

SEFTON O.P.E.R.A.

England & Wales · Charity number 1086437

Details

Other names	SEFTON OPERA
Status	Registered
Legal form	Charitable company
Company number	03841119
Registered	2001-05-02
Register	View on the Charity Commission register

Contact

Address	Sefton OPERA 1st Floor Office St Matthews Church 410 Stanley Road Bootle Merseyside L20 5AE
Phone	07946438155
Email	admin@seftonopera.org.uk
Website	seftonopera.org.uk

Activities

Objects: TO PROMOTE ANY CHARITABLE PURPOSES FOR THE BENEFIT OF OLDER PERSONS IN THE BOROUGH OF SEFTON AND 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

Activities: 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

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Arts/culture/heritage/science, Amateur Sport
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** BOROUGH OF SEFTON
- Sefton

Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£78,353	£131,699	-	-
2024-09-30	£107,832	£137,593	-	-
2023-09-30	£148,541	£143,647	-	-
2022-09-30	£161,568	£149,344	-	-
2021-09-30	£148,274	£133,615	-	-
2020-09-30	£135,792	£111,065	-	-

Trustees

Name	Role	Appointed
CATHY CROOK		
MARIE RICHARDSON		2011-04-26
MR BOB FORSTER		
MR MIKE BATES		
Peter White		2025-06-19
VIKKI ANNETTE MARTLOW		

SEFTON O.P.E.R.A.

England & Wales - Charity number 1086437

Accounts



**ANNUAL REPORT
YEAR END 30TH SEPT 2025**

**PUTTING PEOPLE FIRST
Since 1999**

CONTENTS

INTRODUCTION:

Aims and Objectives

The Report – Organisational Manager, Lifelong President and Chair Person

CONTENTS:

Our Work

Inhouse

In The Community

Care Sector & Extra

Social Inclusion

Other Organisations

Weekly & Monthly Program

FINANCE:

Trustees Accounts Annual Report

Charity, Bank, Trustee Details

Independent Examiners Report

Statement of Financial Activities

Balance Sheet

Accounting Policies



Sefton OPERA
1st Floor Office
St Matthews Church
410 Stanley Road
Bootle L20 5AE

0151 330 0479
07452 867 648

admin@seftonopera.org.uk
www.seftonopera.org.uk

Aims and Objectives

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

Our Objective

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

Our Mission

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

Our Vision

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

Our Social Value

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

Quality Assurance

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

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

THE REPORT



Vikki Martlow
Organisational Manager

Vikki Martlow reported: This year's report has concentrated on the wide variety of activities Sefton OPERA provide in our community as a grassroots organisation working borough wide Since 1999 Sefton OPERA (Older Persons Enabling Resource and Action) provides Health & Wellbeing activities improving mental & physical health reducing loneliness and isolation to aprox. 17,000 attendees yearly supported by 40 dedicated volunteers . Highlighting the vital service Sefton OPERA plays in our community we are the only organisation offering weekly services across Sefton to:

- 12 = INHOUSE activities and drop-in sessions reducing loneliness and isolation improving health issues.
- 12 = IN THE COMMUNITY bringing doorstep activities enabling older people to improve their own mental and physical health breaking down barriers preventing them attending sessions
- 7 = IN THE CARE SECTOR providing bespoke packages, bringing the outside world in for those less able bodied already with additional care needs.



Ann Mardell
Honorary Lifelong
President

Ann Mardell reported: The last few years have been rather hard going for most charitable organisations. Fortunately, Sefton OPERA has continued to maintain a very good standard throughout.

The staff, committee and volunteers have worked tirelessly to keep the over-50s in the community active, as promised, supporting both mental and physical wellbeing across Sefton.

We have continued our work in nursing and residential homes, day centres, and community centres, ensuring that every activity is delivered with a professional attitude. Although we work on a limited budget, we always strive to maintain a high standard in everything we do.

Thank you to the staff, committee and volunteers for your dedication throughout the year.



Cathy Crook
Chair Person

Cathy Crook reported: 2025 was a landmark for all at Sefton OPERA, 2026 will prove as rememberable as last year.

Staff have worked hard to keep all the events going as promised with less funding, volunteers have also contributed by having a good attitude and with a can do keep it going.

My admiration for staff and volunteers has never wavered you are and have always been the backbone of Sefton OPERA I admire you all.

Lets look forward to this year and be able to reach out to more isolated and lonely people to make a difference in their lives improving their social life if we can.

PUTTING PEOPLE FIRST

OUR WORK

We treat every individual with dignity, respect, and fairness, delivering targeted early interventions to improve mental and physical health, reduce loneliness and isolation. We take an asset-based approach which means we start by listening to our members, create feedback and evaluations sessions where they tell us the issues they have, and we explore together ways to alleviate their problems.

We have an extensive programme of activity which we run on a weekly and monthly basis, we are the only charity voluntary organisation working throughout Sefton providing vital activities to older vulnerable persons INHOUSE, IN THE COMMUNITY AND IN THE CARE SECTOR.

THE NEED FOR OUR SERVICES

We recognise that the need for our services is ever increasing. We have found ourselves in a perfect storm where services are closing, need is increasing due to the cost-of-living crisis, pension taxation and heating benefit cuts and our organisation has been challenged to find funding due to the repositioning of key trusts and foundations. We cover Southport which has an increasing older population (38.2% the national average is 18%), and we are heartbroken by the profound effects of the recent tragedies in that community. This and the subsequent evolving problems around racial tension, has left our older people frightened to go out, confused and very withdrawn. We are aware that if our organisation ceased to exist there would be no one to fit the gap and these older people would become isolated and alone.

Our stats show Sefton is among the top 10% most deprived areas in the UK and faces serious challenges due to its rapidly ageing population. Ongoing economic crises are pushing older people into tough financial decisions: This means many older people are forced to choose between heating or eating and often cannot afford to engage in activities that support their physical and mental wellbeing. Many local services have already closed or scaled back, and those older vulnerable people affected often suffer in silence—too proud to ask for help, they simply go without.

Sefton already has a higher-than-average number of residents over 65, with 49% living with three or more long-term chronic health conditions (Health Foundation). This means that as an organisation we are supporting more vulnerable and older people understanding the challenges facing our aging communities and the support we can give is vital.

At the same time, people are living longer—but increasingly alone. The number of older adults living alone has risen significantly in the past 10 years and is predicted to reach 65% of over-65s living alone by 2030 (Oxford Brookes University). We find this a heart-breaking situation particularly around Christmas when many services shut down but we stay open offering fun activities and hot meals. We understand how depressing and lonely this time of year is for older people and what they need.

We believe our warm/but practical approach to these situations makes a real difference, something as simple as sitting down and having a chat. We offer a warm, safe, and welcoming environment right on the doorstep. We see that our role is to help older people reconnect with their communities, make new friends and maintain a sense of dignity, purpose, and self-worth. Our work helps delay the need for costly long-term care by keeping people physically active, mentally stimulated, and socially connected.

INHOUSE

Sefton OPERA is proudly a user-led organisation, run by and for local older people making up our Trustees, Staff, and Volunteers as well as our beneficiaries. All sharing a deep connection to the Sefton area—either living, working, or having retired here. Bringing a wide range of skills, knowledge and experience both locally and professionally on the needs and wants of our ageing population. Working together to meet the challenges older people face now and in the future.

Currently providing 12 weekly INHOUSE activities with approximately 250 weekly attendees from Computers, Tai Chi, Men's & Women's sessions, Chair Exercises, digital inclusion, Institches, craft, coffee & chat sessions, and warm hubs. Reducing loneliness and isolation improving mental & physical health.

OUTCOMES

Older people have told us that coming to our activities has been a real lifeline, has helped them cope through difficult transitions like loss of a loved one, ill health, family moving away or just getting use to retirement. This has never been more prominent than now where keeping in touch with others has become a lifeline to some who don't have a family or other network around them to provide support

- Older and vulnerable people are supported and have a greater capacity to access relevant activities to help reduce social isolation
- Older and vulnerable people maintain a better physical and mental health through attending activities and services
- Older and vulnerable people feel safer and more able to maintain good mental health through being connected in the groups
- Older people and vulnerable people have a greater ability to access the right services at one point of call
- Older and vulnerable people are more able to take control of their own services and play active roles in future activity development
- Older and vulnerable people feel more empowered through their ability to help each other through mutual support in the groups



Institches Knit & Natter Group

Tai Chi Gentle Breathing & Balance

Art & Craft Card Group

All our groups improve mental & physical health problems reducing loneliness & isolation for our members.

IN THE COMMUNITY

Working in highly deprived neighbourhoods dealing with implications of the ever-increasing austerity, pension taxation, rising heating costs & allowance cuts and rising cost of living, has amplified issues particularly for those most vulnerable and social excluded, living alone without family support or supportive neighbourhoods unable to ask for help, this is when Sefton OPERA are needed most.

We're facing increasing demand, areas we work in have a higher than national average of older people, many struggle having multiple and complex health needs from COPD, heart, asthma or dementia issues, (it is well known mental health deteriorates with lack of social contact, anxiety, depression)

By providing activities that address these health inequalities shaped by and designed by local older persons with similar lived experiences and needs, we ensure that activities are participants lead rather than organisationally projected. Continually monitoring and evaluating sessions ensuring ongoing relevance and need.

Currently providing doorstep community services

- Weekly Pamper Sessions improving physical health and wellbeing
- 2 Weekly Walking Sessions one short history walking and talking session for those less able and one longer faster wellbeing walk
- 2 Weekly Swimming Sessions both learners and improver sessions one North and one South Sefton
- 2 Monthly Beating Loneliness Together Sessions reducing loneliness and isolation one North and one South Sefton
- 1 Monthly Drop in Pamper Session alleviating aches and pains improving physical health Southport
- 2 Monthly Dance Sessions improving social connections making new friends One North and One South Sefton
- 2 Monthly Chair Exercises Sessions improving physical wellbeing for those less able bodied in Maghull and Litherland



Monthly Dance reducing social isolation



Walking group improving physical and mental health problems



Chair Exercise Improving Health Issues

CARE HOME

CARE SECTOR NURSING & SUPPORTED LIVING: Providing 7 weekly activities to aprox 96 attendees going to different establishments weekly tailored projects supporting their needs increasing opportunities to socialise, access healthy activities and most importantly have fun. Activities provided are client led but include Music & Sing-a-long, Chair Exercises, Tai Chi, Complimentary Therapies, Craft, Reading, Quiz, sessions. Bringing the outside in.

EXTRAS



Care Sector Pamper Sessions

Intergeneration – Working across Sefton with established connections with schools, youth, and older persons groups. Training students providing a variety of activities from massage, talking history, shared experiences, words of Wisdom (what you would tell your 16-year-old self), IT technology exchange. Breaking down barriers between the ages with cross generational conversations creating mutual respect

Key Events – our 2 KEEP WARM KEEP WELL EVENTS bringing together older persons and other organisations, health & benefits advisors as a one stop shop for older persons issues (one North One South Sefton) each with approx. 100 older persons and 18 different local statutory and non-statutory organisations, providing information and signposting vital information together in one event for the benefit of older people. Helping older people with issues outside of their control re pensions & benefits advisors, cost of living and heating advisors, as well as digital inclusion.

Additionally – Providing 300 Emergency Winter Warm pack for those housebound or less active our Winter Warm Packs with food, information, blankets, etc enabling those most vulnerable to falls to stay in during the worst of our clement weather. Activity Packs with puzzles, knitting, colouring, quizzes, crosswords etc. to keep them busy reduce boredom and loneliness



Keep Warm Keep Well Event



Winter Warm Emergency Food & Activity Packs



Intergenerational Project with Hugh Baird

SOCIAL INCLUSION

SOCIAL INCLUSION SESSIONS Providing a variety of monthly activities enabling those living on their own to join in with their own community, enjoy social interactions with their peers, and make new friends. With aprox. 1142 attendees including trips to Llandudno, Bury Market, canal cruises, museum, theatre trips, afternoon teas, as well as a number of dances, meals and charity nights.



Beat The January Blues Meal & Entertainment

Coach Trips

Afternoon Tea & Entertainment

Theatre Trips

OTHER ORGANISAIONS

Health and Wellbeing sessions – We are a leading provider for health & wellbeing services for other organisations, providing activities at their groups, or events including Cancer, Diabetes, Macmillan, mental health, Alzheimer's, macular organisations and Deaf Society, Southport and Ormskirk Hospitals, We have over 25 years of experience of working in the voluntary community sector and have strong established links and networks across Sefton

Placements – we have local students provide work experience for doctors, trainee nurses, and people with special educational needs, supporting and training the next generation.

HEALTH & WELLBEING EVENTS Providing a variety of activity sessions across the brough in 3 local hospitals, Macmillan, Cancer, Diabetes, Mental Health, Alzheimer's, Macular, Healthwatch and the Carers Centre to 583 attendees.



Community Events

Hospital Wellbeing Days

Student Placment

SERVING THE MOST VULNERABLE

Strong Partnerships & Strategic Influence

We believe with over 25 years of established networks, partnerships, and community links, enables us to deliver a wide range of health and wellbeing activities improving physical and mental health while reducing loneliness and isolation.

We maintain close working relationships with Local authorities, Integrated Care Systems (ICS) (formerly CCGs), NHS services, including Cancer, Diabetes, Macmillan, Mental Health, Alzheimer's, and Macular support teams, Healthwatch, The Deaf Society, Carers' organisations, and groups focused on dementia, depression, anxiety, and gender-specific issues. Together, we co-create engaging, inclusive, and enjoyable activities for both our members and those of our partner organisations.

Our extensive knowledge and experience also position us as a key voice on several strategic boards and feeding back to forums acting as ambassadors and advocates for older persons issues including: Healthwatch Sefton, Older Persons Forum, Integrated Care Teams (ICT), Local government advisory groups. Through these platforms, we ensure that older people's voices are heard, their needs represented, offering real insight into the challenges faced by those often unheard in society and their experiences help shape policy and service provision across the borough.

A Truly Inclusive Organisation

Sefton OPERA is a fully inclusive organisation, with a clear Equal Opportunities Policy. We do not tolerate discrimination of any kind—regardless of age, race, disability, gender, sexuality, religion, or cultural background. Many of our staff, volunteers, and trustees live with disabilities themselves, including physical, sensory (deaf/blind), and neurodivergent conditions. We feel this provides our organisation with a rich diversity of lived experiences, perspectives, and skills, helping us to deliver more empathetic and relevant services.

Serving the Most Vulnerable

From participant evaluations, we know that a high proportion of our members identify as disabled, many living with multiple long-term conditions. Providing bespoke packages enables people with visual impairments to participate (Macular Society), members of the Deaf Society, Carers, people affected by cancer (Macmillan), Alzheimer's and dementia patients. In addition, many face:

- Severe financial hardship due to benefit cutbacks, increased living costs, and energy bills
- Social isolation and daily challenges associated with high deprivation in the Sefton area

We actively respond to these challenges through our services and support.

Championing Social Justice and Representation

Sefton OPERA believes in social action and active citizenship as key drivers for community resilience and positive change. We follow the guiding principle **“Nothing About Us Without Us.”**

This means:

- Ensuring members are consulted and have real input into decisions that affect their lives
- Challenging discrimination and injustice at both community and policy levels
- Empowering people to be part of the solution to the issues they face

WEEKLY & MONTHLY SOCIAL INCLUSION ACTIVITIES

Weekly Drop-In Sessions Reducing Loneliness & Isolation Sefton OPERA Older Person Project				
Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm IT Workshop. Next Steps Facebook, Skype, Email, Web Browsing <u>Held in the office.</u>	10:00am – 12:00pm IT From First Touch Facebook, Skype, Email, Web Browsing <u>Held in the office.</u>	9:00am – 10:00am 50+ Learn to Swim & Improvers Learn to swim or improve your stroke get fit improve overall strength & breathing. <u>Bootle Leisure</u>	10:00am – 12:00pm Arts & Craft All abilities make, Cards, Gift Boxes, Calendars Etc <u>Held in the office.</u>	10:30am – 11:30am Walking Group 60–90-minute walk different places each week and finish at a café for light refreshments (Call for weekly starting places)
10:00am – 11:30pm Drop In Pamper Basic Hand, Back & Neck Massage, Reiki <u>Held in Linacre Hub.</u>	9:30am – 12:00pm 30-60 minute walk. Walk & Talking History Group Stepping into the past with local History research, taking photos and making albums, etc. (Call for starting places)	10:00am – 12:00am Institches All abilities in relation to knitting, crocheting. <u>Held in office</u>	10.00-12.00pm 50+ Learn to Swim & Improvers Learn to swim or improve your stroke get fit improve overall strength & breathing Dunes Leisure Southport	
	11:00am – 12:00pm Tai Chi & Meditation Gentle exercise to aid confidence, strength, balance, and breathing. <u>Held in the office.</u>	1:00am – 3:00pm IT Workshop from first touch. Facebook, Skype, Email, Web Browsing Digital Camera's Scan clean amend old photos, videos to DVD. <u>Held in the office.</u>		
	1.00pm-3.30pm Men Behaving Brilliantly Men's group ran by men for men, Quiz, Darts, Cards, Board Games, Tai Chi, Days Out, and a Cuppa <u>Held in the office</u>	1:00pm - 2:30pm It's Never too Late to Feel Great (Women's Group) Weekly weigh-in and chair exercises sessions full body workout improving strength, balance, breathing and confidence. Followed by a cuppa & chat. <u>Held in the office</u>		
Monthly Drop-In Sessions. Please call to reserve your place 0151 330 0479 or 07452 867 648				
01:30pm – 04:30pm Monthly Dance The Beaky Social Club Strand Road Bootle L20 3HL <u>HELD 2nd Monday of each month.</u>	2.30-pm – 3.30pm Beating Loneliness Together Different activities each month reducing isolation & loneliness. Waterloo Community Centre, St Georges Road Waterloo L22 1RD, <u>Held 1st Wednesday of each month.</u>	<u>Like us on Facebook</u> Sefton OPERA Older Persons Project <u>Follow us on X.</u> <u>@SeftonOPERA</u>	We also provide adhoc Chair Exercise Sessions Intergenerational Sessions Pamper Sessions Healthy Living Sessions Destress Sessions Invite us to your groups	
01:30pm – 03:30pm Monthly Dance Atkinson Gallery Lord Street Southport <u>HELD 3rd Monday of each month.</u>	2.00-pm - 3.30pm Drop In Pamper Group & Beating Loneliness Together Different activities each month reducing isolation & loneliness. Quaker Rooms, Court Road Southport PR9 9ER <u>Held 1st Thursday of each month.</u>	 Older Persons Enabling Resource & Action Company Registration No: 3841119 Charity Registration No: 1086437	FOR MORE INFORMATION ON ANY OF OUR DROP-IN SESSIONS PLEASE CALL THE OFFICE ON 0151 330 0479 Mobile: 07452 867 648 admin@seftonopera.org.uk Sefton O.P.E.R.A., St Matthews Church, 410 Stanley Road, Bootle, L20 5AE	

FINANCE Objectives and Activities

Sefton O.P.E.R.A.

Trustees Annual Report

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

Last year we concentrated our AGM Report on the volunteers and their achievement, this year we have concentrated our report on our members, the older and vulnerable people who attend our activities, by providing grass roots activities in their own local areas encourages them to become regular members.

Regular attendance to the Health & Wellbeing sessions that Sefton OPERA provide improving both physical and mental health reducing loneliness and isolation and the additional knock-on effects that this has on their health, and by providing a safe and secure place to meet likeminded people supporting each other, and by giving them the skills needed to improve their own health and wellbeing, gives them a purpose and a feeling of being part of their own community again.

Studies show regular attendance to social inclusion activities can improve loneliness, anxiety, depression, stress, dementia, and boost mental wellbeing reduce negative feelings and dejection, and regular attendance to gentle physical activities can improve breathing, balance, reduce falls, increase blood flow, lubricate joints, strengthen muscles, reducing arthritis pain and swelling, reduce blood pressure and cholesterol. Which reduces illnesses such as stroke, heart disease, type 2 diabetes and improves quality of life lowering the risk of dementia. This all has the knock on effect of reducing unnecessary Drs and hospital appointments in a time when the NHS is already struggling to keep up with the needs of their patients.

FINANCIAL REVIEW

The charity was in a satisfactory financial position at 30 September 2025. The operational deficit on the general fund during the year was £52,330 (2024: surplus of £9,179).

As at 30 September 2025 total funds of £48,140 of which £4,818 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated funds representing the net book value of fixed assets were £361.

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 withdrawn. The average annual expenditure over the last 3 years (2023-2025 inclusive) is £137,646. This equates to a reserve level of £68,823. As at 30 September 2025 the level of reserves held by Sefton O.P.E.R.A. was £42,961, being unrestricted funds less the value of our fixed assets. Current reserves represent 62% of the reserves required to be held by the trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

FINANCE Structure Governance & Management

Sefton O.P.E.R.A.

Trustees Annual Report

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 6 members (6 in 2022), each of whom agrees to contribute £10 in the event of the charity winding up.

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 serving one third of trustees retires each year and is able to offer themselves for re-election.

The board of trustees administers the charity.

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.

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. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

V. Martlow

Company Secretary

20 March 2026



E.C. Crook

Trustee

20 March 2026



FINANCE Trustees Responsibilities

Sefton O.P.E.R.A.
Trustees Annual Report

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, herein present their report with the unaudited financial statements of the charity for the year ended 30 September 2025.

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, the Companies Act 2006 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 03841119

Charity No. 1086437

Registered Office

St Matthews Community 200
410 Stanley Road
Bootle
L20 5AE

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M.J. Bates
E.C. Crook

K. Dixon

(Resigned 21
October 2025)

R.J. Forster
M. Richardson
P. White

Company Secretary

V. Martlow

Accountants

Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG

FINANCE Independent Examiners Report

Sefton O.P.E.R.A.
Independent Examiners Report

Independent Examiner's Report to the trustees of Sefton O.P.E.R.A.

I report to the charity trustees on my examination of the financial statements of Sefton O.P.E.R.A. for the year ended 30 September 2025 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

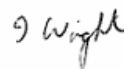
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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 financial statements to be reached.



Ian Wright
Chartered Accountant
Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG
20 March 2026

FINANCE Statement of Financial Activities

Sefton O.P.E.R.A.

Statement of Financial Activities

for the year ended 30 September 2025

	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income and endowments from:					
Donations and legacies	4	23,418	54,932	78,350	107,810
Investments	5	3	-	3	22
Total		23,421	54,932	78,353	107,832
Expenditure on:					
Charitable activities	6	75,751	55,948	131,699	137,593
Total		75,751	55,948	131,699	137,593
Net gains on investments		-	-	-	-
Net expenditure	7	(52,330)	(1,016)	(53,346)	(29,761)
Transfers between funds		-	-	-	-
Net expenditure before other gains/(losses)		(52,330)	(1,016)	(53,346)	(29,761)
Other gains and losses					
Net movement in funds		(52,330)	(1,016)	(53,346)	(29,761)
Reconciliation of funds:					
Total funds brought forward		95,652	5,834	101,486	131,247
Total funds carried forward		43,322	4,818	48,140	101,486

FINANCE Balance Sheet

Sefton O.P.E.R.A.

Balance Sheet

at 30 September 2025

Company No.	03841119	Notes	2025 £	2024 £
Fixed assets				
Tangible assets	9	361	452	
		361	452	
Current assets				
Debtors	10	975	1,935	
Cash at bank and in hand		47,974	99,399	
		48,949	101,334	
Creditors: Amount falling due within one year	11	(1,170)	(300)	
Net current assets		47,779	101,034	
Total assets less current liabilities		48,140	101,486	
Net assets excluding pension asset or liability		48,140	101,486	
Total net assets		48,140	101,486	
The funds of the charity				
Restricted funds	12			
Restricted income funds		4,818	5,834	
		4,818	5,834	
Unrestricted funds	12			
General funds		42,961	95,200	
Designated funds		361	452	
		43,322	95,652	
Reserves	12			
Total funds		48,140	101,486	

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2025 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 20 March 2026

And signed on its behalf by:

E.C. Crook
Trustee
20 March 2026



FINANCE Accounting Policies

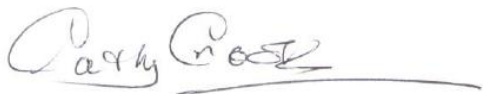
These summarized accounts are an extract from the statutory annual report and accounts of Sefton O.P.E.R.A (Older Persons Enabling Resource & Action) for the financial year ended 30th September 2025 and which have been Independently Examined by Sefton CVS (Council for Voluntary Services) Community Accountants.

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 2025.

The full annual accounts and Trustees report of the charity were approved by the Trustees and signed on their behalf on 20th March 2026. They will be submitted to the Charity Commission and Companies House by 1st June 2026.

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

A handwritten signature in dark ink, appearing to read 'Cathy Crook', with a horizontal line underneath.

Cathy Crook Chair Person

20th March 2026

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

Albert Hunt	Burbo Bank	Eleanor Rathbone
Elizabeth Rathbone	Hemby Trust	Heritage Lottery
Sefton Council	The Duchy of Lancaster	The Linacre 500
UK SPF	Sefton CVS Warm Coat, Warm Space, Community resilience	



**Older Person Project
Putting People First**

St Matthews Church
410 Stanley Road
Bootle, L20 5AE

Main Telephone: 0151 330 0479
Mobile: 07452 867 648
Email: admin@seftonopera.org.uk

Website: www.seftonopera.org.uk

Company Registration No: 03841119
Charity Registration No: 1086437

Sefton O.P.E.R.A.

Charity No. 1086437

Company No. 03841119

Trustees' Report and Unaudited Accounts

30 September 2025

Sefton O.P.E.R.A.

Contents

	Pages
Trustees' Annual Report	2 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Accounts	8 to 16

**Sefton O.P.E.R.A.
Trustees Annual Report**

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, herein present their report with the unaudited financial statements of the charity for the year ended 30 September 2025.

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, the Companies Act 2006 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 03841119

Charity No. 1086437

Registered Office

St Matthews Community 200
410 Stanley Road
Bootle
L20 5AE

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M.J. Bates
E.C. Crook

K. Dixon

(Resigned 21
October 2025)

R.J. Forster
M. Richardson
P. White

Company Secretary

V. Martlow

Accountants

Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG

OBJECTIVES AND ACTIVITIES

Sefton O.P.E.R.A.

Trustees Annual Report

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

Last year we concentrated our AGM Report on the volunteers and their achievement, this year we have concentrated our report on our members, the older and vulnerable people who attend our activities, by providing grass roots activities in their own local areas encourages them to become regular members.

Regular attendance to the Health & Wellbeing sessions that Sefton OPERA provide improving both physical and mental health reducing loneliness and isolation and the additional knock-on effects that this has on their health, and by providing a safe and secure place to meet likeminded people supporting each other, and by giving them the skills needed to improve their own health and wellbeing, gives them a purpose and a feeling of being part of their own community again.

Studies show regular attendance to social inclusion activities can improve loneliness, anxiety, depression, stress, dementia, and boost mental wellbeing reduce negative feelings and dejection, and regular attendance to gentle physical activities can improve breathing, balance, reduce falls, increase blood flow, lubricate joints, strengthen muscles, reducing arthritis pain and swelling, reduce blood pressure and cholesterol. Which reduces illnesses such as stroke, heart disease, type 2 diabetes and improves quality of life lowering the risk of dementia. This all has the knock on effect of reducing unnecessary Drs and hospital appointments in a time when the NHS is already struggling to keep up with the needs of their patients.

FINANCIAL REVIEW

The charity was in a satisfactory financial position at 30 September 2025. The operational deficit on the general fund during the year was £52,330 (2024: surplus of £9,179).

As at 30 September 2025 total funds of £48,140 of which £4,818 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated funds representing the net book value of fixed assets were £361.

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 withdrawn. The average annual expenditure over the last 3 years (2023-2025 inclusive) is £137,646. This equates to a reserve level of £68,823. As at 30 September 2025 the level of reserves held by Sefton O.P.E.R.A. was £42,961, being unrestricted funds less the value of our fixed assets. Current reserves represent 62% of the reserves required to be held by the trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Sefton O.P.E.R.A.

Trustees Annual Report

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 6 members (6 in 2022), each of whom agrees to contribute £10 in the event of the charity winding up.

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 serving one third of trustees retires each year and is able to offer themselves for re-election.

The board of trustees administers the charity.

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.

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. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

V. Martlow
Company Secretary
20 March 2026



E.C. Crook
Trustee
20 March 2026



Sefton O.P.E.R.A.

Independent Examiners Report

Independent Examiner's Report to the trustees of Sefton O.P.E.R.A.

I report to the charity trustees on my examination of the financial statements of Sefton O.P.E.R.A. for the year ended 30 September 2025 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

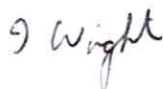
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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 financial statements to be reached.



Ian Wright
Chartered Accountant
Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG
20 March 2026

Sefton O.P.E.R.A.
Statement of Financial Activities
for the year ended 30 September 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
	Notes				
Income and endowments from:					
Donations and legacies	4	23,418	54,932	78,350	107,810
Investments	5	3	-	3	22
Total		23,421	54,932	78,353	107,832
Expenditure on:					
Charitable activities	6	75,751	55,948	131,699	137,593
Total		75,751	55,948	131,699	137,593
Net gains on investments		-	-	-	-
Net expenditure	7	(52,330)	(1,016)	(53,346)	(29,761)
Transfers between funds		-	-	-	-
Net expenditure before other gains/(losses)		(52,330)	(1,016)	(53,346)	(29,761)
Other gains and losses					
Net movement in funds		(52,330)	(1,016)	(53,346)	(29,761)
Reconciliation of funds:					
Total funds brought forward		95,652	5,834	101,486	131,247
Total funds carried forward		43,322	4,818	48,140	101,486

Sefton O.P.E.R.A.**Balance Sheet**

at 30 September 2025

Company No.	03841119	Notes	2025 £	2024 £
Fixed assets				
Tangible assets		9	361	452
			<u>361</u>	<u>452</u>
Current assets				
Debtors		10	975	1,935
Cash at bank and in hand			47,974	99,399
			<u>48,949</u>	<u>101,334</u>
Creditors: Amount falling due within one year		11	(1,170)	(300)
Net current assets			<u>47,779</u>	<u>101,034</u>
Total assets less current liabilities			<u>48,140</u>	<u>101,486</u>
Net assets excluding pension asset or liability			<u>48,140</u>	<u>101,486</u>
Total net assets			<u><u>48,140</u></u>	<u><u>101,486</u></u>
The funds of the charity				
Restricted funds				
Restricted income funds		12	4,818	5,834
			<u>4,818</u>	<u>5,834</u>
Unrestricted funds				
General funds		12	42,961	95,200
Designated funds			361	452
			<u>43,322</u>	<u>95,652</u>
Reserves		12		
Total funds			<u><u>48,140</u></u>	<u><u>101,486</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2025 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 20 March 2026

And signed on its behalf by:

E.C. Crook
Trustee

20 March 2026



for the year ended 30 September 2025

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charity 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 functional currency used is the £ Sterling.

Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The functional currency used is the £ Sterling.

Preparation of the accounts on a going concern basis

At the time of approving the accounts, the trustees' have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. As such these accounts have been prepared under the going concern basis.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Sefton O.P.E.R.A.

