



Older Persons Enabling Resource & Action

**ANNUAL REPORT
YEAR END 30TH SEPT 2019**

**20 Years of
PUTTING PEOPLE FIRST**

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Aims and Objectives

Sefton O.P.E.R.A aims to provide health and wellbeing activities to local older people across Sefton seeking to improve their quality of life, whilst helping to reduce the health inequalities for those most disadvantaged.

Our Objective

To promote any charitable purposes for the benefit of older persons in the borough of Sefton and in particular the advancement of education, and the promotion of good health, the prevention of social isolation and the relief of poverty, sickness and distress arising therefrom.

Our Mission

To enable older people to take power in relation to their own health, to maintain and improve the quality of their lives, recognising that they are an important resource to their peers and their community.

Our Vision

The organisation aims to be the focus for excellence and innovation in working with older and vulnerable people.

Our Social Value

Sefton O.P.E.R.A is committed to improving the lives of local people by local people giving a dignified and respectful service to all. We are committed to building the skills and confidence of our local volunteers to enable them to provide regular social interaction, intergeneration and physical activities. We will reduce social isolation, improve community cohesion and give Sefton's older people choices in respect to how they can improve their own health and wellbeing

Quality Assurance

Sefton O.P.E.R.A holds the following quality assurance framework:

- Vitalize Chair Exercise National Accreditation
- Reiki & Seichem (RASA) and Tai Chi
- Approved Work Placement provider for Hugh Baird College, Southport College, Sefton Business Partnership and Liverpool University

THE REPORT



Vikki Martlow
Organisational Manager

Vikki Martlow Organisational Manager reported: We have been fortunate to be able to celebrate our 20 year anniversary in June this year which I feel has been a great successes. We have had our ups and downs over the years, and again this year as have most organisations. I have seen this organisation grow from a small family of a handful of volunteers and staff providing just a couple of activities per week to what it is today when most days we have more on our plate than we know what to do with, with sometimes 6 different activities on one day. I believe our success has come from sticking to our ethos but also growing with the need of the older person, what people needed 20 years ago isn't necessarily what they need now. Most pensioners 20 years ago are still around and are in their 80's and 90's and over and don't want the same things they wanted 20 years ago, so listening and adapting and evolving has definitely been the way forward. Year on year we talk about the cutbacks and struggles with funding and this year hasn't been any different but we have pulled together and overcome, I thank everyone who has shown their character and stepped up when it was needed from trustees, volunteers, staff, the community and local organisations, we go forward with a new vigour, and a new we shall not be beaten attitude.



Ann Mardell
Honorary Lifelong
President

Ann Mardell Honorary Lifelong President reported: It is with great pride that I congratulate Sefton O.P.E.R.A. who were able to celebrate 20 years last June for their work in the community. Although we were sorry to lose several of our funding streams the organisation still continued to deliver its high standard of activities to older people in Sefton. Most voluntary organisations both national and local are experiencing loss of funding so we have been extremely lucky to have 20 Years of funds. We must therefore appreciate the work that it takes the staff to accumulate funding to keep the many projects Sefton O.P.E.R.A delivers to our older people. Therefore I would like to give thanks to the Staff, trustees, and volunteers who all work relentless to keep a high standard of volunteering in the community.



Cathy Crook
Chair Person

Cathy Crook Chair Person reported: I have been both privileged and proud to be involved with Sefton O.P.E.R.A. for very close to the 20 years it has been in existence the work from both staff and volunteers in obtaining funding has been second to none so congratulations to all concerned. The memory I will always have of O.P.E.R.A. is the work that has been done with intergeneration involvement it truly has given young people a greater understanding of older people. Many thanks to the Staff, Volunteers and Trustees who give of their best.

One of our favourite quotes:

**“AND IN THE END, IT’S NOT THE YEARS IN YOUR LIFE THAT COUNT. IT’S THE LIFE IN YOUR YEARS”
(Abraham Lincoln)**

20 YEARS OF PUTTING PEOPLE FIRST

Due to our logo everyone always thinks Sefton O.P.E.R.A is an operatic singing organisation which we are not but we are definitely an organisation with plenty to sing about.

