



CYMRU Older People's Alliance

YOUR VOICE : EICH LLAIS

Cynghrair Pobl Hyn **CYMRU**

Registered Charity No. 1174518

CYMRU OLDER PEOPLE'S ALLIANCE

ANNUAL REPORT AND ACCOUNTS 2018-19

October 2019

Contents

	Page
Foreword by Chair	3
Context	5
Reporting on Key Objectives	6
Looking Forward	10
Finances	12
Conclusions	13
Appendix 1 – The Board	
Appendix 2 – The Accounts	

Foreword

I am delighted to present this third Annual Report for Cymru Older People's Alliance since we have become a charity run by older people for older people to give a national voice for 50 plus Forums and Groups across Wales.

In these difficult and changing times for us all, politically, socially and financially, our Board is clear that our charity provides an essential role in ensuring the voice of older people is not only heard but acted upon. COPA have come a long way in the two years since we became a charity. From a governance perspective, we now meet Charity Commission requirements and are fully operational. In respect of our policies to improve the lives of older people we are now a lot clearer through publication of a number of Position Papers and our Manifesto for Older People in Wales.

Since our last Annual Report was presented to the 2018 AGM in Llandudno, there has been much hard work and achievement by the Board of Trustees. Whilst our work with local forums has still some way to go, this last 12 months has seen a further growth in membership so that we now have 17 of the 22 Council forums as part of COPA Membership. Following some departures from our Board, we are increasing our capacity with recruitment of the Gwent Elected Trustee (Dr Ralph Stevens) now completed and action underway to find a co-opted and elected trustee for North Wales. Our newly agreed Action Plan for North Wales will provide a framework to engage more effectively with forums and groups in the region, The Summer Conference in June in Cardiff was a real highlight of the year, with eminent speakers and an excellent Workshop on Engagement, enjoyed by the 60 people who attended. A report is available. With the agreement of a raft of charity policies, 2018-19 has indeed been a productive year for us.

Looking ahead over the next 12 months, we face some interesting challenges. We must increase our reach with local forums and groups and support them more effectively. To do this our communications must get better. The new Strategy for an Ageing Society will provide a strong framework to ensure older people are engaged in and have their say on issues that impact on their lives. The Welsh Government Review of Engagement of Older People will also we hope enhance the role of COPA and give greater impetus to the creation of age friendly communities across Wales. Further dialogue with the other National Organisations representing older people will it is intended, improve joint working and bring greater cohesion.

In closing, I must thank UNITE for accommodating COPA for over 2 years. We have now moved to Age Cymru for our meetings and get support from the Secretariat. They have given us excellent support over the last year in many ways and we are extremely grateful to Vicky, Amanda and the team. This has been a real bonus. Finally, thanks are due to all our Trustees and Voting Members for their hard work.

S G Milsom

Chair

Cymru Older People's Alliance

October 2019

Introduction

1. The year of 2018 - 2019 was a positive but challenging period for Cymru Older People's Alliance (COPA). This Report is the second formal Annual Report as required under Charity Law. It covers the period from November 2018 to October 2019 except for the accounts where the period covered is the 2018-19 financial year.

Context

2. COPA has been recognised by Welsh Government as the national charity to lead and support older people's 50+ forums in Wales and they have provided small scale development funding since 2014. Resources for further changes are being provided to ensure COPA becomes a stronger and more democratic organisation.
3. COPA brings together the views, opinions and concerns of local older people's fora and organisations to the national, all-Wales level. This provides a strong, credible and coherent voice to Government that represents what older people want and need. COPA is a group that has existed in different forms and titles since 2001 working under the umbrella of the Welsh Government's Strategy for Older People. As such it has a strong tradition of influencing policy and practice for older people in Wales. It is now a genuinely independent organisation – a voice for older people lead by older people. COPA will challenge ageism and lobby Government nationally and locally so older people are properly consulted and involved in decisions that affect them and their communities, built on the evidence of what is most effective in giving everybody the opportunity to age well.
4. The future direction of COPA had been agreed following extensive engagement with Members and older people's groups across all parts of Wales, and was agreed at the 2017 AGM. This process has continued in 2018-19 through engagement with forums and groups.

The Board

5. The Board – see appendix 1 – has meet regularly over the last 12 months with structured agendas and an agreed Business Plan. The last 12 months COPA has worked hard to devise, debate and agree a raft of detailed policies and other documents to fulfil Charity

Commission requirements. Importantly we have clarified our position on a range of priority issues impacting on older people that we have raised in our discussions with Welsh Government Ministers and officials and with the Commissioner for Older People in Wales

Reporting on Key Objectives

6. Good progress has been made in the last 12 months as we continued to make the transition to a Registered Charity agreed in October 2017. A Board of 9 Trustees including 2 co-opted trustees meet regularly. Our Charity is now up and running and fully functional. The COPA Board have addressed a wide range of issues over the last year and a short summary of the action taken is provided for the main objectives in the agreed Business Plan for 2018-19.

