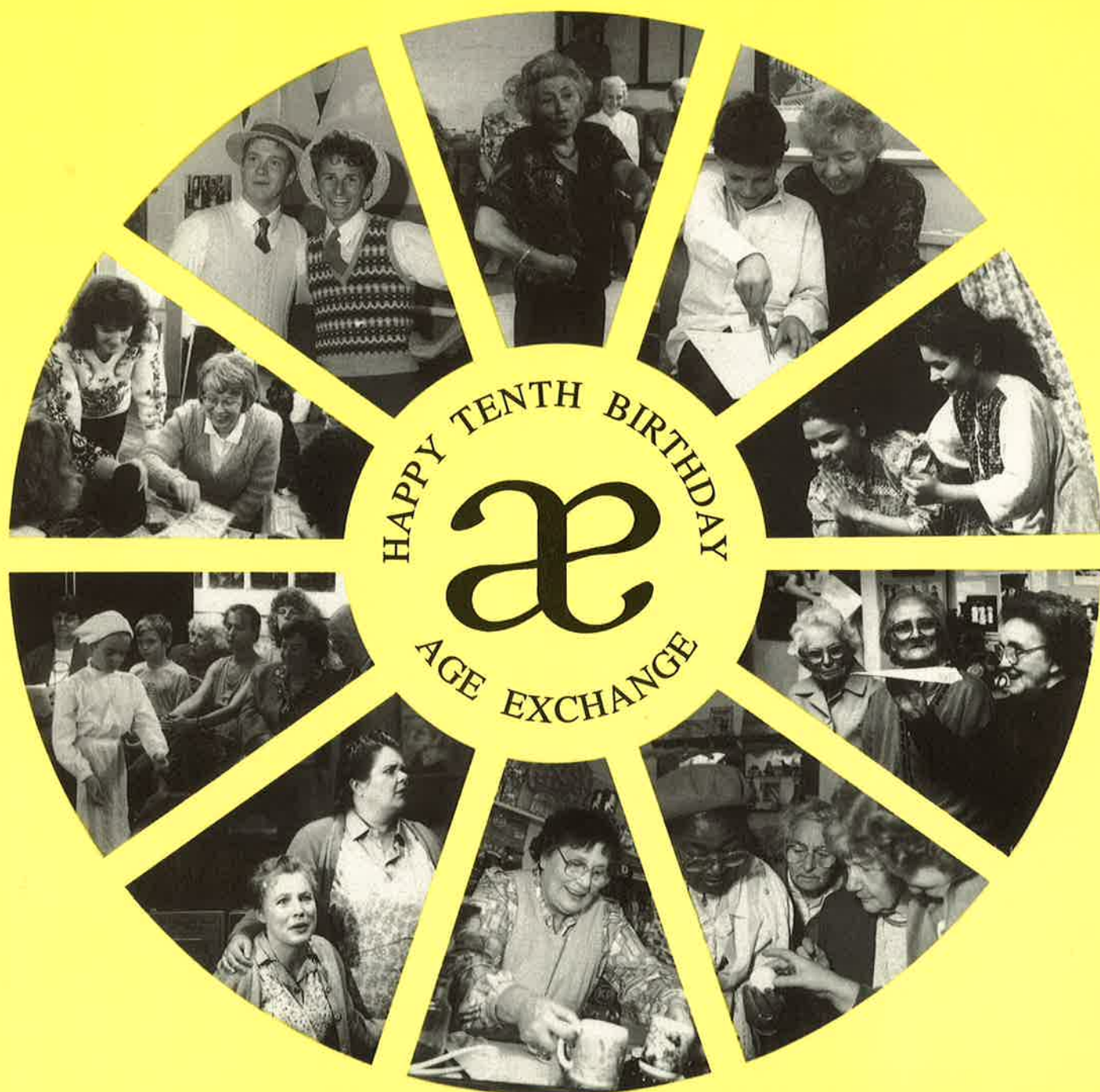


# AGE EXCHANGE

## ANNUAL REPORT

### 1992/93

TENTH ANNIVERSARY ISSUE



“MAKING MEMORIES MATTER”

# WHO'S WHO AT AGE EXCHANGE

## STAFF

Pam Schweitzer - Artistic Director  
Penny Rossetter - Administrative Director  
Gail Dawes - Assistant Administrator  
Bernard Arigho - Reminiscence Co-ordinator  
Eloise Harris - European Tour Officer  
Vanda Carter - Resources Officer (p/t)  
Eileen Taylor - Centre Worker (p/t)  
Kathy White - Centre Worker (p/t)  
Mary Gallagher - Centre Worker (p/t)