Notes to the Accounts

Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Trade and other 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.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

Pension costs

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

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Income and endowments from:			
Donations and legacies	36,571	71,239	107,810
Investments	22	-	22
Total	36,593	71,239	107,832
Expenditure on:			
Charitable activities	27,529	110,064	137,593
Total	27,529	110,064	137,593
Net income	9,064	(38,825)	(29,761)
Net income before other gains/(losses)	9,064	(38,825)	(29,761)
Other gains and losses:			
Net movement in funds	9,064	(38,825)	(29,761)
Reconciliation of funds:			
Total funds brought forward	86,588	44,659	131,247
Total funds carried forward	95,652	5,834	101,486

4 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2025 £	Total 2024 £
Donations	20,303	-	20,303	19,753
Grants	3,115	54,932	58,047	88,057
	23,418	54,932	78,350	107,810

5 Income from investments

	Unrestricted £	Total 2025 £	Total 2024 £
Interest Receivable	3	3	22
	3	3	22

6 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
<i>Expenditure on charitable activities</i>				
The benefit of older persons in Sefton	111	9,471	9,582	19,092
<i>Admin costs</i>				
Employee costs	59,318	44,090	103,408	100,985
Motor and travel costs	2,510	-	2,510	636
Premises costs	4,873	2,387	7,260	6,985
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	91	-	91	115
General administrative costs	7,648	-	7,648	8,180
Legal and professional costs	1,200	-	1,200	1,600
	<u>75,751</u>	<u>55,948</u>	<u>131,699</u>	<u>137,593</u>

7 Net expenditure before transfers

	2025	2024
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	91	115

8 Staff costs

	2025	2024
Salaries and wages	94,098	87,696
Social security costs	3,663	8,223
Pension costs	5,647	5,066
	<u>103,408</u>	<u>100,985</u>

No employee received emoluments in excess of £60,000.

The average monthly number of full time equivalent employees during the year was as follows:

	2025 Number	2024 Number
Work with older people	<u>4</u>	<u>4</u>
	<u>4</u>	<u>4</u>

Sefton O.P.E.R.A.
Notes to the Accounts

9 Tangible fixed assets

	£	£	£
Cost or revaluation			
At 1 October 2024	16,233	9,311	25,544
At 30 September 2025	16,233	9,311	25,544
Depreciation and impairment			
At 1 October 2024	15,803	9,289	25,092
Depreciation charge for the year	86	5	91
At 30 September 2025	15,889	9,294	25,183
Net book values			
At 30 September 2025	344	17	361
At 30 September 2024	430	22	452

10 Debtors

	2025	2024
	£	£
Trade debtors	975	1,935
	975	1,935

11 Creditors:

amounts falling due within one year

	2025	2024
	£	£
Other taxes and social security	95	-
Other creditors	775	-
Accruals	300	300
	1,170	300

12 Movement in funds

	At 1 October 2024	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 30 September 2025 £
Restricted funds:					
Restricted income funds:					
Sefton MBC	-	21,112	(21,112)	-	-
The Duchy of Lancaster	-	1,800	(1,800)	-	-
Eleanor Rathbone	-	3,500	(3,104)	-	396
Elizabeth Rathbone	-	5,000	(4,567)	-	433
Hemby Trust	-	1,500	(1,058)	-	442
Albert Hunt	-	3,000	(2,387)	-	613
Burbo Bank	2,576	9,817	(12,393)	-	-
Sefton CVS Community Resilience	-	1,600	(1,331)	-	269
Heritage Lottery	1,400	-	(1,400)	-	-
Sefton CVS Warm Coat	-	6,000	(3,757)	-	2,243
Sefton CVS Warm Spaces	360	1,000	(938)	-	422
The Linacre 500	-	500	(500)	-	-
UK Shared Prosperity Fund	1,498	103	(1,601)	-	-
Total	5,834	54,932	(55,948)	-	4,818
Unrestricted funds:					
General funds	95,200	23,421	(75,751)	91	42,961
Designated funds:					
Fixed Asset Fund	452	-	-	(91)	361
Total	452	-	-	(91)	361
Total funds	101,486	78,353	(131,699)	-	48,140

Purposes and restrictions in relation to the funds:

Restricted funds:

Sefton MBC	Salaries
The Duchy of Lancaster	Training for volunteers and swimming sessions
Eleanor Rathbone	Core costs (including part salary)
Elizabeth Rathbone	Core costs (including part salary)
Hemby Trust	Core cost development worker
Albert Hunt	Running costs
Burbo Bank	Running costs
Sefton CVS Community Resilience	Beating loneliness together
Heritage Lottery	Running costs

Sefton O.P.E.R.A.**Notes to the Accounts**

Sefton CVS Warm Coat	Warm coat project
Sefton CVS Warm Spaces	Warm spaces project
The Linacre 500	Community meals
UK Shared Prosperity Fund	Information Technology
Designated funds:	
Fixed Asset Fund	Replacement of fixed assets

13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fixed assets	361	-	361
Net current assets	42,961	4,818	47,779
	<u>43,322</u>	<u>4,818</u>	<u>48,140</u>

14 Reconciliation of net cash / (net debt)

	At 1 October 2024	Cash flows	At 30 September 2025
	£	£	£
Cash and cash equivalents	99,399	(51,425)	47,974
	<u>99,399</u>	<u>(51,425)</u>	<u>47,974</u>
Net cash / (net debt)	<u>99,399</u>	<u>(51,425)</u>	<u>47,974</u>

FRS 102 requires an entity to report changes in net debt in the accounting period. Sefton O.P.E.R.A does not carry any debt or other borrowings and has a positive net cash position

15 Commitments***Pension commitments***

	2025	2024
	£	£
The pension cost charge to the company amounted to:	<u>5,647</u>	<u>5,066</u>

16 Related party disclosures***Controlling party***

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Sefton O.P.E.R.A.

Charity No. 1086437

Company No. 03841119

Trustees' Report and Unaudited Accounts

30 September 2025

Sefton O.P.E.R.A.

Contents

	Pages
Trustees' Annual Report	2 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Accounts	8 to 16

**Sefton O.P.E.R.A.
Trustees Annual Report**

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, herein present their report with the unaudited financial statements of the charity for the year ended 30 September 2025.

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, the Companies Act 2006 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 03841119

Charity No. 1086437

Registered Office

St Matthews Community 200
410 Stanley Road
Bootle
L20 5AE

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M.J. Bates
E.C. Crook

K. Dixon

(Resigned 21
October 2025)

R.J. Forster
M. Richardson
P. White

Company Secretary

V. Martlow

Accountants

Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG

OBJECTIVES AND ACTIVITIES

Sefton O.P.E.R.A.

Trustees Annual Report

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

Last year we concentrated our AGM Report on the volunteers and their achievement, this year we have concentrated our report on our members, the older and vulnerable people who attend our activities, by providing grass roots activities in their own local areas encourages them to become regular members.

Regular attendance to the Health & Wellbeing sessions that Sefton OPERA provide improving both physical and mental health reducing loneliness and isolation and the additional knock-on effects that this has on their health, and by providing a safe and secure place to meet likeminded people supporting each other, and by giving them the skills needed to improve their own health and wellbeing, gives them a purpose and a feeling of being part of their own community again.

Studies show regular attendance to social inclusion activities can improve loneliness, anxiety, depression, stress, dementia, and boost mental wellbeing reduce negative feelings and dejection, and regular attendance to gentle physical activities can improve breathing, balance, reduce falls, increase blood flow, lubricate joints, strengthen muscles, reducing arthritis pain and swelling, reduce blood pressure and cholesterol. Which reduces illnesses such as stroke, heart disease, type 2 diabetes and improves quality of life lowering the risk of dementia. This all has the knock on effect of reducing unnecessary Drs and hospital appointments in a time when the NHS is already struggling to keep up with the needs of their patients.

FINANCIAL REVIEW

The charity was in a satisfactory financial position at 30 September 2025. The operational deficit on the general fund during the year was £52,330 (2024: surplus of £9,179).

As at 30 September 2025 total funds of £48,140 of which £4,818 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated funds representing the net book value of fixed assets were £361.

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 withdrawn. The average annual expenditure over the last 3 years (2023-2025 inclusive) is £137,646. This equates to a reserve level of £68,823. As at 30 September 2025 the level of reserves held by Sefton O.P.E.R.A. was £42,961, being unrestricted funds less the value of our fixed assets. Current reserves represent 62% of the reserves required to be held by the trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Sefton O.P.E.R.A.

Trustees Annual Report

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 6 members (6 in 2022), each of whom agrees to contribute £10 in the event of the charity winding up.

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 serving one third of trustees retires each year and is able to offer themselves for re-election.

The board of trustees administers the charity.

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.

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. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

V. Martlow
Company Secretary
20 March 2026



E.C. Crook
Trustee
20 March 2026



Sefton O.P.E.R.A.

Independent Examiners Report

Independent Examiner's Report to the trustees of Sefton O.P.E.R.A.

I report to the charity trustees on my examination of the financial statements of Sefton O.P.E.R.A. for the year ended 30 September 2025 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

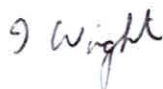
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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 financial statements to be reached.



Ian Wright
Chartered Accountant
Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG
20 March 2026

Sefton O.P.E.R.A.
Statement of Financial Activities
for the year ended 30 September 2025

		Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
	Notes				
Income and endowments from:					
Donations and legacies	4	23,418	54,932	78,350	107,810
Investments	5	3	-	3	22
Total		23,421	54,932	78,353	107,832
Expenditure on:					
Charitable activities	6	75,751	55,948	131,699	137,593
Total		75,751	55,948	131,699	137,593
Net gains on investments		-	-	-	-
Net expenditure	7	(52,330)	(1,016)	(53,346)	(29,761)
Transfers between funds		-	-	-	-
Net expenditure before other gains/(losses)		(52,330)	(1,016)	(53,346)	(29,761)
Other gains and losses					
Net movement in funds		(52,330)	(1,016)	(53,346)	(29,761)
Reconciliation of funds:					
Total funds brought forward		95,652	5,834	101,486	131,247
Total funds carried forward		43,322	4,818	48,140	101,486

Sefton O.P.E.R.A.**Balance Sheet**

at 30 September 2025

Company No. 03841119	Notes	2025 £	2024 £
Fixed assets			
Tangible assets	9	361	452
		<u>361</u>	<u>452</u>
Current assets			
Debtors	10	975	1,935
Cash at bank and in hand		47,974	99,399
		<u>48,949</u>	<u>101,334</u>
Creditors: Amount falling due within one year	11	(1,170)	(300)
		<u></u>	<u></u>
Net current assets		47,779	101,034
Total assets less current liabilities		<u>48,140</u>	<u>101,486</u>
Net assets excluding pension asset or liability		<u>48,140</u>	<u>101,486</u>
Total net assets		<u>48,140</u>	<u>101,486</u>
The funds of the charity			
Restricted funds			
Restricted income funds	12	4,818	5,834
		<u>4,818</u>	<u>5,834</u>
Unrestricted funds			
General funds	12	42,961	95,200
Designated funds		361	452
		<u>43,322</u>	<u>95,652</u>
Reserves	12		
		<u></u>	<u></u>
Total funds		<u>48,140</u>	<u>101,486</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2025 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 20 March 2026

And signed on its behalf by:

E.C. Crook
Trustee

20 March 2026



for the year ended 30 September 2025

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charity 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 functional currency used is the £ Sterling.

Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The functional currency used is the £ Sterling.

Preparation of the accounts on a going concern basis

At the time of approving the accounts, the trustees' have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. As such these accounts have been prepared under the going concern basis.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Sefton O.P.E.R.A.

Notes to the Accounts

Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Trade and other 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.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

Pension costs

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

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Income and endowments from:			
Donations and legacies	36,571	71,239	107,810
Investments	22	-	22
Total	36,593	71,239	107,832
Expenditure on:			
Charitable activities	27,529	110,064	137,593
Total	27,529	110,064	137,593
Net income	9,064	(38,825)	(29,761)
Net income before other gains/(losses)	9,064	(38,825)	(29,761)
Other gains and losses:			
Net movement in funds	9,064	(38,825)	(29,761)
Reconciliation of funds:			
Total funds brought forward	86,588	44,659	131,247
Total funds carried forward	95,652	5,834	101,486

4 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2025 £	Total 2024 £
Donations	20,303	-	20,303	19,753
Grants	3,115	54,932	58,047	88,057
	23,418	54,932	78,350	107,810

5 Income from investments

	Unrestricted £	Total 2025 £	Total 2024 £
Interest Receivable	3	3	22
	3	3	22

6 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
<i>Expenditure on charitable activities</i>				
The benefit of older persons in Sefton	111	9,471	9,582	19,092
<i>Admin costs</i>				
Employee costs	59,318	44,090	103,408	100,985
Motor and travel costs	2,510	-	2,510	636
Premises costs	4,873	2,387	7,260	6,985
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	91	-	91	115
General administrative costs	7,648	-	7,648	8,180
Legal and professional costs	1,200	-	1,200	1,600
	<u>75,751</u>	<u>55,948</u>	<u>131,699</u>	<u>137,593</u>

7 Net expenditure before transfers

	2025	2024
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	91	115

8 Staff costs

	2025	2024
Salaries and wages	94,098	87,696
Social security costs	3,663	8,223
Pension costs	5,647	5,066
	<u>103,408</u>	<u>100,985</u>

No employee received emoluments in excess of £60,000.

The average monthly number of full time equivalent employees during the year was as follows:

	2025 Number	2024 Number
Work with older people	<u>4</u>	<u>4</u>
	<u>4</u>	<u>4</u>

Sefton O.P.E.R.A.
Notes to the Accounts

9 Tangible fixed assets

	£	£	£
Cost or revaluation			
At 1 October 2024	16,233	9,311	25,544
At 30 September 2025	16,233	9,311	25,544
Depreciation and impairment			
At 1 October 2024	15,803	9,289	25,092
Depreciation charge for the year	86	5	91
At 30 September 2025	15,889	9,294	25,183
Net book values			
At 30 September 2025	344	17	361
At 30 September 2024	430	22	452

10 Debtors

	2025	2024
	£	£
Trade debtors	975	1,935
	975	1,935

11 Creditors:

amounts falling due within one year

	2025	2024
	£	£
Other taxes and social security	95	-
Other creditors	775	-
Accruals	300	300
	1,170	300

12 Movement in funds

	At 1 October 2024	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 30 September 2025 £
Restricted funds:					
Restricted income funds:					
Sefton MBC	-	21,112	(21,112)	-	-
The Duchy of Lancaster	-	1,800	(1,800)	-	-
Eleanor Rathbone	-	3,500	(3,104)	-	396
Elizabeth Rathbone	-	5,000	(4,567)	-	433
Hemby Trust	-	1,500	(1,058)	-	442
Albert Hunt	-	3,000	(2,387)	-	613
Burbo Bank	2,576	9,817	(12,393)	-	-
Sefton CVS Community Resilience	-	1,600	(1,331)	-	269
Heritage Lottery	1,400	-	(1,400)	-	-
Sefton CVS Warm Coat	-	6,000	(3,757)	-	2,243
Sefton CVS Warm Spaces	360	1,000	(938)	-	422
The Linacre 500	-	500	(500)	-	-
UK Shared Prosperity Fund	1,498	103	(1,601)	-	-
Total	5,834	54,932	(55,948)	-	4,818
Unrestricted funds:					
General funds	95,200	23,421	(75,751)	91	42,961
Designated funds:					
Fixed Asset Fund	452	-	-	(91)	361
Total	452	-	-	(91)	361
Total funds	101,486	78,353	(131,699)	-	48,140

Purposes and restrictions in relation to the funds:

Restricted funds:

Sefton MBC	Salaries
The Duchy of Lancaster	Training for volunteers and swimming sessions
Eleanor Rathbone	Core costs (including part salary)
Elizabeth Rathbone	Core costs (including part salary)
Hemby Trust	Core cost development worker
Albert Hunt	Running costs
Burbo Bank	Running costs
Sefton CVS Community Resilience	Beating loneliness together
Heritage Lottery	Running costs

Sefton O.P.E.R.A.

Notes to the Accounts

Sefton CVS Warm Coat	Warm coat project
Sefton CVS Warm Spaces	Warm spaces project
The Linacre 500	Community meals
UK Shared Prosperity Fund	Information Technology
Designated funds:	
Fixed Asset Fund	Replacement of fixed assets

13 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fixed assets	361	-	361
Net current assets	42,961	4,818	47,779
	<u>43,322</u>	<u>4,818</u>	<u>48,140</u>

14 Reconciliation of net cash / (net debt)

	At 1 October 2024	Cash flows	At 30 September 2025
	£	£	£
Cash and cash equivalents	99,399	(51,425)	47,974
	<u>99,399</u>	<u>(51,425)</u>	<u>47,974</u>
Net cash / (net debt)	<u>99,399</u>	<u>(51,425)</u>	<u>47,974</u>

FRS 102 requires an entity to report changes in net debt in the accounting period. Sefton O.P.E.R.A does not carry any debt or other borrowings and has a positive net cash position

15 Commitments

Pension commitments

	2025	2024
	£	£
The pension cost charge to the company amounted to:	<u>5,647</u>	<u>5,066</u>

16 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

SEFTON O.P.E.R.A.

England & Wales - Charity number 1086437

Accounts



Older Persons Enabling Resource & Action

**ANNUAL REPORT
YEAR END 30TH SEPT 2024**

**25 Years of
PUTTING PEOPLE FIRST**

CONTENTS

INTRODUCTION:

Aims and Objectives

The Report – Organisational Manager, Lifelong President and Chair Person

CONTENTS:

25 Years of Volunteering

25 Years of Awards The Impact of Volunteering

25 Years of Health & Wellbeing Activities

25 Years of Activities

25 Years of Putting People First

25 Years of Meeting The Needs Of Older People

Who We Are What We Do

FINANCE:

Trustees Accounts Annual Report

Charity, Bank, Trustee Details

Independent Examiners Report

Statement of Financial Activities

Balance Sheet

Accounting Policies



Aims and Objectives

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

Our Objective

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

Our Mission

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

Our Vision

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

Our Social Value

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

Quality Assurance

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

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

THE REPORT



Vikki Martlow
Organisational Manager

Vikki Martlow Organisational Manager reported: This year's report has concentrated on celebrating 25 years of service in the Sefton area. 25 years of Volunteering, 25 years of Putting People First, 25 years of Health & Wellbeing Services, this has been a great success for Sefton OPERA. From our initial 6-month programme we have grown and changed over the years always to fit the needs of the older persons of Sefton. We are still delivering our first projects which are hand massage sessions in a few Bootle nursing homes but even they have grown, to a variety of activities and now working throughout Sefton, now also providing inhouse and community-based activities and social inclusion trips reducing loneliness and isolation of those still living at home become a prevention before the need for nursing homes. I feel our success has always been having a great variety of volunteers who have a sense of pride knowing they are working in their own area improving health & wellbeing of their less fortunate neighbours, also listening to our service users and providing activities they want and need which gives them a feeling of being part of the community improving community cohesion reducing loneliness and isolation. This year we were lucky enough to have a celebration for our volunteers past and present it was lovely to see some of the past volunteers again bringing them back together with the new volunteers swapping stories and having fun feeling like the extended family that volunteers have always said that Sefton OPERA has always been. Volunteers have always been the backbone of the organisation, and I thank each and every one of them for the contribution they have made in making Sefton OPERA the great success it has been for 25 years.



Ann Mardell
Honorary Lifelong
President

Ann Mardell reported: Its congratulation all around to Sefton O.P.E.R.A. as last year we were lucky to celebrate 25 years as a charity organisation. It was in 1999 that I was given funding for a 6 months project. Fortunately, I was lucky to meet two experts in their field who helped me to develop our small project into an amazing organisation. Funding was then found for an administrator which was such a bonus as it was Vikki who came on aboard. Vikki has really worked hard and she eventually took over my job when I retired, that was 23 years ago. Sefton O.P.E.R.A. has developed far beyond expectations, it has been a front runner in bringing health and wellbeing to the over 50s in the Merseyside community, may it continue to do so in the future.



Cathy Crook
Chair Person

Cathy Crook reported: I was a spectator at a pamper session at one of the Sheltered Schemes in Southport recently. It truly was an eye opener the session delivered all it said it would: Calmness, peace and feeling involved. All the participants were delighted with the session all felt the benefit and were looking forward to the next visit. Staff and Opera volunteers made this feel good session just that. I cannot say how much I admire and respect the work carried out by Staff and Volunteers for keeping the Opera name to the forefront. They all do a great job. 2025 a landmark, 25 years serving the local community assisting the elderly and the vulnerable helping the lonely with group sessions, coach trips and the like.

Let's trust and hope OPERA is still around in 2050 to celebrate that landmark.

25 YEARS OF VOLUNTEERING

This year we have celebrated 25 years of volunteering, bringing together our current volunteers and some of our past volunteers who have moved on either to new employment or moving on for personal reasons but all of them being a vital member of the Sefton OPERA Team. Our volunteers have all made new friendships improved their own health & wellbeing and their social lives outside of Sefton OPERA. Many of our volunteers have been with us for over 10 years with 3 of the originals still volunteering with us today. The support they give us which has been invaluable to enable Sefton OPERA to keep providing the wide range of activities we provide. We believe that we retain our volunteers because they become part of the team, and extended family to each other by nurturing them we have built better stronger relationships and communities to be proud of, **THEY ARE THE BACKBONE OF SEFTON OPERA**. We started out with 2 volunteers and now have over 50 current volunteers, 400 volunteers over the past 25 years, some have moved on or moved away or unfortunately passed on but all have made a contribution to their own local community.

“Celebrating the work volunteers have done over the past 25 years providing programs that support people to live actively as engaged citizens improving health & wellbeing with voices that are heard, listened too and acted on to promote independence, good health and a culture of change in order to ensure older people are treated with dignity, respect and fairness, promoting wellbeing and active life-styles to reduce acute admission and prevent premature ageing and unnecessary admission to long term care (preventative rather than cure or treatment) better targeted early interventions that prevent or defer the need for more costly intensive support.” Extract from 20 year report



A few of Sefton OPERA'S volunteers



25 YEARS OF AWARDS THE IMPACT OF VOLUNTEERING

Sefton O.P.E.R.A has shown over the past 25 years that we have been in the forefront recognising the needs of the older persons and have established a very successful track record of accolades celebrating the fantastic work our volunteers and staff do for the local community.

25 YEARS OF AWARDS

1. 1999 to Date Basic Massages & Reiki
2. 2001 Borough of Sefton Awards
3. 2001 Outstanding Dedication as a Volunteer in Sefton Bob Forster, Ann Mardell
4. 2002 Women of Achievement Joan Wooliscroft
5. 2002 Nationwide Volunteer Award Ada Slater
6. 2003 National Mentoring Ward for a Quality Assured Service
7. 2004 Merseyside Women Making a Difference Award Ann Mardell
8. 2005 National Mentoring & Befriending Award
9. 2006 Spirit Of Merseyside Lifetime Achievements Award Ann Mardell
10. 2006 Unsung Heroes Award Ada Slater
11. 2006 Special Award from the NHS for contribution to the local hospital trust Fazakerley
12. 2010 Asdan
13. 2014 Queen Diamond Jubilee Volunteer Award Ada Slater
14. 2014 Unsung Hero Award Spirit Of Merseyside Bob Forster
15. 2015 TalkTalk Silver Surfer Digital Heroes Award Steve McGreal
16. 2015 Queen's Garden Party Buckingham Palace Ann Mardell
17. 2016 British National Citizenship Award Mike Bates
18. 2017 Citizens For Good Volunteering Award George Higgins
19. 2017 Armed Forces Award Bronze Covenant
20. 2017 Liverpool Older Peoples Award Sefton OPERA Outstanding Older Persons Initiative Award
21. 2017 Liverpool Older Peoples Award Bootle Belles Smile Award
22. 2018 Mentoring & Befreinding Approved Provider Award.
23. 2022 Citizens For Good Awards Volunteer of the Year Marie Richardson
24. 2022 Citizens 4 Good Mike Smithson, Viv Johnson, Dennis Johnson
25. 2024 Sefton At Work Employer Award



25 YEARS OF HEALTH & WELLBEING ACTIVITIES

25 years of providing health & wellbeing activities, improving both mental and physical health, reducing loneliness and isolation giving our older and most vulnerable people the opportunity and the skills to enable them to take ownership of their own health and wellbeing providing them a safe and secure environment to do so. Sefton OPERA have always been a preventative organisation rather than reactive, we believe by providing health and wellbeing activities at grassroots in local communities and providing people the skills and knowledge to enable them to help themselves, gives them a great chance of living a longer and a more proactive life. People are living longer this is now a known statistic but with people also having smaller families this is putting a strain on the already struggling system being an inverted triangle. This is why Sefton OPERA strive to not just provide activities but to provide the skills for people to improve their own health hence our mission statement since 1999 "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." If we are living longer (and we know we are) and with the inevitable cutbacks in our health care systems we need to take proactive action sooner rather than later in our own health needs, this is why we need a wide range of activities to support the ever changing needs of our 50 year olds as well as our 80 and 90 year olds, both groups having different needs and wants.

Sefton O.P.E.R.A is more and more aware of the links between loneliness, isolation and poor health and longer recovery times from injury from slips trips and falls, high blood pressure, chronic illness, heart disease, cancer, diabetes, depression which is also linked to higher incidents of dementia with one study reporting a doubled risk of Alzheimer's in lonely people compared with those who were not lonely, as a result of these health impacts lonely individuals tend to make more use of health and social care services and are more likely to have early admission to residential or nursing care (Combating Loneliness a Guide for Local Authorities). This is becoming a well-documented strain on the NHS & Health Service Providers, and why Sefton O.P.E.R.A are fighting so hard to keep their services running enabling people to help themselves to maintain and improve their own health. And we realise that early intervention is the key to the success of the long-term improvements of both physical and mental wellbeing, while ensuring good health and maintaining independence.



**We Provide over 100 Winter Warm
Emergency bags to old & vulnerable
people throughout Sefton**



25 YEARS OF ACTIVITIES

Sefton O.P.E.R.A started with a 6 month programme providing basic hand massages to the older persons in a handful of Bootle nursing homes in 1999. We still provide those same massage sessions but now on a weekly basis we provide a wide range of activities across Sefton from 4 Massage Sessions, 2 Chair Exercise Sessions, 2 entertainment sessions, Since then we have also added in our community drop in sessions 13 weekly sessions and 6 monthly sessions and 12 yearly social inclusion trips, days out or activities. Enabling those who were still living in their own homes can join in, attend groups, whilst making new friends, whilst getting involved in their own community, and improving their own health & wellbeing.

ACTIVITIES

- | | | | |
|---|---|---|--|
| 1. Pamper | 15. Floristry | 32. Open Doors One Stop Shop | 44. Covid Don't Be Lonely Cards & Information Services |
| 2. Smoking Cessation Mentors | 16. Peer Health Mentors | 33. Men Behaving Brilliantly | 45. Covid Activity Packs Puzzles, Quizzes, Crafts. |
| 3. Tai Chi | 17. Computers | 34. Walking Group | 46. WhatsApp Lockdown Support Groups |
| 4. Meditation | 18. Digital Cameras | 35. Institches | 47. First Touch Computers Facetime/Zoom etc |
| 5. 50+ Learn Swimming x4 | 19. Eating Well Mentors | 36. Never Too Late Women's Healthy Living Group | 48. Covid Outdoor Entertaining Sessions |
| 6. Entertainment and Sing a Long (Memory Lane Duo, Days Gone Bye, Remember When Band) | 20. Stress Busting | 37. Keep Warm Keep Well | 49. Covid Outdoor Tai Chi & Chair Sessions |
| 7. History Group | 21. Falls Program | 38. Beat the January Blues | 50. Sefton OPERETTES |
| 8. Skills Transfer Training the carers | 22. Youth Project (Asdan) | 39. Winter Warm Packs | 51. History Walking Group |
| 9. Intergenerational Bridging the Gap Computers | 23. Youth Forum | 40. Beating Loneliness Together | 52. Warm Hubs |
| 10. Intergenerational pamper | 24. Jamming Sessions | 41. Music Bill Thomas & Eddie Dunn | 53. Warm Coat Scheme |
| 11. Chair Exercises | 25. Drop in Pamper | 42. Covid Emergency Prescription Pickup & Essentials Deliveries | |
| 12. Befriending Service | 26. Drop In Chair | 43. Covid Keeping Connected Calls | |
| 13. Family Tree | 27. Card Craft | | |
| 14. Art, Craft | 28. Zumba | | |
| | 29. T-Dances Bootle Cricket, Guild Hall & Atkinson Centre | | |
| | 30. Bootle Belles | | |
| | 31. Social Inclusion Days Out | | |

25 YEARS OF PUTTING PEOPLE FIRST

Sefton OPERA Older Persons Enabling Resource & Action was set up in 1999, after the review of the Government Green Paper “ Our Healthier Nation” in 1998 local authority, health promotions and other local agencies formed to provide health initiatives to evaluate the needs of older persons health and wellbeing and identify their needs to enable them to live a healthier life enabling them to continue to contribute to their local community

Starting with a 6-month project in Bootle evaluating the health needs of older people, the organisation began with the ideology that exercise, and wellbeing activities would encourage mental and physical healthier participants to contribute more in the local community. Giving them a sense of worth, as a valued part of the community get and stay healthier, thereafter having a less need or crutch on local NHS services.

Going directly to sheltered and nursing homes using health and wellbeing activities as a doorstep service for older persons who often feel neglected, afraid to go out helped with the first steps on their way to a healthier and a more productive ageing life, Sefton OPERA became their extended family and the important social connections with the outside world. Then by developing our inhouse and community-based health and wellbeing activities we encourage them and those still living at home to attend with the idea that earlier intervention would then decrease the need for them to rely on costly nursing and sheltered home systems.

“Sefton O.P.E.R.A went on to develop new pioneering initiatives and imaginative ways of responding to local needs, through policy and best practice using the National Service Framework for Older People (NSFOP) gaining a high profile and professional reputation in a relaxed voluntary organisation. As Sefton O.P.E.R.A was expanding and as always reforming its ethos aims and objectives to suit the ever-changing needs of the clientele. With our ageing community our services fit with the Government 5-year white paper “Our Health Our Care Our Say”.” Extract from our 20 year report

We are an ageing population with all the additional health factors since Covid, we need to encourage people to obtain healthier lifestyles to enable them to not be living in pain or suffering when they are older and vulnerable.



