

opnocs



ANNUAL REPORT



2017-2018

Charity No. 1095932

Befriending Service

Older People's New Opportunities is an organization 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. 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.

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 supports weekly sessions of Yoga, the Craft Cooperative Group and a coffee morning. 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.

Events and Trips

During the year October 2017 – September 2018 Opnocs provided a programme of interesting and varied trips...

October 10th Highbury Hall

A Swinging Sixties theme attended by over 40 members. Activities included a presentation on memories from the 60's, Tai Chi and music from the era.

November 3rd Meal at McKees Brasserie

Befriended clients enjoyed a three-course meal at this popular restaurant based at Haigs Hotel, Balsall Common.

November 15th Afternoon tea at the Lakes

An enjoyable afternoon with views over the lake and gardens

December Christmas Meal at BHCC

A Christmas meal with carols sung by local children and after lunch entertainment from a steel drum band.

February 7th AGM

The event was held at Balsall Heath Church Centre followed by entertainment from Graham Powell.

March 15th Nailcote Hall

Members enjoyed a three course dinner in the beautiful surrounding of Nailcote Hall Country House Hotel.

May 3rd Botanical Gardens

Ladies from the Yoga Group enjoyed a pleasant afternoon at this popular venue in Edgbaston.

May 3rd May Terracotta Army

Over 20 members visited the National Museum at Liverpool so see this ancient spectacle.

May 21st Event at All Saints Church

22 members enjoyed country dancing, a presentation on an insight into the life of bees, a fish and chip lunch and musical entertainment.

7th June Nailcote Hall.

Our befriended clients were treated to a three course meal by courtesy of Greggs Foundation.

June 14th Trentham Gardens

An enlightening visit to these award winning gardens

September 13st Crich

Over 45 members visited the home of the National Tramway Museum in Matlock, Derbyshire.

Thanks

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

In addition thanks to Comic relief, Heart of England Community Cash, Greggs Foundation 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 Anita Halliday. Anita was a tireless campaigner for local communities and older people. She was a valued member of the Committee and prior to retirement worked as Chief Executive of St Paul's Trust. She will be sadly missed and fondly remembered for her extensive knowledge and contribution to issues affecting local older people.

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
- Balsall Heath Church Centre
- Shencare Community Transport

Committee Members & Trustees

Pat Johnson	Chair & Trustee
Rhoda Rowland	Secretary & Trustee
Val Hart	Treasurer & Trustee
Patrick Baird	
Carole Davis	
Rita Hiatt	
Anita Halliday	
Dot Conlon	
Linda Gresham	

			Oct 2017	Oct 2017	Oct 2017	Year
Income			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	
BHOPS			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 Releif 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	
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
BHOPS	0.00	114.00	0.00	114.00
	4,927.00	20,014.00	23,126.00	1,815.00