In 1998 a committee with local authority, health promotions and other local agencies was formed to provide health initiatives in regards to the Government Green Paper “Our Healthier Nation”

Starting with the evaluation of the health needs of older people living in Bootle in 1999 the organisation began, the ideology was that exercise and leisure would encourage, enjoyment and increase energy and participants could contribute more to the local community. Giving them a sense of worth, a reason to get up, and as a valued part of the community reason to get and stay healthier, thereafter having a less need or crutch on local NHS services.

Using health and wellbeing activities as a doorstep service for older persons who often feel neglected, afraid to go out and who may have health issues which they cannot always address Sefton O.P.E.R.A went on to develop new pioneering initiatives and imaginative ways of responding to local needs, through policy and best practice using the National Service Framework for Older People (NSFOP) gaining a high profile and professional reputation in a relaxed voluntary organisation. As Sefton O.P.E.R.A was expanding and as always reforming its ethos aims and objectives to suit the ever changing needs of the clientele and with our ageing community our services fit with the Government 5 year white paper “Our Health Our Care Our Say” .

People are living longer but are less likely to be part of a close knit family who might have been able to provide support in the past, families are no longer all living within a few streets of each other making it easy to look after each other this is why so many say that Sefton O.P.E.R.A are their extended family and the social connections we make are so important.

“If ageing is to be a positive experience, longer life must be accompanied by continuing opportunities for participation, health and security” (World Health Organisation)



20 YEARS OF VOLUNTEERING

In our 20 years Sefton O.P.E.R.A have had 3 marriages, numerous people moving forward into employment, but most of all volunteers building friendships and improving their social lives, providing programs that support people to live actively as engaged citizens with voices that are heard listened to and acted on, to promote independence, good health and a culture of change in order to ensure older people are treated with dignity, respect and fairness, promoting wellbeing and active life-styles to reduce acute admission and prevent premature ageing and unnecessary admission to long term care (preventative rather than cure or treatment) better targeted early interventions that prevent or defer the need for more costly intensive support.

Several of our volunteers have been with us for over 10 years others have been with us since we began in 1999 we believe we retain our volunteers because they and we realise that they have a vital role to play not just in the organisation but also in the community in which they live. We at Sefton O.P.E.R.A are the extended family of which some volunteers don't have themselves, but by building and nurturing our extended family we have built better and stronger communities in which volunteers are proud to be a part of.

We have had over 400 volunteers over the past 20 years who have provided Sefton O.P.E.R.A with approximately 140,000 hours of valued services It's estimated that the annual value of formal and informal volunteering in the UK is £45.1 billion (Volunteering England).

QUOTES

"The satisfaction I get from working with Sefton O.P.E.R.A is more than money could buy" Eric Groom 2004.

"Volunteer with Sefton O.P.E.R.A works both ways you get as much back as you put in, gaining a wide range of friends, skills and social life improves your confidence and changed my life immensely. Sefton O.P.E.R.A has given me back my social life" Brian Hughes 2004

"When Sefton O.P.E.R.A come in it's like the outside world coming in" Theresa a beneficiary. 2005

Sefton O.P.E.R.A have become a salvation for me and my husband it gives us a reason to get out of bed, we enjoy the activities we do, the feeling of being needed and the knowledge of joy we as part of the Sefton O.P.E.R.A family know we bring to others not so fortunate in the community. We love Sefton O.P.E.R.A and wouldn't know what to do if we were no longer able to attend. Viv Johnson 2019

"Sefton O.P.E.R.A has been a lifeline I really enjoy going out with the team, making new friends and getting involved in the community. I enjoy the social side and have gained new skills it has opened up new doors and opportunities for me. Mary Carol 2019

Sefton O.P.E.R.A has kept me sane for the past 5 years living alone can be quite isolating but being able to meet new people has brought me back into the community again. I've volunteered for other organisations but it has never lasted long, Sefton O.P.E.R.A bring you into their family. Doreen Turner 2019.