Governance of the Charity

- ❖ Our Annual Report and Financial Statement agreed at our 2018 AGM were published to the Charity Commission website.
- ❖ We have secured continuing Welsh Government funding for 2018-19 and 2019-20 and expenditure has been monitored and reviewed on a regular basis.
- ❖ The COPA Board decided an urgent priority for 2018-19 was to strengthen its capacity so we issued an advert and a full open recruitment process for a replacement co-opted trustee for North Wales and an elected Trustee to fill the vacancy in the Gwent Region. The former is still subject to recruitment but Dr Ralph Stevens from Caerphilly 50+ re-joined COPA as an elected trustee. We have also issued an invitation for Voting and Forum Members to volunteer to work with the COPA Board to tackle new priorities. So far two volunteers have come forward.
- ❖ Policies and procedures to ensure compliance with Charity Commission requirements were developed and agreed by the Board including new policies on:
 - Welsh Language
 - Safeguarding
 - Travel and Subsistence
 - Code of Conduct
 - Conflicts of Interest

- Financial Control and Risk Management
 - Reserves
 - Volunteers
 - Insurance
 - Complaints Procedure
-
- ❖ Agreement with Age Cymru was reached so that they are providing our Secretariat, venue for meetings and our Business Address. This arrangement commenced in April 2019 and has proved a great success, providing certainty and stability for COPA.
 - ❖ Financial and risk management systems put in place in early 2018 have been fully utilised in 2018-19 and provide the necessary assurance about the strong governance of the charity
 - ❖ The Board have agreed that COPA should be covered by Public Liability Insurance for its Trustees and Volunteers and by Indemnity Insurance for its Trustees. This was put in place following an informal tendering process
 - ❖ A comprehensive review of COPA structures which was agreed in early 2018 has been further developed through Board discussions. This has included agreement for recruitment of a vacant co-opted trustee post for North Wales, an additional elected trustee for N Wales, a new model for providing our Secretariat, drafting an Action Plan for COPA in North Wales and recruitment of the Elected Trustee vacancy for the Gwent Region
 - ❖ A Business Plan was agreed for 2018-19 and subsequently revised. A Business Plan for 2019-20 has also been agreed

Policy Work on Behalf of Older People

- ❖ COPA co-produced with the Older People's Commission Guidance on "Making Wales a nation of age-friendly communities" which was revised and published in December 2018.
- ❖ A COPA Manifesto for Older People in Wales was developed in consultation with local forums and sent to the new political leaders in Wales in February 2019

- ❖ Discussions with other national organisations for older people on a joint working concordat inspired by COPA were taken forward
- ❖ COPA have provided comments to contribute to the Welsh Government Review of Engagement of Older People.
- ❖ A successful 2018 AGM in Llandudno in October 2018 was arranged by COPA and attended by the new Commissioner for Older People and 65 delegates
- ❖ Dialogue with and updates for Forums and Groups through Voting Members continued. An increase in our Voting Members from 23 to 34 and from 12 Forums to 17 out of 22 Council areas was secured.
- ❖ Position papers on Paying for Care, Access to the NHS for Older People and Isolation and Loneliness were published following consultation with Forums. A draft Position Paper on Age Friendly Communities has been discussed by the Board for further refinement and publication after the AGM.
- ❖ COPA had 5 Board members on the Ministerial Advisory Forum on Ageing. COPA provided members for 3 sub-groups helping to shape the new Strategy for an Ageing Population in Wales.
- ❖ Preparation for and running of a Summer COPA Conference held on 6 June 2019 has been a major challenge and achievement. Speakers included the Deputy Minister for Health and Social Services, the Commissioner for Older People and a panel of experts that included the Chief Executive of Age Cymru, a senior Welsh Government official and the Commissioner. A workshop on engagement was held. Over 60 people attended and the feedback was very positive. A Conference Report was published in September 2019.
- ❖ Establishing a website in October 2018, issuing a newsletter, updating our leaflet, creating a new logo and publishing a COPA narrative are the main communications priorities we have progressed in 2018-19 which will be further improved in the next 12 months.

