

Gifts, Programs, Enabling Resource & Action

PUTTING PEOPLE FIRST

**ANNUAL REPORT
YEAR END 30TH SEPT 2018**

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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.

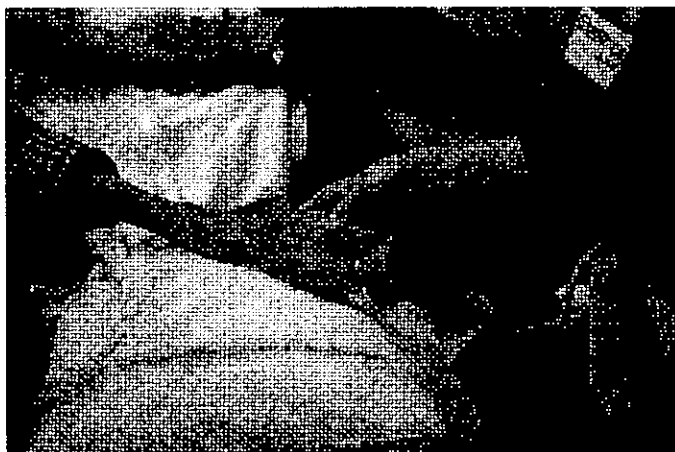
Our Social Value

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:

- Mentoring and Befriending Approved Standard Provider
- ASDAN Accredited Training Provider
- 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



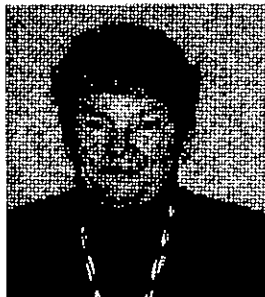
THE REPORT



Vikki Martlow
Organisational Manager



Ann Mardell
Honorary Lifelong
President



Cathy Crook
Chair Person

Vikki Martlow reported This year has been the year of the volunteer and at Sefton O.P.E.R.A we really appreciate all our volunteers do for us, we recognise that they are a very important part of the organisation as well as the community. Our volunteers come from all walks of life but all with one aim to give something back, make new friends and build better social lives. This we recognise has a knock on effect towards not just their health and wellbeing but all who come into contact with them, family, friends, neighbours, and clients.

Our groups have become a network in the community, not just by providing our activities but by the support and information they provide to each other and the wider community. At Sefton O.P.E.R.A we work closely with several CCG services, GP Services, NHS Trust providing an outlet to promote their latest information leaflets, consultation, evaluations, and reviews. They recognise that with the amount of participants to our services and the range of different people attending our activities we are a one stop shop for these very important questionnaires on urgent care services and the like.

Statistics show the more lonely and isolated a person feels the more they are likely to use NHS & GP services without real medical need. 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 that the more active people are in the community the less they feel lonely and isolated and the less likely to use services when not really needed. And with sefton O.P.E.R.A providing aprox 45 hours of activities and aprox 40 volunteers and aprox 170 attendees weekly , and aprox 134 monthly attendees and aprox 10 volunteers, 10 hours of activities monthly , the potential financial saving on the much needed resources of the NHS and GP services must be substantial.

Our volunteers have become a vital role in our community and especially in Sefton O.P.E.R.A. We like to think of them as our extended family and the backbone of our work in the community. A Big Thank You To You All.

Ann Mardell added I would like to begin with congratulations to the staff, committee and the volunteers for another successful year delivering their work in the community. This success comes from the hard work and dedication of everyone involved with our great organisation. We have to thank other services and establishments who have been prolific in giving their time and resources to help with our success. As we approach our 20th Anniversary on June 1st 2019 we have to look back with amazement of the achievements of O.P.E.R.A. We have every reason to be very proud of our 20 years working within the community.

‘Well done’ to everyone concerned and as always Thank you.

THE IMPACT OF VOLUNTEERING

This year has seen Sefton Council promote the Year of the Volunteer as part of this year we also would like to recognise the vital and important role volunteering has for our community and in recognition of the hard work of our volunteers.

In the general, the concept of volunteering refers to —rendering of service by choice of or free will for the benefit of the wider community by an individual, group, or institution without necessarily expecting monetary gain in full knowledge and appreciation of being a volunteer. In the last decades, government has recognized the critical contribution that volunteering makes to build a strong and cohesive society. It has promoted volunteering as the essential act of citizenship, a means for combating social exclusion, and an important contributor to the delivery of high quality public services.

Those who volunteer are happier people!

Although the idea of giving back to society is often persuasion enough to volunteer, donating time to a good cause can positively impact the individual in other ways too.

As well as the sense of gratification gained from giving your time to people who need it, you can also benefit from many other mental and physical gains such as:

- Increased confidence by trying something new
- Meeting new people and being part of a community
- Learning new skills
- Being active
- Having fun!

The social values of volunteering are numerous but, as you might imagine, difficult to quantify. Studies have however, revealed that volunteers are generally happier and healthier than non-volunteers (ons.gov.uk).

The Economic Value

It's estimated that the annual value of formal and informal volunteering in the UK is £45.1 billion (Volunteering England).

The government fully endorses the idea of people committing their free time to volunteering and giving back to the community. The charity and not-for-profit sector as a whole has recently seen its funding cut. Whilst recruiting more paid workers may not be a viable option for some charities that rely heavily on government funding, seeking volunteers means that they can continue to provide their services and hopefully help more people.

Our Economic Impact:

We have over 50 volunteers who deliver over 200 hours of services per week.

We provide opportunities for local people to learn new skills and train in a range of complementary therapies to use for both for paid work and unpaid volunteering. Many of our volunteers go on to build their own skills, as well as developing businesses and have become local entrepreneurs. Through volunteering many gain confidence and improve their self-esteem which also helps them when seeking work, they also gain work experience and receive references for the time spent within our organisation. Many Volunteers, older people themselves have made lasting friendships and feel a greater sense of worth through volunteering

Volunteers help us to improve local services by delivering on a smaller and more human scale and tailoring services to the needs of people in our community. We also improve the efficiency of local services by being independent. Our volunteers are able to respond, adapt and make decisions quickly and offer better value for money due to the large number of adaptable volunteers delivering our services.