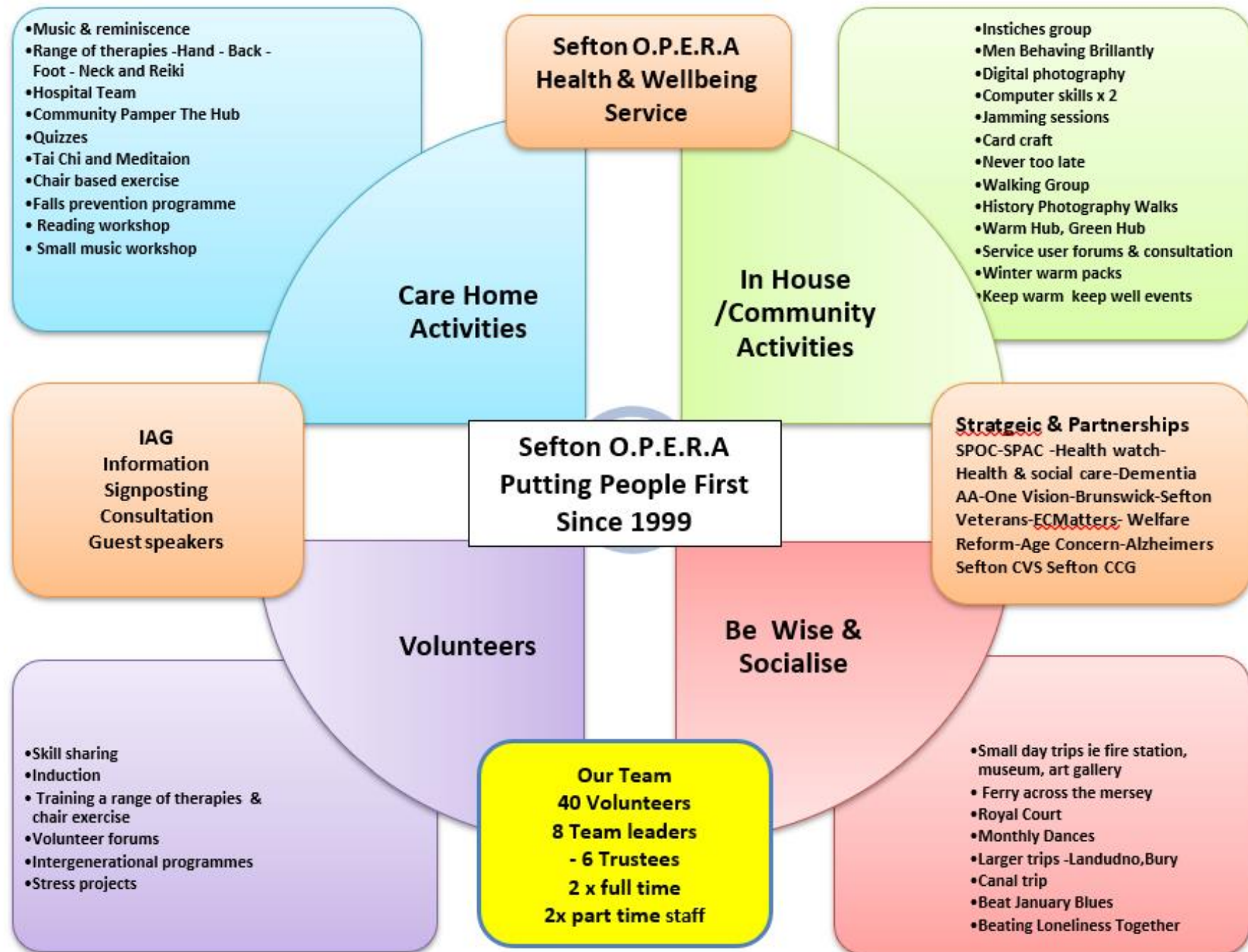
25 YEARS OF MEETING THE NEEDS OF OLDER PEOPLE

Sefton OPERA have been meeting the needs of the older persons of Sefton since 1999, we have always been a grass roots organisation working in our local community. Sefton has a very unique demographic taking 40 minutes to drive from one end to the other; by keeping volunteers working in their own local communities, we have been able to keep providing activities needed for their own local area. We have a vast demographic area with variant affluence all needing different health & wellbeing activities, by keeping volunteers working in their own areas keeps us up to date with the ever-changing needs of the area keeping us a grassroots community organisation. With these established links we have a vast array of knowledge and through evaluations and research and by having community lead activities ensures that activities we provide are what is needed in the local area rather than us supplying activities from the organisation down. This is why we have had over 50 activities since the start of the organisation changing and adapting to the needs of the local older vulnerable persons improving health & wellbeing, reducing loneliness and isolation, giving people the tools to help them improve their own physical and mental health.

The National Clinical Director for Older People and Person Centred Integrated Care discussed the crucial importance of the NHS RightCare Frailty Toolkit published in 2019: Following publication of the NHS Long Term Plan in January 2019, which announced a significant change of emphasis towards developing primary and community services focused on improving the care offer the NHS makes to older people in their homes and communities. In doing so targeting investment over the next five years specifically on three linked community delivered services all of which are designed to support older people as part of a national Ageing Well Programme. The clear intent is to provide services to people which meet their needs and which makes sense to them so that they get the care they need at the right time and in the right place. The offer comprises a proactive approach to supporting people living with frailty, enhancing health support, and providing urgent community care responses to both reduce the need for people to receive care in hospital and to support them to leave hospital earlier. And In 2019 Public Health England, said by **2022 there will be 700,000 fewer people aged 16 to 49, but 3.7 million more people aged 50 to State Pension age**, quoting "Being able to stay healthy in later life is a crucial issue for all of us". Sefton O.P.E.R.A's ethos has been to improve care and support enabling older people to look after their own health for over 25 years, so once again we are ahead of the game. (This was taken from our 20 year report but is still very relevant today)



WHO WE ARE WHAT WE DO



FINANCE Objectives and Activities

Sefton O.P.E.R.A.

Trustees Annual Report

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

Last year we concentrated our AGM Report on the volunteers and their achievement, this year we have concentrated our report on our members, the older and vulnerable people who attend our activities, by providing grass roots activities in their own local areas encourages them to become regular members.

Regular attendance to the Health & Wellbeing sessions that Sefton OPERA provide improving both physical and mental health reducing loneliness and isolation and the additional knock-on effects that this has on their health, and by providing a safe and secure place to meet likeminded people supporting each other, and by giving them the skills needed to improve their own health and wellbeing, gives them a purpose and a feeling of being part of their own community again.

Studies show regular attendance to social inclusion activities can improve loneliness, anxiety, depression, stress, dementia, and boost mental wellbeing reduce negative feelings and dejection, and regular attendance to gentle physical activities can improve breathing, balance, reduce falls, increase blood flow, lubricate joints, strengthen muscles, reducing arthritis pain and swelling, reduce blood pressure and cholesterol. Which reduces illnesses such as stroke, heart disease, type 2 diabetes and improves quality of life lowering the risk of dementia. This all has the knock on effect of reducing unnecessary Drs and hospital appointments in a time when the NHS is already struggling to keep up with the needs of their patients.

FINANCIAL REVIEW

The charity was in a satisfactory financial position at 30 September 2024. The operational surplus on the general fund during the year was £9,179 (2023: surplus of £5,863).

As at 30 September 2024 total funds of £101,486 of which £5,834 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated funds representing the net book value of fixed assets were £452.

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 withdrawn. The average annual expenditure over the last 3 years (2022-2024 inclusive) is £143,528. This equates to a reserve level of £71,764. As at 30 September 2024 the level of reserves held by Sefton O.P.E.R.A. was £95,200, being unrestricted funds less the value of our fixed assets. Current reserves represent 132% of the reserves required to be held by the trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

FINANCE Structure Governance & Management

Sefton O.P.E.R.A.

Trustees Annual Report

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 6 members (6 in 2022), each of whom agrees to contribute £10 in the event of the charity winding up.

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 serving one third of trustees retires each year and is able to offer themselves for re-election.

The board of trustees administers the charity.

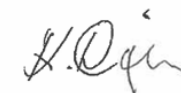
None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity and any client or supplier is disclosed to the full board of trustees in the same way as any other contractual relationship with a related party.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

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. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

V. Martlow
Company Secretary
29 May 2025



K. Dixon
Trustee
29 May 2025

FINANCE Trustees Responsibilities

Sefton O.P.E.R.A.
Trustees Annual Report

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, herein present their report with the unaudited financial statements of the charity for the year ended 30 September 2024.

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, the Companies Act 2006 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 03841119

Charity No. 1086437

Registered Office

St Matthews Community 200
410 Stanley Road
Bootle
L20 5AE

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M.J. Bates
E.C. Crook
K. Dixon
R.J. Forster
M. Richardson
S. Shrimpton

Company Secretary

V. Martlow

Accountants

Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG

OBJECTIVES AND ACTIVITIES

FINANCE Independent Examiners Report

Sefton O.P.E.R.A.
Independent Examiners Report

Independent Examiner's Report to the trustees of Sefton O.P.E.R.A.

I report to the charity trustees on my examination of the financial statements of Sefton O.P.E.R.A. for the year ended 30 September 2024 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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 financial statements to be reached.



Ian Wright
Chartered Accountant
Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG
29 May 2025

FINANCE Statement of Financial Activities

Sefton O.P.E.R.A.
Statement of Financial Activities
for the year ended 30 September 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:					
Donations and legacies	4	36,571	71,239	107,810	148,521
Investments	5	22	-	22	20
Total		36,593	71,239	107,832	148,541
Expenditure on:					
Charitable activities	6	27,529	110,064	137,593	143,647
Total		27,529	110,064	137,593	143,647
Net gains on investments		-	-	-	-
Net (expenditure)/income	7	9,064	(38,825)	(29,761)	4,894
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		9,064	(38,825)	(29,761)	4,894
Other gains and losses					
Net movement in funds		9,064	(38,825)	(29,761)	4,894
Reconciliation of funds:					
Total funds brought forward		86,588	44,659	131,247	126,353
Total funds carried forward		95,652	5,834	101,486	131,247

FINANCE Balance Sheet

Sefton O.P.E.R.A.
Balance Sheet
at 30 September 2024

Company No.	03841119	Notes	2024	2023
			£	£
Fixed assets				
Tangible assets	9	452		567
		452		567
Current assets				
Debtors	10	1,935		924
Cash at bank and in hand		99,399		130,794
		101,334		131,718
Creditors: Amount falling due within one year	11	(300)		(1,038)
Net current assets		101,034		130,680
Total assets less current liabilities		101,486		131,247
Net assets excluding pension asset or liability		101,486		131,247
Total net assets		101,486		131,247
The funds of the charity				
Restricted funds				
Restricted income funds	12	5,834		44,659
		5,834		44,659
Unrestricted funds				
General funds	12	95,200		86,021
Designated funds		452		567
		95,652		86,588
Reserves				
Total funds		101,486		131,247

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 29 May 2025

And signed on its behalf by:



K. Dixon
Trustee
29 May 2025

FINANCE Accounting Policies

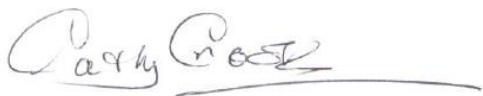
These summarized accounts are an extract from the statutory annual report and accounts of Sefton O.P.E.R.A (Older Persons Enabling Resource & Action) for the financial year ended 30th September 2024 and which have been Independently Examined by Sefton CVS (Council for Voluntary Services) Community Accountants.

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 2024.

The full annual accounts and Trustees report of the charity were approved by the Trustees and signed on their behalf on 29th May 2025. They will be submitted to the Charity Commission and Companies House by 30th June 2025.

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

29th May 2025

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

Awards For All	Big Lottery	Burbo Bank
Charles Brotheren	Heritage Lottery	Masonic
PH Holt	Sefton Council	UK SPF
Sefton CVS Living Well Sefton, Warm Space, Winter Support, Workplace Wellbeing		



**Older Person Project
Putting People First**

St Matthews Church
410 Stanley Road
Bootle, L20 5AE

Main Telephone: 0151 330 0479
Mobile: 07452 867 648
Email: admin@seftonopera.org.uk

Website: www.sefton-opera.org.uk

Company Registration No: 3841119
Charity Registration No: 1086437

Sefton O.P.E.R.A.

Charity No. 1086437

Company No. 03841119

Trustees' Report and Unaudited Accounts

30 September 2024

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

	Pages
Trustees' Annual Report	2 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Accounts	8 to 16

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, herein present their report with the unaudited financial statements of the charity for the year ended 30 September 2024.

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, the Companies Act 2006 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 03841119

Charity No. 1086437

Registered Office

St Matthews Community 200
410 Stanley Road
Bootle
L20 5AE

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M.J. Bates
E.C. Crook
K. Dixon
R.J. Forster
M. Richardson
S. Shrimpton

Company Secretary

V. Martlow

Accountants

Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG

OBJECTIVES AND ACTIVITIES

Sefton O.P.E.R.A.

Trustees Annual Report

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

Last year we concentrated our AGM Report on the volunteers and their achievement, this year we have concentrated our report on our members, the older and vulnerable people who attend our activities, by providing grass roots activities in their own local areas encourages them to become regular members.

Regular attendance to the Health & Wellbeing sessions that Sefton OPERA provide improving both physical and mental health reducing loneliness and isolation and the additional knock-on effects that this has on their health, and by providing a safe and secure place to meet likeminded people supporting each other, and by giving them the skills needed to improve their own health and wellbeing, gives them a purpose and a feeling of being part of their own community again.

Studies show regular attendance to social inclusion activities can improve loneliness, anxiety, depression, stress, dementia, and boost mental wellbeing reduce negative feelings and dejection, and regular attendance to gentle physical activities can improve breathing, balance, reduce falls, increase blood flow, lubricate joints, strengthen muscles, reducing arthritis pain and swelling, reduce blood pressure and cholesterol. Which reduces illnesses such as stroke, heart disease, type 2 diabetes and improves quality of life lowering the risk of dementia. This all has the knock on effect of reducing unnecessary Drs and hospital appointments in a time when the NHS is already struggling to keep up with the needs of their patients.

FINANCIAL REVIEW

The charity was in a satisfactory financial position at 30 September 2024. The operational surplus on the general fund during the year was £9,179 (2023: surplus of £5,863).

As at 30 September 2024 total funds of £101,486 of which £5,834 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated funds representing the net book value of fixed assets were £452.

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 withdrawn. The average annual expenditure over the last 3 years (2022-2024 inclusive) is £143,528. This equates to a reserve level of £71,764. As at 30 September 2024 the level of reserves held by Sefton O.P.E.R.A. was £95,200, being unrestricted funds less the value of our fixed assets. Current reserves represent 132% of the reserves required to be held by the trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Sefton O.P.E.R.A.

Trustees Annual Report

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 6 members (6 in 2022), each of whom agrees to contribute £10 in the event of the charity winding up.

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 serving one third of trustees retires each year and is able to offer themselves for re-election.

The board of trustees administers the charity.

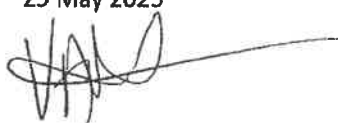
None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity and any client or supplier is disclosed to the full board of trustees in the same way as any other contractual relationship with a related party.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

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. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

V. Martlow
Company Secretary
29 May 2025



K. Dixon
Trustee
29 May 2025

Sefton O.P.E.R.A.

Independent Examiners Report

Independent Examiner's Report to the trustees of Sefton O.P.E.R.A.

I report to the charity trustees on my examination of the financial statements of Sefton O.P.E.R.A. for the year ended 30 September 2024 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

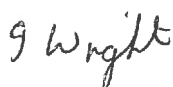
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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 financial statements to be reached.



Ian Wright
Chartered Accountant
Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG
29 May 2025

Sefton O.P.E.R.A.
Statement of Financial Activities
for the year ended 30 September 2024

	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income and endowments from:					
Donations and legacies	4	36,571	71,239	107,810	148,521
Investments	5	22	-	22	20
Total		36,593	71,239	107,832	148,541
Expenditure on:					
Charitable activities	6	27,529	110,064	137,593	143,647
Total		27,529	110,064	137,593	143,647
Net gains on investments		-	-	-	-
Net (expenditure)/income	7	9,064	(38,825)	(29,761)	4,894
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		9,064	(38,825)	(29,761)	4,894
Other gains and losses					
Net movement in funds		9,064	(38,825)	(29,761)	4,894
Reconciliation of funds:					
Total funds brought forward		86,588	44,659	131,247	126,353
Total funds carried forward		95,652	5,834	101,486	131,247

Sefton O.P.E.R.A.

Balance Sheet

at 30 September 2024

Company No. 03841119	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	9	452	567
		<u>452</u>	<u>567</u>
Current assets			
Debtors	10	1,935	924
Cash at bank and in hand		99,399	130,794
		<u>101,334</u>	<u>131,718</u>
Creditors: Amount falling due within one year	11	(300)	(1,038)
Net current assets		<u>101,034</u>	<u>130,680</u>
Total assets less current liabilities		<u>101,486</u>	<u>131,247</u>
Net assets excluding pension asset or liability		<u>101,486</u>	<u>131,247</u>
Total net assets		<u>101,486</u>	<u>131,247</u>
The funds of the charity			
Restricted funds	12		
Restricted income funds		5,834	44,659
		<u>5,834</u>	<u>44,659</u>
Unrestricted funds	12		
General funds		95,200	86,021
Designated funds		452	567
		<u>95,652</u>	<u>86,588</u>
Reserves	12		
Total funds		<u>101,486</u>	<u>131,247</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 29 May 2025

And signed on its behalf by:



K. Dixon

Trustee

29 May 2025

for the year ended 30 September 2024

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charity 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 functional currency used is the £ Sterling.

Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The functional currency used is the £ Sterling.

Preparation of the accounts on a going concern basis

At the time of approving the accounts, the trustees' have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. As such these accounts have been prepared under the going concern basis.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Sefton O.P.E.R.A.
Notes to the Accounts

Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in Income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

Trade and other 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.

Notes to the Accounts

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

Pension costs

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

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income and endowments from:			
Donations and legacies	19,283	129,238	148,521
Investments	20	-	20
Total	19,303	129,238	148,541
Expenditure on:			
Charitable activities	13,440	130,207	143,647
Total	13,440	130,207	143,647
Net income	5,863	(969)	4,894
Net income before other gains/(losses)	5,863	(969)	4,894
Other gains and losses:			
Net movement in funds	5,863	(969)	4,894
Reconciliation of funds:			
Total funds brought forward	80,725	45,628	126,353
Total funds carried forward	86,588	44,659	131,247

4 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
Donations	19,753	-	19,753	19,308
Grants	16,818	71,239	88,057	129,213
	36,571	71,239	107,810	148,521

5 Income from investments

	Unrestricted £	Total 2024 £	Total 2023 £
Interest Receivable	22	22	20
	22	22	20

6 Expenditure on charitable activities

	Unrestricted	Restricted	Total	Total
			2024	2023
	£	£	£	£
<i>Expenditure on charitable activities</i>				
The benefit of older persons in Sefton	19,335	101,378	120,713	125,646
<i>Admin costs</i>				
Premises costs	909	6,076	6,985	6,624
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	115	-	115	144
General administrative costs	5,570	2,610	8,180	9,733
Legal and professional costs	1,600	-	1,600	1,500
	<u>27,529</u>	<u>110,064</u>	<u>137,593</u>	<u>143,647</u>

7 Net (expenditure)/income before transfers

	2024	2023
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	115	144

8 Staff costs

	2024	2023
Salaries and wages	87,696	84,149
Social security costs	8,223	5,192
Pension costs	5,066	5,049
	<u>100,985</u>	<u>94,390</u>

No employee received emoluments in excess of £60,000.

9 Tangible fixed assets

	£	£	£
Cost or revaluation			
At 1 October 2023	16,233	9,311	25,544
At 30 September 2024	<u>16,233</u>	<u>9,311</u>	<u>25,544</u>
Depreciation and impairment			
At 1 October 2023	15,696	9,281	24,977
Depreciation charge for the year	107	8	115
At 30 September 2024	<u>15,803</u>	<u>9,289</u>	<u>25,092</u>
Net book values			
At 30 September 2024	<u>430</u>	<u>22</u>	<u>452</u>
At 30 September 2023	<u>537</u>	<u>30</u>	<u>567</u>

**Sefton O.P.E.R.A.
Notes to the Accounts**

10 Debtors

	2024	2023
	£	£
Trade debtors	1,935	342
Prepayments and accrued income	-	582
	<u>1,935</u>	<u>924</u>

11 Creditors:

amounts falling due within one year

	2024	2023
	£	£
Other creditors	-	738
Accruals	300	300
	<u>300</u>	<u>1,038</u>

12 Movement in funds

	At 1 October 2023	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 30 September 2024 £
Restricted funds:					
Restricted income funds:					
Sefton MBC	8,343	21,113	(29,456)	-	-
The Big Lottery	11,212	19,872	(31,084)	-	-
Green	1,542	-	(1,542)	-	-
Albert Hunt	-	3,000	(3,000)	-	-
Burbo Bank	-	3,272	(696)	-	2,576
Neighbourly Fund	1,271	-	(1,271)	-	-
P H Holt	-	5,000	(5,000)	-	-
Onward Group	3,087	-	(3,087)	-	-
Charles Brotherton	225	-	(225)	-	-
Awards For All	9,550	-	(9,550)	-	-
Heritage Lottery	-	1,400	-	-	1,400
Sefton CVS Warm Coat	466	-	(466)	-	-
Sefton CVS Warm Spaces	2,789	2,000	(4,429)	-	360
Sefton CVS Welcome Spaces	1,250	-	(1,250)	-	-
Sefton CVS Winter Support	-	4,276	(4,276)	-	-
UK Shared Prosperity Fund	1,240	2,868	(2,610)	-	1,498
John Moores Foundation	3,684	-	(3,684)	-	-
Masonic	-	5,000	(5,000)	-	-
Living Well Sefton	-	2,100	(2,100)	-	-
SCVS Workplace Wellbeing	-	1,338	(1,338)	-	-
Total	44,659	71,239	(110,064)	-	5,834
Unrestricted funds:					
General funds					
	86,021	36,593	(27,529)	115	95,200
Designated funds:					
Fixed Asset Fund	567	-	-	(115)	452
Total	567	-	-	(115)	452
Total funds	131,247	107,832	(137,593)	-	101,486

Purposes and restrictions in relation to the funds:

Restricted funds:

Sefton MBC	Salaries
The Big Lottery	Salaries, running costs, projects, activities and volunteers' expenses
Green	Running costs
Albert Hunt	Running costs

Sefton O.P.E.R.A.

Notes to the Accounts

Burbo Bank	Running costs
Neighbourly Fund	Running costs
P H Holt	Running costs
Onward Group	Running costs
Charles Brotherton	Running costs
Awards For All	Running costs
Heritage Lottery	Running costs
Sefton CVS Warm Coat	Warm Coat project
Sefton CVS Warm Spaces	Warm Spaces project
Sefton CVS Welcome Spaces	Welcome Spaces project
Sefton CVS Winter Support	Winter Support project
UK Shared Prosperity Fund	Information Technology
John Moores Foundation	Salaries
Masonic	Salaries
Living Well Sefton	Running costs
SCVS Workplace Wellbeing	Workplace Wellbeing project
Designated funds:	
Fixed Asset Fund	Replacement of fixed assets

13 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Fixed assets	452	452
Net current assets	101,034	101,034
	<u>101,486</u>	<u>101,486</u>

14 Reconciliation of net cash / (net debt)

	At 1 October 2023	Cash flows	At 30 September 2024
	£	£	£
Cash and cash equivalents	130,794	(31,395)	99,399
	<u>130,794</u>	<u>(31,395)</u>	<u>99,399</u>
Net cash / (net debt)	<u>130,794</u>	<u>(31,395)</u>	<u>99,399</u>

FRS 102 requires an entity to report changes in net debt in the accounting period. Sefton O.P.E.R.A does not carry any debt or other borrowings and has a positive net cash position

15 Commitments

Pension commitments

	2024	2023
	£	£
The pension cost charge to the company amounted to:	<u>5,066</u>	<u>5,049</u>

Sefton O.P.E.R.A.

Notes to the Accounts

16 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Sefton O.P.E.R.A.

Charity No. 1086437

Company No. 03841119

Trustees' Report and Unaudited Accounts

30 September 2024

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

	Pages
Trustees' Annual Report	2 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Balance Sheet	7
Notes to the Accounts	8 to 16

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, herein present their report with the unaudited financial statements of the charity for the year ended 30 September 2024.

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, the Companies Act 2006 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 03841119

Charity No. 1086437

Registered Office

St Matthews Community 200
410 Stanley Road
Bootle
L20 5AE

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M.J. Bates
E.C. Crook
K. Dixon
R.J. Forster
M. Richardson
S. Shrimpton

Company Secretary

V. Martlow

Accountants

Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG

OBJECTIVES AND ACTIVITIES

Sefton O.P.E.R.A.

Trustees Annual Report

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

Last year we concentrated our AGM Report on the volunteers and their achievement, this year we have concentrated our report on our members, the older and vulnerable people who attend our activities, by providing grass roots activities in their own local areas encourages them to become regular members.

Regular attendance to the Health & Wellbeing sessions that Sefton OPERA provide improving both physical and mental health reducing loneliness and isolation and the additional knock-on effects that this has on their health, and by providing a safe and secure place to meet likeminded people supporting each other, and by giving them the skills needed to improve their own health and wellbeing, gives them a purpose and a feeling of being part of their own community again.

Studies show regular attendance to social inclusion activities can improve loneliness, anxiety, depression, stress, dementia, and boost mental wellbeing reduce negative feelings and dejection, and regular attendance to gentle physical activities can improve breathing, balance, reduce falls, increase blood flow, lubricate joints, strengthen muscles, reducing arthritis pain and swelling, reduce blood pressure and cholesterol. Which reduces illnesses such as stroke, heart disease, type 2 diabetes and improves quality of life lowering the risk of dementia. This all has the knock on effect of reducing unnecessary Drs and hospital appointments in a time when the NHS is already struggling to keep up with the needs of their patients.

FINANCIAL REVIEW

The charity was in a satisfactory financial position at 30 September 2024. The operational surplus on the general fund during the year was £9,179 (2023: surplus of £5,863).

As at 30 September 2024 total funds of £101,486 of which £5,834 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated funds representing the net book value of fixed assets were £452.

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 withdrawn. The average annual expenditure over the last 3 years (2022-2024 inclusive) is £143,528. This equates to a reserve level of £71,764. As at 30 September 2024 the level of reserves held by Sefton O.P.E.R.A. was £95,200, being unrestricted funds less the value of our fixed assets. Current reserves represent 132% of the reserves required to be held by the trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Sefton O.P.E.R.A.

Trustees Annual Report

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 6 members (6 in 2022), each of whom agrees to contribute £10 in the event of the charity winding up.

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 serving one third of trustees retires each year and is able to offer themselves for re-election.

The board of trustees administers the charity.

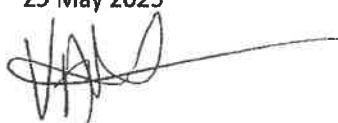
None of our trustees receive remuneration or other benefit from their work with the charity. Any connection between a trustee or senior manager of the charity and any client or supplier is disclosed to the full board of trustees in the same way as any other contractual relationship with a related party.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

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. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

V. Martlow
Company Secretary
29 May 2025



K. Dixon
Trustee
29 May 2025

Sefton O.P.E.R.A.

Independent Examiners Report

Independent Examiner's Report to the trustees of Sefton O.P.E.R.A.

I report to the charity trustees on my examination of the financial statements of Sefton O.P.E.R.A. for the year ended 30 September 2024 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

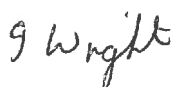
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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 financial statements to be reached.



Ian Wright
Chartered Accountant
Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG
29 May 2025

Sefton O.P.E.R.A.
Statement of Financial Activities
for the year ended 30 September 2024

		Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
	Notes				
Income and endowments from:					
Donations and legacies	4	36,571	71,239	107,810	148,521
Investments	5	22	-	22	20
Total		36,593	71,239	107,832	148,541
Expenditure on:					
Charitable activities	6	27,529	110,064	137,593	143,647
Total		27,529	110,064	137,593	143,647
Net gains on investments		-	-	-	-
Net (expenditure)/income	7	9,064	(38,825)	(29,761)	4,894
Transfers between funds		-	-	-	-
Net (expenditure)/income before other gains/(losses)		9,064	(38,825)	(29,761)	4,894
Other gains and losses					
Net movement in funds		9,064	(38,825)	(29,761)	4,894
Reconciliation of funds:					
Total funds brought forward		86,588	44,659	131,247	126,353
Total funds carried forward		95,652	5,834	101,486	131,247

Sefton O.P.E.R.A.

Balance Sheet

at 30 September 2024

Company No. 03841119	Notes	2024 £	2023 £
Fixed assets			
Tangible assets	9	452	567
		<u>452</u>	<u>567</u>
Current assets			
Debtors	10	1,935	924
Cash at bank and in hand		99,399	130,794
		<u>101,334</u>	<u>131,718</u>
Creditors: Amount falling due within one year	11	(300)	(1,038)
Net current assets		<u>101,034</u>	<u>130,680</u>
Total assets less current liabilities		<u>101,486</u>	<u>131,247</u>
Net assets excluding pension asset or liability		<u>101,486</u>	<u>131,247</u>
Total net assets		<u>101,486</u>	<u>131,247</u>
The funds of the charity			
Restricted funds	12		
Restricted income funds		5,834	44,659
		<u>5,834</u>	<u>44,659</u>
Unrestricted funds	12		
General funds		95,200	86,021
Designated funds		452	567
		<u>95,652</u>	<u>86,588</u>
Reserves	12		
Total funds		<u>101,486</u>	<u>131,247</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2024 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 29 May 2025

And signed on its behalf by:



K. Dixon

Trustee

29 May 2025

for the year ended 30 September 2024

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charity 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 functional currency used is the £ Sterling.

Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The functional currency used is the £ Sterling.

Preparation of the accounts on a going concern basis

At the time of approving the accounts, the trustees' have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. As such these accounts have been prepared under the going concern basis.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Sefton O.P.E.R.A.
Notes to the Accounts

Income

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in Income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

Trade and other 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.

Notes to the Accounts

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

Pension costs

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

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Statement of Financial Activities - prior year

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £
Income and endowments from:			
Donations and legacies	19,283	129,238	148,521
Investments	20	-	20
Total	19,303	129,238	148,541
Expenditure on:			
Charitable activities	13,440	130,207	143,647
Total	13,440	130,207	143,647
Net income	5,863	(969)	4,894
Net income before other gains/(losses)	5,863	(969)	4,894
Other gains and losses:			
Net movement in funds	5,863	(969)	4,894
Reconciliation of funds:			
Total funds brought forward	80,725	45,628	126,353
Total funds carried forward	86,588	44,659	131,247

4 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2024 £	Total 2023 £
Donations	19,753	-	19,753	19,308
Grants	16,818	71,239	88,057	129,213
	36,571	71,239	107,810	148,521

5 Income from investments

	Unrestricted £	Total 2024 £	Total 2023 £
Interest Receivable	22	22	20
	22	22	20

6 Expenditure on charitable activities

	Unrestricted	Restricted	Total	Total
			2024	2023
	£	£	£	£
<i>Expenditure on charitable activities</i>				
The benefit of older persons in Sefton	19,335	101,378	120,713	125,646
<i>Admin costs</i>				
Premises costs	909	6,076	6,985	6,624
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	115	-	115	144
General administrative costs	5,570	2,610	8,180	9,733
Legal and professional costs	1,600	-	1,600	1,500
	<u>27,529</u>	<u>110,064</u>	<u>137,593</u>	<u>143,647</u>

7 Net (expenditure)/income before transfers

	2024	2023
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	115	144

8 Staff costs

	2024	2023
Salaries and wages	87,696	84,149
Social security costs	8,223	5,192
Pension costs	5,066	5,049
	<u>100,985</u>	<u>94,390</u>

No employee received emoluments in excess of £60,000.