## REMINISCENCE PROJECT WORKERS

Matthew Audley  
Noelle Blackman  
Fiona Clayton  
Tess Garrett  
Liz Kent  
Pam Human  
Shirley McCaw  
Anna Smith  
Barbara Smith  
Jake Spencer  
Jo Stanley  
Eileen Taylor

## FREELANCE TRAINERS

Sarah Clevely  
Lindsay Royan  
Noelle Blackman  
Lee Sim  
Lorna Barter  
Trish Adams  
Peter Watson

## THEATRE PROJECTS 1992-3

### ROUTES

Vincent Ebrahim  
Neelam Bakshi  
Rosaline Dean  
Sevva Dhalivaal  
Kaleem Janjua  
Robina Mir

### WHAT DID YOU DO IN THE WAR, MUM?

Lisa Harrison  
Claire Lacey  
Rosalind Lewis  
Suzanne Parrott  
Melanie Sharpe

## FREELANCE WORKERS

Joyce Holliday - Writer  
Lisa Wilson - Designer  
Suresh Vedak - Designer  
Andrew Harrison - Designer  
Peter Hayward - Musical Director  
Paula Gardiner - Musical Director  
Darren Monk - Youth Theatre Director  
Cathy Birmingham - Youth Theatre Director  
Alex Schweitzer - Architect and Photographer  
Lawrence Napper - Researcher  
Sophie Scarborough - Stage Manager  
Burnel Penhaul - Stage Manager  
Bilber Singh - Stage Manager  
Anna Howarth - Stage Manager

AUDITOR- John Green, Certified Accountant

## COUNCIL OF MANAGEMENT

The following have served during the period covered by this report. Staff at Age Exchange wish to thank them for their continuing support and advice.

Graham Dodd, Solicitor (Chair)  
Joy Drewett-Browne, Friends of Age Exchange  
Robin Ellison, Pensions Lawyer  
Jim Gillman, LB Greenwich Councillor  
Lilian Murrell, Friends of Age Exchange  
Caroline Oliver, Age Concern England  
John O'Shea, LB Lewisham Councillor  
Del Pasterfield, Ford Motor Company  
Sheila Ronald, Retirement Councillor  
Lloyd Trott, RADA  
Les Eytle, LB Lewisham Councillor

## THE TIME OF OUR LIVES

Jules Davison  
Simon Hunt  
Robin Pirongs  
Sophie Stanton

## A MERRY LITTLE CHRISTMAS

Elsbeth Benjerfield  
Jeremy Browne  
Nicola Wainwright

## MANY HAPPY RETIREMENTS

Pam Lyne  
Godfrey Jackman  
John Lyne  
Helen Keene

# WORKING WITH OLD AND YOUNG THROUGH REMINISCENCE

AGE EXCHANGE AIMS to improve the quality of life of older people by emphasising the value of their reminiscences to old and young, through pioneering artistic, educational and welfare activities.

## SUMMARY OF AGE EXCHANGE PROJECTS APRIL 1992 - JULY 1993

PROFESSIONAL TOURING SHOWS	'The Time of our Lives': 40 performances 'Routes: Punjabi Memories': 62 performances 'Merry Little Christmas': 28 performances 'What Did You Do In The War, Mum?': 70 performances 'Many Happy Retirements': 36 performances AUDIENCE REACHED 14,000
YOUTH THEATRE PRODUCTIONS	'Can We Afford the Doctor?'... Memories of childhood illness in 1920s and 30s
EXHIBITIONS IN THE CENTRE	'A Day at the Seaside' 'Winter Evenings' 'Women at War'
THE GOOD COMPANIONS older people's theatre group	15 improvisation sessions and 6 performances to date
REMINISCENCE PROJECT PLACEMENTS	11 Placements
TRAINING DAYS AT THE CENTRE	31 with 259 trainees in total
EXTERNAL TRAINING DAYS ACROSS THE U.K.	19 days in 16 counties
EUROPEAN TRAINING DAYS AT THE CENTRE	16 with 109 trainees in total
TRAINING DAYS CONDUCTED ABROAD	BELGIUM, GERMANY and IRELAND, trainees reached: 468
AGE EXCHANGE BOOKS IN PREPARATION	'The Creative Reminiscence Handbook' 'Reminiscence Across the Generations'
BOOK REPRINTS	'Across The Irish Sea' 'Our Lovely Hops' 'What Did You Do In The War, Mum?' 'Lifetimes'
SCHOOL GROUPS VISITING THE CENTRE	33, total number of pupils 820
OLDER PEOPLE'S GROUPS VISITING CENTRE	112, total number of pensioners 715
SHORT WORKSHOPS FOR NURSING, SOCIAL SERVICES and ARTS GROUPS	total numbers 452
REMINISCENCE BOXES HIRINGS	165 boxes sent to hospitals, homes, day centres and schools
REMINISCENCE WORKSHOPS IN SCHOOLS	15 schools visited, 12 older people involved





