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# The Older People's Advocacy Alliance

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## ***ANNUAL REPORT 2022-2023***

*March 31, 2023*





# EMBRACING CHANGE



*New developments for a rapidly changing world.*

*This has been another challenging year when many of OPAAL's ambitions have been realised.*

*We strengthened our board, with a wealth of new talent. Some of our number are taking up their first board appointments, which gives us great pleasure to see. Others are bringing a wealth of experience developed on other projects to share with OPAAL as we move forwards into new areas.*

*With a complete rebranding exercise undertaken are now fully transitioned to an integrated online with a new website to support and enhance our established online social media presence.*

*With the new website, came the opportunity for us to begin our mission to provide free resources to help older people access some form of advocacy, either by themselves with self-advocacy or with the help and support of a trusted person in their lives.*

*We have been delighted by how these resources have been received by so many individuals and organisations, and we look forward to expanding our offer to older people and those that support them in 2023.*

*Dave Bradshaw*  
Chair of trustees

# WHAT WE DID

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## Helping older people advocate for themselves

*We continuously get contacted by members of the public who are struggling to be heard on a wide variety of issues, by email or by referral from other organisations.*

*For each contact we make every effort to smooth the way for them to resolve their issues in the ways that are the most useful for them. This could mean sending them some of our checklists to work through; undertaking research to "arm" the person with the right information; or making calls on their behalf.*

Housing issues

35%

Homelessness

20%

Debt problems

20%

Family inheritance issues

5%

Private medical complaints

5%

Respite care/holiday funding

5%

Mobility Aids

5%

Legal issues

5%





# Delivering free resources so every older person can access and practice some form of advocacy

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*With the decline of general advocacy provision in the sector, the gap between those who are able to speak up about their needs and wants, and those who cannot, has turned into a chasm. For those without adult children, a partner or friends willing and able to invest time and energy into someone else's lives, the frustration grows and the future appears stripped of authentic happiness and autonomy.*

*OPAAL's response to this crisis in advocacy provision for older people was to attempt to equip older people and their supporters with the tools they would need to replicate the provision of informal advocacy wherever and whenever it is needed.*

*Guided by the excellent report produced by the Centre for Better Ageing entitled "The State of Ageing 2022", we focused our first efforts on the topics of health and housing. We have consulted widely on our offer, and are delighted to report that 100% of the respondents to our survey welcome a central online directory of information and resources for informal advocacy for older people.*

*We currently offer Advocacy Checklists on 15 different topics and each version is available in regular, yellow and black easy read versions and picture versions for those who prefer images to words.*

*Each of the 45 documents has been translated into Welsh. These versions are available on request.*

## *About informal advocacy*

*Informal advocacy is regarded as being an activity that is built on a community-based relationship and that is defined by the two people involved. Community could be either a locality or a community of shared interest, culture etc. The expression was introduced to distinguish this type of advocacy from both statutory and other more formal models of advocacy. Informal advocacy is about supporting people in being heard and treated with dignity and respect. It is a natural element of most of our lives. Informal advocacy relationships include the following:*

- a) Citizen advocacy partnerships matched and developed by a Co-ordinator because of the partner being particularly isolated and at risk of discrimination and/or abuse.*
- b) Relationships that have evolved through friendship, family and neighbourly connections.*
- c) Relationships that evolve through caring responsibilities and where no conflict of interest is present.*
- d) Relationships that evolve through peer support, self-advocacy and group advocacy.*
- e) Informal advocacy that deals with an issue, but at a pace that is determined by individual need rather than a service model.*



# Financial statement

## Older People's Advocacy Alliance (OPAAL) UK

### Statement of Financial Activities for the Year Ended 31 March 2023

	Note	Unrestricted funds £	Total 2023 £
<b>Income and Endowments from:</b>			
Donations and legacies		604	604
<b>Total income</b>		<b>604</b>	<b>604</b>
<b>Expenditure on:</b>			
Charitable activities		(11,530)	(11,530)
<b>Total expenditure</b>		<b>(11,530)</b>	<b>(11,530)</b>
<b>Net expenditure</b>		<b>(10,926)</b>	<b>(10,926)</b>
<b>Net movement in funds</b>		<b>(10,926)</b>	<b>(10,926)</b>
<b>Reconciliation of funds</b>			
Total funds brought forward		19,117	19,117
Total funds carried forward	10	8,191	8,191
		<b>Unrestricted funds £</b>	<b>Total 2022 £</b>
<b>Income and Endowments from:</b>			
<b>Expenditure on:</b>			
Charitable activities		(11,427)	(11,427)
<b>Total expenditure</b>		<b>(11,427)</b>	<b>(11,427)</b>
<b>Net expenditure</b>		<b>(11,427)</b>	<b>(11,427)</b>
<b>Net movement in funds</b>		<b>(11,427)</b>	<b>(11,427)</b>
<b>Reconciliation of funds</b>			
Total funds brought forward		30,544	30,544
Total funds carried forward	10	19,117	19,117

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2022 is shown in note 10.