9 Tangible fixed assets

	£	£	£
Cost or revaluation			
At 1 October 2023	16,233	9,311	25,544
At 30 September 2024	<u>16,233</u>	<u>9,311</u>	<u>25,544</u>
Depreciation and impairment			
At 1 October 2023	15,696	9,281	24,977
Depreciation charge for the year	107	8	115
At 30 September 2024	<u>15,803</u>	<u>9,289</u>	<u>25,092</u>
Net book values			
At 30 September 2024	<u>430</u>	<u>22</u>	<u>452</u>
At 30 September 2023	<u>537</u>	<u>30</u>	<u>567</u>

**Sefton O.P.E.R.A.
Notes to the Accounts**

10 Debtors

	2024	2023
	£	£
Trade debtors	1,935	342
Prepayments and accrued income	-	582
	<u>1,935</u>	<u>924</u>

11 Creditors:

amounts falling due within one year

	2024	2023
	£	£
Other creditors	-	738
Accruals	300	300
	<u>300</u>	<u>1,038</u>

12 Movement in funds

	At 1 October 2023	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 30 September 2024 £
Restricted funds:					
Restricted income funds:					
Sefton MBC	8,343	21,113	(29,456)	-	-
The Big Lottery	11,212	19,872	(31,084)	-	-
Green	1,542	-	(1,542)	-	-
Albert Hunt	-	3,000	(3,000)	-	-
Burbo Bank	-	3,272	(696)	-	2,576
Neighbourly Fund	1,271	-	(1,271)	-	-
P H Holt	-	5,000	(5,000)	-	-
Onward Group	3,087	-	(3,087)	-	-
Charles Brotherton	225	-	(225)	-	-
Awards For All	9,550	-	(9,550)	-	-
Heritage Lottery	-	1,400	-	-	1,400
Sefton CVS Warm Coat	466	-	(466)	-	-
Sefton CVS Warm Spaces	2,789	2,000	(4,429)	-	360
Sefton CVS Welcome Spaces	1,250	-	(1,250)	-	-
Sefton CVS Winter Support	-	4,276	(4,276)	-	-
UK Shared Prosperity Fund	1,240	2,868	(2,610)	-	1,498
John Moores Foundation	3,684	-	(3,684)	-	-
Masonic	-	5,000	(5,000)	-	-
Living Well Sefton	-	2,100	(2,100)	-	-
SCVS Workplace Wellbeing	-	1,338	(1,338)	-	-
Total	44,659	71,239	(110,064)	-	5,834
Unrestricted funds:					
General funds					
	86,021	36,593	(27,529)	115	95,200
Designated funds:					
Fixed Asset Fund	567	-	-	(115)	452
Total	567	-	-	(115)	452
Total funds	131,247	107,832	(137,593)	-	101,486

Purposes and restrictions in relation to the funds:

Restricted funds:

Sefton MBC	Salaries
The Big Lottery	Salaries, running costs, projects, activities and volunteers' expenses
Green	Running costs
Albert Hunt	Running costs

Sefton O.P.E.R.A.

Notes to the Accounts

Burbo Bank	Running costs
Neighbourly Fund	Running costs
P H Holt	Running costs
Onward Group	Running costs
Charles Brotherton	Running costs
Awards For All	Running costs
Heritage Lottery	Running costs
Sefton CVS Warm Coat	Warm Coat project
Sefton CVS Warm Spaces	Warm Spaces project
Sefton CVS Welcome Spaces	Welcome Spaces project
Sefton CVS Winter Support	Winter Support project
UK Shared Prosperity Fund	Information Technology
John Moores Foundation	Salaries
Masonic	Salaries
Living Well Sefton	Running costs
SCVS Workplace Wellbeing	Workplace Wellbeing project
Designated funds:	
Fixed Asset Fund	Replacement of fixed assets

13 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Fixed assets	452	452
Net current assets	101,034	101,034
	<u>101,486</u>	<u>101,486</u>

14 Reconciliation of net cash / (net debt)

	At 1 October 2023	Cash flows	At 30 September 2024
	£	£	£
Cash and cash equivalents	130,794	(31,395)	99,399
	<u>130,794</u>	<u>(31,395)</u>	<u>99,399</u>
Net cash / (net debt)	<u>130,794</u>	<u>(31,395)</u>	<u>99,399</u>

FRS 102 requires an entity to report changes in net debt in the accounting period. Sefton O.P.E.R.A does not carry any debt or other borrowings and has a positive net cash position

15 Commitments

Pension commitments

	2024	2023
	£	£
The pension cost charge to the company amounted to:	<u>5,066</u>	<u>5,049</u>

Sefton O.P.E.R.A.

Notes to the Accounts

16 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

SEFTON O.P.E.R.A.

England & Wales - Charity number 1086437

Accounts



Older Persons Enabling Resource & Action

PUTTING PEOPLE FIRST

**ANNUAL REPORT
YEAR END 30TH SEPT 2023**

CONTENTS

INTRODUCTION:

Aims and Objectives
The Report – Organisational Manager,
Lifelong President and Chairperson

CONTENTS:

Social Inclusion Inhouse Sessions
Social Inclusion In The Community
Social Inclusion Putting People First
In Our Members Own Words.

Sustainability/Funding
The Way forward
Case Studdies

FINANCE:

Trustees Accounts Annual Report
Charity, Bank, Trustee Details
Independent Examiners Report
Statement of Financial Activties
Balance Sheet
Accounting Policies

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, the promotion of good health, together with 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 and 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

Vikki Martlow Wrote: In this year's report we have provided a short breakdown of our inhouse and our community activities we provide throughout Sefton, to locals still living in their own homes. These activities were all developed from consultation with locals and members of the organisation and are aimed at reducing loneliness and isolation and improving people's health and wellbeing, giving them a safe and secure place where they feel comfortable and confident to attend, also reducing the need for unnecessary Dr appointments. By providing a variety of activities' giving individuals choices we are able to encourage older people to take responsibility for their own health and wellbeing, improving both physical and mental health problems. The majority of people who attend our sessions also join in with other activities, making new friends with likeminded people, who support each other building confidences and encouraging people to become valued members of their community again. Our strapline is "Putting People First" and that is what these Social Inclusion sessions do, both inhouse, and throughout the borough of Sefton.



Ann Mardell
Honorary Lifelong
President

Ann Mardell Wrote: As we approach 2024 everyone is hoping for a brighter year, as the last few years have been really hard going for us all, but especially so for charity organisations! Sefton O.P.E.R.A. were fortunate and managed to come through. They continue to have a professional approach in the delivery of the ethos they promised to the community in 1999 when Sefton O.P.E.R.A. first began!

In 2023 we managed to keep the over 50s active as promised in both mind and body across south Sefton. Working still in the nursing/residential homes, day centres, and in the community, making sure they deliver every activity to a high standard.

As always, it's because we have such reliable staff and trustee's and amazing volunteers who give their all to make Sefton O.P.E.R.A. the professional organisation it has become.



Cathy Crook
Chairperson

Cathy Crook Wrote: The staff and volunteers without a doubt have made Sefton OPERA what it is, a place to meet new people and make new friends. This has succeeded, older people have an importance and have a great deal to offer, and with Sefton OPERA they grow, in confidence, self-esteem, and make decisions that will improve their own lives and of those around them. Networking is the word I would describe for all those involved, whether by word of mouth or personal contact we can involve more people and improve their lives as well.

To all the committee staff and members, I would like to say a big thank you for all the hard work that goes into making Sefton OPERA the success it is today keeping a professional outlook whilst still keeping the open-door family friendly atmosphere people can relate to.

Social Inclusion Inhouse Sessions

Reducing Loneliness and Improving Health & Wellbeing Sessions Sefton OPERA provide a variety of Social Inclusion sessions aimed at reducing loneliness, isolation, and improving health and wellbeing encouraging older people to take responsibility for their own health and wellbeing with a knock-on effect of reducing unnecessary visits to both Doctors surgeries, walk in health clinics, and hospitals. Below is a breakdown of the different Social Inclusion sessions we run. All of the activities provide a safe and warm space for individuals to join in, make friends, have a cuppa and a chat, encouraging participation, reducing loneliness, and improving their skills.

IT, & Computer Sessions Monday 10.00-12.00 Tuesday 10.00-12.00 or 1.00-3.00 (First Touch) and Wednesdays 1.00-3.30 Held in St Matthews office we have recently updated the inhouse computers and internet to provide better services allowing everyone to be digitally included.



- Computer drop-in sessions on Monday and Wednesday for those who have some knowledge of computers and who help each other with programs searching the web, booking holidays, organising hospital and Dr appointments, and using social media. They have become a good support group for each other, many going on to buy their own tablets and smartphones.
- First Touch IT Computers Tuesday 2 sessions these sessions are for people who have little or no computer or IT skills, with a more one to one approach help is given from switching Computer, laptop, pads, smartphones on, to using basic functions with the digital age we live in and technology needed for the smallest of activities now people are needing to learn new skills to be able to stay included in today's community.

With online forms and digital Dr & Hospital appointments becoming more prevalent, older people have been forced to join the digital age. **We have approx. 25 attendees to these sessions.**

- Colin was informed about the sessions from other members he said "I didn't know what a mobile phone was my children laughed when I first got one as I couldn't use it. I don't want to be an expert but I wanted to learn a bit more. Steve has been very patient slowly showing me more and more he even gave me a certificate to show them how much I was improving." Since starting Colin has become a regular member and has also attended Tai Chi to improve his balance and breathing.

Tai Chi Tuesday 11.00-12.00 Based in St Matthews Community Hall, this session provides a safe place for people to come and join in with gentle exercises. Tai Chi is derived from intentionally slowing of martial arts moves, to practice self-defence and health & wellbeing methods.



- Improving breathing and balance, although Tai Chi looks gentle, studies suggest it is as effective as conventional exercise for reducing body weight and visceral fat, improves heart health reducing blood pressure and other risk factors for heart disease, like blood sugar levels and cholesterol and has even been shown to boost your immune system* BBC*
- It also improves mental health, leading to better brain function, Tai Chi has been found to improve brain function like memory and mental flexibility, cognitive function and cognitive flexibility. * BBC* **We have approx. 15 attendees to these session**
- Audrey attends the group regularly and she was told about the sessions by another organisation as she wanted to improve her health. Audrey said "I had done Tai Chi before at the pain management sessions after surgery, but they only lasted a couple of months before I was discharged. These sessions have really helped with reducing pain and improving my balance and breathing its great exercise. The group are very friendly, and it relaxes me, Audrey added that she suffers from anxiety and Dennis and the group have really helped with that". Audrey has also attended several of the Social Inclusion Trips

Men Behaving Brilliantly Group Tuesday 1.00-3.00 Based in the office this is a group of likeminded men coming together to benefit each other, in a safe, warm and secure place to talk about men's issues while having a cuppa and a chat and joining in with the activities. We provide a range of activities to meet the different needs of the groups from quizzes, darts, pool table, cards, and trips out on boat trips, coaches and museums. A men's group run by men for men.



- Benefits are improved mental health through their shared experience they support and encourage expansions in emotional and loneliness, reducing isolation and improving wellbeing. **We have approx 10 attendees to these sessions.**
- Fred attends the group on a regular basis since losing his wife, it has become a lifeline being able to meet up each week joining in with the activities and has since joined in with a variety of the other activities walk, tai chi, computers, Trips. Fred said "The groups have become a real support I can't go on the walks anymore due to health issues but love coming to the other sessions when I can."

Institches Group & Arts and Craft Sessions Wednesday and Thursday 10.30-12.00 these sessions are a great get together for members they reduce loneliness and isolation help with mental health issues, the groups have different projects to do keeping them busy i.e. knitting poppies, blankets, twiddle muffs, and cards and gift boxes all while having a cuppa and a chat in a safe warm and secure environment.



- Crafting can alleviate the symptoms of anxiety, depression, loneliness and even dementia. It boosts mental wellbeing, combats stress, helps reduce negative feelings and dejection, while offering social support and positive relationships.
- There are also links between crafting, and the improvement of cognitive skills of stroke and dementia patients. **We have approx 22 attendees to these sessions.**
- Barb joined the knitting and craft group after being told by a friend she wasn't doing anything spending her time walking around shops for something to do, she was starting to feel really lonely. Barb said " I love the groups I enjoy coming along it gives me something to look forward to each week, sometimes I don't even do anything but love coming for a catchup with the group, I have made so many friends since joining, and now go on all the trips, have weekends, away and have also had a couple of holidays with the girls, it has made such a difference to my life."

Its Never Too Late to Feel Great Wednesday 1.00-3.30 this session is our Ladies group providing a weekly weigh-in, and a chair exercise session, and finishing with a cuppa and a chat, The group provides a safe place for members to meet, make friends, and support each other making healthier decisions. Physical Exercise is as important to older people as it is to the younger population. It's vital to maintain a certain level of fitness as you progress in age. However, as you get older, you may not move a lot without putting strain on your body. Chair exercises come in handy when you have limited mobility or find it hard to maintain balance.



- When you do chair exercises regularly, you reduce the risk of falls. The movements increase blood flow and keep your joints active and lubricated. They also strengthen your muscles. Improve your posture improving glutes and core for spine support, strengthens shoulders improves muscles, Lubricates the knee joints reducing arthritis pain swelling and stiffness, and increases your upper body strength and flexibility.
- Regular chair exercises lower risk of some health conditions like stroke, heart disease, hypertension, and type 2 diabetes, better bone health, Improved quality of life, Lower risk of dementia and reduced risk of loneliness isolation and depression. **We have approx 20 attendees to this session.**

Social Inclusion Community Based Sessions

Pamper Massage Session Monday 10.00-11.30 Held at the Linacre Hub we have a number of complimentary therapies provided by our volunteer therapists from:



- Basic Hand Massage, reducing inflammation, arthritis and joint pain, improving circulation and lowering blood pressure.
- Basic Back Massage reducing aches and pains reducing inflammation helping reduce muscle pain. But Massage therapy offers many other benefits, such as lowering blood pressure, better circulation, and helping with sleep especially when done on a regular basis.
- Basic Reiki is a Japanese form of energy healing, a type of complementary medicine, Reiki practitioners use palm healing techniques improving balances in the body, encouraging emotional and physical healing.

These sessions provide not just the physical health benefits from the actual massages but also a safe place for participants to meet & socialize with our members, make friends have a cuppa and chat enjoying the ambience of the session. **We have approx. 10 attendees to this session.**

- Joy came to the groups through victim support after she had an attempted bag snatch her confidence was down and she was frightened, Joy said “When I came to the group i was very nervous the first time but they made me feel very welcome, the massages made me feel very relaxed I also went to the Beating Loneliness group, all the groups make you feel like you are amongst friends, I really like it, I have even joined other groups since helping out where and wherever I can.

50+ Swimming Group Wednesday 9.00-10.00 and Thursday 10.00-11.00 In Bootle Leisure Centre and Splashworld Southport. These are 50+ learn to swim and improving your stroke sessions. All abilities coming together to improve their skills and join in making friends reduces loneliness, and isolation, giving individuals a safe secure place to attend.



- Improves your general health, provides great exercise with little or no pressure on your joints, helps with losing weight and improves breathing and lung capacity. It increases fitness and muscle mass and improves individuals' mobility issues.
- Swimming also improves your mental health, reduces stress and has been known to help with sleeping difficulties, by helping you to drift off easier. **We have approx 28 attendees at these sessions.**
- Monica started swimming sessions when she was 70, she wanted to learn to swim and get more confident in the water. Monica had never learnt to swim as a child as most people do, and this had knocked down her confidence. Monica said” it's been great joining the group I never wanted to be professional, but wanted more confidence, they were great with me and told me about other activities they do i have since attended the chair exercises, knitting, craft, dances, and trips. I've done so much since joining going on weekends away and caravan holidays with the girls. I have made so many new friends who have really supported me since I lost my husband, and have met old friends from school, it has been fantastic.
- **Coffee & Chat Warm Hub sessions** These sessions are new, due to both energy, and cost of living crises giving people who are struggling somewhere warm, safe and friendly to meet have a cuppa and a biscuit and a chat, as a charity we recognise that we wouldn't be where we are if not for the people who attend our sessions. This year we have needed to introduce these sessions to help out the local community who are struggling but also so that attendees could voice their concerns and ideas for the future, they tell us how the groups are growing and ideas on new activities or bringing in guest speakers. As a charity we can honestly say we are a people's charity run by local people for local people. **We have approx. 28 attendees at these sessions.**

Beating Loneliness Together Groups 1st Wednesday at Waterloo Community Centre & 1st Thursday at Quaker Rooms Southport.

Both sessions are monthly groups providing a variety of different activities each month aimed at those who feel lonely and isolated but unable to join in with regular weekly groups. The sessions provide a haven for our members to join in, feeling safe and secure in their surroundings.



- Symptoms of loneliness can influence how we think, feel and act. It will feel different to everyone, but chronic loneliness and isolation can seriously affect someone's health and wellbeing. Often, for people experiencing loneliness, socialising can be difficult.
- Loneliness might make you feel, less confident, disconnected from others, tired, isolated and alone, trapped, less focused or lacking purpose, frustrated, and in the most extreme cases, loneliness can cause thoughts of suicide and self-harm. **We have approx. 32 attendees to these sessions.**
- Dorothy has been attending the Beating Loneliness Together Group in Waterloo since it started, she found as she was getting older and frailer, she was becoming more and more isolated especially when her eyesight started to fail. Dorothy said "I love coming to the sessions we have different activities each time so, it keeps it interesting, with help I can join in with most things and I love having a cuppa and a chat with the group, sometimes it's the only day out I have that week, so it's very important to me. I also like going on the day trips, Llandudno is my favorite.

Walking Group Friday 10.30-12.00 a 60-to-90-minute health walk with all abilities of walking providing different walks each week mostly in Sefton and with some additional days out in good weather providing a safe and secure walking session for our members, all sessions end with a cuppa and chat and something to eat at the end.



This is a great social group with the added benefits of getting fitter and healthier along the way.

Walking is known to improve health in many ways, including improvements in blood pressure, resting heart rate, total cholesterol, body weight, body fat, physical functioning, and risk of depression. Walking has many mental and physical health benefits. It can also help you feel part of your community and reduce loneliness and isolation.

- Health benefits of walking can improve energy, reduce stress, reduce your blood pressure, manage your weight, improve sleep. Walking can also improve your mood and reduce your risk of depression.
- Like other forms of moderate activity walking can also reduce the risk of chronic illnesses including heart disease, strokes, asthma, type 2 diabetes, obesity and some types of cancer.
- For older people, walking more often is great for increasing general mobility and muscle strength in the lower body. This can reduce the risk of falls and can also help maintain wellbeing and independence in people especially those with long term conditions. **We have approx 18 attendees to these session.**
- John was one of the original walking group and became the man to ask about places to go and walks to go on, he continued on the walks but after Covid found it hard to continue due to ill health. John said, "I've made some great friends over the years it's a great social event as well as a workout session, it kept me going and kept me mobile but unfortunately, I can no longer go on the walks since Covid, but, continue with the dance sessions and have also joined in the Tai chi, & pamper, sessions there all friendly groups".

Social Inclusion Putting People First

Monthly Dances 2nd Monday at Bootle Cricket Club and 3rd

Monday at The Atkinson Centre Southport 1.30-4.00pm A great social occasion with 2 different entertainers on each month. We provide monthly dances at both ends of the borough to enable those who are still able to get out and about to come along and have a dance and enjoy the entertainment. Bar open also tea coffee available. Whether you're 80 years young, or 8 years old, engaging in physical activities that involve dance changes you. From better physical and mental health to a boost in emotional and social well-being, and moods, moving your body to the sound of music can transform your life.



- Dance is exercise, so the physical benefits of dancing will be similar to that of other cardio activities. It improves cardiovascular health, the heart-pumping health benefits of dance are right in line with the Department of Health and Human Services. It improves balance and strength, its gentle on your body so are appropriate for people with limited mobility or chronic health issues. Boosts cognitive performance research shows how dancing can maintain and even boost your ability to think as you age the areas of the brain that control memory and skills, such as planning and organising, improve with exercise like dance.
- Dance is inclusive, one of the greatest things about dance is that anyone can participate. If you're able to move, even if it's only your upper body, you can dance. It is a social activity being around other people while dancing is good for your social and emotional health. Boosts your mood by reducing stress, decreasing the symptoms of anxiety and depression, and boosting your self-esteem.
- Josie has been coming to the dances for many years, she used to be the first on the dance floor, but her health has dwindled, and she can only get up once or twice in the sessions now. Josie said "As I have gotten older, I don't like going out at night I get scared, so I missed going out and having a dance. These sessions are really good, we have a wonderful time with lovely people, and they do so much, even as I have become less able, they have helped me signposting to different organisations to help with my mobility. I look forward to coming to the dances its my night out but in the day, I have a cuppa and a chat with friends I've made, we really enjoy it, and the singers are great. **We have approx. 110 attendees to these sessions.**

Coach Trips & Days Out these are part of our social inclusion projects by providing a monthly activity trip or day out enables those who are on their own to still enjoy trips. People on their own find it hard to attend days out and social trips as they find a lot are catered to couples or groups, which makes it challenging for individuals to join in, especially if they are on their own since losing a partner. Our sessions are aimed at those on their own, giving them confidence to join in and enjoy a daytrip with other likeminded people. On the trips they make friends, find out about our other activities and are able to join in, which reduces loneliness and isolation and the knock-on effects including anxiety and depression.



- Social connectedness is crucial to physical and mental health. A 2010 review of 148 studies found that people who felt less socially connected had more risk of early death than those who smoked, drank or were obese. Therapeutic programs that focus on building social connectedness are effective in treating depression, anxiety and schizophrenia. **We have approx. 110 attendees to these sessions per month.**
- Kath came to the group 6 years ago after being on a private coach trip she said "the loneliness of doing the trip on your own takes all the fun out of it, going on Sefton OPERA trips with people in the same position improves your social skills, communication, mind, memory, and reduces loneliness. Since coming to S/O I have regained my social life, made friends, attended other sessions, and gone on social outings outside of S/O.

IN OUR MEMBERS OWN WORDS

We listened to our member and here's what they had to say.

The group is my salvation after my husband's accident I needed something for me, due to carers coming in it felt like a home invasion. Now I have a great circle of friends who support each other, have fun & go on tips and days out and holidays

I was told by a friend because my confidence was down, I was scared walking in first time. I joined the craft group and had a great time with lovely people who put me at ease. I've done chair exercises, knitting and trips since, and had weekends away with the group. They have given me a reason to get out of bed again.

I heard on the radio about the sessions my kids thought it was funny I could do quizzes but couldn't use a computer, clouds aren't they in the sky? I tried years ago but it was too structured these 1-to-1 sessions are great learn what you want then move on. I've learnt so much. Thank you all.

I couldn't knit when I joined the group so wanted to learn it is a great place to meet and talk about your problems in confidence. We have a laugh and support each other I also joined chair exercises and craft. It gives you something to look forward to.

I asked at the library for activities as I was lonely since my husband died, I went to the dance met some lovely people had a great time joined in with craft sessions I couldn't cope without the group they are my support.

My daughter encouraged me to come to the craft group after losing my husband, I had to be coaxed into it at first, but I made friends & now I really enjoy the group & now help others apart from shopping it's my 1 day out.

It's been so long since I started I love the groups I get so much from them I attend the pumper, Dance, Trips I come for the social interaction, it makes me feel valued, people go to so much trouble to help you when needed, I tell everyone about the sessions

The group came into a care home I was visiting I was told about the organisation I wanted to join as there is nothing where I live. I came as a volunteer therapist, quickly moved to team leader, but I have learnt so much along the way with all the training provided chair exercise, dance group, even done a fashion show it was great, I have made so many friends gone on holiday, trips, loads. It has given me a lot of confidence I wouldn't have done half of it if it wasn't for Sefton OPERA

I saw an advert in the paper asking for volunteers I had already learned some therapies and wanted to practice my Reiki. I already had medical background providing CPR training to Drs etc, and this was a great way of giving back to the community. I really enjoy the sessions like providing healing and making people feel better. You get out more than you put in.

I was told about the sessions from a social prescriber I had been feeling very lonely and depressed I was nervous but they made me feel very welcome and at ease, I felt feeling very relaxed I'm glad to come back each week.

SUSTAINABILITY & FUNDING

Funding and sustainability are probably the most important aspects for the continuation of the organisation, with ever changing funding and the sector struggling to keep up with demand for services, change is inevitable. With the country coming out of three major phases first Brexit, then Covid, now the food and energy crisis the impacts on individual, and charities has been enormous, we are getting stretched to the limits with additional people needing more and more support and help, and trying to make every penny stretch to ensure everyone is helped, thankfully we have weathered the storm. We have researched for new funding streams and adapted where needed for the continuation of the organisation. Sefton OPERA will be having its 25th anniversary next year and we look forward to being able to celebrate in the knowledge that due to listening to funders, members, staff and community we have found our way forward for the sustainability of the organisation.

THE WAY FORWARD

The way forward is as it has always been to listen, to learn, and to adapt. This has been our ethos from the beginning, listening to what our members want rather than telling them what activities we are providing. Listening to the funders with their ever-changing remit changing to fit the needs of our ever-changing environment and the needs of the charities, communities and members they support. Learning what is most needed and changing to those needs and never standing stagnant is the way forward. Adapting to our ever-changing circumstances in the best needs for the members, community, and the sustainability of Sefton OPERA.

FINANCE Objectives and Activities

Sefton O.P.E.R.A.
Trustees Annual Report

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

Last year we concentrated our AGM Report on the volunteers and their achievement, this year we have concentrated our report on our members, the older and vulnerable people who attend our activities, by providing grass roots activities in their own local areas encourages them to become regular members.

Regular attendance to the Health & Wellbeing sessions that Sefton OPERA provide improving both physical and mental health reducing loneliness and isolation and the additional knock-on effects that this has on their health, and by providing a safe and secure place to meet likeminded people supporting each other, and by giving them the skills needed to improve their own health and wellbeing, gives them a purpose and a feeling of being part of their own community again.

Studies show regular attendance to social inclusion activities can improve loneliness, anxiety, depression, stress, dementia, and boost mental wellbeing reduce negative feelings and dejection, and regular attendance to gentle physical activities can improve breathing, balance, reduce falls, increase blood flow, lubricate joints, strengthen muscles, reducing arthritis pain and swelling, reduce blood pressure and cholesterol. Which reduces illnesses such as stroke, heart disease, type 2 diabetes and improves quality of life lowering the risk of dementia. This all has the knock on effect of reducing unnecessary Drs and hospital appointments in a time when the NHS is already struggling to keep up with the needs of their patients.

FINANCIAL REVIEW

The charity was in a satisfactory financial position at 30 September 2023. The operational surplus on the general fund during the year was £5,863 (2022: surplus of £14,712).

As at 30 September 2023 total funds of £131,247 of which was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated funds representing the net book value of fixed assets were £567.

FINANCE Structure Governance & Management

Sefton O.P.E.R.A.

Trustees Annual Report

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 withdrawn. The average annual expenditure over the last 3 years (2021-2023 inclusive) is £142,202. This equates to a reserve level of £71,101. As at 30 September 2023 the level of reserves held by Sefton O.P.E.R.A. was £86,021, being unrestricted funds less the value of our fixed assets. Current reserves represent 121% of the reserves required to be held by the trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

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 6 members (6 in 2022), each of whom agrees to contribute £10 in the event of the charity winding up.

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 serving one third of trustees retires each year and is able to offer themselves for re-election.

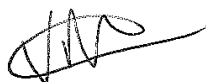
The board of trustees administers the charity.

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.

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. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board



V. Martlow
Company Secretary
19 April 2024

K. Dixon
Trustee
19 April 2024



FINANCE Trustees Responsibilities

Sefton O.P.E.R.A.

Trustees Annual Report

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, herein present their report with the unaudited financial statements of the charity for the year ended 30 September 2023.

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, the Companies Act 2006 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 03841119

Charity No. 1086437

Registered Office

St Matthews Community 200
410 Stanley Road
Bootle
L20 5AE

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law. The following Directors and Trustees served during the year:

M.J. Bates
E.C. Crook
K. Dixon
R.J. Forster
M. Richardson
S. Shrimpton

Company Secretary

V. Martlow

Accountants

Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG

FINANCE Independent Examiners Report

Sefton O.P.E.R.A.

Independent Examiners Report

Independent Examiner's Report to the trustees of Sefton O.P.E.R.A.

I report to the charity trustees on my examination of the financial statements of Sefton O.P.E.R.A. for the year ended 30 September 2023 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

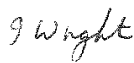
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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 financial statements to be reached.



Ian Wright FCA
Community Accountant
Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG
19 April 2024

FINANCE Statement of Financial Activities

Sefton O.P.E.R.A.

Statement of Financial Activities

for the year ended 30 September 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
	Notes				
Income and endowments from:					
Donations and legacies	4	19,283	129,238	148,521	161,382
Charitable activities	5	-	-	-	168
Investments	6	20	-	20	18
Total		19,303	129,238	148,541	161,568
Expenditure on:					
Charitable activities	7	13,440	130,207	143,647	149,344
Total		13,440	130,207	143,647	149,344
Net gains on investments		-	-	-	-
Net income	8	5,863	(969)	4,894	12,224
Transfers between funds		-	-	-	-
Net income before other gains/(losses)		5,863	(969)	4,894	12,224
Other gains and losses					
Net movement in funds		5,863	(969)	4,894	12,224
Reconciliation of funds:					
Total funds brought forward		80,725	45,628	126,353	114,129
Total funds carried forward		86,588	44,659	131,247	126,353

FINANCE Balance Sheet

Sefton O.P.E.R.A.

Balance Sheet

at 30 September 2023

Company No. 03841119	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	10	567	711
		<u>567</u>	<u>711</u>
Current assets			
Debtors	11	924	1,736
Cash at bank and in hand		130,794	124,206
		<u>131,718</u>	<u>125,942</u>
Creditors: Amount falling due within one year	12	(1,038)	(300)
Net current assets		<u>130,680</u>	<u>125,642</u>
Total assets less current liabilities		<u>131,247</u>	<u>126,353</u>
Net assets excluding pension asset or liability		<u>131,247</u>	<u>126,353</u>
Total net assets		<u>131,247</u>	<u>126,353</u>
The funds of the charity			
Restricted funds	13		
Restricted income funds		44,659	45,628
		<u>44,659</u>	<u>45,628</u>
Unrestricted funds	13		
General funds		86,021	80,014
Designated funds		567	711
		<u>86,588</u>	<u>80,725</u>
Reserves	13		
Total funds		<u>131,247</u>	<u>126,353</u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 19 April 2024

And signed on its behalf by:

K. Dixon

Trustee

19 April 2024



FINANCE Accounting Policies

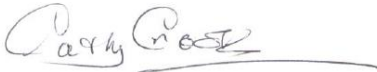
These summarized accounts are an extract from the statutory annual report and accounts of Sefton O.P.E.R.A (Older Persons Enabling Resource & Action) for the financial year ended 30th September 2022 and which have been Independently Examined by Sefton CVS (Council for Voluntary Services) Community Accountants.

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 2023.

The full annual accounts and Trustees report of the charity were approved by the Trustees and signed on their behalf on 19th April 2024. They will be submitted to the Charity Commission and Companies House by 31st May 2024.

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 Chairperson

19th April 2024

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

Awards For All

John Moores

Masonic

Sefton Council

Sefton CVS Warm Coats, Warm Space

The National Lottery

Asda & Tesco Local Stores

Energy Redress

Leathersellers

Onward Group

Sefton CVS Winter Access,

Sefton CVS Kings Coronation

UK Shared Prosperity Fund



St Matthews Church
410 Stanley Road
Bootle, L20 5AE

Main Telephone: 0151 330 0479
Mobile: 07452 867 648
Email: admin@seftonopera.org.uk

Website: www.sefton-opera.org.uk

Company Registration No: 03841119
Charity Registration No: 1086437



@SeftonOPERA



Sefton OPERA Older Persons Group

Sefton O.P.E.R.A.

Charity No. 1086437

Company No. 03841119

Trustees' Report and Unaudited Accounts

30 September 2023

Sefton O.P.E.R.A.