1983 'The Fifty Years Ago Show' our first professional production

**1983** Age Exchange Theatre Company is formed. "THE FIFTY YEARS AGO SHOW" is launched at Greenwich Festival. It is based on the memories of older people from four sheltered housing units in Greenwich. These memories are preserved in "THE FIFTY YEARS AGO BOOK", the first of 25 Age Exchange publications to date.

**1984** "A PLACE TO STAY" is the first Age Exchange show to explore the experiences of London's ethnic elders. We prepare a ground-breaking book of reminiscences to go with the show which features recollections in eight languages.

**1985** "CAN WE AFFORD THE DOCTOR?", our show about health care before the NHS is filmed by Television History Workshop and shown on Channel 4 Television.

THE AGE EXCHANGE YOUTH THEATRE IS BORN. Children aged 10 - 16 create plays based on local people's memories. They meet every Saturday and put on their production in the autumn. There have been 2 or 3 productions every year since.

**1986** THE REMINISCENCE PROJECT starts work in London hospitals and residential homes. We train 15 workers to run reminiscence sessions with small groups of frail older people and their carers in placements lasting eight weeks.

MANY HAPPY RETIREMENTS, our special pre-retirement project starts up, with older professional actors performing at courses and seminars all over the country.



1987 The launch of the Reminiscence Centre by Glenda Jackson and the Mayor of Lewisham (the late Norman Smith) with Pam Schweitzer and Charles Wegner

**1987** THE REMINISCENCE CENTRE opens its doors. After months of building work, most of it voluntary, our base in Blackheath is now open to the public as a unique community resource with full disabled access, visited by thousands of people of all generations, especially groups of older people.

**1988** "GOOD MORNING CHILDREN", our first Theatre in Education project for schools, attracts hundreds of London children to the Reminiscence Centre to work with professional actors and older people. The Centre is converted into a 1920s schoolroom.

**1989** AGE EXCHANGE'S REMINISCENCE TRAINING PROGRAMME is greatly expanded with availability of a new workshop space. We invite nurses, social workers, carers, community librarians, occupational therapists and activities organisers from all over the country to share our specialist skills in reminiscence activities for older people.

**1990** "GOODNIGHT CHILDREN EVERYWHERE", our biggest and best book to date, is launched at the Imperial War Museum, with eighty of the contributors present. The Theatre in Education programme on this theme for London school children at the Reminiscence Centre is filmed by the BBC for their PRIMETIME programme with David Jacobs.



*1987 Youth Theatre show on older people's schooldays memories*

**1991** REMINISCENCE BOXES are sent through the post to hard-pressed nurses and care staff in homes and hospitals all over the country. We create boxes of objects and images around important reminiscence themes, and supply ideas for staff on how to make the best use of these resources with older people. The Boxes are also used by Age Exchange volunteers who work with children in local schools.

At the Reminiscence Centre we all go HOPPING MAD with a special show and exhibition which pulls in thousands of ex-hop-pickers and local school children.

**1992** WE BUY OUR BUILDINGS after a long and successful fund raising campaign. Now we are the freeholders of our unique Reminiscence Centre, with its offices and rehearsal spaces, and no longer live in dread of massive rent increases. We start a further fundraising campaign to complete the purchase of the OLD BAKEHOUSE which will be our new TRAINING CENTRE.

**1993** AGE EXCHANGE GOES EUROPEAN. We play an active part in the European Year of Older People, visiting Germany, Belgium and Ireland with performances, supported financially by the European Commission. Our older people's theatre company, THE GOOD COMPANIONS, is established with support from our German partners in Cologne.



*1991 Reminiscence Box Scheme launched by Mary Stott and volunteers at Age Exchange*



## 1992 - 3 AGE EXCHANGE GOES EUROPEAN

### PLANNING STAGES

During the period covered by this report, a great deal of energy has gone into planning and fund raising for our programme for the European Year of Older People. In 1992, Pam Schweitzer was funded by the European Commission and the Department of Health to conduct a feasibility study into European touring by Age Exchange. This involved paying visits to voluntary organisations concerned with older people and cultural departments in different countries, liaising with theatres and promoters and serving on the UK planning group for the European Year. The feasibility study was completed in autumn 1992, and suggested that touring by Age Exchange and cultural exchanges with allied organisations would be desirable and possible if the necessary funding could be found.