20 YEARS OF HEALTH & WELLBEING ACTIVITIES

It is vital to recognize the importance of the work Sefton O.P.E.R.A carry out in the prevention and improvement of health and wellbeing for so many older people in this area without financial support this work would be lost and innovation for future older citizens services would be greatly reduced. We are determined for this work to continue and grow, with an increasing population of older persons and increasing disaffected number of young people our programs will have even more of an impact than ever before. Sefton O.P.E.R.A are more and more aware of the links between loneliness isolation and poor health higher blood pressure and depression and is also linked to higher incidence of dementia with one study reporting a doubled risk of Alzheimer's in lonely people compared with those who were not lonely, as a result of these health impacts lonely individuals tend to make more use of health and social care services and are more likely to have early admission to residential or nursing care (Combating Loneliness a Guide for Local Authorities). And we realise that early intervention is the key to the success of the long term improvements of both physical and mental wellbeing, while ensuring good health and maintaining independence promoting wellbeing.

Research shows that there is a direct link between the degree to which a person feels connected to others and their physical and mental health. Some of the most known effects of social isolation start with a decreased feeling of energy more frequent bouts of sickness such as colds or flu and longer recovery times from injury from slips trips and falls, high blood pressure and twice as likely to develop dementia, chronic illness, heart disease, cancer diabetes and finally shorter life spans (Current Direction is Psychological Science, Archives of General Psychiatry). This is becoming a well-documented strain on the NHS & Health Service Providers, and why Sefton O.P.E.R.A are fighting so hard to keep their services running enabling people to help themselves to maintain and improve their own health.

- Isolation is being by yourself a separation form social, community or family contact
- Loneliness is not liking it, a personal sense of lacking, wanting or needing these things



20 YEARS OF ACTIVITIES

Sefton O.P.E.R.A started with a 6 week programme providing basic hand massages to the older persons in a handful of Bootle nursing homes in 1999. This was our way of interacting with the residents and evaluating what their needs were and what they wanted. Over the past 20 years this has shown to be a great success and to date we still provide pamper sessions in the older persons establishments throughout Sefton with 6 weekly pamper sessions, 2 weekly music sessions, and a rolling programme of chair exercises year on year evaluating the needs and wants of the residents. Since then we have also added in our social inclusion drop in sessions 14 weekly sessions and 5 monthly sessions so that those who were still living in their own homes can join in attend groups, make new friends and get involved in their own community. We started out with just 2 volunteers and now have over 50 people volunteering each week, some have been with us for a few months some have been with us since the start, and over the years we have had over 400 volunteers through our doors some have moved on to employment, some have moved on through health issues and some we have unfortunately lost, but all have contributed towards our activities in one way or another.

ACTIVITIES

- | | | | |
|---|--|---|---|
| 1. Pamper | 10. Intergenerational pamper | 22. Stress Busting | 34. Open Doors One Stop Shop |
| 2. Smoking Cessation Mentors | 11. Chair Exercises | 23. Falls Program | 35. Men Behaving Brilliantly |
| 3. Tai Chi | 12. Befriending Service | 24. Youth Project (Asdan) | 36. Walking Group |
| 4. Meditation | 13. Sing-a-long & Reminiscence (Days Gone Bye) | 25. Youth Forum | 37. Institches |
| 5. 50+ Learn Swimming x4 | 14. Family Tree | 26. Jamming Sessions | 38. Never Too Late Healthy Living Group |
| 6. Reminiscence Session and Sing a Long (Memory Lane Duo) | 15. Art, Craft | 27. Drop in Pamper | 39. Keep Warm Keep Well |
| 7. History Group | 16. Floristry | 28. Drop In Chair | 40. Beat the January Blues |
| 8. Skills Transfer Training the carers | 17. Peer Health Mentors | 29. Card Craft | 41. Winter Warm Packs |
| 9. Intergenerational Bridging the Gap Computers | 18. Computers | 30. Zumba | 42. Beating Loneliness Together |
| | 19. Digital Cameras | 31. T-Dances Bootle Cricket, Guild Hall & Atkinson Centre | |
| | 20. Eating Well Mentors | 32. Bootle Belles | |
| | 21. Music Remember When | 33. Social Inclusion Days Out | |