Contents

	Pages
Trustees' Annual Report	2 to 4
Independent Examiner's Report	5
Statement of Financial Activities	6
Summary Income and Expenditure Account	7
Balance Sheet	8
Notes to the Accounts	9 to 17

**Sefton O.P.E.R.A.
Trustees Annual Report**

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, herein present their report with the unaudited financial statements of the charity for the year ended 30 September 2023.

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, the Companies Act 2006 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.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. 03841119

Charity No. 1086437

Registered Office

St Matthews Community 200
410 Stanley Road
Bootle
L20 5AE

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.
The following Directors and Trustees served during the year:

M.J. Bates
E.C. Crook
K. Dixon
R.J. Forster
M. Richardson
S. Shrimpton

Company Secretary

V. Martlow

Accountants

Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG

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

Last year we concentrated our AGM Report on the volunteers and their achievement, this year we have concentrated our report on our members, the older and vulnerable people who attend our activities, by providing grass roots activities in their own local areas encourages them to become regular members.

Regular attendance to the Health & Wellbeing sessions that Sefton OPERA provide improving both physical and mental health reducing loneliness and isolation and the additional knock-on effects that this has on their health, and by providing a safe and secure place to meet likeminded people supporting each other, and by giving them the skills needed to improve their own health and wellbeing, gives them a purpose and a feeling of being part of their own community again.

Studies show regular attendance to social inclusion activities can improve loneliness, anxiety , depression, stress, dementia, and boost mental wellbeing reduce negative feelings and dejection, and regular attendance to gentle physical activities can improve breathing, balance, reduce falls, increase blood flow, lubricate joints, strengthen muscles, reducing arthritis pain and swelling, reduce blood pressure and cholesterol. Which reduces illnesses such as stroke, heart disease, type 2 diabetes and improves quality of life lowering the risk of dementia. This all has the knock on effect of reducing unnecessary Drs and hospital appointments in a time when the NHS is already struggling to keep up with the needs of their patients.

FINANCIAL REVIEW

The charity was in a satisfactory financial position at 30 September 2023. The operational surplus on the general fund during the year was £5,863 (2022: surplus of £14,712).

As at 30 September 2023 total funds of £131,247 of which was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated funds representing the net book value of fixed assets were £567.

Sefton O.P.E.R.A.

Trustees Annual Report

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 withdrawn. The average annual expenditure over the last 3 years (2021-2023 inclusive) is £142,202. This equates to a reserve level of £71,101. As at 30 September 2023 the level of reserves held by Sefton O.P.E.R.A. was £86,021, being unrestricted funds less the value of our fixed assets. Current reserves represent 121% of the reserves required to be held by the trustees.

STRUCTURE, GOVERNANCE AND MANAGEMENT

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 6 members (6 in 2022), each of whom agrees to contribute £10 in the event of the charity winding up.

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 serving one third of trustees retires each year and is able to offer themselves for re-election.

The board of trustees administers the charity.

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.

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. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board



V. Martlow
Company Secretary
19 April 2024

K. Dixon
Trustee

19 April 2024



Sefton O.P.E.R.A.

Independent Examiners Report

Independent Examiner's Report to the trustees of Sefton O.P.E.R.A.

I report to the charity trustees on my examination of the financial statements of Sefton O.P.E.R.A. for the year ended 30 September 2023 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

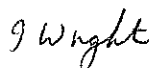
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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 financial statements to be reached.



Ian Wright FCA
Community Accountant
Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG
19 April 2024

Sefton O.P.E.R.A.
Statement of Financial Activities
for the year ended 30 September 2023

		Unrestricted funds 2023 £	Restricted funds 2023 £	Total funds 2023 £	Total funds 2022 £
	Notes				
Income and endowments from:					
Donations and legacies	4	19,283	129,238	148,521	161,382
Charitable activities	5	-	-	-	168
Investments	6	20	-	20	18
Total		19,303	129,238	148,541	161,568
Expenditure on:					
Charitable activities	7	13,440	130,207	143,647	149,344
Total		13,440	130,207	143,647	149,344
Net gains on investments		-	-	-	-
Net income	8	5,863	(969)	4,894	12,224
Transfers between funds		-	-	-	-
Net income before other gains/(losses)		5,863	(969)	4,894	12,224
Other gains and losses					
Net movement in funds		5,863	(969)	4,894	12,224
Reconciliation of funds:					
Total funds brought forward		80,725	45,628	126,353	114,129
Total funds carried forward		86,588	44,659	131,247	126,353

Sefton O.P.E.R.A.
Summary Income and Expenditure Account
for the year ended 30 September 2023

	2023	2022
	£	£
Income	148,521	161,550
Interest and investment income	20	18
Gross income for the year	<u>148,541</u>	<u>161,568</u>
Expenditure	143,503	149,344
Depreciation and charges for impairment of fixed assets	144	-
Total expenditure for the year	<u>143,647</u>	<u>149,344</u>
Net income before tax for the year	4,894	12,224
Net income for the year	<u>4,894</u>	<u>12,224</u>

Sefton O.P.E.R.A.**Balance Sheet**

at 30 September 2023

Company No. 03841119	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	10	567	711
		<u>567</u>	<u>711</u>
Current assets			
Debtors	11	924	1,736
Cash at bank and in hand		130,794	124,206
		<u>131,718</u>	<u>125,942</u>
Creditors: Amount falling due within one year	12	(1,038)	(300)
Net current assets		<u>130,680</u>	<u>125,642</u>
Total assets less current liabilities		<u>131,247</u>	<u>126,353</u>
Net assets excluding pension asset or liability		<u>131,247</u>	<u>126,353</u>
Total net assets		<u><u>131,247</u></u>	<u><u>126,353</u></u>
The funds of the charity			
Restricted funds	13		
Restricted income funds		44,659	45,628
		<u>44,659</u>	<u>45,628</u>
Unrestricted funds	13		
General funds		86,021	80,014
Designated funds		567	711
		<u>86,588</u>	<u>80,725</u>
Reserves	13		
Total funds		<u><u>131,247</u></u>	<u><u>126,353</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the year ended 30 September 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 19 April 2024

And signed on its behalf by:

K. Dixon

Trustee

19 April 2024



for the year ended 30 September 2023

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "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 2019). The charity 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 functional currency used is the £ Sterling.

Assets and liabilities are initially recognized at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The functional currency used is the £ Sterling.

Preparation of the accounts on a going concern basis

At the time of approving the accounts, the trustees' have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. As such these accounts have been prepared under the going concern basis.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Notes to the Accounts**Income**

Recognition of income Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.

Income with related expenditure Where income has related expenditure the income and related expenditure is reported gross in the SoFA.

Donations and legacies Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.

Tax reclaims on donations and gifts Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.

Donated services and facilities These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.

Volunteer help The value of any volunteer help received is not included in the accounts.

Investment income This is included in the accounts when receivable.

Gains/(losses) on revaluation of fixed assets This includes any gain or loss resulting from revaluing investments to market value at the end of the year.

Gains/(losses) on investment assets This includes any gain or loss on the sale of investments.

Expenditure

Recognition of expenditure Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Expenditure on raising funds These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.

Expenditure on charitable activities These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.

Grants payable All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.

Governance costs These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.

Other expenditure These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Trade and other 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.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other 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.

Pension costs

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

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

Sefton O.P.E.R.A.
Notes to the Accounts

3 Statement of Financial Activities - prior year

	Unrestricted funds 2022 £	Restricted funds 2022 £	Total funds 2022 £
Income and endowments from:			
Donations and legacies	17,807	143,575	161,382
Charitable activities	168	-	168
Investments	18	-	18
Total	17,993	143,575	161,568
Expenditure on:			
Charitable activities	3,281	146,063	149,344
Total	3,281	146,063	149,344
Net income	14,712	(2,488)	12,224
Net income before other gains/(losses)	14,712	(2,488)	12,224
Other gains and losses:			
Net movement in funds	14,712	(2,488)	12,224
Reconciliation of funds:			
Total funds brought forward	66,012	48,117	114,129
Total funds carried forward	80,724	45,629	126,353

4 Income from donations and legacies

	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
Donations	18,308	1,000	19,308	16,907
Grants	975	128,238	129,213	144,475
	19,283	129,238	148,521	161,382

5 Income from charitable activities

	Total 2023 £	Total 2022 £
Coronavirus Job Retention Scheme	-	168
	-	168

Sefton O.P.E.R.A.
Notes to the Accounts

6 Income from investments

	Unrestricted	Total 2023	Total 2022
	£	£	£
Interest Receivable	20	20	18
	<u>20</u>	<u>20</u>	<u>18</u>

7 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2023	Total 2022
	£	£	£	£
<i>Expenditure on charitable activities</i>				
The benefit of older persons in Sefton	3,440	122,206	125,646	134,045
<i>Support costs</i>				
Premises costs	3,474	3,150	6,624	6,600
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	144	-	144	181
General administrative costs	6,082	3,651	9,733	7,018
Legal and professional costs	300	1,200	1,500	1,500
	<u>13,440</u>	<u>130,207</u>	<u>143,647</u>	<u>149,344</u>

8 Net income before transfers

	2023	2022
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	144	181

9 Staff costs

	2023	2022
Salaries and wages	84,149	81,041
Social security costs	5,192	3,709
Pension costs	5,049	4,882
	<u>94,390</u>	<u>89,632</u>

No employee received emoluments in excess of £60,000.

10 Tangible fixed assets

	£	£	£
Cost or revaluation			
At 1 October 2022	16,233	9,311	25,544
At 30 September 2023	<u>16,233</u>	<u>9,311</u>	<u>25,544</u>
Depreciation and impairment			
At 1 October 2022	15,562	9,271	24,833
Depreciation charge for the year	134	10	144
At 30 September 2023	<u>15,696</u>	<u>9,281</u>	<u>24,977</u>
Net book values			
At 30 September 2023	<u>537</u>	<u>30</u>	<u>567</u>
At 30 September 2022	<u>671</u>	<u>40</u>	<u>711</u>

11 Debtors

	2023	2022
	£	£
Trade debtors	342	1,200
Prepayments and accrued income	582	536
	<u>924</u>	<u>1,736</u>

12 Creditors:

amounts falling due within one year

	2023	2022
	£	£
Other creditors	738	-
Accruals	300	300
	<u>1,038</u>	<u>300</u>

13 Movement in funds

	At 1 October 2022	Incoming resources (including other gains/losses) £	Resources expended £	Gross transfers £	At 30 September 2023 £
Restricted funds:					
Restricted income funds:					
Sefton MBC	8,890	28,150	(28,697)	-	8,343
The Big Lottery	17,325	39,544	(45,657)	-	11,212
Green	1,542	-	-	-	1,542
Veterans	279	-	(279)	-	-
Leathersellers	3,434	-	(3,434)	-	-
Neighbourly Fund	1,271	-	-	-	1,271
Energy Redress	12,165	16,413	(28,578)	-	0
Onward Group	497	3,090	(500)	-	3,087
Charles Brotherton	225	-	-	-	225
Awards For All	-	9,550	-	-	9,550
Sefton CVS King's Coronation	-	525	(525)	-	-
Sefton CVS Warm Coat	-	2,000	(1,534)	-	466
Sefton CVS Warm Spaces	-	6,210	(3,421)	-	2,789
Sefton CVS Welcome Spaces	-	4,000	(2,750)	-	1,250
Sefton CVS Winter Clothing	-	4,500	(4,500)	-	-
UK Shared Prosperity Fund	-	3,756	(2,516)	-	1,240
John Moores Foundation	-	5,000	(1,316)	-	3,684
Masonic	-	5,000	(5,000)	-	-
Other	-	1,500	(1,500)	-	-
Total	45,628	129,238	(130,207)	-	44,659
Unrestricted funds:					
General funds	80,014	19,303	(13,440)	144	86,021
Designated funds:					
Fixed Asset Fund	711	-	-	(144)	567
Total	711	-	-	(144)	567
Total funds	126,353	148,541	(143,647)	-	131,247

Purposes and restrictions in relation to the funds:

Restricted funds:

Sefton MBC	Salaries
The Big Lottery	Salaries, running costs, projects, activities and volunteers' expenses
Green	Running costs
Veterans	Running costs

Sefton O.P.E.R.A.**Notes to the Accounts**

Leathersellers	Running costs
Neighbourly Fund	Running costs
Energy Redress	Running costs
Onward Group	Running costs
Charles Brotherton	Running costs
Awards For All	Running costs
Sefton CVS King's Coronation	King's Coronation celebrations
Sefton CVS Warm Coat	Warm Coat project
Sefton CVS Warm Spaces	Warm Spaces project
Sefton CVS Welcome Spaces	Welcome Spaces project
Sefton CVS Winter Clothing	Winter Clothing project
UK Shared Prosperity Fund	Information Technology
John Moores Foundation	Salaries
Masonic	Salaries
Other	Running costs
Designated funds:	
Fixed Asset Fund	Replacement of fixed assets

14 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total
	£	£	£
Fixed assets	567	-	567
Net current assets	86,021	44,659	130,680
	<u>86,588</u>	<u>44,659</u>	<u>131,247</u>

15 Reconciliation of net cash / (net debt)

	At 1 October 2022	Cash flows	At 30 September 2023
	£	£	£
Cash and cash equivalents	124,206	6,588	130,794
	<u>124,206</u>	<u>6,588</u>	<u>130,794</u>
Net cash / (net debt)	<u>124,206</u>	<u>6,588</u>	<u>130,794</u>

FRS 102 requires an entity to report changes in net debt in the accounting period. Sefton O.P.E.R.A. does not carry any debt or other borrowings and has a positive net cash position

16 Commitments***Pension commitments***

	2023	2022
	£	£
The pension cost charge to the company amounted to:	<u>5,049</u>	<u>4,882</u>

17 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

FINANCE Accounting Policies

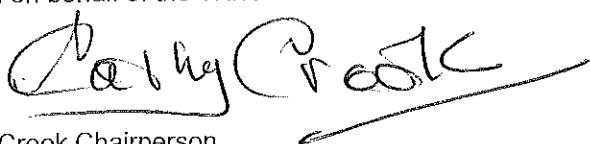
These summarized accounts are an extract from the statutory annual report and accounts of Sefton O.P.E.R.A (Older Persons Enabling Resource & Action) for the financial year ended 30th September 2022 and which have been Independently Examined by Sefton CVS (Council for Voluntary Services) Community Accountants.

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 2023.

The full annual accounts and Trustees report of the charity were approved by the Trustees and signed on their behalf on 19th April 2024. They will be submitted to the Charity Commission and Companies House by 31st May 2024.

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 Chairperson

19th April 2024

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

**Awards For All
John Moores
Masonic
Sefton Council
Sefton CVS Warm Coats, Warm Space
The National Lottery
Asda & Tesco Local Stores**

**Energy Redress
Leathersellers
Onward Group
Sefton CVS Winter Access,
Sefton CVS Kings Coronation
UK Shared Prosperity Fund**

Sefton O.P.E.R.A.

Independent Examiners Report

Independent Examiner's Report to the trustees of Sefton O.P.E.R.A.

I report to the charity trustees on my examination of the financial statements of Sefton O.P.E.R.A. for the year ended 30 September 2023 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

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

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

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 financial statements to be reached.

I Wright

Ian Wright FCA
Community Accountant
Sefton Council for Voluntary Service
Burlington House
Crosby Road North
Waterloo
Liverpool
L22 0LG
19 April 2024

SEFTON O.P.E.R.A.

England & Wales - Charity number 1086437

Accounts



Older Persons Enabling Resource & Action

PUTTING PEOPLE FIRST

**ANNUAL REPORT
YEAR END 30TH SEPT 2022**

CONTENTS

INTRODUCTION:

Aims and Objectives
The Report – Organisational Manager,
Lifelong President and Chairperson

CONTENTS:

The impact of Volunteering
Our volunteers
Working in Supported & Care Homes
Working in Our Community
Be Wise Socialise
Social Inclusion In-House Sessions
Sustainability/Funding
The Way forward
Achievements & Statistics

FINANCE:

Trustees Accounts Annual Report
Charity, Bank, Trustee Details
Independent Examiners Report
Statement of Financial Activities
Balance Sheet
Accounting Policies

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

Vikki Martlow Wrote: This year's report we have concentrated on the success and achievements of the volunteers and the activities they help us to provide. We have always said that the volunteers are the backbone of the organisation, and we would not be able to provide the amount of fantastic and very needed activities to so many of our most vulnerable lonely and isolated older persons throughout Sefton. We have always strived to provide professional sessions with quality kite marks whilst making them accessible and fun for the participants and volunteers, with volunteers working in their own local area they always feel they are giving back to their own community, We always say we have the best volunteers making it feel like family, most of our volunteers make new friends and go on to improve their own social life which in turn helps improve their health and wellbeing . WE ARE VERY PROUD OF OUR VOLUNTEERS AND THE COMMITMENT THEY HAVE TO THE ORGANISAION A BIG THANK YOU TO YOU ALL.



Ann Mardell
Honorary Lifelong
President

Ann Mardell Wrote: Although it has been a real struggle in the last few years, with the pandemic taking its toll, it is certainly an understatement to say the least. Whether it was worldwide, nationwide, or just locally everyone has felt the effects. Fortunately, our volunteers have continued to be a vital role in our community, enabling older persons to have access to healthy options, often on their own doorstep.

Luckily enough Sefton O.P.E.R.A. have come through and hopes to continue for the benefit of the community. The success comes from the hard work and dedication of everyone involved with Sefton O.P.E.R.A. I hope this continues and with the help of the staff, the committee and as always, our wonderful volunteers I am positive it will! 'Well done' everyone and "Thank you".



Cathy Crook
Chairperson

Cathy Crook Wrote: It has been a challenging 12 months for both staff and volunteers which has been met with commitment and good humour, we are facing difficult times and the services of OPERA have never been more needed we are up to the challenge. Various events around the borough are taking place for folk to to join in to make friends and help to ease loneliness outdoor events are also available and are well supported. As chairperson I am proud to be involved with our great volunteers and committed staff.

VOLUNTEERS AND THEIR IMPACT

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, reducing loneliness and isolation, learning new skills, Being active. And Having fun

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 activities 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. 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 their community.

Our Social impact Building Strong Community Links & Local Relationships - As an organisation based in the heart of Sefton our volunteers have developed long and extensive links in our local communities around this area working in local neighborhood 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 helping 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. 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 skills. We also ensure activities are run to help encourage local participation and a greater feeling of ownership is developed and groups become more self-sufficient, ensuring new activities come from ideas from those attending the groups giving them greater input into activities ensures that activities are fit for purpose by local people creating local services.

Sefton OPERA could not run without our volunteers, they are and have always been the backbone of the organisation, this has been said many times over the years and is never more true. Our volunteers 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 VOLUNTEERS

This year we had several of our volunteers nominated for awards firstly Volunteer of the Year and Citizens for Good Awards for the services they provide in their community for the volunteer work they provide for Sefton OPERA and the volunteer work they have gone on to do with other organisations since starting with Sefton OPERA. We are proud to say that are our volunteers gaining and then sharing skills enabling them to make a bigger impact in their communities.

MARIE RICHARDSON VOLUNTEER OF THE YEAR Marie has been on several of the pamper teams throughout her years here since 2001 but her main team was with the hospital team firstly with a 6 week programme in the Geoffrey Murrey ward and then instrumental in setting up the teams working in the ARDU Stroke Day Care, Marina Daghish Cancer Care and ward 32 End of Life Care providing a pamper and a listening ear these were all hard but very rewarding the ARDU was still running up to Covid unfortunately we have not been able to go back since. Marie has also been a very valued part of our Trustees for many years providing help and guidance.

MIKE SMITHSON CITIZENS 4 GOOD Mike is one of our Southport team providing a range of pamper sessions in the local nursing, day centre, supported living, and church and pensioners groups in the North of the borough. Mike has been volunteering with us since 2010 starting as part of the team and moving to team leader helping to organise the other volunteers providing feedback on the establishments etc.. Mike was also instrumental in starting up the drop in pamper session and then later the Beating Loneliness Together Group in Southport. Mike has become a very valued member of our team. Since starting in Sefton OPERA Mike has also volunteered for other agencies in the Southport area being a big part in the friends of Hesketh Park.

VIV JOHNSON CITIZENS 4 GOOD Viv started with one of our Bootle teams who also provide a range of pamper sessions in the local nursing, day centre, supported living, and church and pensioners groups in the South of the borough. Viv has been volunteering with us since 2014 joining one team then very quickly another attending twice a week, then moving to team leader. She has completed several training sessions one being Chair Exercise to become part of Never Too Late group then leading the sessions. She is also lead for the Drop In Pamper in Bootle, she also helped with the Bootle Bells. Viv is a great campaigner for Sefton OPERA and is always informing others of the activities we provide and how to join in. Viv now also volunteers for The Orell Centre in their additional needs group which came from her attending with our group providing a pamper session in the community.

DENNIS JOHNSON CITIZENS 4 GOOD Dennis came a few months after Viv and joined in with the mens group providing a variety of activities reducing loneliness and isolation providing a safe place for like minded men to meet and join in with activities also arranging for days out and social occasions. Dennis started to lead the group helping to organise activities and providing them with Tai Chi this led to him starting a Tai Chi group each week providing basic help to improve breathing and balance. From this Dennis has also started 2 other Tai Chi sessions with other organisations one being the Inclusion Matter group.



WORKING IN SUPPORTED & CARE HOMES

This is where Sefton OPERA started in June 1999 with a 6 month project based in Bootle to evaluate the needs and wants of the older residents of the establishments to encourage them to take part in activities empowering them to build skills to enable them to improve their own health and wellbeing and reduce the need for unnecessary hospital and doctors visits. This was such a success that it quickly widened to the whole of the Sefton borough from starting with a basic hand massage session to a wide variety of therapies, tai chi, chair exercises, and entertainment from a variety of bands and singers.

We still go to these establishments today covering approx 90% of them throughout Sefton the activities we provide are still very similar with different volunteer teams working in their areas bringing the outside world in to some who don't have much if any contact with others, reducing loneliness and isolation



WORKING IN OUR COMMUNITY

From working in the older persons establishment a need arose for our services in the community working in partnership with other local organisations providing their groups with some of the services and activities we provide. This works well as it gets Sefton OPERA known more throughout the borough and on most of the local boards. From our already established activities we started additional activities with the Winter Warm packs, & the Keep Warm Keep Well partnering with other local organisation all in aid of helping those older and vulnerable persons in the borough who need it most.

We now provide a wide range of activities in the community working with a variety of the pensioners groups throughout Sefton this means that we are hitting a wider group of people helping to reduce loneliness and isolation encouraging them to become part of their communities from this we have started to do regular monthly activities in some of the community groups either end of the borough such as 2 pamper sessions, 2 chair exercise sessions, 2 beating loneliness sessions and 2 dances.



BE WISE SOCIALISE

Our Be Wise Socialise sessions derived from a variety of older persons who lived on their own who were looking for social activities to attend but didn't want to attend on their own. So we started a variety of activities trips out, coach trips, theatre visits etc. This was a great way for them to meet likeminded people make new friends and feel part of the community again and not excluded as everyone was in the same position.

This year we have provided 228 older persons with 5 different coach trips 2 to Bury Market, 2 Lake District, and Llandudno. We also provided a variety of meals out Christmas (110 people), Beat The January Blues (110 people), Royal Court (20 people) charity night (120 people). And a variety of other days out or trips, Boat Trip (12 people), Museum Trips x2 (24 people) Flower Show (20 People) and a variety of activities to celebrate the Queens Jubilee Vounteers Afternoon Tea (40 people), St Elizabeths Afternoon Tea (110 people), Beating Loneliness Together Groups x2 (33 people), Polton Court Party (40 People), Litherland Pensioners Party (25 people) Derby Park One Vision Celobrations (50 people) giving 930 attendees to these additional activities.



SOCIAL INCLUSION INHOUSE SESSIONS

Below is a list of our weekly and monthly drop in sessions reducing loneliness and isolation these projects started from the need of those who still lived at home but were lacking in activities to attend making them increasingly lonely or isolated, all of these sessions have come from the members themselves and have evolved through evaluation and feedback.

Currently we have 13 weekly and 4 monthly drop in activity sessions,

Weekly Drop-In Sessions. ALL BY APPOINTMENT ONLY				
Monday	Tuesday	Wednesday	Thursday	Friday
10:00am – 12:00pm IT Workshop. Next Steps Facebook, Skype, Email, Web Browsing Held in the office.	10:00am – 12:00pm IT From First Touch Facebook, Skype, Email, Web Browsing Held in the office.	9:00am – 10:00am 50+ Learn to Swim & Improvers Learn to swim or improve your stroke get fit improve overall strength & breathing Held in office	10:00am – 12:00pm Arts & Craft All abilities make, Cards, Gift Boxes, Calendars Etc Held in the office.	10:30am – 11:30am Walking Group 30–90-minute walk and back to office for light refreshments. Starting From the office
10:00am – 11:30pm Drop In Pamper Basic Hand, Back & Neck Massage, Reiki Held in Linacre Hub.	10:30am – 12:00pm Walk & Talk Group Stepping into the past with Short local History Walk, taking photos and making albums. Starting From the office.	10:00am – 12:00am Institches All abilities in relation to knitting, crocheting Held in office		
	11:00am – 12:00pm Tai Chi Gentle exercise to aid balance and breathing. Held in the office.	1:00am – 3:00pm IT Workshop from first touch. Facebook, Skype, Email, Web Browsing Digital Camera's Scan clean amend old photos, videos to DVD Held in the office.	5.00-6.30pm Me-No-Pause Support Group Support, Information, Speakers, Exercise & Weigh In	
	1.00pm-2.30pm Men Behaving Brilliantly Men's group ran by men for men, Quiz, Darts, Cards, Board Games, Tai Chi, Days Out, and a Cuppa Held in the office	1:00pm - 2:30pm It's Never too Late to Feel Great Fun activity that will improve the mind Body soul Held in the office		
Monthly Drop-In Sessions. ALL BY APPOINTMENT ONLY				
01:30pm – 03:30pm Monthly Dance Bootle Cricket Club Wadham Road L20 2DD HELD 2nd Monday of each month.	2.30pm - 4.00pm Beating Loneliness Together Different activities each month reducing isolation & loneliness Waterloo Community Centre, St Georges Road Waterloo L22 1RD, Held 1st Wednesday of each month.	Like us on Facebook Setton OPERA Older Persons Project Follow us on Twitter @SettonOPERA		We also provide adhoc Chair Exercise Sessions Intergenerational Sessions Pamper Sessions Healthy Living Sessions Dressess Sessions Invite us to your groups
01:30pm – 03:30pm Monthly Dance Atkinson Gallery Lord Street Southport HELD 3rd Monday of each month.	2.00pm - 3.30pm Drop In Pamper Group & Beating Loneliness Together Different activities each month reducing isolation & loneliness Quaker Rooms, Court Road Southport PR9 9ER Held 1st Thursday of each month.	 Company Registration No: 3841119 Charity Registration No: 1086437		FOR MORE INFORMATION ON ANY OF OUR DROP IN SESSIONS PLEASE CALL THE OFFICE ON 0151 330 0479 Mobile: 07452 867 648 admin@settonopera.org.uk Setton O.P.E.R.A., St Matthews Church, 410 Stanley Road, Bootle, L20 5AE

SUSTAINABILITY & FUNDING

Funding and sustainability are always a struggle in the sector with funding being reduced or changed year after year, but the need for services rising year after year especially in the last few years coming out of the pandemic into an energy crisis and a cost-of-living crises. Funders have less to distribute and more organisations needing support this is why we need to be more adaptive with our activities staying at the forefront of the needs and changes. Sefton OPERA have a good relationship with funders which enables us to go back to them time and again always with a new project or activity. With community resilience always at the forefront of the organisation we have listened to the community and responded to their needs providing the way forward for sustainability of the organisation.

THE WAY FORWARD

The way forward is and has always been to be adaptive with regards to activities places and the whole organisation. We have always listened to our volunteers, members, clients, trustees and staff recognising that they are a valued asset to the organisation keeping us at a grassroots level in the community enabling us to know what is needed or wanted and adapting requirements to achieve it. All of our activities have derived from evaluations of activities already in place and recommendations from local people who live, work, or retired in the area so they know what is needed. This has always enabled us to be trailblazers in the sector gaining us respectability within the community.

Volunteers have and will always be the backbone of the organisations and we still have some of our original volunteers today retaining them for over 23 years as part of the Sefton OPERA family. This is why volunteer recruitment will play a big part of our way forward enabling us to continue and to expand in the coming years.

Achievements And Statistics



We are very proud to say 4 of our volunteers have received awards this year



**Volunteers
have provided
Over 2700
Hours this
year**



**We have
provided 400
weekly sessions
in Nursing and
Supported Living**



**We have provided
750 Weekly & 72
Monthly Activities
Reducing Loneliness
& Isolation**



**We have provided
Over 200 Massage
Pamper Health &
Wellbeing Sessions**

**We have provided
128 Chair
Exercises and Falls
Prevention sessions**



**We have provided
nearly 200 Music,
Dance and
entertainment
sessions bringing
older people together
to make new friends
and having fun.**

**We have provided
7 Events a variety
of activities
partnering with
other organisations
in community
cohesion session**



**Reducing Loneliness
& Isolation**
We have provided
**16 Social Inclusion
Days Out, Coach
Trips, Theatre,
Afternoon Teas.**



Thank you to everyone involved

FINANCE Objectives and Activities

Sefton O.P.E.R.A.

Trustees' Annual Report

For the year ended 30 September 2022

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 2022. 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

This year we have concentrated our Annual General Report on volunteering and its benefits both to the individual and the organisation.

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 a sense of gratification, mental and physical gains Increased confidence, Meeting new people and being part of a community, Reducing loneliness and isolation, Learning new skills, Being active. And Having fun

Our Economic Impact: We have over 50 volunteers delivering over 200 hours of services per week, help us to improve local services by delivering on a smaller and more human scale and tailoring services to the needs of people in their community. Our Social impact Building Strong Community Links & Local Relationships - As an organisation based in the heart of Sefton our volunteers have developed long and extensive links in our local communities around this area working in local neighborhood centres, sheltered schemes and church halls across Sefton.

Sefton OPERA could not run without our volunteers they are and have always been the backbone of the organisation this has been said many times over the years and is never more true. Our volunteers 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.

Financial Review

The charity was in a satisfactory financial position at 30 September 2022. The operational surplus on the general fund during the year was £14,713 (2021: deficit £12,394).

FINANCE Structure Governance & Management

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2022

As at 30 September 2022 total funds of £126,353 were held of which £45,628 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated Funds representing the net book value of fixed assets were £711. General Funds were £80,014.

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 (2020-22 incl.) is £131,341. This equates to a reserve level of £65,671. As at 30 September 2022 the level of reserves held by Sefton O.P.E.R.A. was £80,014, being unrestricted funds less the value of our fixed assets. Current reserves represent 122% of the reserves required to be held by the trustees.

Reference and administrative details

Charity number:	1086437
Company number:	03841119
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
K Dixon

Company Secretary V Martlow

FINANCE Trustees Responsibilities

Sefton O.P.E.R.A.
Trustees' Annual Report
For the year ended 30 September 2022

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 20th April 2023 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 2022

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 2022.

