living in domiciliary settings and working to develop and deliver on projects that focus on innovative learning for old and very old people.

We are delighted to be working closely with other organisations, both small and large, through the Leicester Ageing Together programme, which runs from 2015 until 2019.

We will seek more funding in the future for work with older people, but also for those who care for them, based on the success of our delivery of The Power of Stories where we trained staff working in care settings to bolster the impact and create a strong legacy from a project during the course of twelve months.

We are coming to the end of our 2015-18 strategy and have already started planning for what we need to achieve next, including launching new funding streams, a new website and continuing to develop our strong reputation for quality and impact.

We hope to be able to collaborate with others in order to offer more learning opportunities for some of the oldest older people living in Leicester and Leicestershire. L4A aims to continue being innovative with our ideas and approach, to continue demonstrating high quality learning for older people and to continue to raise expectations about the need for learning as part of overall care and support in later life for older people. We firmly believe in cultivating the life spark and curiosities of older people.

Financial position

L4A continues to generate income from a mixture of sources in order to give long-term financial sustainability, including grants and donations for core costs; project funding to deliver innovations and demonstrate new ways of older people getting the most from different kinds of learning in addition to making sales to individuals and organisations. Our income for 2016/17 was £156,857. By also attracting grants and donations to complement fees, L4A aims to give best value and high quality learning for older people receiving care in a variety of settings.

L4A generated a surplus of £10,633 for 2016/17 with £18,044 being carried forward to 2017/18 as deferred income. 94% of our expenditure is directly related to our charitable activities with a minimum amount spent on support activities. We ensure prudent management of funds seeking to act efficiently and to invest in quality and innovation in our work with older people.

Donations are extremely helpful to L4A and individuals or others can give financial support for L4A's work to support, for example, volunteers travel costs to enable them to get to older people living across Leicestershire and for materials for older people to use in arts and crafts sessions. We are looking to bolster donations with our new fundraising strategy in the coming months and years.

Reserves policy

L4A continues to operate broadly within its reserves policy of six months of operational costs in order to meet potential liabilities and manage short-term fluctuations in income. The cash balance at the end of 2016/17 includes deferred income of £18,044 that will be used to meet expenditure in 2017/18. L4A followed our treasury policy and placed some funds in the Charity Investment Bank in order to earn interest to further invest in L4A's objects.

Structure, governance and management

Governing document

The charity is controlled by its governing document, the memorandum and articles of association, amended by special resolution and adopted 14 July 2014.

The governing document constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

Trustees are elected by the members at the AGM.

Reference and administrative details

Registered Company number
06586596 (England and Wales)

Registered Charity number

1157818

Registered office

9 Knighton Park Road
Leicester
LE2 1ZA

Patron

Ms T E Fazaeli - *from 4.3.2017*

Trustees

R G C Hunter

Ms K E Koller

B J Wilson

Ms T E Fazaeli - *resigned 4.3.2017*

Mrs J Wells

Company Secretary

Ms M March

Independent Examiner

Darren Ferguson
Accapita LLP
Chartered Certified Accountants
Christopher House
94b London Road
Leicester
LE2 0QS