20 YEARS OF STATISTICS

Some of the wards we work in are ranked in the top 20% quantile of disadvantage in the country. As a charity that wants to be open and accessible to all we knew that we had to provide subsidies and free activities to encourage those possibly most excluded a way to participate in their community and enable them to take responsibility of improving their own health & wellbeing. We know that there are greater health inequalities in Sefton with over 11 year's life longevity difference between wards across Sefton.

As previously stated people are living longer but are less likely to be part of a close knit family who might have been able to provide support in the past. With 21% of people over 65 seeing their family and friends less than once a week or not at all leading to loneliness and isolation. The proportion of people who live alone is likely to keep rising due to the increased longevity and changes in family structures. At Sefton O.P.E.R.A we are determined to reach as many older people as possible to ensure they have opportunities to reduce their own isolation and most importantly improve their health and wellbeing. At Sefton O.P.E.R.A we know the demographic challenges presented by an aging society and the increasing demand of social care for their quality of life and the number of people living longer, but with more complex conditions such as dementia and chronic illnesses. By 2022, 20% of the English population will be over 65 by 2027 the number of 85s will have increased by 60% "If ageing is to be a positive experience, longer life must be accompanied by continuing opportunities for participation, health and security" (World Health Organisation 2002)

Statistics show the more lonely and isolated a person feels the more they are likely to use NHS & GP services without real medical needs. It costs the NHS for just one visit £43 =GP appointment, £28= prescription, £108= missed outpatients, £400=1 overnight stay, £254 ambulance call out £132 A&E visit, and statistics show the more active a person is in the community the less they feel lonely and isolated and the less likely to use services when not really needed. This is why Sefton O.P.E.R.A are providing aprox 45 hours of activities weekly (and aprox 10 hours with our 5 monthly activities) with 14 drop in social inclusion, and 9 weekly activities for volunteers to join the potential financial saving on the much needed resources of the NHS & GP services must be substantial.

These statistics aren't new these figures came from reports in 2002 nearly 20 years ago and we at Sefton O.P.E.R.A have been striving to create new projects to limit the impact of our aging population and problems that have been foreseen, but these were foreseen before another recession that hit our already struggling communities, before the government changes to benefit systems and added struggle of the Bedroom Tax and Universal Credit and PIP changes. Even with the Pensions Act 2011 changing the retirement age from 60 to 65 for all keeping people working longer hasn't reduced the need for our services as we work in areas with higher unemployment or people on sickness benefits or a higher amount of manual jobs which they are sometimes not able to continue till 65 years old due to poor health or physical restraints as an older person.



20 YEARS OF MEETING THE NEEDS OF OLDER PEOPLE

The National Clinical Director for Older People and Person Centred Integrated Care discusses the crucial importance of the NHS RightCare Frailty Toolkit published in 2019: Following publication of the [NHS Long Term Plan](#) in January 2019, which announced a significant change of emphasis towards developing primary and community services focused on improving the care offer the NHS makes to older people in their homes and communities. In doing so targeting investment over the next five years specifically on three linked community delivered services all of which are designed to support older people as part of a national Ageing Well Programme. The clear intent is to provide services to people which meet their needs and which makes sense to them so that they get the care they need at the right time and in the right place. The offer comprises a proactive approach to supporting people living with frailty, enhancing health support, and providing urgent community care responses to both reduce the need for people to receive care in hospital and to support them to leave hospital earlier. And In 2019 Public Health England, said by **2022 there will be 700,000 fewer people aged 16 to 49, but 3.7 million more people aged 50 to State Pension age**, quoting "Being able to stay healthy in later life is a crucial issue for all of us". Sefton O.P.E.R.A's ethos has been to improve care and support enabling older people to look after their own health for over 20 years, so once again we are ahead of the game.

