



Opportunities for older people

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Annual Report

2023-2024

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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 are:

- 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
- ✓ 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 2023 -2024

We have approached the end of another year, and it gives me great pleasure to reflect on the proceedings of O4O Cookstown Ltd during 2023/2024.

O4O Cookstown Ltd has continued to be active in the delivery of vital services to older 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 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 proves to be of continued benefit to our older members. 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 or activities 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 is open Monday to Friday, with lunch served at 12 noon, where service users can enjoy a three-course meal tailored to their dietary needs. This service is very popular, and the number of those attending has continued to grow.

O4O meal delivery service continues to be a vital service for those out in the community who are unable to attend our Luncheon club. We cater for all dietary requirements and 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.

A lot of planning and organisation goes into our services and funding is not easy to obtain. Given the continuing cost of living pressures, all community organisations are in need of support 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 were fortunate to receive support from a variety of funders for classes, running costs and most notably a new delivery car (funded by Clothworkers Foundation). Also, there was much support from local businesses with a donation from Cemcor, support with fundraising from Colloide and many donations for our raffles and for all this support we are truly grateful.

A special thanks to Janice Gibson, Community Champion worker for ASDA who supported an application for a grant and continues to support our fundraising and organised a store collection. Also, Fallon from Tesco Cookstown who supported us with a store collection.

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, our volunteers, and Jane Ringland who works tirelessly to keep everyone happy and, last but not least, the management committee for their help during the year.

None of these great services would be available without our great team of staff and volunteers their hard work and dedication make O4O Cookstown

Leslie Cairns

Chairperson

2. Board of Directors, Staff and Volunteers

Board of Directors 2023-2024

Leslie Cairns	Chairperson
Laura Ringland	Treasurer
Elizabeth Stewart	Secretary
Cyril Gilbert	Director
Maggie Bryson	Director
Alan McClung	Director
Jane Ringland	Director
Colin Goodman	Director
Jean Donaghy	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 one other part time staff in the office and 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 9th 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
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Luncheon Club:

Cook in Charge:	Cathy Murphy
Cook/Kitchen assistant	Martina Mullan Finnoula McKernan
Kitchen Assistant/cleaner	Jacqueline Purvis
Relief Kitchen:	Laura Ringland

Delivery driver: Eugene McCourt

Relief delivery drivers: Donna Stewart
Leslie Cairns
Jane Ringland

Office Volunteer Jane Ringland

Activities Volunteers Sharon Sampson
Jason Horsefall
Lee Wilson

Volunteer Contribution over the year 2023/2024

Luncheon Club (office and activities)	1636 hours
Board members:	220 hours
Total:	1856 hours

Equivalent to 1856 hours x £11 per hour (valued volunteer contribution). Yearly volunteer contributions based on £11 per hour = £20,416.

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 O4O Cookstown Ltd prospering.

Volunteers don't get paid, not because they're worthless but because they're priceless.



**THANK
YOU TO OUR
VOLUNTEERS**

O4O 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. 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 2023 – March 2024 the Luncheon Club produced 9099 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 also provided by telephone, email or messenger 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 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 seven years from Cookstown Enterprise Centre, continues to operate daily via telephone, in person or email/social media. 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 and CWSAN for training and advice.

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
Building Community Pharmacy Project
Black Santa Funding
The Community Foundation
The ARN Foundation
WG Edwards
The Clothworkers Foundation
Edward Gosling Foundation
Lottery Awards For All
The Clear Project
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, Summer, 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

O4O 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 2023/2024, 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 A McCrory & Co Limited for the provision of our annual accounts. (See attached annual accounts).

Accounts

