



Older People Active Lives

Annual Report 2023/2024

(For the year ended 31st March 2024)

‘Growth and Innovation’





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Our Statement of Purpose

Our principal objective is to provide a benefit for older people who are in need of social inclusion because they are housebound or socially isolated and are finding it difficult to take part in social activities in their community without the support of others.

(taken from OPAL Services Memorandum and Articles of Association)



Older People Active Lives

2. Overview of the Year from Geoff Hope-Terry, Chair of OPAL



Once again, I'm in the happy position of reporting on a successful year for OPAL. One of the strengths of this great organisation is that it never stands still and 2023/24 was a very exciting time. We have grown to meet increases in demand and in response to listening to what our members tell us, whilst managing to develop exciting new ideas.

Our **Clubs** are still extremely popular, with members enjoying meeting and catching up with their friends and making new memories together, whilst engaging in fun activities. In 2023 we ran a small pilot, alongside the Clubs, for a **Good Neighbour** scheme and with borough council funding, this became a fully-fledged service for all rural West Cheshire from January 2024.

Food tasting sessions are always popular at **Branching Out** and the opportunity to try new ingredients, and talk about memories, attracts a growing number of members. A Food Memories recipe book is planned for this year, if we can attract enough funding.

Our **Carer Support** service continues to grow and monthly activities for the cared-for were introduced this year. A focus on activities that are accessible for someone who is living with dementia was widely welcomed. Also, the excellent **Carer Support at Home** service enables carers to have some time for themselves whilst a carefully chosen volunteer stays with the cared-for person.

Digital exclusion remains a major problem for many older people, as does a basic fear of using technology, and of course a fear of being scammed. In response, **GoOnline** has expanded its drop-in sessions, has worked with other local community groups, and offers a **GoOnline@home** service to make it accessible to more people.

Volunteers are at the heart of OPAL, and it was great to see many of them when we celebrated Volunteers' Week at Abbeywood Estate and Gardens. 27 volunteers have been supporting OPAL for 10 years or more, which is fantastic! We commenced a new volunteer project, developed in partnership with Snow Angels, and funded by the UK's "Levelling Up" fund. **Passport to Care** provides volunteering experience for 16-18 year olds to work with older people and carers in the community, in their homes or over the telephone.

We've achieved all this whilst keeping our expenditure below our income, and we enter 2024/25 with strong financial reserves. I'd like to pay tribute to the whole team: our wonderful staff, my brilliant trustee colleagues and the amazing volunteers, every one of whom have worked so hard throughout the year. They should feel extremely proud, and my huge thanks goes to all of them.

The above is just a snapshot and in the pages that follow you can read much more about what's gone on in 2023/24: truly a year of **Growth and Innovation**.

Geoff Hope-Terry

3. Highlights from OPAL Clubs and Services in 2023-24

OPAL Clubs

Our OPAL clubs in Frodsham, Helsby, Kelsall, Malpas, Tarporley and Tattenhall had a busy year with themed sessions, special events and an array of interesting guest speakers and entertainment.



The King's Coronation, Diwali, Christmas, Halloween, St Patrick's Day, and Valentine's Day proved to be popular themes, and formed the basis for a variety of craft activities, themed food and entertainment. Several clubs ran Mad Hatter's Tea Parties during the year – the food, the activities and dressing up for the occasion proved to be very popular with our members and volunteers!

Whatever the theme, or the activity, those attending the clubs enjoy a fun filled time - everyone loves coming to meet and catch up with their friends and making memories together.

Malpas Club includes a monthly music session in its programme, and everyone has a good sing along, to which all the residents of Craddock Court are now invited.



As the seasons come around, the volunteers and members at some of the clubs, including Tattenhall, have been involved in writing their very own collective poems. No-one believed that at heart they were all poets!

Amongst the Tarporley Club highlights were a 'Back to School' party - reminiscing about the good old days, performances from some very talented singers and musicians, guide dog visits, and plenty of bingo!

Club members also appreciated a couple of trips out for lunch, and a visit to a musical event organised by the Tarporley Rotary Club.