20 YEARS OF AWARDS THE IMPACT OF VOLUNTEERING

Sefton O.P.E.R.A has shown over the past 20 years that we have been in the forefront recognising the needs of the older persons and have established a very successful track record of accolades celebrating the fantastic work our volunteers and staff do for the local community.

20 YEARS OF AWARDS

1. 1999 to Date Basic Massages & Reiki
2. 2001 Borough of Sefton Awards
3. 2001 Outstanding Dedication as a Volunteer in Sefton Bob Forster, Ann Mardell
4. 2002 Women of Achievement Joan Woolsicroft
5. 2002 Nationwide Volunteer Award Ada Slater
6. 2003 National Mentoring Ward for a Quality Assured Service
7. 2004 Merseyside Women Making a Difference Award Ann Mardell
8. 2005 National Mentoring & Befriending Award
9. 2006 Spirit Of Merseyside Lifetime Achievements Award Ann Mardell
10. 2006 Unsung Heroes Award Ada Slater
11. 2006 Special Award from the NHS for contribution to the local hospital trust Fazakerley
12. 2010 Asdan
13. 2014 Queen Diamond Jubilee Volunteer Award Ada Slater
14. 2014 Unsung Hero Award Spirit Of Merseyside Bob Forster
15. 2015 TalkTalk Silver Surfer Digital Heroes Award Steve McGreal
16. 2015 Queen's Garden Party Buckingham Palace Ann Mardell
17. 2016 British National Citizenship Award Mike Bates
18. 2017 Citizens For Good Volunteering Award George Higgins



20 YEARS OF ACTIVITIES STATISTICS

In 20 Years
We have had
Over 39,810
Volunteer Attendances
Which equates to over **79,620**
hours of volunteering

In 20 Years
We have
Provided
Over 93,207
Pamper
Massages
Which equates
to over
23,301 hours
of pamper

In 20 Years
We have had
Over 40,484 Attendances
for our Music Groups
Which equates to
Over 80,968 hours of
entertainment provided

WOW OVER 200,000
Attendees
To 42 Different
Activities
IN 20 YEARS

In 20 Years
We have had on average per year
879 Training Sessions
1719 Tai Chi Meditation Destress
1367 Swimming Sessions
655 Chair Exercises sessions

In 20 Years
We have
provided
Over 431,000
Hours of
activities to
older and
vulnerable
residents of
Sefton

Since 2010
We have had on average per year
652 Intergenerational Sessions
2317 Inhouse Social Inclusions
1332 information Signposting's
199 Quiz Bingo & other Sessions
708 Be Wise Socialise since 2013

SUSTAINABILITY & FUNDING

Once again this year has seen again a further reduction in funding opportunities for the sector. There is now even more demand on local and national funders than ever before. With other organisation that were formerly funded by government or Local Councils now targeting the same funding streams that we are funded by making it harder year on year to find funding. This has come at a sad time when we should be celebrating 20 years of successful funding from these streams. This year has been particularly hard with several of our funding packages coming to an end at once. This being said we have had several successes from former funders who recognise the vital work that Sefton O.P.E.R.A provides in the community. And like most organisations we are being advised on only providing activities that are sustainable the reality of funding is always and will always be precarious. Therefore, we need to continue to raise funding through a broad variety of mechanisms, which include our own fundraising, seeking contract work and continuing to seek funding from Trust Funds.

As some of our older generation say we have to now adopt a “make do and mend” mentality cutting our cloth to suit our resources. This may mean that we have to either cut activities down to a more manageable amount with the reduced staffing and financial levels or start charging for our activities. We feel both of these options will have a significant effect on our local community who enjoy attending our activities and often wouldn't be able to attend if they were being charged, which would have a knock on effect of health and wellbeing deteriorating and a higher chance of health services being needed. This is something that we at Sefton O.P.E.R.A are fighting to prevent, and hope that we will be able to continue to provide the much needed activities through other funding streams we have not yet come across through new initiatives, enterprises and sources.