❖ There are a range of key national policy issues where we monitor developments and secure COPA involvement and intervention where needed:

- Review of Strategy for Older People
- Development of National Framework for Ageing Society
- MAFA Review
- Review of Engagement Structures for Older People
- Promoting Age Friendly Communities
- Working with Ageing Well
- Isolation and Loneliness
- Transport including Bus Passes
- Paying for Care
- NHS and Older People
- Care Home Quality of Care and Life
- Implementation of Social Services and Well-Being (Wales) Act 2014
- Public Toilets Strategy implementation
- UK Benefits for Older People including TV License for over 75s

Engagement of Forums in North Wales

❖ Cymru Older People's Alliance (COPA) became a Registered Charity in October 2017. Our new Board of Trustees immediately prioritised improved engagement in North Wales. Susanne A Jones joined us as a Trustee for Gwynedd and has been active since our inception as a charity. We also now have 2 Voting Members in each of Gwynedd, Anglesey, Conwy and Flintshire. We also appointed Sue Wright, specifically as a North Wales Co-opted Trustee to increase our links with Forums and Groups. Sue had to resign for personal reasons recently and we are currently advertising for a replacement, again specifically as a North Wales post.

❖ We held our first ever board meeting in Mold and our first AGM in Llandudno which was attended by 65 people including the Commissioner for Older People. Additionally, since November we have on a regular basis sent updates and requests for comments on various issues to all North Wales Forums. Where the Forum has no Voting Members, we have sent the emails to the local council Strategy Co-ordinator instead to pass on to their

group. The Board have agreed a Welsh Language Policy that meets the Welsh Language Board requirements and gives us a pathway to becoming a bilingual organisation. In August 2019 the Board agreed that an additional elected trustee should be appointed for North Wales. This recruitment will be taken forward over the next few months.

- ❖ Whilst this may be a starting point, we recognise that we have not done enough to convince all Forums in N Wales about COPA. We became a charity at the Welsh Government's instigation to become a national voice for all older people's forums. Subject to the recently commenced Welsh Government Review of Engagement of Older we will implement a COPA Action Plan for North Wales and will take it forward in conjunction with the forums and groups in the Region.
- ❖ The COPA Board have discussed making an application for grant to Awards for All (National Lottery) to promote COPA with N Wales Forums as well as to help Forums themselves to make more local linkages and develop initiatives. However, we can only do this on a partnership basis with the N Wales forums and with their direct involvement. This will be another priority for the next 12 months for COPA

Looking Forward

7. Board of Trustees has agreed its priorities and a new Business Plan for 2019-20. The main priorities that will be targeted cover:
 - the on-going review of COPA structures - in light of Welsh Government Review of Engagement of Older People in Wales
 - Effective relationships with other National Older Peoples Organisations
 - Effective relationships with the Older People's Minister and new Commissioner for Older People
 - Working with 50+ Fora and Groups across all parts of Wales
 - Increasing Voting Members and Trustees

- Improved Communications
 - Maximising capacity available to develop COPA through Trustees and recruiting Voting and Forum Members to support COPA's work
 - Holding an Annual General Meeting and Publishing an Annual Report
8. Over the next year it is vital to improve communications, to raise awareness of who we are and what we do. We will want to be able to influence how decisions affecting Older People are made and ensure their voice is heard at the initial planning stage of national policies and initiatives. This includes improved communication with all the local 50+ Forums and Groups across Wales.
 9. We are not in any way a politically motivated organisation – COPA are entirely neutral politically but it is essential that all sides understand the facts of the matter about the impacts of ageing, hearing it directly from Older People. We will therefore utilise our Manifesto for Older People in Wales to raise awareness of COPA and its purpose.
 10. We have good links with the other Older People's organisations through Trustees but we want to improve partnership working so that there is a strong dialogue and interchange of information with sister bodies and there are consistent messages about what needs to change to improve the lives of Older People. There have been productive discussions held during 2018-19 which are continuing.
 11. We believe that working in partnership is the only way forward and will always aim to co-operate and engage with other Older People's organisation to ensure a coherent voice is heard from Older People in Wales. We will of course build on our strong partnership working with the Commissioner for Older People and Age Cymru
 12. The outcome of the Welsh Government Review of Engagement of Older People will be central to our work over the

next 12 months and in particular the direction the Review provides about the case for Regional Forums. The Board position is that re-energisation of the 50+ Forums and Groups should be the first priority. Our policy is that age-friendly communities should be developed across Wales and we see local forums and groups playing an essential role in that agenda.

13. The new Welsh Government Strategy for an Ageing Population due to be published in Autumn 2019 will provide a refreshed framework for COPAs policy work on behalf of older people and we will want to ensure the voice of older people is heard and taken into account in the implementation of its objectives.

