

# opnocs

Registered Charity No. 1095932

older people's new opportunities consortium



## ANNUAL REPORT



2013 -14

## 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. The Volunteer Home Visiting and Telephone Befriending Service provides support for older people experiencing social isolation. This can be either through bereavement or a loss of contact with family, neighbours and friends. Social isolation can result, amongst other things in depression, loss of self-esteem, lack of confidence, alcohol dependency and debt.

## 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



## Networking

Opnocs operates as an umbrella organisation for other local organisations as well as working alongside these organisations in order to coordinate services for older people.

Opnocs has representation on the following groups:

- Brandwood Older Peoples Forum
- Ageing Better
- Birmingham South Partnership Safeguarding and Supporting Adults
- Healthy Villages
- Balsall Heath Older Peoples Services

In addition Opnocs attends seminars and conferences organised by Birmingham South and Central CCG (Clinical Commissioning Group)

## Events and Trips

A varied programme of events and trips are provided throughout the year as well as trips for less mobile clients of the befriending service.



## Newsletter

A quarterly newsletter provides information on the programme as well as valuable up to date information on issues that affect older people.

## 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



## Activities Programme

During the year October 2013 – September 2014 Opnocs provided a programme of interesting and varied trips...

### **October 22nd: Information Day**

This was held at Moseley Exchange with a number of exhibitors providing information on general health and well being issues. In addition 2 free yoga sessions were provided by Carol Haynes.

### **December 11th: Christmas meal**

24 members enjoyed a traditional Christmas meal at the Wesley Hotel followed by an after dinner disco.

### **January 23rd: AGM**

24 members attended the meeting. Following the meeting Val Hart and Chris Sutton of the Balsall Heath Local History Society gave an enlightening presentation entitled Diamond Memories. The presentation included a display of various toys and objects of the last 60 years.

### **February 27th: The Pear Tree**

An enjoyable 2 course meal at The Pear Tree Inn, Smite, Worcester.

### **March 27th: Elan Valley**

A wonderful day out. A local Ranger took our party on a 2-hour coach tour of the valley taking in views of the valley and stopping for photo shots. The tour included a visit to the Pen y Garreg Dam.



### **May 15th: Matlock Bath**

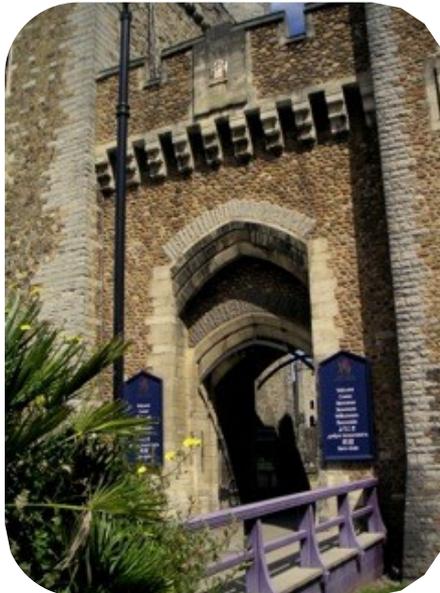
Another enjoyable trip to this popular site including The Heights of Abraham.

### **June 19th: Cardiff and Cardiff Bay**

A delightful day in Cardiff taking in the impressive castle (right) and city plus a look around the bay.

### **September 17th: Upton On Severn to Tewkesbury**

A relaxing cruise from Upton on Severn to Tewksbury and back. Whilst in Tewksbury members were able to visit the local market and the impressive 12<sup>th</sup> century Abbey



## Sessions

Weekly yoga sessions were supported by Opnocs and held at St. Pauls Trust. The sessions bring together 10-15 ladies from different cultural backgrounds, provide healthy exercise and an opportunity for the ladies to interact with each other.

## Testimonials

### Thanks

To St Pauls Community Development Trust for providing continued support.

Thanks also to

- Balsall Heath Church Centre
- Residents of Sorrento Court
- Allenscroft Project
- St Bedes
- Rainbow Centre All Saints Church
- Middleton Road Coffee morning
- Our volunteers
- Our members and supporters
- Everyone on our mailing list

### Financial Support

Thank you to Birmingham City Council Adults & Communities Dept. for their support. This has allowed us to maintain and continue our popular and valuable services to older people.

### Committee Members & Trustees

**Pat Johnson** Chair & Trustee

**Rhoda Rowland** Secretary & Trustee

**Val Hart** Treasurer & Trustee

**John Flattery**

**Connie Perris**

**Chris Walsh**

### Employees

**Tony Davis**

**Polly Hackett**

### Registered Office

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# OPNOCS: Accounts for the year 01 Oct 2013 to 30 Sept 2014

Income	Oct 13 to Sept 14 Unrestricted	Oct 13 to Sept 14 Restricted	Oct 13 to Sept 14 Total	Year 2012-2013
Bham City Co Ads & Ctities	0.00	18,500.00	18,500.00	18,500.00
Incoming payments for services	2,456.31	0.00	2,456.31	3,412.50
BCC Moseley Comm Chest	0.00	0.00	0.00	0.00
Refund	500.00	0.00	500.00	0.00
Red Nose Funding	0.00	0.00	0.00	550.00
Fundraising + Membership	70.00	0.00	70.00	163.42
<b>Sub total</b>	<b>3,026.31</b>	<b>18,500.00</b>	<b>21,526.31</b>	<b>22,625.92</b>
B/F from previous year	12,773.99	1,268.78	14,042.77	11,477.88
<b>Totals</b>	<b>15,800.30</b>	<b>19,768.78</b>	<b>35,569.08</b>	<b>34,103.80</b>
<b>Expenditure</b>				
Salary & sessional costs	0.00	15,649.68	15,649.68	12,904.12
Office costs & insurance	0.00	1,838.97	1,838.97	2,297.10
Training	58.80	0.00	58.80	0.00
Travel & vol costs	0.00	0.00	0.00	0.00
Event & trips costs	1,351.50	2,150.63	3,502.13	4,779.81
Marketing	124.00	0.00	124.00	80.00
Equipment & Materials	0.00	129.50	129.50	0.00
<b>Totals</b>	<b>1,534.30</b>	<b>19,768.78</b>	<b>21,303.08</b>	<b>20,061.03</b>
Balance carried forward	14,266.00	0.00	14,266.00	14,042.77
<b>Represented by</b>				
Bank Current A/C			14,253.84	14,019.41
Deposit A/C				
Petty cash			12.16	23.36
Creditors	(See Bank)			
<b>Total</b>			<b>14,266.00</b>	<b>14,042.77</b>
<b>Restricted Funds:</b>				
	B/F	Income	Expenditure	C/F
BCC	1,031.78	18,500.00	19,531.78	0.00
Rednose Day	237.00		237.00	0.00
	<b>1,268.78</b>	<b>18,500.00</b>	<b>19,768.78</b>	<b>0.00</b>
			<b>Total to Carry Forward</b>	<b>14,266.00</b>

Signed:

*Daniel*  
*Daniel Teckle*  
*04/02/2015*