Kelsall Club members celebrated the Coronation of King Charles in style with a fundraising Coronation Coffee Morning, crafts and games. A late summer canal boat trip was a successful and enjoyable day out. The Kelsall members also enjoyed a range of performers and speakers including Tarporeley U3A Ukulele Band and Healthwatch.



Frodsham Club also embraced the Coronation theme with a grand raffle, and a party in honour of King Charles. During the year the members enjoyed speakers with talks on travel and crafting as well as having fun getting crafty themselves!

A session reminiscing with the help of local library memory boxes was very popular and visits by several talented musical performers including the Melody Makers choir were a 'hit'.



Helsby Club members celebrated Diwali for the first time in December and got involved by making colourful nightlights and mandala decorations, as well as sampling some traditional snacks. Helsby High School generously donated amazing hampers to the members just before Christmas – a lovely surprise!



In February, the leap year fell on a Thursday (Helsby Club day), and one confident lady member decided to pop the question to a male member - though sadly no wedding bells this time, as the gentleman declined the offer!



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Good Neighbour Service

Initially, we ran the Good Neighbour Project in just the Tarporley area. After receiving new funding in January, OPAL were able to expand the service across all the rural areas in Cheshire West. We now also incorporate our Telephone Befriending service under the Good Neighbour banner. During the winter months, we also ran our short-term funded service, OPAL at Home, to help keep people out of hospital and to support those returning home from hospital stays, and their carers.



OPAL at Home and Good Neighbour services helped over 60 people throughout the year. This is a much needed service providing face to face visits and transporting the members to various appointments - particularly medical appointments. Many wonderful bonds have been built between members and volunteers. Some of those referred to the Good Neighbour service have previously had limited companionship and they have valued having someone to regularly visit them, sit with them and have a chat over a cup of tea. Several of those using the Good Neighbour service have become interested in joining the local OPAL clubs and other services.

It isn't just the members who benefit from the visits, the volunteers also get a boost from helping other people and knowing they are reducing feelings of loneliness and isolation. Real friendships have been established with some volunteers and members, who are more mobile, enjoying trips out for lunch or coffee and cake.

Branching Out

During the year we ran four Food for Thought groups and a Craft Group. The Food for Thought groups met fortnightly in Frodsham, Helsby, Ashton Hayes and Farndon. The Craft Group met fortnightly in Helsby over the autumn and winter. All groups varied as to how many places they had available, but it was consistently between 10 and 15, with the group of crafters being slightly lower in number.





The time spent in the groups was full of fun and interest. There were food tasting sessions, the opportunity to try new foods and to talk about memories of meals and recipes, sometimes with speakers talking about their speciality or interest, plus the occasional trip out. One member's 99th birthday was celebrated, and all were kept entertained by the occasional quiz or game. Those attending mainly enjoyed having the chance to talk and laugh with others. Over time, many friendships have been forged with some members keeping contact outside the groups by telephone calls, meeting up with one another and attending social events in their local community.

The service continues to be popular, and as with all OPAL Services, it relies heavily on its volunteers and the time they are prepared to offer the groups. OPAL sees the service as being critical to helping people as they get older, less mobile, and perhaps less confident, stay independent and living in their home communities, avoiding isolation and loneliness.

Carer Services



The Carers' Group has grown significantly over the last year with numbers regularly attending our twice weekly outings doubling – including carers and, very often, the person they care for. The group has enjoyed a varied and busy programme with outings to coffee shops, garden centres, the cinema, pub lunches, museums, garden visits and even a canal boat trip. Seasonal activities have included an Easter lunch, a Coronation tea party, many Christmas events, a Burns Night afternoon tea, and a pancake party. The group have also benefitted from chair-based exercise sessions and informational talks.

In January 2024, we launched a monthly carer support group with a simultaneous and separate activity for the cared-for members of our group. Particular focus has been on making this group accessible for those caring for a person who is living with dementia. Carers have benefitted from talks to support their caring role, hand massages, relaxation, aromatherapy, and the opportunity to share together and offer support whilst taking a short break from their caring responsibilities. Meanwhile the cared-for group enjoyed games and activities supported by a vibrant group of volunteers, and a regular visit from a therapy dog.





