



Opportunities for older people

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**Annual Report
2022-2023**

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Mission Statement and Aims for Opportunities for Older People (O4O) Cookstown Ltd

Mission statement: "O4O Cookstown Ltd aims to provide services which improve the quality of life for the over 50's in the Cookstown District Area"

The Core Aims of O4O Cookstown Ltd is:

- To promote the welfare of older people and others;
- ✓ To organise such specific services and activities for the wellbeing of older people as are desirable;
- ✓ To serve as a centre for information for those interested in the welfare of older people;
- ✓ To encourage participation by those who may be isolated or marginalized
- ✓ To focus attention on the needs of and services available for older people by promoting or helping to promote research, conferences, exhibitions, lectures and training courses;
- ✓ To promote good relations and diversity within in our community, and promote fair treatment, understanding and respect for people of all cultures, and
- ✓ To develop a fundraising strategy and address sustainability.

Our Annual report provides information on the mission of O4O and provides a summary of the achievements of the past year. Both financial achievements and impact achievements are noted. This provides the opportunity for reflection, evaluation and planning for the future.

1. Chairperson's Report 2022 -2023

Another year has ended, and it gives me great pleasure to give my thoughts on the past year 2022-2023

O4O Cookstown Ltd has continued to deliver a very important service to older people and disabled people in our community which is the provision of a daily sit in luncheon club followed by afternoon activity sessions and for those unable to come to our sit in facility we operate a door to door delivery service. Our meals on wheels service proved to be vital during lockdown and is still a very valuable service.

Sadly in December 2022 our Founder Mrs Margeret Gilbert passed away. It was such a significant loss for O4O and highlighted the huge impact that Margaret had not only in the day to day running but also in the future planning and fundraising for our organisation. She had an endless energy, an interest in everyone involved from staff to our service users and was always willing to lend a hand in anything needing done.

Our information centre for older and disabled people providing signposting to other organisations continues Monday to Friday via telephone, e-mail and face to face by calling into the office, this prove to be of continued benefit to our older members. Examples of the type of work which we continued to do in this area was, assisting people to get a personal alarm, benefit checks referrals to STEP, referrals to Agewell for a good morning call or their maintenance service, community transport and of course arranging meals and wheels through our own organisation.

The luncheon club is our main source of income and our provision enables many older and disabled to people remain in their own homes for longer (which is what most of us want to do in our final days) and helps support those who have returned home from a hospital stay or respite.

Our sit-in luncheon club continues weekly with good attendance on the days we have our afternoon activities. Unfortunately, due to the price rises of suppliers, electricity etc we have had to take some cost saving measures and this included closing the sit-in on a Monday.

O4O kitchen is our main hub of activity on six mornings of the week making nutritious meals taking into account dietary requirements and each person's likes and dislikes. It is important the right person gets the right meal on time and at the right temperature.

A friendly delivery person is very important as they may be the only person the older person sees that day and a "cheery" word is all important to the person who receives the dinner.

All this takes teamwork –and the O4O team are handpicked to ensure that the smooth running of the operation. The O4O team are very important as without them we are nothing and I thank them for their support and hard work.

A special thanks to the office staff- Donna, Deirdre and Jane who on a part time basis run the office.

A special thanks to Janice Gibson, Community Champion worker for ASDA who supported an application for a cost-of-living grant and continues to support our fundraising, always calling in to see how she can help us. Aso Fallon From Tesco Cookstown who supported us with a store collection.

I welcome Deirdre onboard as finance and admin assistant. She started with us in March and has been a welcome addition to our office team.

A lot of planning and organisation goes into our services and funding is not easy to obtain. This year has been exceptionally difficult in regards to funding. Given the continuing rising costs just as we are recovering from Covid, all community organisations are in need of support more than ever and availability of funding has not grown to accommodate this and thus competition for these pots of money has increased. However during the financial year we did receive support from

Northern Health and Social Care Trust
Halifax Foundation NI
Mid Ulster District Council
John Moores foundation
PHA
Telecommunity Fund
The Older peoples fund
WG Edwards
ASDA

and for all this support we are truly grateful.

A special thanks to our customers who I sincerely hope enjoy their lunch daily.

