



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**

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Aims and Objectives.

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

Our Objective

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

Our Mission

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

Our Vision

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

Our Social Value

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

Quality Assurance

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

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

THE REPORT



Vikki Martlow
Organisational Manager

Vikki Martlow Organisational Manager reported: We 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 use 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

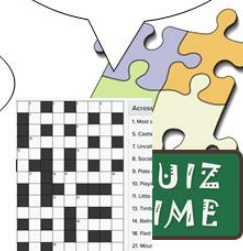


Helping Hands
Support



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.

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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).

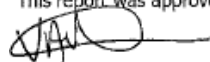
Company law requires the charity trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company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

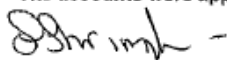
	Note	2020 £	2019 £
Fixed Assets			
Tangible assets	11	1,119	1,405
Current Assets			
Debtors	12	509	426
Cash at bank and in hand	13	98,341	73,580
		98,850	74,006
Creditors: Amounts falling due within one year	14	500	670
Net Current Assets		98,350	73,336
Total Net Assets		99,469	74,741
Funds of the charity			
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	



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Company Registration No: 03841119
Charity Registration No: 1086437