THE WAY FORWARD

This is the quote from last year's AGM Report and it still stands “We continue to see a growing ageing population in Sefton. As an organisation we understand the need to adapt and be bold to meet the new challenges facing Sefton's older population in the coming years recognising that the needs of the different age ranges of older people differ and our service need to meet this. We appreciate that there continues to be an emerging focus for action for our organisation, early intervention and prevention will be vital to support our ageing population. The growth in developing social networks to create greater resilience will also be vital in order for our older people to share and support each other through the many transitions of later life. Community resilience in times when there are depleting resources is vital to improve the quality of life of older people living in Sefton. We also recognize the wide differentials between older people living in the North of the borough who live at least 10 years longer on average than those in the South of the borough but who have far less access to a family network and may be more effected by issues such as fuel poverty and asset wealth but income poor. We need to work to address these issues and also support our older citizens in the South how have far higher health inequalities and who become frailer at a much earlier age. Sefton O.P.E.R.A. will empower its volunteers to come up with the solutions and the actions that can make a positive impact to our community and it is with the continuing growth of a strong volunteer network that we will be able to develop future solutions to the needs of our older population.” We recognize that we can't make a year on year Way Forward plan we need a 5 Year, 10 Year and even 20 Year plan if we are to be successful for another 20 plus years.

FINANCE Objectives and Activities

Sefton O.P.E.R.A. Trustee's Annual Report For the year ended 30 September 2019

The trustees, who are also Directors for the purposes of the Companies Act, present their annual report and financial statements of the charity for the year ended 30 September 2019. The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the accounts and comply with the charity's governing document, the Charities Act 2011 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard 102 applicable in the UK and Republic of Ireland.

The accounts have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

Objectives and Activities

The objects of the charity are to promote any charitable purposes for the benefit of older persons in the borough of Sefton and in particular the advancement of education, the promotion of good health, the prevention of social isolation and the relief of poverty, sickness and distress arising therefrom.

Sefton O.P.E.R.A. is a voluntary organisation working with older people in the community, many experiencing dementia and Alzheimers, often experiencing isolation. Our aim is to enable older people to have choices in relation to their own health. Our outstanding contribution to social welfare and using grass roots to formulate their objectives within the community.

Achievements and Performance

At Sefton O.P.E.R.A we have always strived to develop new programs and activities and be ahead of the field, trailblazers in creating new initiatives for the sector. We work very closely networking with all the major organisations in the Sefton area. We are forthright in the community pro-actively working against the rising loneliness and isolation of our older persons and helping to reduce the additional knock-on effects to health and wellbeing such as depression, malnutrition and exacerbations of poor health. In our aging population our aim is to keep people living as safely and independently without the need for unnecessary visits to the NHS & GP for as long as possible. Statistics prove that the more happy, sociably active as well as physically active a person is the less likely they are to need to use these services. This is why we provide such a wide range of activities for the over 50's to attend, providing a doorstep service in the heart of the community, working with the elderly and the most vulnerable adults helping to change lives for the better, improving lives and having fun in the process.

Financial Review

The charity was in a satisfactory financial position at 30 September 2019. The operational deficit on the general fund during the year was £(11,141) (2018: £(31,108)).

As at 30 September 2019 total funds of £74,741 where held of which £42,053 was held in restricted funds which is therefore not available for the general purposes of the charitable company.

FINANCE Reference and Administrative Details

Sefton O.P.E.R.A. Trustee's Annual Report For the year ended 30 September 2019

Reserves Policy

The trustees have considered the need to maintain an appropriate level of reserves for the charity. Consideration has been given to the nature of income and expenditure streams, the need to match income with fixed commitments and the nature of reserves. The trustees have concluded that the following reserves should be maintained.

