

opnocs



ANNUAL REPORT

2016-2017

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 and lack of confidence.

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 has active individual members and also operates

as an umbrella organisation for other local groups. We work alongside these groups in order to coordinate services for older people.

Opnocs has representation on the following groups:

- Ageing Better
- Disability Resource Centre
- Birmingham South Partnership Safeguarding and Supporting Adults
- Balsall Heath Church Centre

Newsletter

A quarterly newsletter provides information on the programme 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 supports weekly sessions of Yoga, the Craft Cooperative Group, a coffee morning and computer lessons. The Yoga group brings together ladies from different ethnic backgrounds. This is a social group that now arranges mini trips out to popular venues.

The Craft Cooperative Group encourages people to learn new skills as well as share expertise and knowledge.

Computer classes offer basic skills in computing such as the use of e mails, searching the web, drafting letters and, as students' skills progress, face timing family and friends and using social media as a tool to remain in touch with family and friends.

Events and Trips

During the year October 2016 – September 2017 Opnocs provided a programme of interesting and varied trips...

October 21st Akamba Garden Centre

Members of the Yoga group visited for lunch and a look round the centre.

November 3rd Wedgwood Museum

Opnocs members enjoyed a tour of the factory and museum.



November 15th Warstock Event

Members were offered a choice of a craft session, Bhangra exercise and a reminiscing experience entitled Sweet memories. A fish and chip lunch was followed by musical entertainment provide by Richard Churchley.



February 7th AGM

The event was held at Balsall Heath Church Centre where 40 members were entertained by Jo Causer.

April 23rd Richard III Museum

An enlightening historical visit to the city including the Richard Third Visitor Centre.

May 4th Oxford

An enjoyable day at to the City of Spires

May 9th Afternoon Tea

Befriended clients and their volunteers and carers enjoyed a pleasant afternoon tea at The Lakes Barston.

May 25th Winterbourne House

A visit to the house and gardens by members of the Yoga Group.

June 13th Event at Warstock

Another event held at The Warstock Community Centre with Bhangra, Crafts, Basic First Aid provided by The Red Cross and a musical singalong..

July 6th Cultural Event

This event at the Balsall Heath Church Centre. This event featured Tai Chi and craft. A number of speakers gave presentations and the audience, who were from various cultural background, enjoyed a multi-cultural lunch

July 13th Weston

Members enjoyed a memorable trip to this popular seaside resort.

July 15th Family Fun Day Calthorpe Park

Opnocs ran an information stall with some family games and supported a group of older people who attended for craft and sessions.

September 21st Ironbridge

Members visited Blists Hill Victorian Village for a thrilling and unique day out.

Thanks

Opnocs would like to thank Birmingham City Council for their support during the year.

In addition thanks to Comic relief, Sport Relief, Greggs Foundation, Ageing Better and Young at Heart for the grants that enabled us to support yoga sessions, provide free computer classes, put on events to enhance physical and mental well-being and treat our befriended clients to mini trips out.

In Memorium

This year saw the death of Polly Hackett, who was a tireless campaigner for older people. She worked for Opnocs for many years as a Home Visiting Co-ordinator and will be remembered for her extensive knowledge, understanding and wit.

She is very much missed.

Partnerships

Opnocs continues to work with other local groups and projects.

These include: -

St. Paul's Community
Development Trust
Balsall Heath Local History Society
Middleton Road Coffee Morning
St. Bede's Lunch Club
Balsall Heath Church Centre
Ageing Better
Shencare
Disability Resource centre

Committee Members & Trustees

Pat Johnson Chair & Trustee
Rhoda Rowland Secretary & Trustee
Val Hart Treasurer & Trustee
Patrick Baird
Anita
Halliday
Celia
Reeves

Employees

Tony Davis
Phil McMullen
Iffat Aslam

Registered Office

St. Paul's Trust, Hertford
St, Balsall Heath. B12 8NJ

Tel: 0121 464 1890.

Email: opnocs@stpaulstrust.org.uk

Website: www.opnocs.co.uk

OPNOCS: Accounts for the year 01 Oct 2015 to 30 Sept 2016					
	Oct 2016	Oct 2016	Oct 2016		Year
Income	to Sept 2017	to Sept 2017	to Sept 2017		2015-2016
	Unrestricted	Restricted	Total		
Bham City Co Ads & Ctities	0.00	18,500.00	18,500.00		18,500.00
Incoming payments for services	3,894.00	0.00	3,894.00		3,778.35
Donations	1,000.00	0.00	1,000.00		
Fundraising + Membership	298.00	0.00	298.00		421.00
Greggs		1,345.00	1,345.00		
young at Heart		4,960.00	4,960.00		
Comic Relief Ctty Cash	0.00	692.00	692.00		1,850.00
Sport Relief	0.00	0.00	0.00		900.00
Ageing Better	0.00	0.00	0.00		2,000.00
Sub total	5,192.00	25,497.00	30,689.00		27,449.35
B/F from previous year			19,429.00		14,266.35
Totals			50,118.00		37,062.35
Expenditure					
Salary & sessional staff		17,777.00	17,777.00		15,944.22
Other sessional costs		595.00	595.00		
Office costs & insurance		1,787.00	1,787.00		1,775.59
Training		408.00	408.00		575.00
Travel & vol costs		20.00	20.00		18.82
Event & trips costs	2,533.00	3,106.00	5,639.00		4,739.04
Marketing	0.00	0.00	0.00		341.09
Equipment & Materials	2,286.00	29.00	2,315.00		884.28
Totals	4,819.00	23,722.00	28,541.00		24,278.04
Balance carried forward			21,577.00		19,249.67
Represented by					
Bank Current A/C			21,554.00		
Petty cash			23.00		
Total			21,577.00		0.00
Total to Carry Forward			21,577.00		

Restricted Funds:	B/F	Income	Expenditure	C/F
BCC	0.00	18,500.00	18,500.00	0.00
Young at Heart	0.00	4,960.00	2,515.00	2,445.00
Greggs	0.00	1,345.00	255.00	1,090.00
Sport Relief	567.00	0.00	475.00	92.00
Comic Relief Computers	1,275.00	0.00	483.00	792.00
Comic Relief Ctty Cash	0.00	692.00	0.00	692.00
	1,842.00	25,497.00	22,228.00	5,111.00