The Social Value

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being

Our Social impact

Building Strong Community Links & Local Relationships - As an organisation based in the heart of South Sefton our volunteers have developed long and extensive links in our local communities around this area working in local neighbourhood centres, sheltered schemes and church halls across Sefton

Volunteers gain a wide range of skills, build their confidence and self-esteem and act as local peer mentors to others. Encouraging participation, they help identify and build relationships with other lonely and isolated older people in their communities. Activities have been developed to meet a wide range of needs, from reducing loneliness and isolation to improving someone's physical or mental health. We go into numerous residential and nursing homes because there is a desperate need for social interaction within these environments. We have found that people love to talk to our volunteers and that service users seem much happier and more relaxed after our visits. Our volunteers are also helping our older generation to become more skilled in using ICT or other craft based skill. Volunteer activity co-ordinators also ensure activities are run to help encourage local participation and a greater feeling of ownership is developed and groups become more self-sufficient.

Our organisation is governed by volunteers and is run democratically as a Charitable Organisation with governing documents. Volunteers are actively encouraged to take responsibility for running activities in their local communities and taking leadership in this delivery, with Team Leaders established to give greater importance to ensuring local people run local services.

OUR VOLUNTEERS

This year like every year since we began has seen over 50 regular volunteers go out and deliver weekly services out in our community. They have a lasting impact on the community we share by providing companionship, a listening ear, a support in times of difficult and encouragement to get involved and make life changes that can have a big impact on that individuals' health and wellbeing. Their time is so precious and we want to say a big thank you for serving the older citizens of Sefton and making our organisation so amazing.

OUR BOARD:

Directors: Cathy Crook (Chair), Sue Shrimpton (Treasurer) Bob Forster, Mike Bates, Marie Richardson, Vikki Martlow (Co Secretary). Our Board meet bi-monthly to manage the governance of the organisation which means ensuring that the organisation is being well managed and operating within agreed policies, the law and its budget. Our board members have a broad range of skills from bank management to housing and community development roles, which help us to grow as an organisation.

OUR PAMPER TEAMS:

LINACRE HUB: Team:memebers: Viv Johnson, Frank Connor, Mary Sherlock and Mary Carroll



Our volunteers run a weekly pamper session at the Linacre Hub the work with local people from Litherland and the surrounding area providing a listening ear and complementary therapies. This is a popular activity with both regulars and new attendees each week and they have made a big difference to the wellbeing of local older people.

AINTREE HOSPITAL:Team members: Marie Richardson, Ada Slater, Irene Ritchie, Phil Connolly.

Our hospital team were the trailblazers for the therapist teams in the hospital orignally a 6 week project at the Geoffrey Murray centre at Fazakerly Hospital now over 15 years later still providing pamper in the Marina Daglish Cancer Unity, Ward 2 Pallative Care and now ARDU (Accute Rehabilitation Day Unit) and attending all hospital events at Fazakerly, Southport, and Ormskirk.



OUR COMMUNITY PAMPER TEAMS: Local people providing pamper activities in their local areas. These teams provide a much needed doorstep service providing activities to older residents and neighbours. They get a feeling of giving back to their own community and helping to improve the health and wellbeing of both themselves and the local residents by actively taking part in their own neighborhoods.

TUESDAY SOUTH SEFTON:

Team members: Bob Forster, Ann Shiels, Emma Kinsella, Doreen Turner, Joyce Beatie

THURSDAY SOUTHPORT

Team members: Mike Smithson
Ann Cousens, Rachel Duerden



THURSDAY MAGHULL:

Team members: Joyce Beatie
Patz Moorhead



TUESDAY MORNING: Team members:

Ellen Chapman, Doreen Turner,
Frank Connor, Denise Kay.

Our Tuesday & Thursday Morning teams provide pamper sessions to local nursing and sheltered accomodations on a 4 weekly basis providing a link with the local community building bridges and networks for their residents "bringing the outside world In" quote from a local but isolated resident.

Team members: THURSDAY MORNING

Joyce Beatie, Mary Carol, Denise Kay,
,Pat Hutchison, Patsy Moorhead

**OUR BANDS:**

MEMORY LANE & BOOTLE BELLES: Team members: Mike Bates, Bob Forster, Dave Mardell, Billy Lucas, Ann Saunders, Ann Mardell, Leila Bromilow, Carol Naylor, Judy Pritchard, Margaret Watson. Our Memory Lane & Bootle Belles groups provide monthly dances putting on a show and singing and dancing the afternoon away. One at either end of the borough providing regular entertainment and encouraging community involvement, reducing loneliness and social isolation.

REMEMBER WHEN: Team members: Neil Blythan, Eric Stoddard, Ron Tucker. Our Remember When group provide regular entertainment at all older persons establishments throughout the borough, with a variety of instruments, and a cheeky array of Liverpool and Irish songs with hats and outfits to match. They encourage and welcome audience participation and enjoy entertaining our elderly residents.

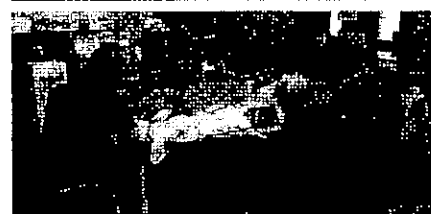


OUR CHAIR EXERCISE & TAI CHI MEDITATION: Team members: Jeff Swainson, Janita Belgrave, Sylvia Cafferkey, Denise Kay, Viv Johnson. We provide a wide range of gentle exercise and activities to help improve the health of Sefton's older generation, encouraging them to push themselves out of the comfort zone and participate in activities which promote both physical and mental stimulation making new

friends and improving and managing their own health.

OUR SOCIAL INCLUSION IN-HOUSE & COMMUNITY SESSIONS

Team members: Dave Mardell, Janet Smith, Mike Dockery Swimming, Denis Johnson Mens Group, Steve McGreal Computers & Digital Cameras, Lisa Adams Institiches, Viv Johnson Never Too Late Group, Ann Mardell Craft, Ann Sheilds Walking Group. We have a variety of inhouse and community social inclusion projects to help reduce isolation and loneliness, to help encourage community involvement which in turn improves both physical and mental health keeping an active mind body and soul, making new friends, joining in their community and taking control of their wellbeing with a knock on effect of improving their physical health.



VOLUNTEERING THE FUTURE

"...volunteering faces a number of challenges if it is truly to fulfil its potential. There is declining trust in institutions both public and private; there is growing sectarianism as communities turn inwards in the face of rapid change; we are increasingly risk-averse and consumer-orientated and many feel that in the last few decades we have lost something important – a sense of neighbourliness, community and collective sympathy.