Finances

14. Total funding for 2018-19 agreed by Welsh Government is £12,800 comprising £8,400 for meetings and travel and £4,400 for general expenses. There are robust and effective arrangements for the monitoring and accountability for this expenditure through policies and processes agreed by the Board. One of the Trustees is Treasurer and oversees these arrangements and reports to the Board on a regular basis. Any risks to the achievement of objectives and related expenditure are identified and addressed on an on-going basis through our Risk Management policy.
15. The Board agreed in July 2019 a Reserves Policy for COPA to meet the advice of the Charity Commission on this matter. It was also agreed that the initial level of reserves should be set at £6,000.
16. A partnership agreement between Age Cymru and COPA has been established with an agreement that Age Cymru transfers the funding phased to match the Welsh Government payment schedule to Age Cymru, to COPA.

Conclusions

17. COPA's strongest public benefit is enabling older people to have the confidence and access to change the conversation about ageing in Wales to one that is lead from the experience of older people about their needs and what works best for them. Self-determination by older people is an important principle for us. The first steps have been taken and COPA has now established its policies and processes to match the challenging requirements of being a charitable organisation to enable these aims to be achieved. We are a fully functional charity.
18. With the significant changes in society and politics it is vital that the voice of Older People is heard and that their interests are fairly represented and not neglected. The interests of Older People are diverse, spanning over 40 years and with very different economic, cultural and social circumstances. This needs to be reflected in the way that Older People are engaged and participate, ensuring that their calls for change and action are always well informed and coherent.
19. We provide a new dynamic process for local Older People's fora to get their voice heard at the national table. We provide a conduit for local and regional issues to be represented to Ministers, civil servants and other national bodies.
20. We also provide a means of disseminating information of interest and relevance to Older People about what is happening at the Wales level and ensure that when representations are made about these important issues it is done with a stronger voice of all the local fora.
21. COPA has made significant progress over its first 2 years as a charity but we must continue the momentum. We must re-new our efforts to build the mechanisms so that strong local forums and groups can represent their views on the national stage. Our stated ambition is to provide a coherent and credible national voice for older people to improve the services and support they receive.

Additionally, we are finding new ways of engaging older people in Wales so that there is a genuine dialogue about the services and support they need to remain independent and to promote a good quality of life

COPA Board, October 2019

Cymru Older People's Alliance

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Trident Court,

East Moors Road,

Cardiff, CF24 5TD Web site: www.copacharity.com Contact: 02920431534

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Appendix 1

The Board of Trustees

Steve Milsom Chair Cymru.older.peoples.alliance@gmail.com

Gaynor Davies –Treasurer gaynor888@btinternet.com

Phyllis Preece – Vice Chair phyllispreece@btinternet.com

Ken Davies –gaynor888@btinternet.com

Lynn Finn lynfinn08@gmail.com

Sue Jones sueanthoniajones@btinternet.com

Hazel Maguire hazelcymru@yahoo.co.uk

Angela Tritschler angela_tritschler@yahoo.co.uk

Sue Wright (until January 2019)

Dr Ralph Stevens (from July 2019) 50plusforum@mail.com

CYMRU OLDER PEOPLE'S ALLIANCE – ANNUAL ACCOUNTS 2018-19

03/04/2018	Payment from Age UK	7,518.26	
17/04/2018	Printer for Hon. Sec		199.97
17/04/2018	Board Meeting individual claims		556.30
17/04/2018	Re-payment to Chair for St George's Hotel		1,700.30
19/06/2018	Board meeting individual claims		778.09
28/06/2018	Website Fee (Rock Level)		144.00
10/07/2018	Board Meeting individual claims		469.30
10/07/2018	Book for previous Secretary		19.50
03/08/2018	Payment from Age UK	3,200.00	
10/08/2018	Payment from Age UK	3,200.00	
21/08/2018	Expenses for Hon.Sec		601.87
21/08/2018	Board Meeting individual claims		615.45
24/09/2018	Board Meeting individual claims		585.10
02/10/2018	Board Meeting individual claims		590.10
16/10/2018	Board Meeting individual claims North Wales		721.26
16/10/2018	AGM claims from Voting Members		722.95
16/10/2018	St George's Hotel		828.40
23/10/2018	Flowers for Sue Wright		25.00
23/10/2018	Payment to Caerphilly 50+ for Website		100.00
13/11/2018	Board Meeting individual claims		603.65
05/02/2019	Board Meeting individual claims		550.82
22/02/2019	Payment from Age UK	6,400.00	
08/03/2019	Payment to Future Inn Hire of room etc		1,397.50
28/03/2019	Payment to Future Inn Hire of room etc		990.24

Total	20,318.26	12,199.80
	8,118.46	
Opening bank balance	0.00	
Income	20,318.26	
Expenditure	12,199.80	
Closing bank balance	8,118.46	
Per Statement 31/03/19	9,108.70	
Less o/s cheque 300081	-990.24	
	8,118.46	

Certified by Dafydd Rees FCCA
Associate, LHP Accountants Ltd