## Trustees and team members

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### **Chair**

*Dave Bradshaw*

### **Vice Chair**

*Janet Cullingford*

### **Trustees**

*Pamela Hill*

*Eileen Rudden*

*Patricia McCarthy*

*Betty Machin*

*Kay Steven*

### **Director**

*Colette Isaaks*

### **Operations Lead**

*Sharon Jenkins*

### **Finance**

*Anne Smith*



## OPAAL members 1

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### **East Midlands**

- *Age UK Derby & Derbyshire*
- *Alzheimer's Society Leicester*
- *LAMP - Leicestershire Action for Mental Health*
- *Mind in Derbyshire*
- *POhWER*

### **East of England**

- *POhWER*
- *Age UK Cambridgeshire*
- *Age UK Essex*
- *Age UK Norfolk*
- *South Essex Advocacy Services*
- *VoiceAbility*

### **London**

- *Advocacy First*
- *Advocacy in Barnet*
- *Age UK Croydon*
- *Age UK Harrow*
- *Centre 404*
- *City and Hackney Mind*
- *DASH- Disablement Association Hillingdon*
- *Hammersmith, Fulham, Ealing and Hounslow Mind*
- *KAG Advocacy*
- *Mind in Barnet*
- *Mind in Enfield*
- *Nubian Life Resource Centre*
- *POhWER (London)*
- *Rethink*
- *Staywell*
- *The Advocacy Project*
- *VoiceAbility (London)*
- *Guardian Carers*

## OPAAL members 2

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### **North East**

- *Advocacy Centre North*
- *Age UK Gateshead*
- *Age UK Sunderland*
- *Alzheimer's Society (Gateshead)*
- *Stamp Revisited*

### **North West**

- *Advocacy Focus*
- *Age Concern Central Lancashire*
- *Age UK Cheshire*
- *Age UK Manchester*
- *Age UK Salford*
- *Age UK South Lakeland*
- *Age UK Wigan Borough*
- *Age UK Wirral*
- *Empowerment*
- *I-CANN*
- *Better Lives*
- *Manchester Advocacy Hub/The Gaddum Centre*
- *Mental Health Independent Support Team (MhIST)*
- *n-compass Advocacy Service*
- *Rochdale and District Mind*
- *Sefton Pensioners Advocacy Centre*
- *Shared Lives Plus*
- *Vegetarian for Life*



## OPAAL members 3

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### **South East**

- *Age Concern Slough*
- *Age UK Berkshire*
- *Age UK Tunbridge Wells & District*
- *Age UK West Sussex*
- *Getting Heard (previously Oxfordshire Advocacy)*
- *Hampshire Advocacy Regional Group (HARG)*
- *Matrix Advocacy Services*
- *Mind in Brighton & Hove*
- *POhWER (South East)*

### **South West**

- *Age Concern Okehampton and Torrington*
- *Age UK Cornwall and Isles of Scilly*
- *Age UK Mid Devon*
- *Age UK Somerset*
- *Age UK Torbay*
- *Dorset Advocacy*
- *Dorset Mental Health Forum*
- *Improving Lives*
- *Swan Advocacy Network*

## OPAAL members 4

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### **West Midlands**

- *Age UK Coventry*
- *Age UK Shropshire Telford & Wrekin*
- *Age UK Walsall*
- *Age UK Wolverhampton*
- *Asist*
- *Beth Johnson Foundation*
- *Independent Advocacy (Warwickshire)*
- *Onside Advocacy*
- *POhWER (West Midlands)*
- *Sandwell Advocacy*
- *Shropshire Peer Counselling & Advocacy Service (PCAS)*

### **Yorkshire and the Humber**

- *Advocacy Alliance (Scarborough, Whitby and Ryedale)*
- *Age UK Calderdale & Kirklees*
- *Age UK Leeds*
- *Age UK Wakefield and District*
- *Cloverleaf Advocacy*
- *North Yorkshire Advocacy*
- *OCAV - Older Citizens Advocacy York*



## OPAAL members 5

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### **Scotland**

- *Borders Independent Advocacy Service*
- *Scottish Independent Advocacy Alliance - SIAA*

### **Wales**

- *Advocacy Services North East Wales (ASNEW)*
- *Advocacy Support Cymru*
- *Age Connects Cardiff & The Vale of Glamorgan*
- *Age Connects North Wales Central*
- *Age Connects North Wales Central: (SpeakUP Project)*
- *My Care My Home*
- *Mental Health Matters Wales*

# Statement of public benefit

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*When planning our activities for the year, the trustees have considered the Charity Commission's guidance on public benefit and acted accordingly.*

## PRINCIPLE 1:

There must be an identifiable benefit or benefits

Principle 1a: It must be clear what the benefits are

Activities Undertaken: The relief of older people in the United Kingdom through the promotion and development of independent advocacy services and the establishment of standards and quality frameworks for the deliver of such advocacy.

Principle 1b: The benefits must be related to the aims

Activities Undertaken: The above benefits are tied specifically to the aims and objectives of the organisation and these are achieved through a referral system, a membership system, providing resources and training and by working with key partners to provide innovative support to older people and those in their lives, to help them articulate and realise their needs and wants in later life.

Principle 1c: Benefits must be balanced against any detriment or harm

Activities Undertaken: There is no identified detriment or harm with the achievement of the objectives of the organisation.

## PRINCIPLE 2:

Benefit must be to the public or a section of the public

Principle 2a: The beneficiaries must be appropriate to the aims

Activities Undertaken: Beneficiaries are as per stated in the objectives of the charity. OPAAL supports older adults to make known their needs and wishes in order to obtain appropriate services and adjustments to their lives, and so increase their quality of life.

Principle 2b: Where benefit is to a section of the public, the opportunity to benefit must not be unreasonably restricted (a) by geographical or other restrictions or (b) by ability to pay any fees charged

Activities Undertaken: No such restrictions occur

Principle 2c: People in poverty must not be excluded from the opportunity to benefit

Activities undertaken: Not applicable

Principle 2D: Any private benefits must be incidental

Activities undertaken: Not applicable