### CREATING A EUROPEAN TOURING PROGRAMME

In December 1992, we heard that our request for funding outlined in the feasibility study had been met, and the European Commission were willing to support our touring programme. We still had to find backing from countries proposing to invite us, but the subsidy made this feasible for organisations with a will. We agreed to tour three theatre projects: "ROUTES", a new group-devised show based on the memories of Punjabi elders, "WHAT DID YOU DO IN THE WAR, MUM?", a documentary play by Joyce Holliday based on interviews with women about their wartime work, and "ACROSS THE IRISH SEA", a verbatim reminiscence show by Pam Schweitzer, made from interviews with London Irish pensioners.

We appointed Eloise Harris as our European Tour Officer in January 1993, and she was able to pick up the leads established by Pam the previous year, forge new links with European theatrical managements and consolidate outline tour plans. The only major problem she has faced has been the shortage of time available in which to make arrangements, since we could only firm up our plans when we knew our funding situation and the same problems have affected many of our European hosts.

We worked on the assumption that the style of highly visual and musical theatre we present can cross language divides, but some

promoters have backed off at the last moment, fearing that the language barrier will be too great, and this has been extremely frustrating. Where we have had the opportunity to play to non-English speaking audiences we have had extremely enthusiastic responses with recognition of universal situations and experiences, and immediate invitations to return with future shows. We shall certainly meet our target number of European performances, even with these problems to overcome.

### "ROUTES" ACROSS EUROPE

In March 1993, "ROUTES" played in several cities in Germany: Cologne, Mannheim, Frankfurt, Kassel, Wilhelmshaven and Norden, with one performance in Brussels. The company were given a tremendous reception and the play hit a real chord with German audiences struggling against their own problems of nascent racism at home. All our worries about playing in Punjabi and English to German speaking audiences proved groundless. The fact that we were focusing on the experiences of ethnic elders was greatly appreciated, since little exploration of this issue has so far occurred in Germany. Many Turkish people and Indians attended our German performances and identified strongly with the material.

Pam Schweitzer ran WORKSHOPS ON AGE EXCHANGE'S METHODS in Cologne, Kassel and Brussels for care staff, managers and teachers who were all excited by our ideas. Many of the people who attended these



## AGE EXCHANGE GOES EUROPEAN

workshops will attend the Reminiscence Conference we are planning for November, 1993 in London.

"WHAT DID YOU DO IN THE WAR, MUM" has played in Brussels and Cologne in May, and will later tour to other parts of Germany, Denmark, France and Belgium. Again, we have been extremely warmly received so far, with audiences identifying strongly with the material, even where they might have been our wartime opponents. The audiences were keen to discuss the content of the play as well as our approach to play-making through reminiscences, and again we felt that we had worried unnecessarily about possible difficulties we might encounter in discussing the war years, especially with older people in Germany.

"ACROSS THE IRISH SEA" will go into rehearsal in August, and then it will tour Britain, Ireland and Europe in September, October and November. We already have bookings in France, Germany, Holland, Belgium, Northern Ireland, Eire and possibly Spain.

### THE GOOD COMPANIONS

In April 1993, Ingrid Berzau and Dieter Scholz, our European partners from the Freies Werkstatt Theater in Cologne, came to England for three weeks and worked with The Good Companions, our older people's theatre group at the Reminiscence Centre. Some of the group had previously worked on two or three short improvised pieces, but this was a new challenge: to work intensively on a new show scripted from their memories with two new directors from Germany working through a translator.

The resulting piece was taken to Germany in May. There it played to an enthusiastic audience of carers and social workers, and also to the Cologne older people's theatre group with whom the Good Companions soon became good friends. We were wonderfully looked after in Germany, many of our older people making their first ever trip there. We hope to be able to repay some of the hospitality we received when



*Raw recruits to the WAAF suffering in Age Exchange Theatre Company's touring show 'What Did You Do In The War Mum?' which is playing in Britain and Europe as part of the European Year of Older People*

the German group come to London in November to play at the Reminiscence Conference.

### SKILLS EXCHANGES

In June and July 1993, we have hosted a series of European Training Days at the Reminiscence Centre. With support from the Department of Health and the European Commission, we have invited trainers from abroad to share their skills with care staff, nurses, project workers and community artists. Faith Gibson from Northern Ireland, Romola Sabourin from Paris and Ingrid Berzau and Dieter Scholz from Cologne are offering one week each of two and three day training courses. So far, responses have been very positive. All the trainers will also present their work at the November conference.

