

opnocs

Registered Charity No. 1095932

older people's new opportunities consortium



TRUSTEE ANNUAL REPORT

1st October 2021
30th September 2022

Opnocs Aims

- To reduce social isolation
- To support older people 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 has a team of 7 volunteers who provide telephone befriending support. In addition there are 4 dedicated volunteers helping out with events including fundraising. 1 one the volunteers contributes many hours researching trips and events, liaising with coach companies as well as collating responses.

In addition many of our members have kept in touch with other members through friendships that have blossomed over the years.

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

13th October 2021, Health and Well-being event.

8th December 2021 Christmas meal and entertainment.

2nd March 2022, AGM

6th April 2022 Event cancelled

25th May 2022, trip to Chester.

6th July 2022, trip to Weston-Super- Mare.

Yoga

Weekly seated yoga sessions were provided throughout the year.

Coffee Morning

The coffee morning was well supported throughout the year. Attendances varied between 17 and 25 members. On 17th December 2021 members enjoyed a special Christmas buffet and on 3rd June 2022 members celebrated the Queen's Platinum Jubilee.

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 give up their time to phone opnocs supported clients. Also, those who provide many hours helping out at coffee mornings, trips and events.

Committee Members & Trustees

Margaret Faulkner Chair & Trustee

Rita Hiatt Vice Chair and Trustee

Melanie Hughes Treasurer and Trustee

John Flattery Secretary and Trustee

Carole Davis. Events and trips organiser

Jill Bird

Irene Jones

Gwen Burrell

Registered Office

C/O The Old Print Works

498-506 Moseley Road

Birmingham

B12 9AH

Web site:

www.opnocs.org

E mail address:

info@opnocs.org

Staff contact numbers:

Tony: 07951 737875

Phil: 07954 605036