Some people might describe us as a society where we are, increasingly, cash-rich, but time-poor (although we have not forgotten that many people are cash-poor too). We have also not worked out how to make the most of old age, in an era where more of us will live to experience it, and for a longer period than most previous generations." http://image.guardian.co.uk/sys-images/Society/documents/2008/01/29/Manifesto_final.pdf

Volunteering is a form of co-design and co-production

- You have to pull people to the cause, not push the cause to them (volunteering is an invitation to people to do what matters to them, not necessary what matters to you...)
- Self-interest and new forms of (often digitally enabled) collective action are creating new opportunities for engagement and participation
- People are happy to make sacrifices, but they don't want to feel exploited or abandoned
- An old ethic of volunteering is being re-written into a new script of engagement and participation (but without losing its persistent values of generosity and commitment to a collective and common cause)

Technology will continue to play an increasing role in facilitating volunteering. The internet is an amazing resource for connecting people. From information and awareness-raising campaigns, supported by media outlets and social media hashtags, that help people seek out opportunities and discover the benefits of volunteering, to apps that help volunteers track achievements – gamification and tracking challenges appeal to many, but in particular to young people

No matter the changes in how volunteering opportunities are organised or **publicised**, these meaningful opportunities present benefits to all and the core values of volunteering, that it is time freely given to support other people, remain strong. While volunteering rates as a whole have been in decline, up until very recently, youth volunteering was on the rise. It will be interesting to see whether rates recover, and tellingly, whether tech-mediated volunteering supports this to happen

As an organisation run by and delivered by volunteers, we will need to recognise that volunteering roles need to be adaptable and effective to both our organisational needs but also to the personal needs of the volunteer. We may have to offer more technological based opportunities, utilizing social media and our web page to direct new volunteers to us. We should also embrace the professional skills being offered to us and utilizing them in the most effective ways. Volunteer activity coordinators have been emerging and developing as the organisation grows and we can continue to develop these roles further into the future. We cannot rely solely on volunteers to deliver our activities and will have to also look at part time and sessional workers to complement the work that our volunteers deliver. We also recognise the role young people may be able to offer us in the future and will have to make sure that they receive the rewards and recognition they need to take part in our services.

ACTIVITIES STATISTICS

128
Attendances
Beating
Loneliness
Together

5,332
Attendances
to our Social
Inclusion
Projects

2,450
Volunteers
Attendances
Which equates
to 7,350 hours
volunteering

597
Attendances
Men Behaving
Brilliantly

WOW
NEARLY
17,000
Attendees
to our
Activities

1,992
Signposting's
Information,
Stands and
Networking
Sessions

3,700
Attendances for
our music groups
Remember when
Memory Lane
& Bootle Belles

ATTENDANCES
1274 to Computers
482 Walking
534 Institches
601 Never Too Late
671 Art & Craft

5,891
Pamper
Sessions
Provided

3,897
Attendances
for our Chair,
Tai Chi &
De-Stress
Exercises
Sessions

257
Student
Participations

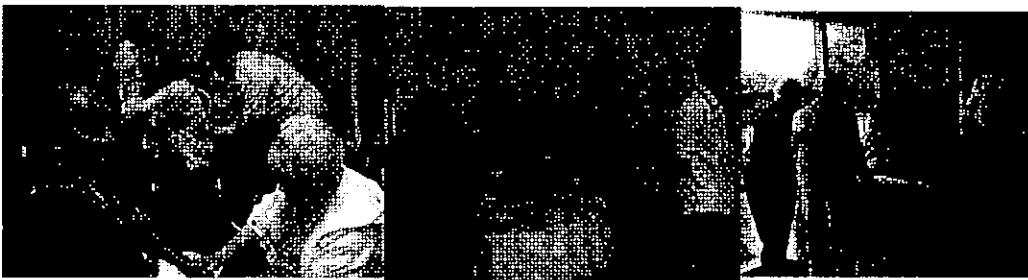
1,720
Attendances
at our 50+
Swimming
Sessions

BUILDING NETWORKS & PARTNERSHIPS

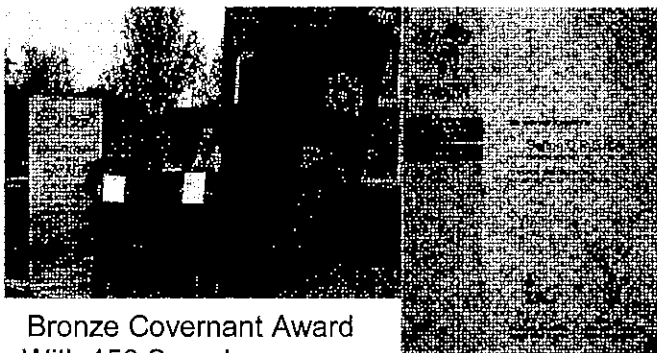
Sefton O.P.E.R.A. recognise the vital need to work in partnership with other local community/faith/public and private organisations to achieve the goal of reaching those older people most in need of our services. We recognise the importance of building strong relationships with your community neighbours to improve the resilience of local older people and help them gain access to the services and support they need. Without partnership work we would find it difficult to sustain our programmes, utilise community facilities, share spaces for meetings and utilise volunteers in support of our and other partners projects has been a strong theme this year.

This year we have worked with a number of partners to support their work and improve the lives of older people in Sefton including:

SOME PICTURES FROM PARTNERSHIP EVENTS:



Keep Warm Keep Well in partnership with Sefton Affordable Warmth Team



Bronze Covenant Award
With 156 Squadron



Pampering at the Southport Macmillan Event



Armed Forces Day
in partnership with
Sefton Veterans
& Bruswick Club

Park Events
With Sefton
Council



St Georges Day Town Hall Event with Mayor



ORGANISATIONS WE WORK WITH:

- Macmillan

Networks:

- Age Alliance
- Beth Johnson Foundation
- Brighter Living Partnership
- Dementia Action Alliance
- End Loneliness Forum
- Every Child Matters
- Health and Social Care Forum
- Healthy Settings – Public Health
- Healthwatch Community Champions
- Mature Times
- Mentoring and Befriending
- Sefton Partnership for Older Citizens
- Welfare Reform Linacre/Derby

Partnerships:

- Active Sefton Walks
- Adactus Housing Trust
- Active Travel
- Age Concern Crosby
- Age Concern Sefton/Liverpool
- Aintree Youth & Community Centre
- Alzheimer's Society
- Anchor Housing Trust
- Barclays Match
- Bridge Inn Farm
- Brunswick Youth and Community Centre
- Citizens Advice Bureau
- Chorley Community Housing
- Community Foundation for Merseyside
- Crosby High School
- Crosby Lions
- Crosby Plaza
- Friends of Coronation Park
- Hillside High
- Hugh Baird College
- John Moores University
- Larkfield School
- Leisure Services
- Linacre Hub
- Living Well Centre
- Litherland Youth & Community Centre
- Litherland High
- Maricourt School
- May Logan