The trustees wish to have 6 months of total expenditure, based on the last 3 years, in reserve to cover the cost of staff salaries should restricted funding be unexpectedly be withdrawn. The average annual expenditure over the last 3 years (2017-19 incl.) is £169,082. This equates to a reserve level of £84,541. As at 30 September 2019 the level of reserves held by Sefton O.P.E.R.A. was £73,336, being unrestricted funds less the value of our fixed assets. Current reserves represent 87% of the reserves required to be held by the trustees. The trustees will consider what further steps are required to bring reserves up to the required level over the medium term.

Reference and administrative details

Charity number:	1086437
Company number:	3841119
Registered Office:	St Matthews Community 200, 410 Stanley Road, Bootle L20 5AE

Our advisors

Independent Examiner:	Anthony Deegan MAAT, MICB, Pm.Dip.
Bankers:	Barclays Bank Plc, 1 Churchill Place, London. E14 5HP

Directors and trustees

The directors of the charitable company (the charity) are its trustees for the purposes of charity law. The trustees and officers serving during the year and since the year-end were as follows:

Trustees

M J Bates
E C Crook
R J Forster
M Richardson
S Shrimpton

Company Secretary

V Martlow

FINANCE Structure Governance & Management

Sefton O.P.E.R.A.
Trustee's Annual Report
For the year ended 30 September 2019

Structure, Governance and Management

Governing Document

Sefton O.P.E.R.A. is a company limited by guarantee governed by its Memorandum and Articles of Association dated 14th September 1999. It is registered with the Charity Commission. Anyone over the age of 18 can become a member of the Company and there are currently 5 members (5 in 2018), each of whom agrees to contribute £10 in the event of the charity winding up.

Appointment of trustees

As set out in the Articles of Association the trustees are elected by members of the charitable company attending the Annual General Meeting. The longest service one third of trustees retires each year and is able to offer themselves for re-election.

Organisation

The board of trustees, administers the charity.

Related parties and co-operation with other organisations

None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity and any client or supplier is disclosed to the full board of trustees in the same way as any other contractual relationship with a related party. In the current year no such related party transactions were reported.

Risk Management

The trustees have a risk management strategy which comprises:

- * an annual review of the principal risks and uncertainties that the charity faces;
- * the establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and
- * the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise.

This work has identified that financial sustainability is the major financial risk for both the charity and its subsidiary. A key element in the management of financial risk is a regular review of available liquid funds to settle debts as they fall due, regular liaison with the bank and active management of trade debtors and creditors balances to ensure sufficient working capital by the charity.

Attention has also been focused on non-financial risks arising from fire, health and safety of clients, food hygiene. These risks are managed by ensuring accreditation is up to date, having robust policies and procedures in place, and regular awareness training for staff working in these operational areas.

FINANCE Trustees Responsibilities

Sefton O.P.E.R.A.
Trustee's Annual Report
For the year ended 30 September 2019

Trustees' Responsibilities

The trustees, who are also the directors of Sefton O.P.E.R.A. for the purpose of company law, are responsible for preparing the trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

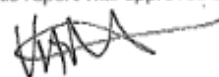
Company law requires the charity trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year. In preparing the financial statements, the trustees are required to:

- 1) select suitable accounting policies and then apply them consistently;
- 2) observe the methods and principles on the Charities SORP;
- 3) make judgements and estimates that are reasonable and prudent;
- 4) state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- 5) prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for the safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud or other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the board of trustees on 18th March 2020 and signed on their behalf.



V Martlow
Company Secretary

FINANCE Independent Examiners Report

Independent Examiner's Report To the trustees of Sefton O.P.E.R.A. For the year ended 30 September 2019

I report to the trustees on my examination of the accounts of the Sefton O.P.E.R.A. for the year ended 30 September 2019.

Responsibilities and basis of report

As the charity trustees of Sefton O.P.E.R.A. you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (the Act).