### REMINISCENCE CONFERENCE

This week-long celebration of reminiscence, and incidentally of Age Exchange's tenth birthday, will enable us to bring together experts and practitioners from across Britain and Europe. We shall be publishing the conference papers, as well as launching two of our new publications. The German group of older people from Cologne will spend the week with us, as will many of the experienced reminiscence workers we have met on our European theatre tours and workshops.



## THE GOOD COMPANIONS GET STARTED

What a wonderful year this has been for Age Exchange! Such excitement when March brought Dieter and Ingrid from Germany to our Centre. They were going to shape us into The Good Companions. Some of us had never acted before, and all of us were relative newcomers. In rehearsal, they showed us how to use our imagination when acting. One scene I remember was in our minds to picture a walk in the country and enact what we thought we might see and do, such as sitting in the grass watching an insect, or just listening to the sounds around us. We all watched each other's scenes. I thought the funniest one was someone trying not to get stung by an imaginary wasp.

They taught us so much about acting and stretched our minds and stimulated all our senses. They enabled us to have the confidence to act out our scenes in a show called "I REMEMBER", which we have since taken to Cologne, Brussels and Roscommon in Ireland. We have made friends and enjoyed every minute.

Lil Murrell and Margaret Phair

*Dieter Scholz of FWT working with older people from Age Exchange Theatre Company's Good Companions team who played in Cologne, Germany in May 1993 as part of European Year of Older People celebrations - A Festival of Memories*

## THE GOOD COMPANIONS HIT EUROPE

I think the happiest time this year was going to Cologne with the "Good Companions", the name chosen by a group of twelve people who are Friends of Age Exchange Reminiscence Centre. We had been invited there to take part in a Festival of Memories, and we were lucky that two German directors, Dieter and Ingrid, members of the Werkstatt Theatre in Cologne, were over here to help and direct us, in consultation with Pam. We all put our heart and soul into rehearsals and I might add, enjoyed every minute doing all sorts of odd things. I had to pretend to be a bridge one day! I ask you - how can one be a bridge? I must have managed it somehow though.

All our hard work paid off, and when we gave our first performance in Cologne it was much appreciated by our audience, and when they did their show, we were amazed that life in Germany was so similar to our own. The team spirit between each member of our group and the camaraderie between us and the German people was really wonderful. They proudly showed us their beautiful city and took us out one evening for a typical German meal, and our last evening was spent enjoying a happy party with our new found friends. Even the weather played its part and couldn't have been better. I thoroughly enjoyed my time in Cologne and am looking forward to November, when the German group are coming over here to us.

Kathleen Ash





## REMEMBERED BY VOLUNTEERS

### THE GOOD COMPANIONS ACROSS THE IRISH SEA



*Members of the Good Companions with the trophies they won in Ireland*

The visit to County Roscommon in June, at the invitation of the Adult Education Board, and the kind sponsorship of the Roscommon Lions Club, was a memorable occasion. Roscommon is described as the "Heart of Ireland". We discovered that the people indeed possessed "Big Hearts". Our days (and evenings) were fully occupied. Our hosts ensured that we had a most interesting time, the kindness and friendly welcome we received was heart-warming.

The Drama Workshop, supervised by Pam, afforded us the opportunity to meet many groups, and was both enjoyable and productive. The Drama Festival organised in conjunction with the Active Age Project and European Year of Older People was somewhat of a surprise, as we had not realised it was to be a competition! We were overwhelmed by the response we received for our performance, and

even more so when we received two awards, including one for the "Best All-round Production". The generosity of spirit of the other competitors who were as delighted as we were by our success was evident.

The visit to the Sacred Heart Old People's Home was rewarding when we observed the reaction of some of the residents to whom it brought back memories for them. We are aware that the success of our visit was the result of much hard work, both by our hosts, and the Age Exchange office.

So many events were arranged for our entertainment, but over-riding all was the warm friendly companionship, and kindness we received from everyone, we shall never forget our visit to Roscommon.

Margaret Kippin



*'Good Companions' and Irish pensioners in Roscommon in Reminiscence Drama Workshop run by Pam Schweitzer*

### SCHOOL CHILDREN VISIT THE CENTRE



My wife and I work with various groups of school children visiting the Centre. We teach them about the 1920s, how we lived and how poor we were in those days, the old fashioned baths which we used, the kind of soap we used; also mothballs and flypaper. We ask them questions about what they have seen, and we answer their questions. We can tell the children enjoy being with us. We tell them things they would not be able to read in books. We have a most enjoyable time with them.