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

20th April 2023

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 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Income and endowments from:					
Donations and legacies	2	17,807	143,575	161,382	146,974
Charitable activities	3	168	-	168	1,291
Investments	4	18	-	18	9
Total income		17,993	143,575	161,568	148,274
Expenditure on:					
Charitable activities	5	3,281	146,063	149,344	133,614
Total expenditure		3,281	146,063	149,344	133,614
Net income/(expenditure)		14,712	(2,488)	12,224	14,660
Other recognised gains:					
Net movement in funds		14,712	(2,488)	12,224	14,660
Reconciliation of funds:					
Funds b/fwd		66,012	48,117	114,129	99,469
Funds c/fwd		80,725	45,628	126,353	114,129

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 2022

Company Number: 03841119

	Note	2022 £	2021 £
Fixed Assets			
Tangible assets	9	711	891
Current Assets			
Debtors	10	1,736	522
Cash at bank and in hand	11	124,206	113,803
		125,942	114,325
Creditors: Amounts falling due within one year	12	300	1,087
Net Current Assets		125,642	113,238
Total Net Assets		126,353	114,129
Funds of the charity			
Designated Funds		711	891
General Fund		80,014	65,121
Total Unrestricted Funds	13	80,725	66,012
Restricted Funds	14	45,628	48,117
Total Funds		126,353	114,129

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 20th April 2023.

K Dixon, Trustee



FINANCE Accounting Policies

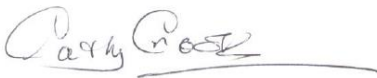
These summarized accounts are an extract from the statutory annual report and accounts of Sefton O.P.E.R.A (Older Persons Enabling Resource & Action) for the financial year ended 30th September 2022 and which have been Independently Examined by Sefton CVS (Council for Voluntary Services) Community Accountants.

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 2022.

The full annual accounts and Trustees report of the charity were approved by the Trustees and signed on their behalf on 16th March 2023. They will be submitted to the Charity Commission and Companies House by 28th May 2023.

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 Chairperson

Dated 16th March 2023

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

**Energy Redress
Leathersellers
National Lottery
Sefton Council
CVS Winter Access & Queens Jubilee
Asda & Tesco Local Stores**

**John Moores
Masonic
Onward Group**



St Matthews Church
410 Stanley Road
Bootle, L20 5AE

Main Telephone: 0151 330 0479
Mobile: 07452 867 648
Email: admin@seftonopera.org.uk

Website: www.sefton-opera.org.uk

Company Registration No: 03841119
Charity Registration No: 1086437



@SeftonOPERA



Sefton OPERA Older Persons Group

Company Number: 03841119
Charity Number: 1086437

Sefton O.P.E.R.A.
(A Company Limited by Guarantee)
Annual Report
&
Financial Statements
For the year ended
30 September 2022

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	Trustees' Annual Report
7	Independent Examiner's Report
8	Statement of Financial Activities
9	Balance Sheet
10-21	Notes to the Financial Statements

Sefton O.P.E.R.A.
Trustees' Annual Report
For the year ended 30 September 2022

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 2022. 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

This year we have concentrated our Annual General Report on volunteering and its benefits both to the individual and the organisation.

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 a sense of gratification, mental and physical gains Increased confidence, Meeting new people and being part of a community, Reducing loneliness and isolation, Learning new skills, Being active. And Having fun

Our Economic Impact: We have over 50 volunteers delivering over 200 hours of services per week, help us to improve local services by delivering on a smaller and more human scale and tailoring services to the needs of people in their community. Our Social impact Building Strong Community Links & Local Relationships - As an organisation based in the heart of Sefton our volunteers have developed long and extensive links in our local communities around this area working in local neighborhood centres, sheltered schemes and church halls across Sefton.

Sefton OPERA could not run without our volunteers they are and have always been the backbone of the organisation this has been said many times over the years and is never more true. Our volunteers 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.

Financial Review

The charity was in a satisfactory financial position at 30 September 2022. The operational surplus on the general fund during the year was £14,713 (2021: deficit £12,394).

Sefton O.P.E.R.A.
Trustees' Annual Report
For the year ended 30 September 2022

As at 30 September 2022 total funds of £126,353 were held of which £45,628 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated Funds representing the net book value of fixed assets were £711. General Funds were £80,014.

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 (2020-22 incl.) is £131,341. This equates to a reserve level of £65,671. As at 30 September 2022 the level of reserves held by Sefton O.P.E.R.A. was £80,014, being unrestricted funds less the value of our fixed assets. Current reserves represent 122% of the reserves required to be held by the trustees.

Reference and administrative details

Charity number:	1086437
Company number:	03841119
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
K Dixon

Company Secretary	V Martlow
-------------------	-----------

Sefton O.P.E.R.A.
Trustees' Annual Report
For the year ended 30 September 2022

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 (- in 2021), 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.
Trustees' Annual Report
For the year ended 30 September 2022

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 or 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 20th April 2023 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 2022

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 2022.

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

20th April 2023

Sefton O.P.E.R.A.
Statement of Financial Activities
(Incorporating Income & Expenditure Account)
For the year ended 30 September 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Income and endowments from:					
Donations and legacies	2	17,807	143,575	161,382	146,974
Charitable activities	3	168	-	168	1,291
Investments	4	18	-	18	9
Total income		17,993	143,575	161,568	148,274
Expenditure on:					
Charitable activities	5	3,281	146,063	149,344	133,614
Total expenditure		3,281	146,063	149,344	133,614
Net income/(expenditure)		14,712	(2,488)	12,224	14,660
Other recognised gains:					
Net movement in funds		14,712	(2,488)	12,224	14,660
Reconciliation of funds:					
Funds b/fwd		66,012	48,117	114,129	99,469
Funds c/fwd		80,725	45,628	126,353	114,129

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.

Sefton O.P.E.R.A.
Balance Sheet
As at 30 September 2022

Company Number: 03841119

	Note	2022 £	2021 £
Fixed Assets			
Tangible assets	9	711	891
Current Assets			
Debtors	10	1,736	522
Cash at bank and in hand	11	124,206	113,803
		125,942	114,325
Creditors: Amounts falling due within one year	12	300	1,087
Net Current Assets		125,642	113,238
Total Net Assets		126,353	114,129
Funds of the charity			
Designated Funds		711	891
General Fund		80,014	65,121
Total Unrestricted Funds	13	80,725	66,012
Restricted Funds	14	45,628	48,117
Total Funds		126,353	114,129

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 20th April 2023.

K Dixon, Trustee



The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts
For the year ended 30 September 2022

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) (as amended for accounts period commencing 1 January 2016) - (Charities SORP (FRS 102)), and the Companies Act 2006.

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 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 the unrestricted funds. Unrestricted reserves were equivalent of 7 months' expenditure. There was a surplus on the 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.

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.

1 Accounting Policies (cont.)

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

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.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Further details of designated funds together with their purpose are set out in note 13.

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 14.

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.

The notes on pages 10 to 21 form part of these financial statements

1 Accounting Policies (cont.)

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.

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.

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

2. Donations and Legacies

	2022 £	2021 £
Donations	16,907	5,191
Grants	144,475	141,783
	<u>161,382</u>	<u>146,974</u>

3. Charitable Activity Income

	2022 £	2021 £
Coronavirus Job Retention Scheme	168	1,291
	<u>168</u>	<u>1,291</u>

Income from charitable activities has been applied to the following activities:

	2022 £	2021 £
The benefit of older persons in Sefton	168	1,291
	<u>168</u>	<u>1,291</u>

4. Investment Income

	2022 £	2021 £
Interest Receivable	18	9
	<u>18</u>	<u>9</u>

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

5. Charitable Activities Expenditure

	Activities Undertaken Directly £	Support Costs £	Total 2022 £	Total 2021 £
The benefit of older persons in Sefton	134,045	15,299	149,344	133,614
	<u>134,045</u>	<u>15,299</u>	<u>149,344</u>	<u>133,614</u>

6. Staff Costs

	2022 £	2021 £
Wages and Salaries	81,041	79,853
Social Security costs	3,709	3,347
Pension costs	4,882	4,713
	<u>89,632</u>	<u>87,913</u>

The average number of employees during the 2022 was:

	2022 Number	2021 Number
Project staff	3	3
	<u>3</u>	<u>3</u>

The trustees received no remuneration during the year (2021: £nil).
The trustees did not receive any expenses during the year (2021: £nil).

The notes on pages 10 to 21 form part of these financial statements

7. 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
K Dixon

Senior Management Team

Organisational Manager - V Martlow
Project Manager - M Robinson

	2022 £	2021 £
Total Remuneration	<u>70,765</u>	<u>69,719</u>

8. Net Income for the year

Net income is stated after charging:

	2022 £	2021 £
Depreciation	<u>181</u>	<u>228</u>

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

9. Tangible Fixed Assets

	Fixtures & Equipment £	Total £
Cost / Valuation		
At 1 October 2021	26,579	26,579
At 30 September 2022	26,579	26,579
Depreciation		
At 1 October 2021	25,687	25,687
For the year	181	181
At 30 September 2022	25,868	25,868
Net Book Amounts		
At 30 September 2022	711	711
At 30 September 2021	892	892

10. Debtors

	2022 £	2021 £
Amounts falling due within one year		
Trade debtors	1,200	-
Prepayments and accrued income	536	522
	1,736	522

11. Cash at bank and in hand

	2022 £	2021 £
Cash at bank	124,014	113,582
Cash in hand	191	220
	124,205	113,802

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

12. Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	-	837
Accruals and deferred income	300	250
	<u>300</u>	<u>1,087</u>

13. Unrestricted Funds

	Balance brought forward 2020 £	Income £	Expenditure £	Transfers between funds £	Balance carried forward 2021 £
General Fund	52,499	16,762	(4,367)	228	65,122
Designated Funds					
Fixed Asset Fund	1,119	-	-	(228)	891
Total Funds	<u>53,618</u>	<u>16,762</u>	<u>(4,367)</u>	<u>-</u>	<u>66,013</u>

	Balance brought forward 2021 £	Income £	Expenditure £	Transfers between funds £	Balance carried forward 2022 £
General Fund	65,121	17,993	(3,280)	180	80,014
Designated Funds					
Fixed Asset Fund	891	-	-	(180)	711
Total Funds	<u>66,012</u>	<u>17,993</u>	<u>(3,280)</u>	<u>-</u>	<u>80,725</u>

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

14. Restricted Funds

	Balance brought forward 2020 £	Income £	Expenditure £	Balance carried forward 2021 £
Sefton MBC	11,242	28,150	(30,083)	9,309
The Big Lottery	-	19,797	(7,085)	12,712
Garfield Weston	3,576	-	(3,576)	-
Steve Morgan Foundation	1,666	15,000	(16,666)	-
Other Restricted Funds	29,367	68,566	(71,837)	26,096
	<u>45,851</u>	<u>131,513</u>	<u>(129,247)</u>	<u>48,117</u>
Other Funds				
Big Lottery Covid	8,922	-	(8,922)	-
Steve Morgan Foundation Covid	3,333	-	(3,333)	-
Green	1,542	-	-	1,542
Veterans	3,843	6,996	(8,778)	2,061
Community Foundation A555487	864	-	(864)	-
Groundwork Cash For Causes	920	-	(920)	-
Leathersellers	6,027	7,500	(9,974)	3,553
NEA KWKW Event	500	-	-	500
N Smith Charitable	500	-	-	500
One Vision	500	-	-	500
Neighbourly Fund	400	-	-	400
Groundwork Tesco	500	-	-	500
P H Holt	1,309	-	(1,309)	-
Rathbones	207	-	(207)	-
Canal and River Trust	-	3,126	(1,982)	1,144
Community Foundation A569719	-	730	(462)	268
Community Foundation A604596	-	1,000	(340)	660
Community Champions Fund CVS	-	2,500	(963)	1,537
Community Link Foundation	-	756	-	756
Energy Redress	-	39,958	(31,435)	8,523
John Moores	-	5,000	(1,348)	3,652
NEA	-	500	(500)	-
Arnold Clark	-	500	(500)	-
	<u>29,367</u>	<u>68,566</u>	<u>(71,837)</u>	<u>26,096</u>

The restricted funds are for the following purposes:

Sefton MBC, Steve Morgan Foundation, Eleanor Peel Trust and Edward Gosling Foundation - salaries

The Big Lottery - salaries, running costs, projects, activities and volunteer expenses

Community Foundation - equipment for groups, activities and trips

Other grants are for running costs

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

14. Restricted Funds (cont.)

	Balance brought forward 2021 £	Income £	Expenditure £	Balance carried forward 2022 £
Sefton MBC	9,309	28,150	(28,569)	8,890
The Big Lottery	12,712	39,469	(34,856)	17,325
Other Restricted Funds	26,096	75,956	(82,638)	19,414
Total Funds	48,117	143,575	(146,063)	45,629
Other Funds				
Green	1,542	-	-	1,542
Veterans	2,061	-	(1,782)	279
Leathersellers	3,553	5,000	(5,119)	3,434
NEA KWKW Event	500	-	(500)	-
N Smith Charitable	500	-	(500)	-
One Vision	500	-	(500)	-
Neighbourly Fund	400	1,000	(129)	1,271
Groundwork Tesco	500	-	(500)	-
Canal and River Trust	1,144	-	(1,144)	-
Community Foundation A569719	268	-	(268)	-
Community Foundation A604596	660	-	(660)	-
Community Champions Fund CVS	1,537	-	(1,537)	-
Community Link Foundation	756	-	(756)	-
Energy Redress	8,523	53,731	(50,089)	12,165
John Moores	3,652	5,000	(8,652)	-
Onward Group	-	3,000	(2,503)	497
Charles Brotherton	-	225	-	225
Winter Access Fund CVS	-	3,000	(3,000)	-
Masonic	-	5,000	(5,000)	-
	26,096	75,956	(82,638)	19,414

The restricted funds are for the following purposes:

Sefton MBC, Steve Morgan Foundation, Eleanor Peel Trust and Edward Gosling Foundation - salaries

The Big Lottery - salaries, running costs, projects, activities and volunteers expenses

Community Foundation - equipment for groups, activities and trips

Other grants are for running costs

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

15. Analysis of Net Assets

Previous year ended 30 September 2021

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total Funds £
Fixed Assets	891	-	-	891
Current Assets	65,317	891	48,117	114,325
Current Liabilities	(1,087)	-	-	(1,087)
	<u>65,121</u>	<u>891</u>	<u>48,117</u>	<u>114,129</u>

Current year ended 30 September 2022

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Totals Funds £
Fixed Assets	-	711	-	711
Current Assets	80,315	-	45,628	125,943
Current Liabilities	(300)	-	-	(300)
	<u>80,015</u>	<u>711</u>	<u>45,628</u>	<u>126,354</u>

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

16. 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 2021.

	Unrestricted Fund £	Restricted Fund £	Total Funds £
Income			
Donations and legacies	15,461	131,513	146,974
Comparative activities	1,291	-	1,291
Investments	9	-	9
Total income	16,761	131,513	148,274
Expenditure on Charitable activities	4,367	129,247	133,614
	4,367	129,247	133,614
Net income	12,394	2,266	14,660
Other Recognised gains:			
Net movement in funds	12,394	2,266	14,660

The notes on pages 10 to 21 form part of these financial statements

Company Number: 03841119
Charity Number: 1086437

Sefton O.P.E.R.A.
(A Company Limited by Guarantee)
Annual Report
&
Financial Statements
For the year ended
30 September 2022

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	Trustees' Annual Report
7	Independent Examiner's Report
8	Statement of Financial Activities
9	Balance Sheet
10-21	Notes to the Financial Statements

Sefton O.P.E.R.A.
Trustees' Annual Report
For the year ended 30 September 2022

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 2022. 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

This year we have concentrated our Annual General Report on volunteering and its benefits both to the individual and the organisation.

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 a sense of gratification, mental and physical gains Increased confidence, Meeting new people and being part of a community, Reducing loneliness and isolation, Learning new skills, Being active. And Having fun

Our Economic Impact: We have over 50 volunteers delivering over 200 hours of services per week, help us to improve local services by delivering on a smaller and more human scale and tailoring services to the needs of people in their community. Our Social impact Building Strong Community Links & Local Relationships - As an organisation based in the heart of Sefton our volunteers have developed long and extensive links in our local communities around this area working in local neighborhood centres, sheltered schemes and church halls across Sefton.

Sefton OPERA could not run without our volunteers they are and have always been the backbone of the organisation this has been said many times over the years and is never more true. Our volunteers 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.

Financial Review

The charity was in a satisfactory financial position at 30 September 2022. The operational surplus on the general fund during the year was £14,713 (2021: deficit £12,394).

Sefton O.P.E.R.A.
Trustees' Annual Report
For the year ended 30 September 2022

As at 30 September 2022 total funds of £126,353 were held of which £45,628 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated Funds representing the net book value of fixed assets were £711. General Funds were £80,014.

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 (2020-22 incl.) is £131,341. This equates to a reserve level of £65,671. As at 30 September 2022 the level of reserves held by Sefton O.P.E.R.A. was £80,014, being unrestricted funds less the value of our fixed assets. Current reserves represent 122% of the reserves required to be held by the trustees.

Reference and administrative details

Charity number:	1086437
Company number:	03841119
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
K Dixon

Company Secretary	V Martlow
-------------------	-----------

Sefton O.P.E.R.A.
Trustees' Annual Report
For the year ended 30 September 2022

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 (- in 2021), 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.
Trustees' Annual Report
For the year ended 30 September 2022

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 or 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 20th April 2023 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 2022

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 2022.

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

20th April 2023

Sefton O.P.E.R.A.
Statement of Financial Activities
(Incorporating Income & Expenditure Account)
For the year ended 30 September 2022

	Note	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Income and endowments from:					
Donations and legacies	2	17,807	143,575	161,382	146,974
Charitable activities	3	168	-	168	1,291
Investments	4	18	-	18	9
Total income		17,993	143,575	161,568	148,274
Expenditure on:					
Charitable activities	5	3,281	146,063	149,344	133,614
Total expenditure		3,281	146,063	149,344	133,614
Net income/(expenditure)		14,712	(2,488)	12,224	14,660
Other recognised gains:					
Net movement in funds		14,712	(2,488)	12,224	14,660
Reconciliation of funds:					
Funds b/fwd		66,012	48,117	114,129	99,469
Funds c/fwd		80,725	45,628	126,353	114,129

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.

Sefton O.P.E.R.A.
Balance Sheet
As at 30 September 2022

Company Number: 03841119

	Note	2022 £	2021 £
Fixed Assets			
Tangible assets	9	711	891
Current Assets			
Debtors	10	1,736	522
Cash at bank and in hand	11	124,206	113,803
		125,942	114,325
Creditors: Amounts falling due within one year	12	300	1,087
Net Current Assets		125,642	113,238
Total Net Assets		126,353	114,129
Funds of the charity			
Designated Funds		711	891
General Fund		80,014	65,121
Total Unrestricted Funds	13	80,725	66,012
Restricted Funds	14	45,628	48,117
Total Funds		126,353	114,129

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 20th April 2023.

K Dixon, Trustee



The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts
For the year ended 30 September 2022

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) (as amended for accounts period commencing 1 January 2016) - (Charities SORP (FRS 102)), and the Companies Act 2006.

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 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 the unrestricted funds. Unrestricted reserves were equivalent of 7 months' expenditure. There was a surplus on the 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.

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.

1 Accounting Policies (cont.)

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

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.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Further details of designated funds together with their purpose are set out in note 13.

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 14.

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.

The notes on pages 10 to 21 form part of these financial statements

1 Accounting Policies (cont.)

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.

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.

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

2. Donations and Legacies

	2022 £	2021 £
Donations	16,907	5,191
Grants	144,475	141,783
	<u>161,382</u>	<u>146,974</u>

3. Charitable Activity Income

	2022 £	2021 £
Coronavirus Job Retention Scheme	168	1,291
	<u>168</u>	<u>1,291</u>

Income from charitable activities has been applied to the following activities:

	2022 £	2021 £
The benefit of older persons in Sefton	168	1,291
	<u>168</u>	<u>1,291</u>

4. Investment Income

	2022 £	2021 £
Interest Receivable	18	9
	<u>18</u>	<u>9</u>

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

5. Charitable Activities Expenditure

	Activities Undertaken Directly £	Support Costs £	Total 2022 £	Total 2021 £
The benefit of older persons in Sefton	134,045	15,299	149,344	133,614
	<u>134,045</u>	<u>15,299</u>	<u>149,344</u>	<u>133,614</u>

6. Staff Costs

	2022 £	2021 £
Wages and Salaries	81,041	79,853
Social Security costs	3,709	3,347
Pension costs	4,882	4,713
	<u>89,632</u>	<u>87,913</u>

The average number of employees during the 2022 was:

	2022 Number	2021 Number
Project staff	3	3
	<u>3</u>	<u>3</u>

The trustees received no remuneration during the year (2021: £nil).
The trustees did not receive any expenses during the year (2021: £nil).

The notes on pages 10 to 21 form part of these financial statements

7. 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
K Dixon

Senior Management Team

Organisational Manager - V Martlow
Project Manager - M Robinson

	2022 £	2021 £
Total Remuneration	<u>70,765</u>	<u>69,719</u>

8. Net Income for the year

Net income is stated after charging:

	2022 £	2021 £
Depreciation	<u>181</u>	<u>228</u>

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

9. Tangible Fixed Assets

	Fixtures & Equipment £	Total £
Cost / Valuation		
At 1 October 2021	26,579	26,579
At 30 September 2022	26,579	26,579
Depreciation		
At 1 October 2021	25,687	25,687
For the year	181	181
At 30 September 2022	25,868	25,868
Net Book Amounts		
At 30 September 2022	711	711
At 30 September 2021	892	892

10. Debtors

	2022 £	2021 £
Amounts falling due within one year		
Trade debtors	1,200	-
Prepayments and accrued income	536	522
	1,736	522

11. Cash at bank and in hand

	2022 £	2021 £
Cash at bank	124,014	113,582
Cash in hand	191	220
	124,205	113,802

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

12. Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	-	837
Accruals and deferred income	300	250
	<u>300</u>	<u>1,087</u>

13. Unrestricted Funds

	Balance brought forward 2020 £	Income £	Expenditure £	Transfers between funds £	Balance carried forward 2021 £
General Fund	52,499	16,762	(4,367)	228	65,122
Designated Funds					
Fixed Asset Fund	1,119	-	-	(228)	891
Total Funds	<u>53,618</u>	<u>16,762</u>	<u>(4,367)</u>	<u>-</u>	<u>66,013</u>

	Balance brought forward 2021 £	Income £	Expenditure £	Transfers between funds £	Balance carried forward 2022 £
General Fund	65,121	17,993	(3,280)	180	80,014
Designated Funds					
Fixed Asset Fund	891	-	-	(180)	711
Total Funds	<u>66,012</u>	<u>17,993</u>	<u>(3,280)</u>	<u>-</u>	<u>80,725</u>

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

14. Restricted Funds

	Balance brought forward 2020 £	Income £	Expenditure £	Balance carried forward 2021 £
Sefton MBC	11,242	28,150	(30,083)	9,309
The Big Lottery	-	19,797	(7,085)	12,712
Garfield Weston	3,576	-	(3,576)	-
Steve Morgan Foundation	1,666	15,000	(16,666)	-
Other Restricted Funds	29,367	68,566	(71,837)	26,096
	<u>45,851</u>	<u>131,513</u>	<u>(129,247)</u>	<u>48,117</u>
Other Funds				
Big Lottery Covid	8,922	-	(8,922)	-
Steve Morgan Foundation Covid	3,333	-	(3,333)	-
Green	1,542	-	-	1,542
Veterans	3,843	6,996	(8,778)	2,061
Community Foundation A555487	864	-	(864)	-
Groundwork Cash For Causes	920	-	(920)	-
Leathersellers	6,027	7,500	(9,974)	3,553
NEA KWKW Event	500	-	-	500
N Smith Charitable	500	-	-	500
One Vision	500	-	-	500
Neighbourly Fund	400	-	-	400
Groundwork Tesco	500	-	-	500
P H Holt	1,309	-	(1,309)	-
Rathbones	207	-	(207)	-
Canal and River Trust	-	3,126	(1,982)	1,144
Community Foundation A569719	-	730	(462)	268
Community Foundation A604596	-	1,000	(340)	660
Community Champions Fund CVS	-	2,500	(963)	1,537
Community Link Foundation	-	756	-	756
Energy Redress	-	39,958	(31,435)	8,523
John Moores	-	5,000	(1,348)	3,652
NEA	-	500	(500)	-
Arnold Clark	-	500	(500)	-
	<u>29,367</u>	<u>68,566</u>	<u>(71,837)</u>	<u>26,096</u>

The restricted funds are for the following purposes:

Sefton MBC, Steve Morgan Foundation, Eleanor Peel Trust and Edward Gosling Foundation - salaries

The Big Lottery - salaries, running costs, projects, activities and volunteer expenses

Community Foundation - equipment for groups, activities and trips

Other grants are for running costs

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

14. Restricted Funds (cont.)

	Balance brought forward 2021 £	Income £	Expenditure £	Balance carried forward 2022 £
Sefton MBC	9,309	28,150	(28,569)	8,890
The Big Lottery	12,712	39,469	(34,856)	17,325
Other Restricted Funds	26,096	75,956	(82,638)	19,414
Total Funds	48,117	143,575	(146,063)	45,629
Other Funds				
Green	1,542	-	-	1,542
Veterans	2,061	-	(1,782)	279
Leathersellers	3,553	5,000	(5,119)	3,434
NEA KWKW Event	500	-	(500)	-
N Smith Charitable	500	-	(500)	-
One Vision	500	-	(500)	-
Neighbourly Fund	400	1,000	(129)	1,271
Groundwork Tesco	500	-	(500)	-
Canal and River Trust	1,144	-	(1,144)	-
Community Foundation A569719	268	-	(268)	-
Community Foundation A604596	660	-	(660)	-
Community Champions Fund CVS	1,537	-	(1,537)	-
Community Link Foundation	756	-	(756)	-
Energy Redress	8,523	53,731	(50,089)	12,165
John Moores	3,652	5,000	(8,652)	-
Onward Group	-	3,000	(2,503)	497
Charles Brotherton	-	225	-	225
Winter Access Fund CVS	-	3,000	(3,000)	-
Masonic	-	5,000	(5,000)	-
	26,096	75,956	(82,638)	19,414

The restricted funds are for the following purposes:

Sefton MBC, Steve Morgan Foundation, Eleanor Peel Trust and Edward Gosling Foundation - salaries

The Big Lottery - salaries, running costs, projects, activities and volunteers expenses

Community Foundation - equipment for groups, activities and trips

Other grants are for running costs

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

15. Analysis of Net Assets

Previous year ended 30 September 2021

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total Funds £
Fixed Assets	891	-	-	891
Current Assets	65,317	891	48,117	114,325
Current Liabilities	(1,087)	-	-	(1,087)
	<u>65,121</u>	<u>891</u>	<u>48,117</u>	<u>114,129</u>

Current year ended 30 September 2022

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Totals Funds £
Fixed Assets	-	711	-	711
Current Assets	80,315	-	45,628	125,943
Current Liabilities	(300)	-	-	(300)
	<u>80,015</u>	<u>711</u>	<u>45,628</u>	<u>126,354</u>

The notes on pages 10 to 21 form part of these financial statements

Sefton O.P.E.R.A.
Notes to the Accounts (cont.)
For the year ended 30 September 2022

16. 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 2021.

	Unrestricted Fund £	Restricted Fund £	Total Funds £
Income			
Donations and legacies	15,461	131,513	146,974
Comparative activities	1,291	-	1,291
Investments	9	-	9
Total income	16,761	131,513	148,274
Expenditure on Charitable activities	4,367	129,247	133,614
	4,367	129,247	133,614
Net income	12,394	2,266	14,660
Other Recognised gains:			
Net movement in funds	12,394	2,266	14,660

The notes on pages 10 to 21 form part of these financial statements

SEFTON O.P.E.R.A.

England & Wales - Charity number 1086437

Accounts



St Matthews Church
410 Stanley Road
Bootle, L20 5AE

Main Telephone: 0151 330 0479
Mobile: 07452 867 648
Email: admin@seftonopera.org.uk

Website: www.sefton-opera.org.uk

Company Registration No: 03841119
Charity Registration No: 1086437



ANNUAL REPORT YEAR END 30TH SEPT 2021

**Over 20 Years
Of PUTTING PEOPLE FIRST**

CONTENTS

INTRODUCTION:

Aims and Objectives.

The Report – Organisational Manager, Lifelong President and Chairperson

CONTENTS:

A Year Coping With Lockdowns
Meeting The Needs Of Older People
Adapting Our Resources and Reorganising
Grass Roots Community Organisations
Sustainability & Funding/ The Way Forward
Statistics Activities
Statistics Covid & Lockdowns

FINANCE:

Trustees Accounts Annual Report
Charity, Bank, Trustee Details
Independent Examiners Report
Statement of Financial Activities
Balance Sheet
Accounting Policies



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 2021 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 2021.

The full annual accounts and Trustees report of the charity were approved by the Trustees and signed on their behalf on 28th February 2022. They will be submitted to the Charity Commission and Companies House by 18th June 2022.

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 28th February 2022

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

Community Champions	Community Link	Energy Redress
Groundwork	John Moores	Leathersellers
PH Holt	Rathbones	Liverpool Cares
Investeck	23 Foundation	National Lottery
National Lottery Covid	Canal & River Trust	Sefton Council
Steve Morgan	Steve Morgan Covid	Veterans

FINANACE Balance Sheet

Sefton O.P.E.R.A. Balance Sheet As at 30 September 2021

Company Number: 03841119

	Note	2021 £	2020 £
Fixed Assets			
Tangible assets	10	891	1,119
Current Assets			
Debtors	11	522	510
Cash at bank and in hand	12	113,803	98,342
		114,325	98,852
Creditors: Amounts falling due within one year	13	1,087	500
Net Current Assets		113,238	98,352
Total Net Assets		114,129	99,471
Funds of the charity			
Designated Funds		891	1,119
General Fund		65,121	52,499
Total Unrestricted Funds	14	66,012	53,618
Restricted Funds	15	48,117	45,851
Total Funds		114,129	99,469

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 28th February 2022.

, Trustee



The notes on pages 11 to 24 form part of these financial statements

Aims and Objectives.

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

Our Objective

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

Our Mission

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

Our Vision

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

Our Social Value

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

Quality Assurance

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

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

THE REPORT

As we look back on our previous year we have to congratulate the staff the committee, and volunteers of Sefton O.P.E.R.A. As always, they have excelled themselves in all the hard work they have managed to carry out at this most difficult time, especially the staff. So once again its congratulations to everyone at Sefton O.P.E.R.A. who have done their best to work with a profession attitude, while working in a voluntary organisation. Ann Mardell

2020-2021 has been one of the hardest years for Sefton OPERA with lockdowns and restrictions having a vast impact on the organisation, activities, but most importantly the volunteers, participants and staff many of whom didn't have a secure network around them, they have become lonelier and more isolated than ever before. The impact on both physical and mental health of the already vulnerable and older persons has been unprecedented and has meant the Sefton OPERA has often been their only lifeline to the outside world. Vikki Martlow

Looking over the past couple of years I can only express my gratitude and heartfelt thanks to all the volunteers and staff at OPERA, the help they have given vulnerable people has been immense, helping to ease the loneliness by a telephone call keeping in touch has meant a lot to many people. Thank you all. Cathy Crook



Vikki Martlow
Organisational Manager



Ann Mardell
Honorary President



Cathy Crook
Chairperson

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 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Income and endowments from:					
Donations and legacies	2	15,461	131,513	146,974	125,118
Charitable activities	3	1,291	-	1,291	3,129
Other trading activities	4	-	-	-	7,530
Investments	5	9	-	9	15
Total income		16,761	131,513	148,274	135,792
Expenditure on:					
Charitable activities	6	4,368	129,247	133,615	111,065
Total expenditure		4,368	129,247	133,615	111,065
Net income		12,393	2,266	14,659	24,727
Other recognised gains:					
Net movement in funds		12,393	2,266	14,659	24,727
Reconciliation of funds:					
Funds b/fwd		53,618	45,851	99,469	74,741
Funds c/fwd		66,012	48,117	114,129	99,469

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 11 to 24 form part of these financial statements

FINANCE Independent Examiners Report

Independent Examiner's Report To the trustees of Sefton O.P.E.R.A. For the year ended 30 September 2021

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 2021.

