

opnocs

Registered Charity No. 1095932

older people's new opportunities consortium



TRUSTEE ANNUAL REPORT

1st October 2022
30th September 2023

Opnocs Aims

- To tackle loneliness by providing community activities.
- To support older lonely citizens to forge new friendships
- To support citizens in achieving an enhanced quality of life.
- To promote new opportunities for social interaction and a sense of well being
- To support older people in developing healthy lifestyles
- To assist older people to maintain independent living in their own homes.
- To offer advice and information on access to benefits and other services.

Volunteer Befriending Service

During the last 12 months The Volunteer Home Visiting and Telephone Befriending Service has provided valuable support for older people experiencing social isolation. Opnocs had a team of 4 volunteers who provided telephone befriending support.

Volunteer contributions

A team of 4 dedicated volunteers have helped out at coffee morning and at events. One of the volunteers contributes many hours researching trips and events, liaising with coach companies, collating responses and balancing cash/cheque payments.

Newsletter

A Newsletter was circulated four times during the year, providing valuable up to date information on issues that affect older people particularly in respect of scams, safeguarding and safety in the home.

Activities during the Year

12th October 2022 Health and Well-Being event
AGM 29th March 2023
19th April 2023 trip to Bakewell
15th June 2023 trip to Southport
23rd August 2023 meal, at the Lakes Barston

Yoga

Weekly seated yoga sessions were provided throughout the year and have continued to be popular.

Coffee Morning

The coffee morning was well supported throughout the year. Attendances varied between 20 and 30 members. Members enjoyed special buffets at Christmas 2022, Easter 2023 and for the celebration of the Coronation of King Charles 111.

Partnerships

During the year we have worked with the following organisations:
Birmingham City Council Adult Social Care
Birmingham City Council Commissioners.
Birmingham Voluntary Services Council (BVSC)
Hall Green Neighbourhood Network Scheme

Thanks

A big thank you to Birmingham City Council for providing and extending financial support. Special thanks to our volunteers who have given up their time to phone opnocs supported clients. Also, to those who provide many hours helping out at coffee mornings, trips and events. Finally, a big thank you to our members who supported us throughout the year.

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