Bill O'Sullivan



## ROUTES

When Pam told us volunteers that she was going to direct a play called "Routes" we weren't surprised but we did wonder if we would all be able to understand it. We had no need to have worried. When the play was first shown in Blackheath, it was a great success.



The Asian actors and actresses were excellent. We could all follow the play even though it was partly spoken in Punjabi. I was sad to see the hardship the older people suffered to get to England to make a fresh start with their families. The money lender was so good and convincing, the children going to school in England and being called names because they were a different colour. We could all understand and feel for them. It must have been very difficult for these young families, everything was so different. The actors and actresses were so convincing with their miming and singing in every scene.

The play toured Europe and England and was a great success everywhere. I'm not surprised. I was very happy for the older Asian people to see their memories so well portrayed by the cast. I'm sure it was one of the best plays directed by Pam.

*The audience of 'Routes' at an Asian Centre in Belvedere*

Laura Murphy

## A REFUGE FOR JOHN

In my 80s I often seek refuge from the traffic of the main road at Age Exchange Reminiscence Centre. Regular visits to the pub can become too frequent and I've done the local museums time after time, and the cool refuge of the churches is too often under lock and key. Sometime ago I discovered a way of seeking refuge in my granny's days by the fireside in Age Exchange's gaslit and bygone-furnished parlour, thumbing through the postcards of Edwardian pubs, such

as the Old Bull and Bush which I have visited many a time in my retirement, using my free bus pass to get to Parliament Hill Fields to walk on to Hampstead Heath and have lunch in the Old Bull and Bush. Early seaside holidays were recalled by the videos of Clacton and the bathing beauty parades in which I fear I took too precocious an interest. The current exhibition has aroused many memories of bombtime in London and my feats with a stirrup pump.

John Bence

## THE TIME OF OUR LIVES

There was the pier, the beach full of bathers, a charabanc arriving full of trippers, deck chairs, a "What the butler saw" machine, a fortune teller, lots of smiling people in "kiss me quick" hats, the Pearly King and Queen, stalls full of rock, and loads of mussels, cockles and winkles to eat and brown ale and guinness to drink. Where? Margate? Southend? No.... Age Exchange, Blackheath, and the launch of the exhibition and touring play, "The Time Of Our Lives". Everyone had a super day, singing all the old favourite songs with piano accompaniment. It was an authentic presentation of a day out in the 1930s and greatly enjoyed by all.

Joyce Milan



Oh I do like to be beside the seaside Summer exhibition at the Centre in 1992 with the cast of "The Time of Our Lives" and Lisa Wilson (designer) and Pam Schweitzer (director)



## REMEMBERED BY VOLUNTEERS



*By the fireside, friends enjoy the cosy winter evenings exhibition at the Reminiscence Centre, winter 1992*

### A SPACE FOR ALL SEASONS

The large back room at the Reminiscence Centre is quite ordinary, rather like a church hall as used by scouts for meetings etc. But from time to time this room is transformed by a very talented team of people who change the room into something quite incredible.

Imagine the seaside, the end of the pier, wooden floor, sea/sand, seagulls and slot machines. That's exactly what happened last year when the room was transformed for our summer exhibition. Deck chairs were ready to sit in, a small shop to buy rock, seagulls screaming overhead, a view of the sea and sky and so bright you could almost smell the sea air!

We had a "What The Butler Saw" machine for a penny, a fortune-teller's booth, ably served by "Madame Zara" our own resident sooth-sayer, penny slot machines, and to help remind us of those far off days, a video tape of various sea side places. All this wonderful illusion created by the very creative use of a paint brush and lots of artistic talent.

Summer was eventually over, yet again the room was transformed and the contrast so incredible I could hardly believe it myself.

We had a gas-lit sitting room, with the street lamp shining through the window, a fire in the fire place, the radio tuned in to the favorite programmes of the era, knitting ready to pick up, writing paper ready to use, and a newspaper of the time waiting to be read.

Outside we had a shed with tools, a tin bath ready to use, all authentic with lifelike models. The whole atmosphere was one of comfort and so cosy our regular visitors to Age Exchange used to come and sit by the fire with their tea, almost as if it was a living memory of their own home.

It was with great reluctance that we had to move on to our next project which was about "Women At War". So our cosy room became a war time RAF ops room, and other war time activities - just as clever and imaginative as the other two exhibitions.