I report in respect of my examination of the Sefton O.P.E.R.A. accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

(1) accounting records were not kept in respect of the Sefton O.P.E.R.A. as required by section 130 of the Act; or

(2) the accounts do not accord with those records; or

(3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Anthony Deegan MAAT, MICB, Pm.Dip.
Community Accountant
Sefton Council for Voluntary Service
Burlington House

18th March 2020

FINANCE Statement of Financial Activities

Sefton O.P.E.R.A. Statement of Financial Activities (Incorporating Income & Expenditure Account) For the year ended 30 September 2019

	Note	Unrestricted Funds £	Restricted Funds £	Total 2019 £	Total 2018 £
Income and endowments from:					
Donations and legacies	2	23,329	125,148	148,477	123,289
Other trading activities	3	2,290	-	2,290	1,080
Investments	4	13	-	13	-
Total income		25,632	125,148	150,780	124,369
Expenditure on:					
Charitable activities	5	36,773	101,396	138,169	173,358
Total expenditure		36,773	101,396	138,169	173,358
Net (expenditure)/income		(11,141)	23,752	12,611	(48,989)
Other recognised gains:					
Net movement in funds		(11,141)	23,752	12,611	(48,989)
Reconciliation of funds:					
Funds b/fwd		43,829	18,301	62,130	111,152
Funds c/fwd		32,688	42,053	74,741	62,160

The Statement of Financial Activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

All income and expenditure derive from continuing activities.

FINANCE Balance Sheet

Sefton O.P.E.R.A.

Balance Sheet

As at 30 September 2019

Company Number: 3841119

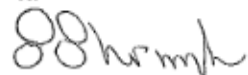
	Note	2019 £	2018 £
Fixed Assets			
Tangible assets	9	1,405	1,764
Current Assets			
Debtors	10	426	1,115
Cash at bank and in hand	11	73,580	59,902
		74,006	61,017
Creditors: Amounts falling due within one year	12	670	620
Net Current Assets		73,336	60,397
Total Net Assets		74,741	62,161
Funds of the charity			
General Fund		32,688	43,859
Total Unrestricted Funds	13	32,688	43,859
Restricted Funds	14	42,053	18,301
Total Funds		74,741	62,160

In approving these financial statements as directors of the company we hereby confirm the following:
For the year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- 1) The members have not required the company to obtain an audit for its accounts for the year in question in accordance with section 476.
- 2) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The accounts were approved by the board of directors on 18th March 2020.



Mrs Sue Shrimpton, Trustee

FINANCE Accounting Policies

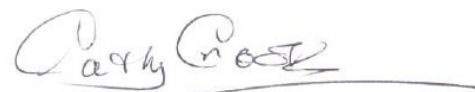
These summarized accounts are an extract from the statutory annual report and accounts of Sefton O.P.E.R.A (Older Persons Enabling Resource & Action) for the financial year ended 30th September 2019 and which have been Independently Examined by Sefton CVS (Council for Voluntary Services) Community Accountants.

The examiners have confirmed to the trustees that these summarized accounts are consistent with the full annual accounts of the charity for the year ended 30th September 2019.

The full annual accounts and Trustees report of the charity were approved by the Trustees and signed on their behalf on 18th March 2020. They will be submitted to the Charity Commission and Companies House by 18th April 2020.

Copies of the charity's full annual accounts and the independent examiners report on those accounts and the Trustees report may be obtained from Sefton O.P.E.R.A St Matthews Church, 410 Stanley Road, Bootle, L20 5AE.

Signed on behalf of the Trustees



Cathy Crook Chair Person

Dated 18th March 2020

Sefton O.P.E.R.A would like to thank the following funders:

Adactus	Ashworth	Community Foundation
Dulverston	Edward Gosling	Eleanor Peel
Garfield Weston	John Moors	Living Well
Rathbones	Rathbone Peel	Sefton Council
Steve Morgan	Veterans	



**Older Person Project
Putting People First**

St Matthews Church
410 Stanley Road
Bootle, L20 5AE

Main Telephone: 0151 330 0479

Fax/Phone: 0151 944 2206

Mobile: 07452 867 648

Email: admin@seftonopera.org.uk

Website: www.sefton-opera.org.uk

Company Registration No: 3841119

Charity Registration No: 1086437