

opnocs

Registered Charity No. 1095932



older people's new opportunities consortium

ANNUAL REPORT



2018-2019

Charity No. 1095932

Befriending Service

Older People's New Opportunities is an Organisation that provides services for older people in South Birmingham.

The main service provision involves working towards reducing social isolation and prevention. The Volunteer Home Visiting and Telephone Befriending Service provides support for older people experiencing social isolation.

Other services are provided to enhance general Health and well-being as well as opportunities for people to socially interact and forge new friendships.

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 the prevention of falls, strokes and dementia.

Newsletter

A newsletter produced three times a year, provides information on a programme of events as well as valuable up to date information on issues that affect older people particularly in respect of safeguarding and safety in the home.

Signposting

Opnocs operates a signposting service that refers enquiries and requests for help to appropriate other service providers. This can include benefits advice, debt, housing, health and many other issues

Sessions

Opnocs actively supported weekly Yoga sessions at Balsall Heath Church Centre and for part of the year a weekly coffee morning at Middleton Road. From September, Chair Yoga sessions were introduced at the same venue

Events and Trips

During the year October 2018 – September 2019

Opnocs provided a programme of trips and events.

5th October

Afternoon tea at The Lakes, Barston for supported Clients and volunteers

25th October Community Health and Well Being for the over 50's.

Those attending enjoyed a morning session in the art of flower arranging followed by lunch.

After lunch there were talks by Birmingham City Council Direct Payments Team and West Midlands Police.

8th November

44 Members went on an interesting visit to the Royal Mint.

6th December

Christmas meal at The Lakes, Barston for supported clients and volunteers

5th February Special general meeting

The meeting was called to vote on the future of opnocs and whether to continue providing its services

26th February AGM

Held at Balsall Heath Church when the three existing Trustees stood down and 3 new Trustees nominated and seconded.

23rd May

48 Members visited the pleasant Cotswold village of Bourton on the Water

27th June

31 members made an enlightening visit to The Black Country Living Museum/

5th September Weston –Super-Mare

44 members enjoyed a very pleasant day at the seaside

Partnerships

Birmingham City Council Adult Social Care

Balsall Heath Church Centre

Manningford Hall

Muath Trust

Alzheimer's Society

Thanks

Opnocs would like to thank Birmingham City Council and Birmingham Voluntary Services Council (BVSC) for their total support during the year.

Additional thanks to Greggs Foundation for their grant that enabled our less mobile service users and their volunteers to enjoy afternoons out.

Committee Members & Trustees

Margaret Faulkner	Chair & Trustee
Dorrett Erskine	Vice Chair & Trustee
Melanie Hughes	Treasurer & Trustee
John Flattery	Secretary & Trustee
Carole Davis	
Margaret Biggs	
Mary Simons	
Rita Hiatt	

Staff

Tony Davis	Administrator
Phil McMullen	Service User Assessment & IT Coordinator
Iffat Aslam	Service User Assessment

Income	oct 2017	oct 2017	oct 2017	Year
	to Sept 2018	to Sept 2018	to Sept 2018	2016-2017
	Unrestricted	Restricted	Total	
Bham City Co Ads & Ctities	0.00	18,500.00	18,500.00	18,500.00
Incoming payments for services	4,426.00	0.00	4,426.00	3,894.00
Donations	0.00	0.00	0.00	1,000.00
Fundraising +Membership	76.00	0.00	76.00	298.00
Greggs2018	0.00	1,400.00	1,400.00	1,345.00
young at Heart	0.00	0.00	0.00	4,960.00
Comic Relief Ctty Cash	0.00	0.00	0.00	692.00
refunded fee	100.00	100.00	100.00	
SHOPS	0.00	114.00	114.00	
Sub total	4,602.00	20,014.00	24,616.00	30,689.00
B/F from previous year			21,577.00	19,429.00
unrestricted funding	16,650.00	0.00	16,650.00	
Greggs 2017	0.00	1,090.00	1,090.00	
Young at Heart	0.00	2,445.00	2,445.00	
Comic Relief Computers	0.00	700.00	700.00	
Comic Relief Ctty Cash	0.00	692.00	692.00	
Sub total	16,650.00	4,927.00	21,577.00	50,118.00
Total income			46,193.00	
Expenditure				
Salary & sessional staff	0.00	13,837.00	13,837.00	17,777.00
Other sessional costs	0.00	1,293.00	1,293.00	595.00
Office costs & insurance	0.00	1,919.00	1,919.00	1,787.00
Training	0.00	260.00	260.00	408.00
Travel & vol costs	0.00	0.00	0.00	20.00
Event & trips costs	1,225.00	5,678.00	6,903.00	5,639.00
Marketing	0.00	0.00	0.00	0.00
Equipment & Materials	0.00	139.00	139.00	2,315.00
Totals	1,225.00	23,126.00	24,351.00	28,541.00
Balance carried forward			21,842.00	21,577.00
Represented by				
Bank Current A/C			21,819.00	
Petty cash			23.00	
Total			21,842.00	0.00
!Total to Carry Forward			21,842.00	
Restricted Funds:	B/F	Income	Expenditure	C/F
BCC	0.00	18,500.00	18,500.00	0.00
Young at Heart	2,445.00		2,445.00	0.00
Greggs2017	1,090.00	0.00	1,090.00	0.00
Greggs 2018	0.00	1,400.00	370.00	1,030.00
Comic Relief Computers	700.00	0.00	29.00	671.00
Comic Relief Ctty Cash	692.00	0.00	692.00	0.00
SHOPS	0.00	114.00	0.00	114.00
	4,927.00	20,014.00	23,126.00	1,815.00

Signed: Daniel Teckle

Date: 01/02/2019