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

28th February 2022

A YEAR COPING WITH LOCKDOWNS

A year of coping with lockdowns and restrictions, after last year which we called "The year of two halves" this year has been even harder to cope with from the individuals, families and from the organisation side of things. Some of our participants have really struggled with the restrictions and lockdowns which have had an adverse effect on not just their physical health not being able to attend their activities and not being able to join in with their usual exercises, but also their mental health with the lockdowns emphasising their already lonely or isolated states.

We have noticed the difference from the first lockdown (March to July 2020) and the difference having good weather had. Although everyone was frightened with the unforeseen amount of illness and deaths, they were still able to enjoy their gardens or get some fresh air with a little walk. With the last 2 lockdowns (November 2020, and January to March 2021) people have struggled more due to the colder weather making it difficult to go into the garden or go for a walk, which has made them more vulnerable lonely and isolated. In the first lockdown we had a purpose we were doing all we could so that we could get over the virus and get back to normal and look forward to summer and then Christmas. When the numbers started to rise again and the 2nd and then 3rd lockdowns were inevitable people struggled more without hope not being able to see an end to it. This had an even bigger impact on their physical and mental health.

And this is where Sefton O.P.E.R.A activities played a huge impact sometimes being the only lifeline for some of our participants. With our phone calls, activity packs, food packs, puzzles, games, book and DVD libraries in the lockdowns, and opening up our usual inhouse activities as soon as we could (sticking to covid rules and regulation) many saying we were their only lifeline.

MEETING THE NEEDS OF OLDER PEOPLE

Individuals living alone have really struggled especially with the ever-changing rules, we have noticed those who haven't had technology and have been unable to do WhatsApp, Facebook, Facetime and Zoom etc. who haven't been able to join in with the online quizzes, games, singers and dancers have struggled more with their loneliness and isolation issues which has had a strong knock-on effect of their mental health. They are the ones who have needed our activities the most (some not speaking to other people from one week to the next) with our phone calls, activity packs and our emergency food packs you hear it in their voices some needing to talk for over half an hour knowing this may be the only conversation they have. But even in this group we have noticed differences when restrictions lifted, some eager to get out and get back involved in their community others still not re-joined and frightened still to leave their own homes (cabin effect) some even struggling to leave even for necessary medical appointments. Others who have had technology have coped better but have still had their struggles, especially as most had not used some of the apps before and quickly had to learn new skills to be able to keep in contact with loved ones and friends.



Books & DVD Lending Library, Singing in the Communal Halls, Quizzes in the parks

FINANCE Trustees Responsibilities

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2021

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 or 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 28th February 2022 and signed on their behalf.

V Martlow
Company Secretary

FINANCE Structure Governance & Management

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2021

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	Resigned 28 June 2021
K Dixon	Appointed 28 June 2021

Company Secretary	V Martlow
-------------------	-----------

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 2020), 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.

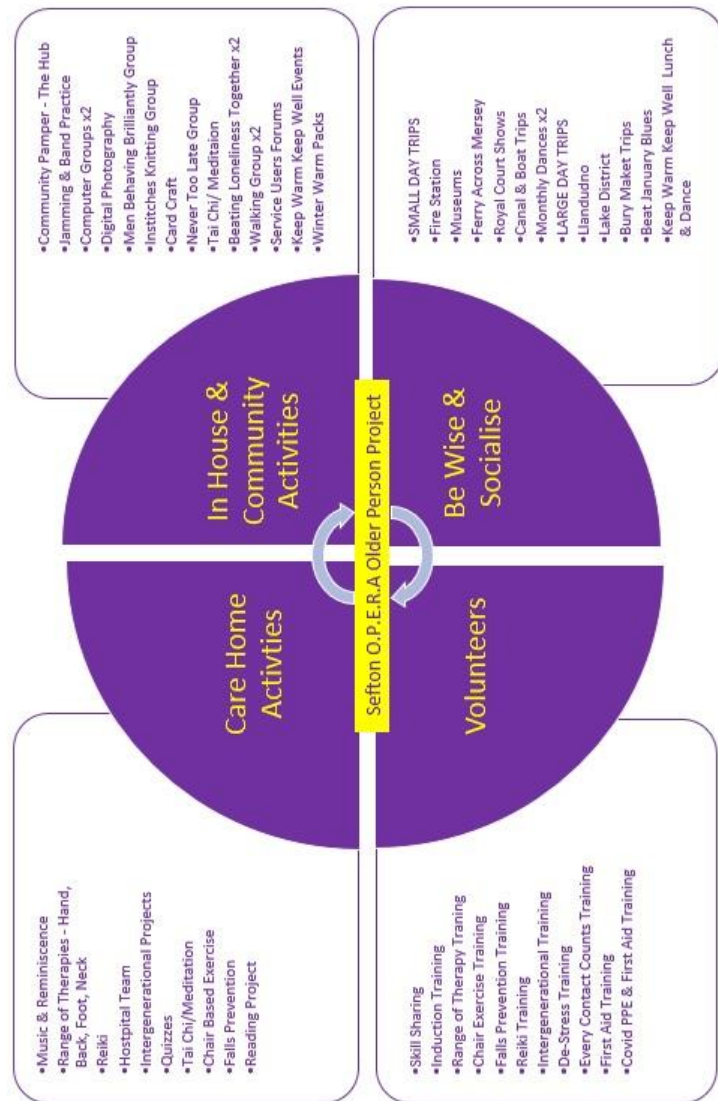
ADAPTING OUR RESOURCES AND REORGANISING

Families have also struggled with the lockdowns with the added pressure of the 24/7 living together and still trying to work from home and school children from home as well as continue with their everyday life. The added pressure of all being on top of each other and not being able to go out due to the winter weather put a strain on family life. The sharing of IT equipment when parents are having to work from home and children having to do online zoom sessions, when they were used to having grandparents to watch them. This has had an added to the strain on older people who were also not able to see their families help out and feel needed.

Organisations have struggled with the ever-amending restrictions stopping and starting activities and stopping and starting working from home. Also staff coping with dealing with the loneliness of our participants and sometimes being unable to do anything about it. With finding PPE and training in Covid Safe Practices, first aid etc. Also not know what to do for the best how soon to open or close activities when people's lives are at stake, but knowing that people are desperate to be able to attend activities and get back to "normal".



GRASS ROOTS COMMUNITY ORGANISATION



FINANCE Reference and Administrative Details

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2021

Financial Review

The charity was in a satisfactory financial position at 30 September 2021. The operational surplus on the general fund during the year was £12,394 (2020: deficit £20,930).

As at 30 September 2021 total funds of £114,129 were held of which £48,117 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated Funds representing the net book value of fixed assets were £891. General Funds were £65,121.

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 (2019-21 incl.) is £127,616. This equates to a reserve level of £63,808. As at 30 September 2021 the level of reserves held by Sefton O.P.E.R.A. was £65,121, being unrestricted funds less the value of our fixed assets. Current reserves represent 102% 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:	03841119
Registered Office:	St Matthews Community 200, 410 Stanley Road, Bootle L20 5AE

FINANCE Objectives and Activities

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2021

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 2021. 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

A year of coping with lockdowns and restrictions, after last year which we called "The year of two halves" this year has been even harder to cope with from the individuals, families and from the organisation side of things. Some of our participants have really struggled with the restrictions and lockdowns which have had an adverse effect on not just their physical health but also their mental health with the lockdowns emphasising their already lonely or isolated states.

We have noticed the difference from the first lockdown (March to July 2020) and the difference having good weather had. With the last 2 lockdowns (November 2020, and January to March 2021) people have struggled more due to the colder weather making it difficult to go into the garden or go for a walk, which has made them more vulnerable lonely and isolated. When the numbers started to rise again and the 2nd and then 3rd lockdowns were inevitable people struggled more without hope not being able to see an end to it. This had an even bigger impact on their physical and mental health

And this is where Sefton O.P.E.R.A activities played a huge impact sometimes being the only lifeline for some of our participants. With our phone calls, activity packs, food packs, puzzles, games, book and DVD libraries in the lockdowns, and opening up our usual inhouse activities as soon as we could (sticking to covid rules and regulation) many saying we were their only lifeline.

SUSTAINABILITY & FUNDING

If this year has taught us anything it is that you have to be adaptive and adapt quickly, Covid was an unforeseen situation that needed immediate responses. Fortunately for us our already secured funders were adaptive with expectations from what funding had been secured for to what was needed in the pandemic. We adapted our activities to meet the needs of our patrons within the Covid restrictions as they changed. Funders also edited their usual requirements for funding into more reactive measures to help vulnerable people with pandemic needs. This had helped us to secure funding for a variety of projects some new activities derived from the needs during the pandemic and most of our original activities. The pandemic has highlighted the need for community resilience and as always we have listened to the community and responded to their needs as this is always the way forward for sustainability of the organisation.

THE WAY FORWARD

The way forward in the big picture hasn't changed to meet the needs of the older or vulnerable persons within sefton, enabling them to learn the skills to ensure they have a healthier and more productive senior years. With people living longer no one wants to be a burden through ill health on their families or the health system so giving them the skills and the availability of activities to keep them living in their own homes healthier for as long as possible is a necessity. In the short term it is to encourage funders to realise the benefit of early intervention being active rather than reactive to the health needs of the most vulnerable and older persons in our area, giving them choices and responsibility for their own care, and giving them the opportunities, learning, and activities to be able to contribute to their society, which reduces their care needs and reduces their needs for NHS services.

STATISTICS ACTIVITIES

This was the year of lockdowns and restrictions that being said this meant that we were more in demand with new activities and lifelines.

As soon as it was safe and we were able to do so we provided our weekly activities again within the new restrictions PPE limiting numbers and keeping records of attendees we provided 12 weekly activities Pamper, computers x3, Tai Chi, Mens Group, Institches Group, Swimming Session, Never Too Late, Craft, Band Jamming, Walking Groups.



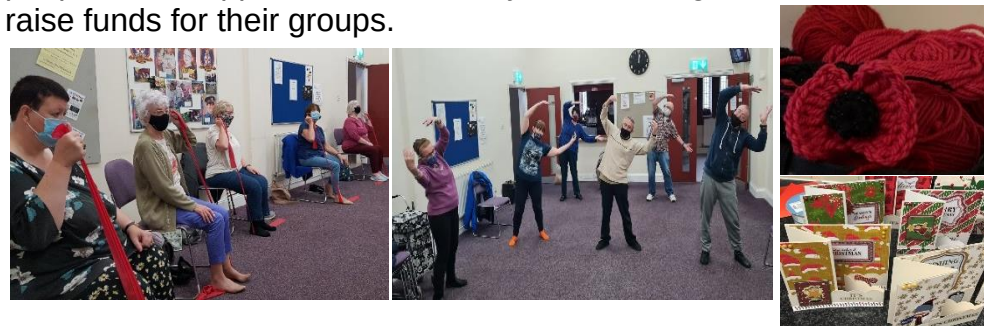
We also added in new projects a Step Into The Past Walk and Talking History Group who went on local historical walks taking pictures & making photo albums. We also added a drop in pamper session in the Southport area for locals to drop in have a massage get together and have a cuppa and a chat.



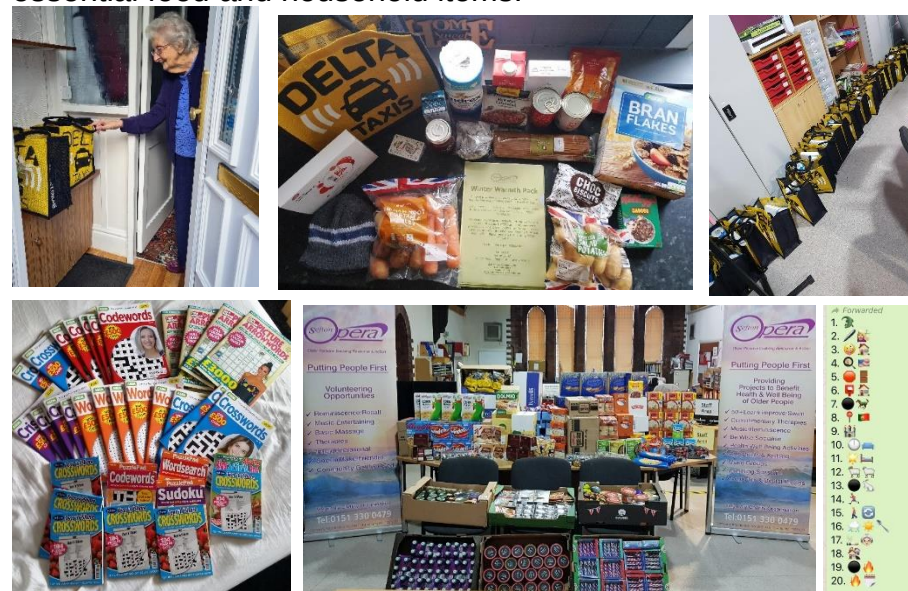
We added in Zoom & Teams training & Meetings for Student Drs, Life Rooms, Vol Advisory, Health Watch, Child Protection, Sefton Older Persons Forum, Canal & River Trust, South Sefton Partnerships, City Region VCFSE, Levelling Up, Health & Social Care.

STATISTICS COVID & LOCKDOWNS

We Joined in with the Captain Tom 100 project and had 100 participations to our groups Tai Chi, Chair, Walks, Quizzes, and our groups produced 100 greetings Cards sent to older vulnerable people, 100 Poppies donated to Royal British Legion for them to raise funds for their groups.



During Lockdowns our Covid activities were used more and more we provided the usual 150 phone calls per week, and the weekly book, DVD, and Jigsaw libraries, WhatsApps and Quizzes. We provided 250 Activity book Packs of colouring books, crosswords, sudoku books etc. and provided 350 Winter Warm & Emergency Packs of essential food and household items.



Company Number: 03841119
Charity Number: 1086437

Sefton O.P.E.R.A.
(A Company Limited by Guarantee)
Annual Report
&
Financial Statements
For the year ended
30 September 2021

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

3-7	Trustees' Annual Report
8	Independent Examiner's Report
9	Statement of Financial Activities
10	Balance Sheet
11-24	Notes to the Financial Statements

Sefton O.P.E.R.A.

Trustees' Annual Report

For the year ended 30 September 2021

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 2021. 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

A year of coping with lockdowns and restrictions, after last year which we called "The year of two halves" this year has been even harder to cope with from the individuals, families and from the organisation side of things. Some of our participants have really struggled with the restrictions and lockdowns which have had an adverse effect on not just their physical health but also their mental health with the lockdowns emphasising their already lonely or isolated states.

We have noticed the difference from the first lockdown (March to July 2020) and the difference having good weather had. With the last 2 lockdowns (November 2020, and January to March 2021) people have struggled more due to the colder weather making it difficult to go into the garden or go for a walk, which has made them more vulnerable lonely and isolated. When the numbers started to rise again and the 2nd and then 3rd lockdowns were inevitable people struggled more without hope not being able to see an end to it. This had an even bigger impact on their physical and mental health

And this is where Sefton O.P.E.R.A activities played a huge impact sometimes being the only lifeline for some of our participants. With our phone calls, activity packs, food packs, puzzles, games, book and DVD libraries in the lockdowns, and opening up our usual inhouse activities as soon as we could (sticking to covid rules and regulation) many saying we were their only lifeline.

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2021

Financial Review

The charity was in a satisfactory financial position at 30 September 2021. The operational surplus on the general fund during the year was £12,394 (2020: deficit £20,930).

As at 30 September 2021 total funds of £114,129 were held of which £48,117 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated Funds representing the net book value of fixed assets were £891. General Funds were £65,121.

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 (2019-21 incl.) is £127,616. This equates to a reserve level of £63,808. As at 30 September 2021 the level of reserves held by Sefton O.P.E.R.A. was £65,121, being unrestricted funds less the value of our fixed assets. Current reserves represent 102% 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:	03841119
Registered Office:	St Matthews Community 200, 410 Stanley Road, Bootle L20 5AE

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2021

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	Resigned 28 June 2021
K Dixon	Appointed 28 June 2021

Company Secretary	V Martlow
-------------------	-----------

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 2020), 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.

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2021

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. Trustees' Annual Report For the year ended 30 September 2021

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 28th February 2022 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 2021

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 2021.

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

28th February 2022

Sefton O.P.E.R.A.

Statement of Financial Activities

(Incorporating Income & Expenditure Account)

For the year ended 30 September 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Income and endowments from:					
Donations and legacies	2	15,461	131,513	146,974	125,118
Charitable activities	3	1,291	-	1,291	3,129
Other trading activities	4	-	-	-	7,530
Investments	5	9	-	9	15
Total income		16,761	131,513	148,274	135,792
Expenditure on:					
Charitable activities	6	4,368	129,247	133,615	111,065
Total expenditure		4,368	129,247	133,615	111,065
Net income		12,393	2,266	14,659	24,727
Other recognised gains:					
Net movement in funds		12,393	2,266	14,659	24,727
Reconciliation of funds:					
Funds b/fwd		53,618	45,851	99,469	74,741
Funds c/fwd		66,012	48,117	114,129	99,469

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 11 to 24 form part of these financial statements

Sefton O.P.E.R.A. Balance Sheet As at 30 September 2021

Company Number: 03841119

	Note	2021 £	2020 £
Fixed Assets			
Tangible assets	10	891	1,119
Current Assets			
Debtors	11	522	510
Cash at bank and in hand	12	113,803	98,342
		114,325	98,852
Creditors: Amounts falling due within one year	13	1,087	500
Net Current Assets		113,238	98,352
Total Net Assets		114,129	99,471
Funds of the charity			
Designated Funds		891	1,119
General Fund		65,121	52,499
Total Unrestricted Funds	14	66,012	53,618
Restricted Funds	15	48,117	45,851
Total Funds		114,129	99,469

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 28th February 2022.

, Trustee



The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts

For the year ended 30 September 2021

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) (as amended for accounts period commencing 1 January 2016) - (Charities SORP (FRS 102)), and the Companies Act 2006.

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 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 the unrestricted funds. Unrestricted reserves were equivalent of 6 months' expenditure. There was a surplus on the 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.

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

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.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Further details of designated funds together with their purpose are set out in note 14.

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 15.

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

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 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

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

	2021 £	2020 £
Donations	5,191	6,577
Grants	141,783	118,541
	<u>146,974</u>	<u>125,118</u>

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

3. Charitable Activity Income

	2021 £	2020 £
Coronavirus Job Retention Scheme	1,291	3,129
	<u>1,291</u>	<u>3,129</u>

Income from charitable activities has been applied to the following activities:

	2021 £	2020 £
The benefit of older persons in Sefton	1,291	3,129
	<u>1,291</u>	<u>3,129</u>

4. Other trading activity income

	2021 £	2020 £
Fundraising	-	7,530
	<u>-</u>	<u>7,530</u>

5. Investment Income

	2021 £	2020 £
Interest Receivable	9	15
	<u>9</u>	<u>15</u>

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

6. Charitable Activities Expenditure

	Activities Undertaken Directly £	Support Costs £	Total 2021 £	Total 2020 £
The benefit of older persons in Sefton	118,749	14,865	133,614	111,065
	<u>118,749</u>	<u>14,865</u>	<u>133,614</u>	<u>111,065</u>

7. Staff Costs

	2021 £	2020 £
Wages and Salaries	79,853	78,562
Social Security costs	3,347	3,637
Pension costs	4,713	4,712
	<u>87,913</u>	<u>86,911</u>

The average number of employees during the 2021 was:

	2021 Number	2020 Number
Project staff	3	3
	<u>3</u>	<u>3</u>

The trustees received no remuneration during the year (2020: £nil).
The trustees did not receive any expenses during the year (2020: £nil).

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

8. 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
K Dixon

Senior Management Team

Organisational Manager - V Martlow
Project Manager - M Robinson

	2021 £	2020 £
Total Remuneration	69,719	69,719

9. Net Income for the year

Net income is stated after charging:

	2021 £	2020 £
Depreciation	228	286

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

10. Tangible Fixed Assets

	Fixtures & Equipment £	Total £
Cost / Valuation		
At 1 October 2020	25,544	25,544
At 30 September 2021	25,544	25,544
Depreciation		
At 1 October 2020	24,425	24,425
For the year	228	228
At 30 September 2021	24,653	24,653
Net Book Amounts		
At 30 September 2021	891	891
At 30 September 2020	1,119	1,119

11. Debtors

	2021 £	2020 £
Amounts falling due within one year		
Prepayments and accrued income	522	510
	522	510

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

12. Cash at bank and in hand

	2021 £	2020 £
Cash at bank	113,582	98,174
Cash in hand	220	167
	<u>113,802</u>	<u>98,341</u>

13. Creditors: Amounts falling due within one year

	2021 £	2020 £
Trade creditors	837	-
Accruals and deferred income	250	500
	<u>1,087</u>	<u>500</u>

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

14. Unrestricted Funds

	Balance brought forward 2019 £	Income £	Expenditure £	Transfers between funds £	Balance carried forward 2020 £
General Fund	32,688	22,252	(1,322)	(1,119)	52,499
Designated Funds					
Fixed Asset Fund	-	-	-	1,119	1,119
Total Funds	32,688	22,252	(1,322)	-	53,618

	Balance brought forward 2020 £	Income £	Expenditure £	Transfers between funds £	Balance carried forward 2021 £
General Fund	52,499	16,761	(4,368)	228	65,120
Designated Funds					
Fixed Asset Fund	1,119	-	-	(228)	891
Total Funds	53,618	16,761	(4,368)	-	66,011

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

15. Restricted Funds

	Balance brought forward 2019 £	Income £	Expenditure £	Balance carried forward 2020 £
Sefton MBC	10,417	28,150	(27,324)	11,243
Ashworth	3,000	-	(3,000)	-
Eleanor Peel Trust	5,000	-	(5,000)	-
Garfield Weston	15,000	-	(11,424)	3,576
Steve Morgan Foundation	1,930	21,875	(22,138)	1,667
Other Restricted Funds	6,706	63,516	(40,856)	29,366
	<u>42,053</u>	<u>113,541</u>	<u>(109,742)</u>	<u>45,852</u>
Other Funds				
Big Lottery Covid	-	14,920	(5,998)	8,922
Steve Morgan Foundation Covid	-	6,900	(3,568)	3,332
Green	-	2,500	(958)	1,542
Veterans	4,339	6,996	(7,492)	3,843
Community Foundation A509851	2,367	-	(2,367)	-
Community Foundation A555487	-	1,800	(936)	864
Groundwork Cash For Causes	-	1,000	(80)	920
Leathersellers	-	15,000	(8,973)	6,027
NEA KWKW Event	-	500	-	500
N Smith Charitable	-	500	-	500
One Vision	-	500	-	500
Neighbourly Fund	-	400	-	400
Groundwork Tesco	-	500	-	500
P H Holt	-	5,000	(3,691)	1,309
Rathbones	-	7,000	(6,793)	207
	<u>6,706</u>	<u>63,516</u>	<u>(40,856)</u>	<u>29,366</u>

The restricted funds are for the following purposes:

Sefton MBC, Steve Morgan Foundation, Eleanor Peel Trust and Edward Gosling Foundation - salaries

The Big Lottery - salaries, running costs, projects, activities and volunteer expenses

Community Foundation - equipment for groups, activities and trips

Other grants are for running costs

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

15. Restricted Funds (cont.)

	Balance brought forward 2020 £	Income £	Expenditure £	Balance carried forward 2021 £
Sefton MBC	11,242	28,150	(30,083)	9,309
The Big Lottery	-	19,797	(7,085)	12,712
Garfield Weston	3,576	-	(3,576)	-
Steve Morgan Foundation	1,666	15,000	(16,666)	-
Other Restricted Funds	29,367	68,566	(71,837)	26,096
Total Funds	45,851	131,513	(129,247)	48,117
Other Funds				
Big Lottery Covid	8,922	-	(8,922)	-
Steve Morgan Foundation Covid	3,333	-	(3,333)	-
Green	1,542	-	-	1,542
Veterans	3,843	6,996	(8,778)	2,061
Community Foundation A555487	864	-	(864)	-
Groundwork Cash For Causes	920	-	(920)	-
Leathersellers	6,027	7,500	(9,974)	3,553
NEA KWKW Event	500	-	-	500
N Smith Charitable	500	-	-	500
One Vision	500	-	-	500
Neighbourly Fund	400	-	-	400
Groundwork Tesco	500	-	-	500
P H Holt	1,309	-	(1,309)	-
Rathbones	207	-	(207)	-
Canal and River Trust	-	3,126	(1,982)	1,144
Community Foundation A569719	-	730	(462)	268
Community Foundation A604596	-	1,000	(340)	660
Community Champions Fund CVS	-	2,500	(963)	1,537
Community Link Foundation	-	756	-	756
Energy Redress	-	39,958	(31,435)	8,523
John Moores	-	5,000	(1,348)	3,652
NEA	-	500	(500)	-
Arnold Clark	-	500	(500)	-
Total	29,367	68,566	(71,837)	26,096

The restricted funds are for the following purposes:

Sefton MBC, Steve Morgan Foundation, Eleanor Peel Trust and Edward Gosling Foundation - salaries

The Big Lottery - salaries, running costs, projects, activities and volunteers expenses

Community Foundation - equipment for groups, activities and trips

Other grants are for running costs

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

16. Analysis of Net Assets

Previous year ended 30 September 2020

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total Funds £
Fixed Assets	-	1,119	-	1,119
Current Assets	53,999	-	44,851	98,850
Current Liabilities	(500)	-	-	(500)
	<u>53,499</u>	<u>1,119</u>	<u>44,851</u>	<u>99,469</u>

Current year ended 30 September 2021

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Totals Funds £
Fixed Assets	891	-	-	891
Current Assets	65,317	891	48,117	114,325
Current Liabilities	(1,087)	-	-	(1,087)
	<u>65,121</u>	<u>891</u>	<u>48,117</u>	<u>114,129</u>

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

17. 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 2020.

	Unrestricted Fund £	Restricted Fund £	Total Funds £
Income			
Donations and legacies	11,577	113,541	125,118
Comparative activities	3,129	-	3,129
Other Trading Activities	7,530	-	7,530
Investments	15	-	15
Total income	<u>22,251</u>	<u>113,541</u>	<u>135,792</u>
Expenditure on Charitable activities	<u>1,322</u>	<u>109,742</u>	<u>111,065</u>
	<u>1,322</u>	<u>109,742</u>	<u>111,065</u>
Net income	20,928	3,799	24,727
Other Recognised gains:			
Net movement in funds	<u>20,928</u>	<u>3,799</u>	<u>24,727</u>

The notes on pages 11 to 24 form part of these financial statements

Company Number: 03841119
Charity Number: 1086437

Sefton O.P.E.R.A.
(A Company Limited by Guarantee)
Annual Report
&
Financial Statements
For the year ended
30 September 2021

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

3-7	Trustees' Annual Report
8	Independent Examiner's Report
9	Statement of Financial Activities
10	Balance Sheet
11-24	Notes to the Financial Statements

Sefton O.P.E.R.A.

Trustees' Annual Report

For the year ended 30 September 2021

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 2021. 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

A year of coping with lockdowns and restrictions, after last year which we called "The year of two halves" this year has been even harder to cope with from the individuals, families and from the organisation side of things. Some of our participants have really struggled with the restrictions and lockdowns which have had an adverse effect on not just their physical health but also their mental health with the lockdowns emphasising their already lonely or isolated states.

We have noticed the difference from the first lockdown (March to July 2020) and the difference having good weather had. With the last 2 lockdowns (November 2020, and January to March 2021) people have struggled more due to the colder weather making it difficult to go into the garden or go for a walk, which has made them more vulnerable lonely and isolated. When the numbers started to rise again and the 2nd and then 3rd lockdowns were inevitable people struggled more without hope not being able to see an end to it. This had an even bigger impact on their physical and mental health

And this is where Sefton O.P.E.R.A activities played a huge impact sometimes being the only lifeline for some of our participants. With our phone calls, activity packs, food packs, puzzles, games, book and DVD libraries in the lockdowns, and opening up our usual inhouse activities as soon as we could (sticking to covid rules and regulation) many saying we were their only lifeline.

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2021

Financial Review

The charity was in a satisfactory financial position at 30 September 2021. The operational surplus on the general fund during the year was £12,394 (2020: deficit £20,930).

As at 30 September 2021 total funds of £114,129 were held of which £48,117 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated Funds representing the net book value of fixed assets were £891. General Funds were £65,121.

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 (2019-21 incl.) is £127,616. This equates to a reserve level of £63,808. As at 30 September 2021 the level of reserves held by Sefton O.P.E.R.A. was £65,121, being unrestricted funds less the value of our fixed assets. Current reserves represent 102% 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:	03841119
Registered Office:	St Matthews Community 200, 410 Stanley Road, Bootle L20 5AE

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2021

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	Resigned 28 June 2021
K Dixon	Appointed 28 June 2021

Company Secretary	V Martlow
-------------------	-----------

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 2020), 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.

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2021

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. Trustees' Annual Report For the year ended 30 September 2021

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 28th February 2022 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 2021

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 2021.

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

28th February 2022

Sefton O.P.E.R.A.

Statement of Financial Activities

(Incorporating Income & Expenditure Account)

For the year ended 30 September 2021

	Note	Unrestricted Funds £	Restricted Funds £	Total 2021 £	Total 2020 £
Income and endowments from:					
Donations and legacies	2	15,461	131,513	146,974	125,118
Charitable activities	3	1,291	-	1,291	3,129
Other trading activities	4	-	-	-	7,530
Investments	5	9	-	9	15
Total income		16,761	131,513	148,274	135,792
Expenditure on:					
Charitable activities	6	4,368	129,247	133,615	111,065
Total expenditure		4,368	129,247	133,615	111,065
Net income		12,393	2,266	14,659	24,727
Other recognised gains:					
Net movement in funds		12,393	2,266	14,659	24,727
Reconciliation of funds:					
Funds b/fwd		53,618	45,851	99,469	74,741
Funds c/fwd		66,012	48,117	114,129	99,469

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 11 to 24 form part of these financial statements

Sefton O.P.E.R.A. Balance Sheet As at 30 September 2021

Company Number: 03841119

	Note	2021 £	2020 £
Fixed Assets			
Tangible assets	10	891	1,119
Current Assets			
Debtors	11	522	510
Cash at bank and in hand	12	113,803	98,342
		114,325	98,852
Creditors: Amounts falling due within one year	13	1,087	500
Net Current Assets		113,238	98,352
Total Net Assets		114,129	99,471
Funds of the charity			
Designated Funds		891	1,119
General Fund		65,121	52,499
Total Unrestricted Funds	14	66,012	53,618
Restricted Funds	15	48,117	45,851
Total Funds		114,129	99,469

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 28th February 2022.

, Trustee



The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts

For the year ended 30 September 2021

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) (as amended for accounts period commencing 1 January 2016) - (Charities SORP (FRS 102)), and the Companies Act 2006.

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 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 the unrestricted funds. Unrestricted reserves were equivalent of 6 months' expenditure. There was a surplus on the 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.

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

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.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Further details of designated funds together with their purpose are set out in note 14.

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 15.