As chairperson and on behalf of the management committee I would like to thank our funders, Deirdre and Donna in the office for their hard work keeping O4O running, our kitchen staff for the wonderful, healthy meals which they provide both to sit ins and deliveries, Eugene our delivery driver and also to our volunteer, Jane Ringland who works tirelessly to keep everyone happy and, last but not least, the management committee for their help during the year

Leslie Cairns

Chairperson

2. Board of Directors, Staff and Volunteers

Board of Directors 2020-2021

Leslie Cairns	Chairperson
Margaret Gilbert	Treasurer
Elizabeth Stewart	Secretary
Cyril Gilbert	Director
Eileen Mullan	Director
Alan McClung	Director
Hazel Ferguson	Director
Colin Goodman	Director

The board of directors meet on the second Tuesday of each month at 10am in O4O's Luncheon Club facilities.

Staff and Volunteers

O4O Cookstown Ltd currently has one part time member of staff in our One Stop Shop Information Centre part funded under the Northern Health and Social Services Trust. In addition, we have five part time staff based in our Luncheon Club and one volunteer who assists with the administration work associated with the running of the club.

O4O's luncheon club is now moving into its 8th year based at Cookstown Enterprise Centre. The building is easily accessible for our members and the public for which staff and volunteers provide support in a professional and friendly manner.

Current Staff and Volunteers

Office:

Finance & Administration: Donna Stewart
Deirdre McGuckin

Luncheon Club:

Cook in Charge: Cathy Murphy
Cook/Kitchen assistant Martina Mullan
Kitchen Assistant/cleaner Jacqueline Purvis
Delivery driver: Eugene McCourt

Relief delivery drivers:

Leslie Cairns
Mr & Mrs Gilbert
Jacqueline Purvis

Office Volunteer

Activities Volunteers

Jane Ringland
Sharon Sampson
Mary Ellen
Jason Horsefall
Lee Wilson

Volunteer Contribution over the year 2022/2023

Luncheon Club (office and activities)	1392
Board members:	200 hours
Total:	1592 hours

Equivalent to 1592 hours x £10 per hour (valued volunteer contribution). Yearly volunteer contributions based on £10 per hour = £15,920

This indicates the value of our volunteers

There are always opportunities for volunteering at O4O Cookstown Ltd. Volunteers are at the heart of our organisations' operations, giving their time and commitment to promoting quality of life for older people, and for this we are very grateful. If you would like to volunteer with O4O please do not hesitate to contact us!

***We would like to thank all the volunteers for their hard work in keeping O40 Cookstown Ltd prospering.
Volunteers don't get paid, not because they're worthless but because they're priceless.***



**THANK
YOU TO OUR
VOLUNTEERS**

O40 Development Report

The Luncheon Club

Enjoying a meal with our family or friends is one of the most enjoyable, relaxing pleasures in life. But for many older people, the loss of a spouse or social isolation commonly means eating alone and as a result usually means eating much less or skipping meals altogether. Research has shown that people who eat alone eat less than people who eat with others. For older people, this can lead to under-nutrition, a decline in function and overall health, and a greater risk of illness.

Food provides the reason for getting together but our club is about much more than food. It works on a number of levels – providing social opportunities, opportunities for getting involved, links into other activities taking part in the local area and useful information. It all works together to reduce isolation, increase confidence, skills, capacity and build community spirit. Regular members all speak about enjoying the opportunity to meet up with friends and neighbours, to sit down together and catch up.

We provide sit in meals (Monday - Friday) and a delivery service for those who are unable to attend our facilities (Monday - Saturday). Transport need not be an issue for those wishing to attend our Luncheon Club as we work closely with Community Transport offered by CDM for those in the town and rural locations.

Kitchen staff continue to carry out their excellent work of producing high quality meals which meet the dietary requirements of our members. This year, from April 2022 – March 2023 the Luncheon Club produced 10,403 meals for sit-in and delivery.



Photographs by Dalia Kasperaviciene

Meal Delivery Service

With the demand for O4O's meal delivery stretching this year to a 7 mile radius our desire is to meet the needs of those in the more rural areas. This has resulted in an increased number of dinners being delivered to more isolated areas.