- Merseyside Fire & Rescue
- Merseyside Police
- Merseystravel
- Netherton Park Community Centre
- New Directions
- NHS Sefton
- One Vision Housing
- Parkhaven Trust
- Park Rangers
- Prestfield School
- PSS Young Carers
- Plus Dane(Golden Years)
- Queens Road Neighbourhood Centre
- Riverside Housing
- Sefton Carers Centre
- Sefton Cadets
- Sefton Children's Centre
- Sefton CVS
- Sefton Helping Hand
- Sefton MBC
- Sefton Pensioners Advocacy Centre
- Sefton Veterans
- Sefton Young Carers (PSS)
- Sing Plus
- Southport College
- St Leonards
- University of Liverpool
- 156 Regiment and 286 Reservist Squadron
- YMCA/Friends of Derby Park

SUSTAINABILITY & FUNDING

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. Very targeted government funding has given us very limited opportunities to tap into this resource. However, we do have some success stories, we were able to secure funding once again from the Steve Morgan Foundation for the next three years and we were very lucky to be invited to their first ever conference. We hope that our relationship with the Steve Morgan Foundation continues to develop. We have also recently secured funding to develop a new web page, which we will be utilising as a new source of income generation, local donations and legacy fundraising. We have to develop a more diverse range of supporters, including more local business and more local fundraising activities. Whilst like most organisations we are being advised on sustainability 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.

THE WAY FORWARD

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.

FINANCE Objectives and Activities

Sefton O.P.E.R.A. Trustee's Annual Report For the year ended 30 September 2018

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 2018. 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 2018. The operational deficit on the general fund during the year was £(31,108) (2017: £(1,286)).

As at 30 September 2018 total funds of £62,160 where held of which £18,301 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 2018

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 (2016-18 incl.) is £185,338. This equates to a reserve level of £92,669. As at 30 September 2018 the level of reserves held by Sefton O.P.E.R.A. was £58,585, being unrestricted funds less the value of our fixed assets. Current reserves represent 63% 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
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FINANCE Structure Governance & Management

Sefton O.P.E.R.A. Trustee's Annual Report For the year ended 30 September 2018

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 - members (5 in 2017), 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 2018

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 2019 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 2018

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 2018.

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).

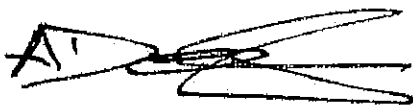
I report in respect of my examination of the Sefton O.P.E.R.A. accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

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 2019

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 2018

	Note	Unrestricted Funds £	Restricted Funds £	Total 2018 £	Total 2017 £
Income and endowments from:					
Donations and legacies	2	15,325	107,964	123,289	172,117
Other trading activities	3	1,080	-	1,080	2,800
Total Income		16,405	107,964	124,369	174,917
Expenditure on:					
Charitable activities	4	47,511	125,848	173,359	195,719
Total expenditure		47,511	125,848	173,359	195,719
Net expenditure		(31,106)	(17,884)	(48,990)	(20,802)
Other recognised gains:					
Net movement in funds		(31,106)	(17,884)	(48,990)	(20,802)
Reconciliation of funds:					
Funds b/fwd		74,967	36,185	111,152	131,954
Funds c/fwd		43,859	18,301	62,160	111,153

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 2018

Company Number: 3841119

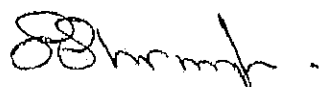
	Note	2018 £	2017 £
Fixed Assets			
Tangible assets	8	1,764	2,216
Current Assets			
Debtors	9	1,114	1,045
Cash at bank and in hand	10	59,902	108,792
		61,016	109,837
Creditors: Amounts falling due within one year	11	620	900
Net Current Assets		60,396	108,937
Total Net Assets		62,160	111,153
Funds of the charity			
General Fund		43,859	74,968
Total Unrestricted Funds	12	43,859	74,968
Restricted Funds	13	18,301	36,185
Total Funds		62,160	111,153

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 2019.



Mrs Sue Shrimpton, Trustee

The notes on pages 10 to 19 form part of these financial statements

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 2018 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 2018.

The full annual accounts and Trustees report of the charity were approved by the Trustees and signed on their behalf on 18th March 2019. They will be submitted to the Charity Commission and Companies House by 18th April 2019.

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 2019

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

Adactus	Awards For All
Barchester Health Foundation	Big Lottery
Charles Heywood	Co-op
Coutts Collection	Eleanor Rathbone
Elizabeth Rathbone	John Gilpin Trust
John Moores	Lord Baneby's Trust
Masonic	Morrisons
Peoples Health Trust	Sefton MBC
Steve Morgan Foundation	Tesco Groundwork
Veterans Foundation	Various Smaller Funders



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

Company Number: 3841119
Charity Number: 1086437

Sefton O.P.E.R.A.
(A Company Limited by Guarantee)
Annual Report
&
Financial Statements
For the year ended
30 September 2018

Greater Merseyside Community Accountancy Service
Sefton Council for Voluntary Service
3rd Floor, Suite 3b
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG

Sefton O.P.E.R.A. Contents

Pages

3-6	Trustee's Annual Report
7	Independent Examiner's Report
8	Statement of Financial Activities
9	Balance Sheet
10-19	Notes to the Financial Statements

Sefton O.P.E.R.A. Trustee's Annual Report For the year ended 30 September 2018

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 2018. 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 2018. The operational deficit on the general fund during the year was £(31,108) (2017: £(1,286)).

As at 30 September 2018 total funds of £62,160 where held of which £18,301 was held in restricted funds which is therefore not available for the general purposes of the charitable company.

Sefton O.P.E.R.A. Trustee's Annual Report For the year ended 30 September 2018

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 (2016-18 incl.) is £185,338. This equates to a reserve level of £92,669. As at 30 September 2018 the level of reserves held by Sefton O.P.E.R.A. was £58,585, being unrestricted funds less the value of our fixed assets. Current reserves represent 63% 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
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Sefton O.P.E.R.A. Trustee's Annual Report For the year ended 30 September 2018

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 - members (5 in 2017), 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.