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

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 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

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

	2021 £	2020 £
Donations	5,191	6,577
Grants	141,783	118,541
	<u>146,974</u>	<u>125,118</u>

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

3. Charitable Activity Income

	2021 £	2020 £
Coronavirus Job Retention Scheme	1,291	3,129
	<u>1,291</u>	<u>3,129</u>

Income from charitable activities has been applied to the following activities:

	2021 £	2020 £
The benefit of older persons in Sefton	1,291	3,129
	<u>1,291</u>	<u>3,129</u>

4. Other trading activity income

	2021 £	2020 £
Fundraising	-	7,530
	<u>-</u>	<u>7,530</u>

5. Investment Income

	2021 £	2020 £
Interest Receivable	9	15
	<u>9</u>	<u>15</u>

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

6. Charitable Activities Expenditure

	Activities Undertaken Directly £	Support Costs £	Total 2021 £	Total 2020 £
The benefit of older persons in Sefton	118,749	14,865	133,614	111,065
	<u>118,749</u>	<u>14,865</u>	<u>133,614</u>	<u>111,065</u>

7. Staff Costs

	2021 £	2020 £
Wages and Salaries	79,853	78,562
Social Security costs	3,347	3,637
Pension costs	4,713	4,712
	<u>87,913</u>	<u>86,911</u>

The average number of employees during the 2021 was:

	2021 Number	2020 Number
Project staff	3	3
	<u>3</u>	<u>3</u>

The trustees received no remuneration during the year (2020: £nil).
The trustees did not receive any expenses during the year (2020: £nil).

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

8. 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
K Dixon

Senior Management Team

Organisational Manager - V Martlow
Project Manager - M Robinson

	2021 £	2020 £
Total Remuneration	69,719	69,719

9. Net Income for the year

Net income is stated after charging:

	2021 £	2020 £
Depreciation	228	286

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

10. Tangible Fixed Assets

	Fixtures & Equipment £	Total £
Cost / Valuation		
At 1 October 2020	25,544	25,544
At 30 September 2021	25,544	25,544
Depreciation		
At 1 October 2020	24,425	24,425
For the year	228	228
At 30 September 2021	24,653	24,653
Net Book Amounts		
At 30 September 2021	891	891
At 30 September 2020	1,119	1,119

11. Debtors

	2021 £	2020 £
Amounts falling due within one year		
Prepayments and accrued income	522	510
	522	510

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

12. Cash at bank and in hand	2021	2020
	£	£
Cash at bank	113,582	98,174
Cash in hand	220	167
	<u>113,802</u>	<u>98,341</u>
13. Creditors: Amounts falling due within one year	2021	2020
	£	£
Trade creditors	837	-
Accruals and deferred income	250	500
	<u>1,087</u>	<u>500</u>

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

14. Unrestricted Funds

	Balance brought forward 2019 £	Income £	Expenditure £	Transfers between funds £	Balance carried forward 2020 £
General Fund	32,688	22,252	(1,322)	(1,119)	52,499
Designated Funds					
Fixed Asset Fund	-	-	-	1,119	1,119
Total Funds	32,688	22,252	(1,322)	-	53,618

	Balance brought forward 2020 £	Income £	Expenditure £	Transfers between funds £	Balance carried forward 2021 £
General Fund	52,499	16,761	(4,368)	228	65,120
Designated Funds					
Fixed Asset Fund	1,119	-	-	(228)	891
Total Funds	53,618	16,761	(4,368)	-	66,011

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

15. Restricted Funds

	Balance brought forward 2019 £	Income £	Expenditure £	Balance carried forward 2020 £
Sefton MBC	10,417	28,150	(27,324)	11,243
Ashworth	3,000	-	(3,000)	-
Eleanor Peel Trust	5,000	-	(5,000)	-
Garfield Weston	15,000	-	(11,424)	3,576
Steve Morgan Foundation	1,930	21,875	(22,138)	1,667
Other Restricted Funds	6,706	63,516	(40,856)	29,366
	<u>42,053</u>	<u>113,541</u>	<u>(109,742)</u>	<u>45,852</u>
Other Funds				
Big Lottery Covid	-	14,920	(5,998)	8,922
Steve Morgan Foundation Covid	-	6,900	(3,568)	3,332
Green	-	2,500	(958)	1,542
Veterans	4,339	6,996	(7,492)	3,843
Community Foundation A509851	2,367	-	(2,367)	-
Community Foundation A555487	-	1,800	(936)	864
Groundwork Cash For Causes	-	1,000	(80)	920
Leathersellers	-	15,000	(8,973)	6,027
NEA KWKW Event	-	500	-	500
N Smith Charitable	-	500	-	500
One Vision	-	500	-	500
Neighbourly Fund	-	400	-	400
Groundwork Tesco	-	500	-	500
P H Holt	-	5,000	(3,691)	1,309
Rathbones	-	7,000	(6,793)	207
	<u>6,706</u>	<u>63,516</u>	<u>(40,856)</u>	<u>29,366</u>

The restricted funds are for the following purposes:

Sefton MBC, Steve Morgan Foundation, Eleanor Peel Trust and Edward Gosling Foundation - salaries

The Big Lottery - salaries, running costs, projects, activities and volunteer expenses

Community Foundation - equipment for groups, activities and trips

Other grants are for running costs

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

15. Restricted Funds (cont.)

	Balance brought forward 2020 £	Income £	Expenditure £	Balance carried forward 2021 £
Sefton MBC	11,242	28,150	(30,083)	9,309
The Big Lottery	-	19,797	(7,085)	12,712
Garfield Weston	3,576	-	(3,576)	-
Steve Morgan Foundation	1,666	15,000	(16,666)	-
Other Restricted Funds	29,367	68,566	(71,837)	26,096
Total Funds	45,851	131,513	(129,247)	48,117
Other Funds				
Big Lottery Covid	8,922	-	(8,922)	-
Steve Morgan Foundation Covid	3,333	-	(3,333)	-
Green	1,542	-	-	1,542
Veterans	3,843	6,996	(8,778)	2,061
Community Foundation A555487	864	-	(864)	-
Groundwork Cash For Causes	920	-	(920)	-
Leathersellers	6,027	7,500	(9,974)	3,553
NEA KWKW Event	500	-	-	500
N Smith Charitable	500	-	-	500
One Vision	500	-	-	500
Neighbourly Fund	400	-	-	400
Groundwork Tesco	500	-	-	500
P H Holt	1,309	-	(1,309)	-
Rathbones	207	-	(207)	-
Canal and River Trust	-	3,126	(1,982)	1,144
Community Foundation A569719	-	730	(462)	268
Community Foundation A604596	-	1,000	(340)	660
Community Champions Fund CVS	-	2,500	(963)	1,537
Community Link Foundation	-	756	-	756
Energy Redress	-	39,958	(31,435)	8,523
John Moores	-	5,000	(1,348)	3,652
NEA	-	500	(500)	-
Arnold Clark	-	500	(500)	-
Total	29,367	68,566	(71,837)	26,096

The restricted funds are for the following purposes:

Sefton MBC, Steve Morgan Foundation, Eleanor Peel Trust and Edward Gosling Foundation - salaries

The Big Lottery - salaries, running costs, projects, activities and volunteers expenses

Community Foundation - equipment for groups, activities and trips

Other grants are for running costs

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

16. Analysis of Net Assets

Previous year ended 30 September 2020

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total Funds £
Fixed Assets	-	1,119	-	1,119
Current Assets	53,999	-	44,851	98,850
Current Liabilities	(500)	-	-	(500)
	<u>53,499</u>	<u>1,119</u>	<u>44,851</u>	<u>99,469</u>

Current year ended 30 September 2021

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Totals Funds £
Fixed Assets	891	-	-	891
Current Assets	65,317	891	48,117	114,325
Current Liabilities	(1,087)	-	-	(1,087)
	<u>65,121</u>	<u>891</u>	<u>48,117</u>	<u>114,129</u>

The notes on pages 11 to 24 form part of these financial statements

Sefton O.P.E.R.A.

Notes to the Accounts (cont.)

For the year ended 30 September 2021

17. 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 2020.

	Unrestricted Fund £	Restricted Fund £	Total Funds £
Income			
Donations and legacies	11,577	113,541	125,118
Comparative activities	3,129	-	3,129
Other Trading Activities	7,530	-	7,530
Investments	15	-	15
Total income	<u>22,251</u>	<u>113,541</u>	<u>135,792</u>
Expenditure on Charitable activities	<u>1,322</u>	<u>109,742</u>	<u>111,065</u>
	<u>1,322</u>	<u>109,742</u>	<u>111,065</u>
Net income	20,928	3,799	24,727
Other Recognised gains:			
Net movement in funds	<u>20,928</u>	<u>3,799</u>	<u>24,727</u>

The notes on pages 11 to 24 form part of these financial statements

SEFTON O.P.E.R.A.

England & Wales - Charity number 1086437

Accounts



Older Persons Enabling Resource & Action
Older Person Project Putting People First

**ANNUAL REPORT
YEAR END 30TH SEPT 2020**

**Over 20 Years of
PUTTING PEOPLE FIRST**

CONTENTS

INTRODUCTION:

Aims and Objectives.

The Report – Organisational Manager, Lifelong President and Chairperson

CONTENTS:

A Year of Two Halves

Sefton OPERA A Grass Roots Community Organisation

Adapting Our Resources and Reorganising

20 Years of Health & Wellbeing Activities & New Covid Sessions

Meeting the Needs of Older People

Statistics A Year of Two Halves

Sustainability

The Way Forward

FINANCE:

Trustees Accounts Annual Report

Charity, Bank, Trustee Details

Independent Examiners Report

Statement of Financial Activities

Balance Sheet

Accounting Policies



Aims and Objectives.

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

Our Objective

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

Our Mission

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

Our Vision

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

Our Social Value

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

Quality Assurance

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

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

THE REPORT



Vikki Martlow
Organisational Manager

Vikki Martlow Organisational Manager reported: We are calling this “The Year of Two Halves” And it certainly has been in the first half of the year we were still celebrating 20 years of service with several celebrations to say thank you to our volunteers for all the work they have provided for Sefton O.P.E.R.A and who are and have always been the backbone of our organisation. But also due to Covid-19 the lockdown and shielding with the majority of our volunteers and beneficiaries being in the higher risk categories the staff stepped up changed the activities to be Coronavirus Regulations Compliant, and turning the tables providing the necessary support to the volunteers, and beneficiaries with a range of new activities, help and support for the new and unforeseen problems that needed to be solved. With this in mind I want to say a big thank you as always to the volunteers for their continued support and work but also a big thank you to the staff for stepping up in a crisis and putting our volunteers and beneficiaries first, enabling them to Stay Home & Stay Safe.



Ann Mardell
Honorary Lifelong
President

Ann Mardell Founder Member reported: I have great pleasure in being able to write this statement for the 2021 A.G.M. of Sefton O.P.E.R.A. they must be extremely proud of themselves to be able to continue their work in the community in this dreadful time. The staff must have had it difficult at the end of 2019, the beginning of 2020 to be told of essential changes that they had to take on, as always, they sat down and were able to work out a plan last February which enabled them to continue the invaluable work they do in the community. They have kept the volunteers up to date with very welcomed telephone calls, birthday and Christmas cards, activity packs and book loans. The staff were there at the end of the phone to make sure we were safe and did not need anything. It's been a difficult year but as usual the staff have come to the fore and made the best of a bad time for which i would like to say a very big thank you.



Cathy Crook
Chair Person

Cathy Crook Chairperson reported: This year has been one of the most trying for all the volunteers, committee, and staff. As an organisation that's main aim is enabling older people to take power in relation to their own health & wellbeing to promote health & wellbeing activities whilst reducing loneliness and isolation the lockdowns have had a dramatic impact on our members, many who have been shielding since March due to ill health and as most of our volunteers are also over 60, they have also had to shield. I am proud of the way our organisation quickly changed its activities and stepped up with the helping hand packages and activities in their time of need. Once again Sefton O.P.E.R.A have been at the forefront in helping out at grass roots in the community during the pandemic. I wish to thank all our volunteers, committee and especially the staff for all their hard work in these unprecedented times.

One of our favourite quotes:

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

A YEAR OF TWO HALVES

Well, it's been the most unusual of years, in our history we have never seen a year like it.

The first half of the year was on a high still celebrating our 20th Anniversary in June 2019, we had several outings and dances to let everyone know how proud we were of being able to provide much needed services in the community for over 20 years. Due to our logo everyone always thinks Sefton O.P.E.R.A is an operatic singing organisation which always gave us a way of explaining about the activities we provide for the old and vulnerable people throughout Sefton. People are living longer but are less likely to be part of a close knit family who might have been able to provide support in the past, families are no longer all living within a few streets of each other making it easy to look after each other this is why so many say that Sefton O.P.E.R.A are their extended family and the social connections we make are so important, and for the first half of the year we continued to deliver our services which the older and vulnerable people had helped us to form through evaluation and recommendations.

The second half of the year was very different with Covid-19 and the lockdown that started in March 2020 our whole world got turned upside down. We quickly had to adapt, and we made sure we had the contact details of as many of our attendees as possible and quickly started making changes in our activities we provided. As most of our attendees are old vulnerable and many with health issues who were advised to shield, we set up contact groups on WhatsApp to keep in touch and made lists of all those who were on their own and would need additional help. We started delivering Emergency Food packages and providing a doorstep help group picking up prescriptions and shopping as needed. We also started phoning everyone on our list who wanted us to keep in contact and started to provide activities, puzzles, quizzes, crafts, knitting and books and dvds to keep people as active as we could trying to keep their spirits up as many of them didn't have a support network around them with families living far apart. We also started doing some outside sessions to the homes and sheltered accommodation. Everything within the Government Covid guidance.

"If ageing is to be a positive experience, longer life must be accompanied by continuing opportunities for participation, health and security" (World Health Organisation) This was one of the straplines we used in last year's AGM Report and we think this has never been more needed and tested than in the last 12 months.



Sefton O.P.E.R.A IS A GRASS ROOTS COMMUNITY ORGANISATION

Sefton OPERA is a registered charity (established in 1999) delivering a wide range of health and wellbeing activities for Older and vulnerable people in Sefton. Our mission is **`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 and their own wellbeing`**. We achieve this through empowering local older people through the delivery of a wide variety of activities. Working tirelessly providing Health & Wellbeing activities to build confidence, self-esteem and reduce social isolation, and improve the health and wellbeing of our older citizens.

We continue to develop a wide range of activities and services; we have undertaken different consultations events to identify what areas we need to further develop. Below is a brief overview of our services



Older people have told us that coming to our activities has been a real lifeline, has helped them cope through difficult transitions like loss of a loved one, ill health, family moving away or just getting used to retirement. This has never been more prominent than in the lockdown where keeping in touch with others has become a lifeline to some who don't have a family or other network around them to provide support

ADAPTING OUR RESOURCES AND REORGANISING

As an organisation we recognise the need to adapt and be bold to meet the new challenges facing Sefton's older population in the coming years recognizing that the needs of the different age ranges of older people differ and our service need to meet this. We also want to support the development, working with older people to not only reduce the loneliness and social isolation, but we also want to enable older people to take the lead developing what, when, and how these new groups work, giving them ownership and co-production of developing service provision.

We recognise that there continues to be an emerging focus for action for our organisation which includes the following:

- The importance to provide early intervention and prevention services to keep people healthy and living independently for as long as possible.
- The increasing ageing population in Sefton and the requirement to provide activities that meet the more diverse needs of this population.
- The consideration and increasing pressure upon all public services to identify savings and the impact this has on our own services.
- We recognize the need to identify and utilize the community assets we have locally to promote active citizenship and offering positive outcomes for older citizens.

The wards that we deliver activities in, have some of the highest deprivation in the borough and are ranked in the top 20% quantile of disadvantage in the country, and have multiple challenges, from poor housing, inadequate facilities, high levels of unemployment and low level of educational attainment and an above average proportion of older people and lone parent families, living on benefits.

People living in the most deprived quintile are nearly five times more likely to claim benefits such as Job Seekers Allowance (JSA) and Incapacity Benefit/Severe Disablement Allowance (IB/SDA) than people living in the least deprived quintile. In Sefton, particular social groups are at higher risk of having low income and consequently poorer health. As a charity that wants to be open and accessible to all we knew that we had to provide subsidies and free activities to encourage those possibly most excluded a way to participate in their community and enable them to take responsibility of improving their own health & wellbeing. We know that there are greater health inequalities in Sefton with over 11 year's life longevity difference between wards across Sefton.

Sefton O.P.E.R.A. believe that bringing free health information, and services direct to local neighborhoods either in community centers, church halls or directly to people's accommodation, i.e., local sheltered schemes, residential care homes give people more choice and better access to health and support services, which will help to address these inequalities. For many people in Sefton, their income plus benefits is inadequate to support a healthy life. It is well-recognized that people on low incomes refrain from purchasing goods and services that maintain or improve health and a larger proportion of their money is spent on commodities that attract indirect taxes and present increased health risks.

Future projections by Oxford Brookes University predict that by 2030 the number of over 65's in Sefton living alone will increase by 65% from the levels recorded in Census 2011 to in excess of 30,000.



20 YEARS OF HEALTH & WELLBEING ACTIVITIES & NEW COVID SESSIONS

It is vital to recognize the importance of the work Sefton O.P.E.R.A carry out in the prevention and improvement of health and wellbeing for so many older people in this area without financial support this work would be lost and innovation for future older citizens services would be greatly reduced. We are determined for this work to continue and grow, Sefton O.P.E.R.A are more and more aware of the links between loneliness isolation and poor health higher blood pressure and depression and is also linked to higher incidence of dementia as a result of these health impacts lonely individuals tend to make more use of health and social care services and are more likely to have early admission to residential or nursing care (Combating Loneliness a Guide for Local Authorities). And we realise that early intervention is the key to the success of the long-term improvements of both physical and mental wellbeing, while ensuring good health and maintaining independence promoting wellbeing this has shown to be a great success over the past 20 years.

ACTIVITIES

- | | | | |
|---|------------------------------------|--|--|
| 1. Pamper | 14. Family Tree | Hall & Atkinson Centre | 47. Don't Be Lonely Cards, Covid Keeping in Touch |
| 2. Smoking Cessation Mentors | 15. Art, Craft | 32. Bootle Belles | 48. Books & DVD Lending Mobile Library to Your Door |
| 3. Tai Chi | 16. Floristry | 33. Social Inclusion Days Out | 49. Activity Pack Deliveries Puzzles, Quizzes, Craft Etc. |
| 4. Meditation | 17. Peer Health Mentors | 34. Open Doors One Stop Shop | 50. Outdoor Entertaining Sessions, Tai Chi, Chair Exercises. |
| 5. 50+ Learn Swimming x4 | 18. Computers | 35. Men Behaving Brilliantly | 51. First Touch Computers Learn Facetime/WhatsApp |
| 6. Reminiscence Session and Sing a Long (Memory Lane Duo) | 19. Digital Cameras | 36. Walking Group | 52. Zoom Sessions |
| 7. History Group | 20. Eating Well Mentors | 37. Institches | |
| 8. Skills Transfer Training the carers | 21. Music Remember When | 38. Never Too Late Healthy Living Group | |
| 9. Intergenerational Bridging the Gap Computers | 22. Stress Busting | 39. Keep Warm Keep Well | |
| 10. Intergenerational pamper | 23. Falls Program | 40. Beat the January Blues | |
| 11. Chair Exercises | 24. Youth Project (Asdan) | 41. Winter Warm Packs | |
| 12. Befriending Service | 25. Youth Forum | 42. Beating Loneliness Together | |
| 13. Sing-a-long & Reminiscence (Days Gone Bye) | 26. Jamming Sessions | 43. Keeping In Touch Phone calls | |
| | 27. Drop in Pamper | 44. Emergency Covid Shopping | |
| | 28. Drop In Chair | 45. Emergency Covid doorstep service Prescription's pickup | |
| | 29. Card Craft | 46. WhatsApp Contact Groups | |
| | 30. Zumba | | |
| | 31. T-Dances Bootle Cricket, Guild | | |



MEETING THE NEEDS OF OLDER PEOPLE

The new NHS Right Care Frailty Toolkit published in 2019: Following publication of the NHS Long Term Plan in January 2019, which announced a significant change of emphasis towards developing primary and community services focused on improving the care offer to older people in their homes and communities. Targeting for the next five years specifically on community delivered services of which are designed to support older people as part of a national Ageing Well Programme. The clear intent is to provide services to people which meet their needs so that they get the care they need at the right time and in the right place. And In 2019 Public Health England, said by **2022 there will be 3.7 million more people aged 50 to State Pension age**, quoting “Being able to stay healthy in later life is a crucial issue for all of us”. Sefton O.P.E.R.A’s ethos has been to enabling older people to look after their own health for over 20 years, so once again we are ahead of the game. This was taken from our last year’s AGM report but is still very apt and links into the recently reported Sefton Health & Wellbeing Strategy 2020-2025

*The Health & Wellbeing Strategy is the overarching plan to improve the Health and Wellbeing of people in Sefton and to reduce health inequalities, the differences in health between different communities or groups of people. Knowing that in Sefton, good health and wellbeing is not equal across the borough with too many experiencing poor health. The strategy’s needs are based on Joint Strategic Needs Assessment (JSNA) taking account of the latest policy, guidance and evidence. Focusing on the areas of greatest need ensuring increased efforts on prevention prioritising both physical and mental health and create connection across the public, private, voluntary, and community sectors to make lives better for people in Sefton.

We know that as a whole we are an ageing population Sefton has 20% over 65 compared to 16% in England*, we know that 1 in 5 Sefton residents live in the most deprived 10% of England*, we know that Sefton’s most deprived populations also spend on average 18 years less in good health than those in the most affluent areas this also has a knock on effect of life expectancy in Sefton being 9 years lower for men and 8 years for women in the most deprived areas of Sefton than in the least deprived areas*. Studies have shown that there is a direct link between poor health and exercise having a profound effect on dementia diagnosis which is also on the rise with 40% increase in the past 5 years*. Air pollution is thought to be responsible for 3.8% of Sefton’s deaths, and deaths from respiratory and cardiovascular disease are rising in Sefton.

An estimated 27% of Sefton residents have two or more chronic conditions and 17% have 3 or more chronic conditions* We also know that poor health has a knock-on effect of loneliness and isolation with 21% of people over 65 seeing their family and friends less than once a week or not at all leading to loneliness and isolation. The proportion of people who live alone is likely to keep rising due to the increased longevity and changes in family structures and this was all before Covid-19, Statistics show the lonelier and more isolated a person feels the more they are likely to use NHS & GP services without real medical needs. This is why Sefton O.P.E.R.A are providing aprox 45 hours of activities weekly (and aprox 10 hours with our 5 monthly activities) with 14 drop in social inclusion, and 9 weekly activities for volunteers to join the potential financial saving on the much-needed resources of the NHS & GP services must be substantial. We need to encourage older people to re-join their community in a safe and secure manor. Providing revised activities due to Covid-19, with measures in place to ensure peoples safety, but the necessity to provide activities is now higher with the recovery after Covid-19 and the lockdowns due to the adverse health problems they have caused to already poor health & wellbeing in the area.

*Information from Sefton Health and Wellbeing Strategy 2020-2025, Centre for Public Health Study = Liverpool John Moores University, Data from JSNA:www.sefton.gov.uk/JSNA,

STATISTICS A YEAR OF TWO HALVES

We Had 12 Social Inclusion Sessions with 635 Participants

Lake District Trip, Bury Market Trip
2 Barge Trips, 4 Christmas Lunches
2 Royal Court, Beat The January



We provided a range of activities to 13 community events with 417 participants.

2 Keep Warm Keep Well Events, Southport
Senior Fare Event, Southport Life Rooms Event,
Sing Plus Event, Carers Event, Good
Companions Event, Hudson Primary, Hazel
Court, Damfield Gardens Event, James



We had 15 Weekly In-House and Community Drop In Sessions & 5 Monthly Drop In Sessions 4752 Participations

WEEKLY: 3 Computer Sessions, 3 50+
Swimming Sessions, Pamper Session,
Mens Group, Institches Group, Never
Too Late Group, Craft Group, Quiz



We Sent over
300 Cards
and Letters



During Lockdown
Sefton O.P.E.R.A Provided



Over 500
Activity Packs
Book/DVD
Lending library
Made Cards

150 Phone
Calls
Fortnightly
Totalling 4050



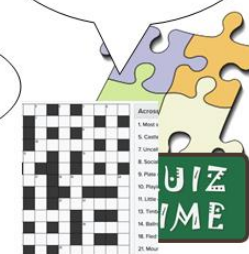
Helping Hands
Support



Essential Shopping &
Prescription Pickups



Weekly
Quizzes,
Puzzles &
Games



With 1380 participants to our care home pamper sessions, 79 attendees to our volunteer training sessions including the new Covid PPE & First Aid Training it has been a very busy year with aprox 7263 to our usual and 4850 to our Covid activities
totalling 12,113 participations this year

SUSTAINABILITY & FUNDING

The last 2 years have been difficult, where due to funding coming to an end, coupled with the onset of Covid-19 where many larger funders undertaking Covid-19 emergency funding plus our normal donations, fundraising and trading activities being put on hold has had a massive impact on Sefton OPERA finances.

We are at a stage where we have looked at Sefton OPERA as a charity and how we ensure our continuity for the future. We recognise that due to Covid-19 and the necessary cancellation of events by both other groups and ourselves is having a major impact on our income for the organisation. Looking at last year's accounts we brought in approx. 20K from donations, fundraising and trading activities, which due the Covid 19 pandemic we have been unable to bring in. This means we need to secure funding for general core costs to pay rent, phones, internet, insurance, computer licenses etc.

Due to Covid-19 many funders were undertaking emergency funding for Covid-19 projects for which we are grateful, as in many ways it was a steppingstone to being ready to meet the challenges of a changing financial environment. We understand that with all the cutbacks during lockdown and business not being able to trade as normal this will have a knock-on effect to the funders who provide grants for organisations such as Sefton OPERA.

Community resilience in times when there are depleting resources is vital to continue to improve the quality of life of older people living in Sefton.



THE WAY FORWARD

Our organisation would not be the organisation we are today, without our trustees, volunteers, beneficiaries and staff who between them have a vast range of knowledge, skills and expertise to our organisation, who either work or have worked and live in Sefton. As an organisation over the last couple of years we have undertaken a major review of our services, with the help and support of all our stakeholders to help Sefton OPERA have a clear path to continue to develop and maintain our work to meet the growing demand and challenges presented by our every increasing older population coupled with the ongoing austerity impacting on existing services and now the new challenges presented by Covid-19.

We understand that when creating activities, we must make a long-term commitment to our beneficiaries ensuring that they can access them regularly and without disruption. This against a backdrop of funding cuts can be difficult but we are committed to local older people in Sefton, and they will always be our priority in all that we do. To date we have been able to successfully run our projects over years rather than months, this is testament to their popularity and also the need for our services within the communities we work with and arises from the fact that they are activities that have been asked for by the locals who attend them rather than us putting on activities we think they need.

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.

FINANCE Objectives and Activities

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2020

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 2020. 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

2020 the year of two halves the first half with us still celebrating our 20th Anniversary and we know we would not be the organisation we are today, without our trustees, volunteers, beneficiaries and staff who between them have a vast range of knowledge, skills and expertise to our organisation, who either work or have worked and live in Sefton. As an organisation over the last couple of years we have undertaken a major review of our services, with the help and support of all our stakeholders to help Sefton OPERA have a clear path to continue to develop and maintain our work to meet the growing demand and challenges presented by our every increasing older population coupled with the ongoing austerity impacting on existing services and now the new challenges presented by Covid-19.

We understand that when creating activities we have to make a long term commitment to our beneficiaries ensuring that they can access them regularly and without disruption. This against a backdrop of funding cuts can be difficult but we are committed to local older people in Sefton and they will always be our priority in all that we do. To date we have been able to successfully run our projects over years rather than months, this is testament to their popularity and also the need for our services within the communities we work with, and arises from the fact that they are activities that have been asked for by the locals who attend them rather than us putting on activities we think they need.

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.

FINANCE Reference and Administrative Details

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2020

Financial Review

The charity was in a satisfactory financial position at 30 September 2020. The operational surplus on the general fund during the year was £20,930 (2019: deficit £(11,141)).

As at 30 September 2020 total funds of £99,469 where held of which £45,851 was held in restricted funds which is therefore not available for the general purposes of the charitable company. Designated Funds representing the net book value of fixed assets were £1,119. General Funds were £52,499.

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 (2018-20 incl.) is £140,864. This equates to a reserve level of £70,432. As at 30 September 2020 the level of reserves held by Sefton O.P.E.R.A. was £52,499, being unrestricted funds less the value of our fixed assets. Current reserves represent 75% 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

FINANCE Structure Governance & Management

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2020

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

Structure, Governance and Management

Governing Document

Sefton O.P.E.R.A. is a company limited by guarantee governed by its Memorandum and Articles of Association dated 14th September 1999. It is registered with the Charity Commission. Anyone over the age of 18 can become a member of the Company and there are currently 5 members (5 in 2019), 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.

FINANCE Trustees Responsibilities

Sefton O.P.E.R.A. Trustees' Annual Report For the year ended 30 September 2020

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).

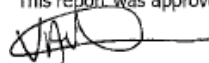
Company law requires the charity trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 6th May 2021 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 2020

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 2020.

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

6th May 2021

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 2020

	Note	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Income and endowments from:					
Donations and legacies	2	11,577	113,541	125,118	148,477
Charitable activities	3	3,129	-	3,129	-
Other trading activities	4	7,530	-	7,530	2,290
Investments	5	15	-	15	13
Total income		22,251	113,541	135,792	150,780
Expenditure on:					
Charitable activities	6	1,323	109,742	111,065	138,168
Total expenditure		1,323	109,742	111,065	138,168
Net income		20,928	3,799	24,727	12,612
Other recognised gains:					
Net movement in funds		20,928	3,799	24,727	12,612
Reconciliation of funds:					
Funds b/fwd		32,688	42,053	74,741	62,130
Funds c/fwd		53,618	45,851	99,469	74,741

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 2020

Company Number: 3841119

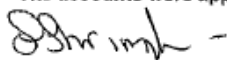
	Note	2020 £	2019 £
Fixed Assets			
Tangible assets	11	1,119	1,405
Current Assets			
Debtors	12	509	426
Cash at bank and in hand	13	98,341	73,580
		98,850	74,006
Creditors: Amounts falling due within one year	14	500	670
Net Current Assets		98,350	73,336
Total Net Assets		99,469	74,741
Funds of the charity			
Designated Funds		1,119	-
General Fund		52,499	32,688
Total Unrestricted Funds	15	53,618	32,688
Restricted Funds	16	45,851	42,053
Total Funds		99,469	74,741

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 6th May 2021.



Mrs Sue Shrimpton, Trustee

FINANCE Accounting Policies

These summarized accounts are an extract from the statutory annual report and accounts of Sefton O.P.E.R.A (Older Persons Enabling Resource & Action) for the financial year ended 30th September 2020 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 2020.

The full annual accounts and Trustee's report of the charity were approved by the Trustees and signed on their behalf on 6th May 2021. They will be submitted to the Charity Commission and Companies House by 28th June 2021.

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 Chairperson

Dated 6th May 2021.

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

Big Lottery Covid	Cash For Causes	Garfield Weston
Green	Leathersellers	Liverpool Cares
PH Holt Covid	Rathbones	Sefton MBC
Steve Morgan Covid	Steve Morgan Veterans	



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: 03841119
Charity Registration No: 1086437