So to all those clever people who create such wonderful sights, sounds and illusions, and always seem to get it right every time, congratulations!!

Joan Pearce

# REPORT OF NATIONAL REMINISCENCE CO-ORDINATOR.

## A YEAR OF EXPANSION

The last year has seen an increase in demand for our reminiscence projects in residential care settings in Greater London, increased numbers attending the Reminiscence Centre training days, and increased demand for us to provide training and projects all over the United Kingdom.

It has not only been a time of expansion of work, but also of development of the services provided. We have a wider range of course-titles on offer, developed in response to workers' requests for training that is specific to their professional caring responsibilities. We have enlarged our team of experienced and committed trainers and project workers, ensuring that we have the skills-mixture necessary to meet the demand for specialist types of training courses and workshops.

## AGE EXCHANGE IS THE NATIONAL CENTRE

Age Exchange is widely regarded as the national reminiscence training centre, with people from Northern Ireland, Cornwall, Newcastle, the Channel Islands, Inverness, Glasgow and West Wales attending our Centre courses last year. Positive feedback on the quality of this training experience continues to promote our work amongst people who wish to develop new positive approaches to working with older people.

## NEW APPROACHES

Throughout the year it has become apparent that reminiscence work is also applicable and beneficial to working with a variety of other client-groups, e.g. people with learning difficulties, people with mental health problems and people who have terminal illnesses. We are extending our knowledge and expertise in all these forms of work. We have further developed our work in the field of reminiscence with ethnic minority elders.

## A NATIONAL TRAINING PROGRAMME

It has been a highly successful year for national development of our training programme. Twenty-six training days were provided in different venues around the country, with the aim of initiating and supporting the development of local reminiscence projects. We also arranged reminiscence events and workshops for Rhondda Valley Community Arts, Nene Valley Adult Education and St. Edmundsbury Borough Council.

We have promoted the work of Age Exchange and the value of reminiscence work nationally through a series of talks and presentations at conferences organised by Abbeyfield Nursing Homes Association, MIND, Shropshire Alzheimer's Disease Society, Age Concern Feltham, Goldsborough Nursing Homes, Carex, National Association of Day Care Centre Hospices and RCN Social and Recreational Nurses.

We aim to enhance the reputation of the Reminiscence Centre as a national educational resource centre. There have been fifteen short training sessions at the Centre for group-visits of carers or students from Colleges of Further Education. There have been three placements of student social workers from Croydon College, which have provided them with good experiences for their professional development, and which have helped us to maintain high standards of educational provision.





## REPORT OF NATIONAL REMINISCENCE CO-ORDINATOR.

### THE REMINISCENCE PROJECT

The Reminiscence Project in Greater London has been redesigned to offer a more flexible package of services, and the new publicity leaflet has helped to set up new projects in placements with whom we have had no previous contact. Ten new placements were arranged in various residential care settings last year, and feedback so far received has provided ample testimony to the beneficial effects of our work.



### COMMENT FROM PROJECT WORKERS AND TRAINERS:

**ROSIE BEDI:** I have worked on many projects but working with Age Exchange has been very special, not only for the elderly group I work with but also for me personally. Being involved in the making of the "Routes" show was an experience I shall never forget. It has been wonderful to see the elders become more confident as a result of the experience. I certainly look forward to doing further work with Age Exchange, as it is such an important part of my personal self-development.

**LINDSAY ROYAN:** It is the uniqueness of the experience that appeals to me. It gives me the opportunity to focus on a specialist area of work with older people outside of the statutory services. The Reminiscence Centre is a creative environment in which people can get away from the classroom, look at their approaches in a different light, experiment with new stimulating work-methods, and try out new ideas in a supportive environment. People from very different backgrounds have a chance to

meet up and share their skills and knowledge; the combination of arts and health care often proves to be very fruitful. There is an increasing range of courses on offer. The courses keep up to date with current developments, and constantly respond to participants' training needs.



*Rosie Bedi's Asian elders' group who worked with Age Exchange on 'Routes'*

# FINANCIAL REVIEW - YEAR ENDED 31 MARCH 1993

Age Exchange achieved much in a very difficult year. Against a backdrop of economic recession and cuts in core funding from both Lewisham and Greenwich, the company continued to be both active and innovative throughout the year. The major coup in terms of funding was to secure a grant from the European Commission (£64,545) to enable the company to take its work into Europe.

The company considerably improved its asset base by completing the purchase of its premises and the adjoining Bakehouse with grants from the Lankelly Foundation (£25,000) and the Tudor Trust (£25,000) assisting in the process. The company also secured a loan of £100,000, arranged by the Nuffield Foundation, to complete the purchase.