**Sefton O.P.E.R.A.
Trustee's Annual Report
For the year ended 30 September 2018**

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 2019 and signed on their behalf.



V Martlow
Company Secretary

Independent Examiner's Report To the trustees of Sefton O.P.E.R.A. For the year ended 30 September 2018

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 2018.

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 Charly 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 2019

Sefton O.P.E.R.A.
Statement of Financial Activities
(Incorporating Income & Expenditure Account)
For the year ended 30 September 2018

	Note	Unrestricted Funds £	Restricted Funds £	Total 2018 £	Total 2017 £
Income and endowments from:					
Donations and legacies	2	15,325	107,964	123,289	172,117
Other trading activities	3	1,080	-	1,080	2,800
Total income		<u>16,405</u>	<u>107,964</u>	<u>124,369</u>	<u>174,917</u>
Expenditure on:					
Charitable activities	4	<u>47,511</u>	<u>125,848</u>	<u>173,359</u>	<u>195,719</u>
Total expenditure		<u>47,511</u>	<u>125,848</u>	<u>173,359</u>	<u>195,719</u>
Net expenditure		(31,106)	(17,884)	(48,990)	(20,802)
Other recognised gains:					
Net movement in funds		(31,106)	(17,884)	(48,990)	(20,802)
Reconciliation of funds:					
Funds b/fwd		<u>74,967</u>	<u>36,185</u>	<u>111,152</u>	<u>131,954</u>
Funds c/fwd		<u>43,859</u>	<u>18,301</u>	<u>62,160</u>	<u>111,153</u>

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.

The notes on pages 10 to 19 form part of these financial statements

**Sefton O.P.E.R.A.
Balance Sheet
As at 30 September 2018**

Company Number: 3841119

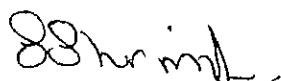
	Note	2018 £	2017 £
Fixed Assets			
Tangible assets	8	1,764	2,216
Current Assets			
Debtors	9	1,114	1,045
Cash at bank and In hand	10	59,902	108,792
		61,016	109,837
Creditors: Amounts falling due within one year	11	620	900
Net Current Assets		60,396	108,937
Total Net Assets		62,160	111,153
Funds of the charity			
General Fund		43,859	74,968
Total Unrestricted Funds	12	43,859	74,968
Restricted Funds	13	18,301	36,185
Total Funds		62,160	111,153

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 2019.



Mrs Sue Shrimpton, Trustee

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts

For the year ended 30 September 2018

1 Accounting Policies

1a Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), and the Companies Act 2006 and the UK Generally Accepted Accounting Practice as it applies from 1 January 2015.

Sefton O.P.E.R.A. meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

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.

The functional currency used by Sefton O.P.E.R.A. is the £ Sterling.

1b. Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required.

There were no items as at the transition date which required restatement under FRS102.

1c. Preparation of the accounts on a going concern basis

The charity had a surplus on both the unrestricted and restricted funds. The trustees believe that the charity will be able to meet its liabilities as they fall due. The accounts have therefore been prepared on a going concern basis.

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

1 Accounting Policies (cont.)

1d. Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1e. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

The benefit of older persons in Sefton

b) Expenditure on charitable activities includes the costs of activities undertaken to further the purposes of the charity and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

1f. Funds Accounting

All income and expenditure together with gains and losses are allocated to a specific charitable fund.

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Restricted funds are donations which the donor has specified are to be used solely for particular areas of the charity's work or for specific projects being undertaken by the charity. Further details of restricted funds together with their purposes are set out in note 13.

The notes on pages 10 to 19 form part of these financial statements

**Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018**

1 Accounting Policies (cont.)

1g. Tangible fixed assets and depreciation

Tangible assets are stated at cost less accumulated depreciation and accumulated impairment losses. cost Includes the original purchase price, costs directly attributable to bringing the asset into its working condition for its intended use, dismantling and restoration costs and borrowing costs capitalised.

Plant and machinery and fixtures, fitting, tools, and equipment are stated at cost less accumulated depreciation and accumulated impairment losses.

Depreciation is provided at the following annual rates in order to write each asset off over its anticipated useful economic life. A full year's depreciation charge is charged in the year of acquisition and no depreciation is charged in the year of disposal.

Fixtures and fittings	25% pa on a reducing balance basis
Equipment	20% pa on a reducing balance basis

Tangible assets are derecognised on disposal or when no future economic benefits are expected. On disposal, the difference between the net disposal proceeds and the carrying amount is recognised in the Statement of Financial Activities.

1h. Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1i. Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1j. Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

1 Accounting Policies (cont.)

1k. Taxation

The charity is exempt from tax on Income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

1l. Pension costs

The company operates a defined contribution plan for its eligible employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payment obligations. The contributions are recognised as an expense when they are due. Amounts not paid are shown in creditors or accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

2. Donations and Legacies

	2018 £	2017 £
Donations	15,675	15,898
Grants	107,614	156,219
	<u>123,289</u>	<u>172,117</u>

3. Other trading activity income

	2018 £	2017 £
Fundraising	1,080	2,800
	<u>1,080</u>	<u>2,800</u>

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

4. Charitable Activities Expenditure

	Activities Undertaken Directly £	Support Costs £	Total 2018 £	Total 2017 £
The benefit of older persons in Sefton	158,965	14,394	173,359	195,719
	<u>158,965</u>	<u>14,394</u>	<u>173,359</u>	<u>195,719</u>

5. Staff Costs

	2018 £	2017 £
Wages and Salaries	124,788	130,029
Social Security costs	9,060	8,559
Pension costs	8,819	8,709
	<u>142,667</u>	<u>147,297</u>

The average number of employees during the 2018 was:

	2018 Number	2017 Number
Project staff	5	5
	<u>5</u>	<u>5</u>

The trustees received no remuneration during the year (2017: £nil).
The trustees did not receive any expenses during the year (2017: £nil).