Furthermore, when cooking for two people or one person there can be much waste and often the motivation to cook a small amount is both uninviting and not feasible. This is why our meal delivery service is highly recommended as this provides the opportunity to consume a fresh home cooked nutritional meal. Look out for our delivery vehicles and recommend our service to those who could benefit from the delivery of a hot nutritional meal straight to their door. Remember meals are made fresh daily and the meet and greet service from our meal delivery drivers provides not only a friendly face to talk to but also a security check.

'One Stop Shop Information Centre' (O4O's Office)

We continue to offer information, signposting and a referral service from our information centre. Staff and volunteers promptly and professionally provide the appropriate support. All referrals and signposting are treated with the strictest confidence. We aim to ensure all visitors leave feeling supported and better informed. In addition, support is provided by telephone of which is also strictly confidential. O4O aim to ensure older people, relatives or friends who make contact with O4O feel better informed.

Services such as Aid Call are referred to Age NI who organise the provision of a personal alarm system. For Handyman and Good Morning Programmes we refer/signpost to Agewell in Magherafelt. Transport services are referred to Cookstown's Community Transport. So as not to be exhaustive this is only a small selection of the services we make referrals to. All individuals who make inquiries with O4O are signposted to the relevant organisations/contacts if we are unable to provide the service directly. Following initial contact with O4O there is opportunity for a supportive network to blossom.

We also deal with requests for information about boiler grants, insulation and affordable warmer homes schemes etc. Again these requests are signposted to the appropriate contacts and information leaflets are available in the office. Our 'One Stop Shop Information Centre', which has now been operating for over six years from Cookstown Enterprise Centre, continues to make contact with approximately 150 people per month. The number of contacts clearly highlights the value of the contact with members of staff and volunteers who can provide support or signpost to the appropriate organisation. As a result of the contact O4O have been able to support, signpost or refer individuals to the appropriate service ensuring they leave feeling supported and better informed.

O4O Cookstown Ltd strongly supports the idea that the importance of collaboration within the community cannot be underestimated. Through collaboration, the community becomes an invested partner in the effort to provide vital support services, often to vulnerable groups. O4O therefore continue to seek opportunities to collaborate to enhance service provision throughout Mid Ulster District.

This year we received valued grant assistance from Northern Health & Social Services Trust, the Mid Ulster District Council.

4. The Charity Commission for Northern Ireland

We are registered with The Charity Commission for Northern Ireland

You can find the entry on the Northern Ireland *register of charities* available on the website www.charitycommissionni.org.uk

Organisation name: O4O Cookstown Ltd

Northern Ireland Charity number: NIC103340

5. Funding

As a charity organisation O4O Cookstown Ltd are indebted to the funding bodies who contribute to supporting our work. We would like to thank the following who supported our club financially throughout the year:

Northern Health and Social Care Trust
Halifax Foundation NI
Mid Ulster District Council –Arts and culture
John Moores foundation
PHA
Telecommunity Fund
The Older peoples fund
WG Edwards
ASDA

O4O Membership

We encourage all older people to take advantage of O4O's membership scheme. Not only will you be entitled to participate in activities and services provided at O4O for free and discounted rates but you will also benefit from the discounts offered from local retailers when your membership card is presented. Annual membership fees are £15 per person or £20 per couple and can be obtained in the office where you will receive your membership card on receipt of payment. The list of local retailers taking part in our membership discount scheme can be found in O4O's newsletter or by request at the office.

As a charitable organisation, fundraising is a vital element within O4O. We had a very successful Sponsored walk in March and fundraising at our Halloween, Christmas and Easter lunches.

6. Hopes for the Future

O4O hope to continue the provision of the vital services to older people of Mid Ulster. We aim to continue:

- ✓ Provision of luncheon club facilities for those who wish to sit in or for home delivery
- ✓ Fundraising and securing funding to enable high quality project delivery;
- ✓ Increased awareness and publicity of O4O's services to support more older people;
- ✓ Continue to build relationships with other age sector organisations
- ✓ Provide services of relevance and demand within Mid Ulster.

7. Treasurers Financial Report

O40 Cookstown is a charitable organisation and funding is obtained from different Trusts, Foundations, and fundraising initiatives. It is important to note that the nature of grant aid is changing and it is a very competitive market. During the year 2022/2023, O4O has been grateful for the financial support from all the funders, members and volunteers. This has enabled us to maintain existing services.

We would like to thank Kelly and O'Neill Limited for the provision of our annual accounts. (See attached annual accounts).

Accounts