



Older Persons Enabling Resource & Action

PUTTING PEOPLE FIRST

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

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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, 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 too.

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 its my 1 day out.

Its been so long since I started I love the groups I get so much from them I attend the pamper, 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.

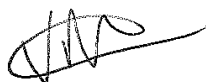
The board of trustees administers the charity.

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).

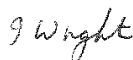
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities 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

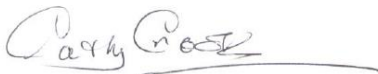
These summarized accounts are an extract from the statutory annual report and accounts of Sefton O.P.E.R.A (Older Persons Enabling Resource & Action) for the financial year ended 30th September 2022 and which have been Independently Examined by Sefton CVS (Council for Voluntary Services) Community Accountants.

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.

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Summary Income and Expenditure Account	7
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**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).

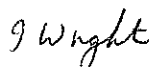
Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities 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



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