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

6. Key Management Personnel

The trustees consider that the key management personnel comprise the trustees and the Senior Management Team as follows:-

Trustees

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

Senior Management Team

Organisational Manager - V Martlow
Project Manager - M Robinson

	2018	2017
	£	£
Total Remuneration	<u>77,642</u>	<u>74,037</u>

7. Net Income for the year

Net Income is stated after charging:

	2018	2017
	£	£
Depreciation	<u>452</u>	<u>569</u>

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

8. Tangible Fixed Assets

	Fixtures & Equipment £	Total £
Cost / Valuation		
At 1 October 2017	25,544	25,544
At 30 September 2018	<u>25,544</u>	<u>25,544</u>
Depreciation		
At 1 October 2017	23,328	23,328
For the year	452	452
At 30 September 2018	<u>23,780</u>	<u>23,780</u>
Net Book Amounts		
At 30 September 2018	<u>1,764</u>	<u>1,764</u>
At 30 September 2017	<u>2,216</u>	<u>2,216</u>

9. Debtors

	2018 £	2017 £
Amounts falling due within one year		
Trade debtors	719	595
Prepayments and accrued income	395	450
	<u>1,114</u>	<u>1,045</u>

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

10. Cash at bank and in hand

	2018 £	2017 £
Cash at bank	59,732	108,601
Cash In hand	170	191
	<u>59,902</u>	<u>108,792</u>

11. Creditors: Amounts falling due within one year

	2018 £	2017 £
Trade creditors	370	-
Accruals and deferred income	250	900
	<u>620</u>	<u>900</u>

12. Unrestricted Funds

	Balance brought forward 2017 £	Income £	Expenditure £	Balance carried forward 2018 £
General Fund	74,967	16,405	(47,512)	43,860
Total Funds	<u>74,967</u>	<u>16,405</u>	<u>(47,512)</u>	<u>43,860</u>

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

13. Restricted Funds

	Balance brought forward 2017 £	Income £	Expenditure £	Balance carried forward 2018 £
Sefton MBC	4,500	28,150	(22,821)	9,829
The Big Lottery	31,685	14,050	(38,064)	7,671
Adactus	-	1,994	(1,994)	-
Steve Morgan Foundation	-	4,167	(4,112)	55
Other Restricted Funds	-	59,603	(58,857)	746
Total Funds	36,185	107,964	(125,848)	18,301
Other Funds				
Barchester Health Foundation	-	1,440	(1,440)	-
Eleanor Rathbone	-	2,000	(2,000)	-
Elizabeth Rathbone	-	2,500	(2,500)	-
John Moores	-	6,000	(6,000)	-
Lottery	-	9,834	(9,834)	-
Masonc	-	5,000	(5,000)	-
Peoples Health Trust	-	1,029	(1,029)	-
Sefton 4 Good	-	414	(414)	-
Morrisons	-	2,000	(2,000)	-
Veterans	-	10,000	(9,254)	746
Charles Heywood	-	3,000	(3,000)	-
NEA	-	500	(500)	-
Co-op	-	4,524	(4,524)	-
John Gilpin Trust	-	1,200	(1,200)	-
Groundwork Tesco	-	3,000	(3,000)	-
Link Community Southport	-	750	(750)	-
Coutts Collection Grant	-	1,950	(1,950)	-
Lord Barneby's Trust	-	2,000	(2,000)	-
Charities Trust	-	712	(712)	-
Tesco	-	1,000	(1,000)	-
Trinity Fellowship	-	250	(250)	-
Charles & Edna Broadhurst	-	500	(500)	-
	-	59,603	(58,857)	746

The restricted funds are for the following purposes:

Sefton MBC and Morgan Foundation - salaries

The Big Lottery - salaries, running costs, projects

Adactus - activities and salaries

Lottery - salaries, running costs, activities and volunteer expenses

Other grants are for running costs

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

14. Comparative Statement of Financial Activities Information

In order to comply with Financial Reporting Standard 102 which requires comparative information to be provided for all amounts, this note provides the necessary disclosure for comparative purposes of the Statement of Financial Activities for the year ended 30 September 2017.

	Unrestricted Fund £	Restricted Fund £	Total Funds £
Income			
Donations and legacies	15,238	156,879	172,117
Other Trading Activities	2,800	-	2,800
Total income	18,038	156,879	174,917
Expenditure on			
Charitable activities	19,325	176,394	195,719
	19,325	176,394	195,719
Net expenditure	(1,287)	(19,515)	(20,802)
Other Recognised gains:			
Net movement in funds	(1,287)	(19,515)	(20,802)

The notes on pages 10 to 19 form part of these financial statements

ACCOUNTING POLICIES

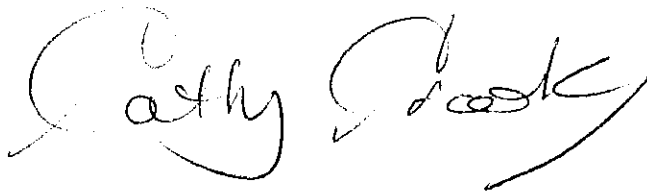
These summarized accounts are an extract from the statutory annual report and accounts of Sefton O.P.E.R.A (Older Persons Enabling Resource & Action) for the financial year ended 30th September 2018 and which have been Independently Examined by Sefton CVS (Council for Voluntary Services) Community Accountants.

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 2018.

The full annual accounts and Trustees report of the charity were approved by the Trustees and signed on their behalf on 18th March 2019. They will be submitted to the Charity Commission and Companies House by 18th April 2019.

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 2019

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

Adactus	Awards For All
Barchester Health Foundation	Big Lottery
Charles Heywood	Co-op
Coutts Collection	Eleanor Rathbone
Elizabeth Rathbone	John Gilpin Trust
John Moores	Lord Baneby's Trust
Masonic	Morrisons
Peoples Health Trust	Sefton MBC
Steve Morgan Foundation	Tesco Groundwork
Veterans Foundation	Various Smaller Funders

Company Number: 3841119
Charity Number: 1086437

Sefton O.P.E.R.A.
(A Company Limited by Guarantee)
Annual Report
&
Financial Statements
For the year ended
30 September 2018

Greater Merseyside Community Accountancy Service
Sefton Council for Voluntary Service
3rd Floor, Suite 3b
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG

Sefton O.P.E.R.A. Contents

Pages

3-6	Trustee's Annual Report
7	Independent Examiner's Report
8	Statement of Financial Activities
9	Balance Sheet
10-19	Notes to the Financial Statements

Sefton O.P.E.R.A. Trustee's Annual Report For the year ended 30 September 2018

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 2018. 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 2018. The operational deficit on the general fund during the year was £(31,108) (2017: £(1,286)).

As at 30 September 2018 total funds of £62,160 where held of which £18,301 was held in restricted funds which is therefore not available for the general purposes of the charitable company.