The company is optimistic that further funding can be found to finance the purchase of the buildings, thereby releasing it from the financial commitment of future loan repayments.

Age Exchange faces the continued threat of diminishing grant aid and the challenge for the future is to continue to seek out different sources of funding whilst maximising the generation of income from its various activities.

John Green,  
Certified Accountant

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 1993

	1993 £	1992 £
RESOURCES ARISING		
Direct Charity Activity	80,268	89,510
Grants Receivable	225,975	265,014
Donations	8,776	5,889
Other Income	27,115	16,925
GROSS RESOURCES ARISING	<u>342,134</u>	<u>377,338</u>
RESOURCES USED		
Direct Charity Expenditure	(242,540)	(215,519)
Fundraising	(6,415)	(3,789)
Administration	(1,232)	(1,067)
Interest Payable	(7,337)	-
RESOURCES USED IN YEAR	<u>(257,524)</u>	<u>(220,375)</u>
NET MOVEMENT IN RESOURCES IN YEAR	<u>84,610</u>	<u>156,963</u>
NET (INCREASE)/ DECREASE IN FIXED ASSETS	(267,259)	1,910
RESOURCES RETAINED FOR FUTURE USE/(UTILISED OUT OF BALANCES BROUGHT FORWARD)	<u>£(182,649)</u>	<u>£158,873</u>

## RECONCILIATION OF FUNDS

	£
Balance brought forward 1 April 1992	<u>220,307</u>
Net additions to fixed assets	267,259
Resources utilised out of balances brought forward	(182,649)
Net movement of Resources in year	<u>84,610</u>
Balance carried forward 31 March 1993	<u>£304,917</u>
Represented by:	
Fixed Assets	271,079
Current Assets	148,637
Current Liabilities	(27,299)
Creditors due after one year	(87,500)
Total Net Assets 31 March 1993	<u>£304,917</u>



# FINANCIAL REVIEW - YEAR ENDED 31 MARCH 1993

## BALANCE SHEET AS AT 31 MARCH 1993

	1993 £	1992 £
FIXED ASSETS	271,079	3,820
NET CURRENT ASSETS	121,338	216,487
CREDITORS (due after more than one year)	(87,500)	-
NET ASSETS	<u>304,917</u>	<u>220,307</u>
FUNDS		
Restricted fund	63,259	16,650
Unrestricted funds	241,658	203,657
TOTAL FUNDS	<u>£304,917</u>	<u>£220,307</u>

## GRANTS RECEIVABLE

	1993 £	1992 £
Age Concern	-	750
Charities Aid Foundation	-	3,700
Department of Health	18,000	10,000
European Commission	64,545	-
Granby Hunter	-	1,300
Lankelly Foundation	25,000	-
London Borough of Croydon	800	-
London Borough of Greenwich	30,443	38,050
London Borough of Lambeth	3,220	3,080
London Borough of Lewisham	10,503	11,270
London Boroughs Grants Unit	22,464	21,464
Lord Ashdown Charitable Settlement	10,000	10,000
Metropolitan Hospital Sunday fund	5,000	5,900
Nuffield Foundation	10,000	50,000
St James's Trust	-	100,000
South East Arts	1,000	-
Thames/LWT Telethon Trust	-	9,500
Tudor Trust	25,000	-
	<u>£225,975</u>	<u>£265,014</u>

Due to limitations of space the accounts are shown in abbreviated version and represent a summary of information extracted from the statutory accounts which have been delivered to the Registrar of companies.

The Auditors, John Green and Co. have made a report on the accounts in which the only qualification was that the company depends on grant assistance to enable it to carry out its operations and the Financial Statements have been prepared on the going concern basis on the assumption that this assistance continues.

A full version of the Accounts will be sent on request.



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The Reminiscence Centre,  
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Charity Number 326899  
Company Limited by Guarantee Number 1929724

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Charities Aid Foundation  
Department of Health  
European Commission  
Granby Hunter  
Helen Hamlyn Foundation  
Lankelly Foundation  
London Borough of Ealing  
London Borough of Greenwich  
London Borough of Lambeth  
London Borough of Lewisham  
London Boroughs Grants Scheme  
Lord Ashdown Charitable Settlement  
Metropolitan Hospital Sunday Fund  
Nuffield Foundation  
St James's Trust  
South East Arts  
Tudor Trust

Design and production  
*Tower Hamlets Learning Design Centre*  
081-983 1944