Sefton O.P.E.R.A. Trustee's Annual Report For the year ended 30 September 2018

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 (2016-18 incl.) is £185,338. This equates to a reserve level of £92,669. As at 30 September 2018 the level of reserves held by Sefton O.P.E.R.A. was £58,585, being unrestricted funds less the value of our fixed assets. Current reserves represent 63% 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
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Sefton O.P.E.R.A. Trustee's Annual Report For the year ended 30 September 2018

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 - members (5 in 2017), 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.

**Sefton O.P.E.R.A.
Trustee's Annual Report
For the year ended 30 September 2018**

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).

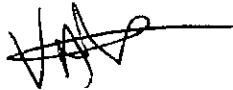
Company law requires the charity trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 2019 and signed on their behalf.



V Martlow
Company Secretary

Independent Examiner's Report To the trustees of Sefton O.P.E.R.A. For the year ended 30 September 2018

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 2018.

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 Charly 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 2019

Sefton O.P.E.R.A.
Statement of Financial Activities
(Incorporating Income & Expenditure Account)
For the year ended 30 September 2018

	Note	Unrestricted Funds £	Restricted Funds £	Total 2018 £	Total 2017 £
Income and endowments from:					
Donations and legacies	2	15,325	107,964	123,289	172,117
Other trading activities	3	1,080	-	1,080	2,800
Total income		<u>16,405</u>	<u>107,964</u>	<u>124,369</u>	<u>174,917</u>
Expenditure on:					
Charitable activities	4	<u>47,511</u>	<u>125,848</u>	<u>173,359</u>	<u>195,719</u>
Total expenditure		<u>47,511</u>	<u>125,848</u>	<u>173,359</u>	<u>195,719</u>
Net expenditure		(31,106)	(17,884)	(48,990)	(20,802)
Other recognised gains:					
Net movement in funds		(31,106)	(17,884)	(48,990)	(20,802)
Reconciliation of funds:					
Funds b/fwd		<u>74,967</u>	<u>36,185</u>	<u>111,152</u>	<u>131,954</u>
Funds c/fwd		<u>43,859</u>	<u>18,301</u>	<u>62,160</u>	<u>111,153</u>

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.

The notes on pages 10 to 19 form part of these financial statements

**Sefton O.P.E.R.A.
Balance Sheet
As at 30 September 2018**

Company Number: 3841119

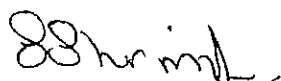
	Note	2018 £	2017 £
Fixed Assets			
Tangible assets	8	1,764	2,216
Current Assets			
Debtors	9	1,114	1,045
Cash at bank and In hand	10	59,902	108,792
		61,016	109,837
Creditors: Amounts falling due within one year	11	620	900
Net Current Assets		60,396	108,937
Total Net Assets		62,160	111,153
Funds of the charity			
General Fund		43,859	74,968
Total Unrestricted Funds	12	43,859	74,968
Restricted Funds	13	18,301	36,185
Total Funds		62,160	111,153

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 2019.



Mrs Sue Shrimpton, Trustee

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts

For the year ended 30 September 2018

1 Accounting Policies

1a Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), and the Companies Act 2006 and the UK Generally Accepted Accounting Practice as it applies from 1 January 2015.

Sefton O.P.E.R.A. meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

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.

The functional currency used by Sefton O.P.E.R.A. is the £ Sterling.

1b. Reconciliation with previous Generally Accepted Accounting Practice

In preparing the accounts, the trustees have considered whether in applying the accounting policies required by FRS 102 and the Charities SORP FRS 102 the restatement of comparative items was required.

There were no items as at the transition date which required restatement under FRS102.

1c. Preparation of the accounts on a going concern basis

The charity had a surplus on both the unrestricted and restricted funds. The trustees believe that the charity will be able to meet its liabilities as they fall due. The accounts have therefore been prepared on a going concern basis.

The notes on pages 10 to 19 form part of these financial statements

**Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018**

1 Accounting Policies (cont.)

1d. Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1e. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

The benefit of older persons in Sefton

b) Expenditure on charitable activities includes the costs of activities undertaken to further the purposes of the charity and their associated support costs.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

1f. Funds Accounting

All income and expenditure together with gains and losses are allocated to a specific charitable fund.

Unrestricted funds are available to spend on activities that further any of the purposes of the charity.

Restricted funds are donations which the donor has specified are to be used solely for particular areas of the charity's work or for specific projects being undertaken by the charity. Further details of restricted funds together with their purposes are set out in note 13.

The notes on pages 10 to 19 form part of these financial statements

**Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018**

1 Accounting Policies (cont.)

1g. Tangible fixed assets and depreciation

Tangible assets are stated at cost less accumulated depreciation and accumulated impairment losses. cost Includes the original purchase price, costs directly attributable to bringing the asset into its working condition for its intended use, dismantling and restoration costs and borrowing costs capitalised.

Plant and machinery and fixtures, fitting, tools, and equipment are stated at cost less accumulated depreciation and accumulated impairment losses.

Depreciation is provided at the following annual rates in order to write each asset off over its anticipated useful economic life. A full year's depreciation charge is charged in the year of acquisition and no depreciation is charged in the year of disposal.

Fixtures and fittings	25% pa on a reducing balance basis
Equipment	20% pa on a reducing balance basis

Tangible assets are derecognised on disposal or when no future economic benefits are expected. On disposal, the difference between the net disposal proceeds and the carrying amount is recognised in the Statement of Financial Activities.

1h. Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1i. Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1j. Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

The notes on pages 10 to 19 form part of these financial statements

**Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018**

1 Accounting Policies (cont.)

1k. Taxation

The charity is exempt from tax on Income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects.

1l. Pension costs

The company operates a defined contribution plan for its eligible employees. A defined contribution plan is a pension plan under which the charity pays fixed contributions into a separate entity. Once the contributions have been paid the charity has no further payment obligations. The contributions are recognised as an expense when they are due. Amounts not paid are shown in creditors or accruals in the balance sheet. The assets of the plan are held separately from the charity in independently administered funds.

2. Donations and Legacies

	2018 £	2017 £
Donations	15,675	15,898
Grants	107,614	156,219
	<u>123,289</u>	<u>172,117</u>

3. Other trading activity income

	2018 £	2017 £
Fundraising	1,080	2,800
	<u>1,080</u>	<u>2,800</u>

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

4. Charitable Activities Expenditure

	Activities Undertaken Directly £	Support Costs £	Total 2018 £	Total 2017 £
The benefit of older persons in Sefton	158,965	14,394	173,359	195,719
	<u>158,965</u>	<u>14,394</u>	<u>173,359</u>	<u>195,719</u>

5. Staff Costs

	2018 £	2017 £
Wages and Salaries	124,788	130,029
Social Security costs	9,060	8,559
Pension costs	8,819	8,709
	<u>142,667</u>	<u>147,297</u>

The average number of employees during the 2018 was:

	2018 Number	2017 Number
Project staff	5	5
	<u>5</u>	<u>5</u>

The trustees received no remuneration during the year (2017: £nil).
The trustees did not receive any expenses during the year (2017: £nil).

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

6. Key Management Personnel

The trustees consider that the key management personnel comprise the trustees and the Senior Management Team as follows:-

Trustees

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

Senior Management Team

Organisational Manager - V Martlow
Project Manager - M Robinson

	2018	2017
	£	£
Total Remuneration	<u>77,642</u>	<u>74,037</u>

7. Net Income for the year

Net Income is stated after charging:

	2018	2017
	£	£
Depreciation	<u>452</u>	<u>569</u>

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

8. Tangible Fixed Assets

	Fixtures & Equipment £	Total £
Cost / Valuation		
At 1 October 2017	25,544	25,544
At 30 September 2018	<u>25,544</u>	<u>25,544</u>
Depreciation		
At 1 October 2017	23,328	23,328
For the year	452	452
At 30 September 2018	<u>23,780</u>	<u>23,780</u>
Net Book Amounts		
At 30 September 2018	<u>1,764</u>	<u>1,764</u>
At 30 September 2017	<u>2,216</u>	<u>2,216</u>

9. Debtors

	2018 £	2017 £
Amounts falling due within one year		
Trade debtors	719	595
Prepayments and accrued income	395	450
	<u>1,114</u>	<u>1,045</u>

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

10. Cash at bank and in hand

	2018 £	2017 £
Cash at bank	59,732	108,601
Cash In hand	170	191
	<u>59,902</u>	<u>108,792</u>

11. Creditors: Amounts falling due within one year

	2018 £	2017 £
Trade creditors	370	-
Accruals and deferred income	250	900
	<u>620</u>	<u>900</u>

12. Unrestricted Funds

	Balance brought forward 2017 £	Income £	Expenditure £	Balance carried forward 2018 £
General Fund	74,967	16,405	(47,512)	43,860
Total Funds	<u>74,967</u>	<u>16,405</u>	<u>(47,512)</u>	<u>43,860</u>

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

13. Restricted Funds

	Balance brought forward 2017 £	Income £	Expenditure £	Balance carried forward 2018 £
Sefton MBC	4,500	28,150	(22,821)	9,829
The Big Lottery	31,685	14,050	(38,064)	7,671
Adactus	-	1,994	(1,994)	-
Steve Morgan Foundation	-	4,167	(4,112)	55
Other Restricted Funds	-	59,603	(58,857)	746
Total Funds	36,185	107,964	(125,848)	18,301
Other Funds				
Barchester Health Foundation	-	1,440	(1,440)	-
Eleanor Rathbone	-	2,000	(2,000)	-
Elizabeth Rathbone	-	2,500	(2,500)	-
John Moores	-	6,000	(6,000)	-
Lottery	-	9,834	(9,834)	-
Masonic	-	5,000	(5,000)	-
Peoples Health Trust	-	1,029	(1,029)	-
Sefton 4 Good	-	414	(414)	-
Morrisons	-	2,000	(2,000)	-
Veterans	-	10,000	(9,254)	746
Charles Heywood	-	3,000	(3,000)	-
NEA	-	500	(500)	-
Co-op	-	4,524	(4,524)	-
John Gilpin Trust	-	1,200	(1,200)	-
Groundwork Tesco	-	3,000	(3,000)	-
Link Community Southport	-	750	(750)	-
Coutts Collection Grant	-	1,950	(1,950)	-
Lord Barneby's Trust	-	2,000	(2,000)	-
Charities Trust	-	712	(712)	-
Tesco	-	1,000	(1,000)	-
Trinity Fellowship	-	250	(250)	-
Charles & Edna Broadhurst	-	500	(500)	-
	-	59,603	(58,857)	746

The restricted funds are for the following purposes:

Sefton MBC and Morgan Foundation - salaries

The Big Lottery - salaries, running costs, projects

Adactus - activities and salaries

Lottery - salaries, running costs, activities and volunteer expenses

Other grants are for running costs

The notes on pages 10 to 19 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2018

14. Comparative Statement of Financial Activities Information

In order to comply with Financial Reporting Standard 102 which requires comparative information to be provided for all amounts, this note provides the necessary disclosure for comparative purposes of the Statement of Financial Activities for the year ended 30 September 2017.

	Unrestricted Fund £	Restricted Fund £	Total Funds £
Income			
Donations and legacies	15,238	156,879	172,117
Other Trading Activities	2,800	-	2,800
Total income	18,038	156,879	174,917
Expenditure on			
Charitable activities	19,325	176,394	195,719
	19,325	176,394	195,719
Net expenditure	(1,287)	(19,515)	(20,802)
Other Recognised gains:			
Net movement in funds	(1,287)	(19,515)	(20,802)

The notes on pages 10 to 19 form part of these financial statements

ACCOUNTING POLICIES

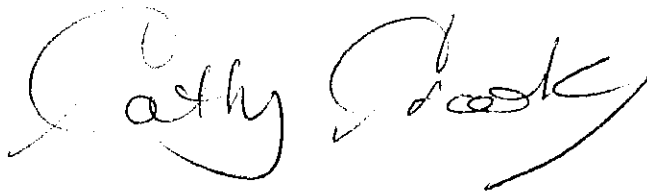
These summarized accounts are an extract from the statutory annual report and accounts of Sefton O.P.E.R.A (Older Persons Enabling Resource & Action) for the financial year ended 30th September 2018 and which have been Independently Examined by Sefton CVS (Council for Voluntary Services) Community Accountants.

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 2018.

The full annual accounts and Trustees report of the charity were approved by the Trustees and signed on their behalf on 18th March 2019. They will be submitted to the Charity Commission and Companies House by 18th April 2019.

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 2019

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

Adactus	Awards For All
Barchester Health Foundation	Big Lottery
Charles Heywood	Co-op
Coutts Collection	Eleanor Rathbone
Elizabeth Rathbone	John Gilpin Trust
John Moores	Lord Baneby's Trust
Masonic	Morrisons
Peoples Health Trust	Sefton MBC
Steve Morgan Foundation	Tesco Groundwork
Veterans Foundation	Various Smaller Funders