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These sessions have gone from strength to strength, and we have had some very positive feedback from carers. To quote one of our carers...

"We really look forward to the carer outings and the Carer Friday sessions... We wouldn't be able to do many of the things planned for us under our own steam... We meet lovely people, and the volunteers help so much too. We could not manage without OPAL. It is good to have an hour or so to ourselves on Carer Friday sessions too, to talk and listen to others in the same situation"

The Carer Support at Home service (formerly Sitting Service) has also continued to match carefully chosen volunteers to provide companionship for the cared-for person whilst the carer has the chance to take some well-deserved time to themselves.

GoOnline



GoOnline operates a dual service as we run GoOnline sessions and GoOnline@home, (previously known as OPAL in Touch). Amalgamating the two services under the one service name has made it more accessible and increased the reach of our GoOnline@home service.

GoOnline sessions continue to operate in community locations across rural Cheshire. We have increased the number of sessions in the more densely populated areas to meet the demand, and ensure we are easily accessible to a wider number of people. We have achieved this by working alongside local community groups and organisations, which has enabled us to link in with a larger network of people.

Our GoOnline@home service now meets the needs of people who cannot attend the community sessions for various reasons, but who wish to have access to the necessary technical support to be able to get online or continue their learning using technology within the comfort of their own home.

In August 2023, OPAL welcomed Fiona Barry, a new member of staff to the GoOnline team and she now works alongside Beverley Stubbs.

We are pleased to have welcomed more IT support volunteers, who together with our long-standing volunteers, work very hard to deliver this vital service within the community. Their wealth of knowledge and expertise in communication technology and digital information enables us to continue providing this much needed service within Cheshire West.



4. OPAL Volunteers' Highlights

We are incredibly lucky to be supported by over 200 dedicated, talented volunteers with 35 new volunteers joining us this year across our different services.

From helping at the clubs, support with learning IT, driving, cooking, fundraising, carer support and of course our Trustees, our volunteers have enabled us to really make a difference in reducing social isolation and loneliness amongst older people in our communities.



With the addition of our Good Neighbour Service, we now have nearly 50 volunteers visiting or calling older people across rural West Cheshire in their homes, with new referrals coming in every week.

We have offered a range of training sessions including First Aid, Dementia Awareness and an Introduction to Loss, Grief, and Bereavement – all of which have been well attended by our team.

To celebrate Volunteers' Week in June 2023, we held a Volunteer Celebration Day at Abbeywood Estate and Gardens.

Alongside presentations and table discussions everyone enjoyed a performance by 'A Handbag of Harmonies' – plus lots of coffee and cake! The event was also an opportunity to celebrate the 27 volunteers who have been supporting OPAL for 10 years or more!





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A new volunteer programme, Passport to Care was set up this year in partnership with another local charity, Snow Angels, and funded by Cheshire West and Chester Council as part of the Government's 'Levelling Up' scheme. The programme offers volunteering experience with older people and carers in community settings, in homes and/or via telephone. This has also enabled us to recruit volunteers aged 16-18 years for the first time.



Alongside volunteering experience, the programme offers a series of training opportunities which will promote work in the care sector as well as providing valuable skills and experience for those wishing to pursue a career in the wider health and social care sector.

For more information about the volunteering opportunities available please contact our Volunteer Coordinator on volunteering@opalservices.org.uk or Tel: 07592 464856

In the words of our volunteers....

When I started volunteering with OPAL, I was new to the area; I really enjoy helping members at the club, and I've made some lovely new friends!



Befriending is one of the most rewarding and enjoyable experiences I have had. I would highly recommend anyone to do it.

I've been humbled to see how a little bit of my time can make such a big difference to someone else, and I didn't anticipate how much I would gain from it too. I spend an hour or so with my 'neighbour' every week and smile for the entire time.



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Volunteering for OPAL isn't just about helping the members, it's about making friends, especially with the other volunteers.

I love the people I meet volunteering at OPAL, there is always a story to tell and a joke to be shared and I feel that I brighten up someone else's day as much as they make a difference to mine.

I love to see the members engage and enjoy the activities. A lovely way to contribute to the community.



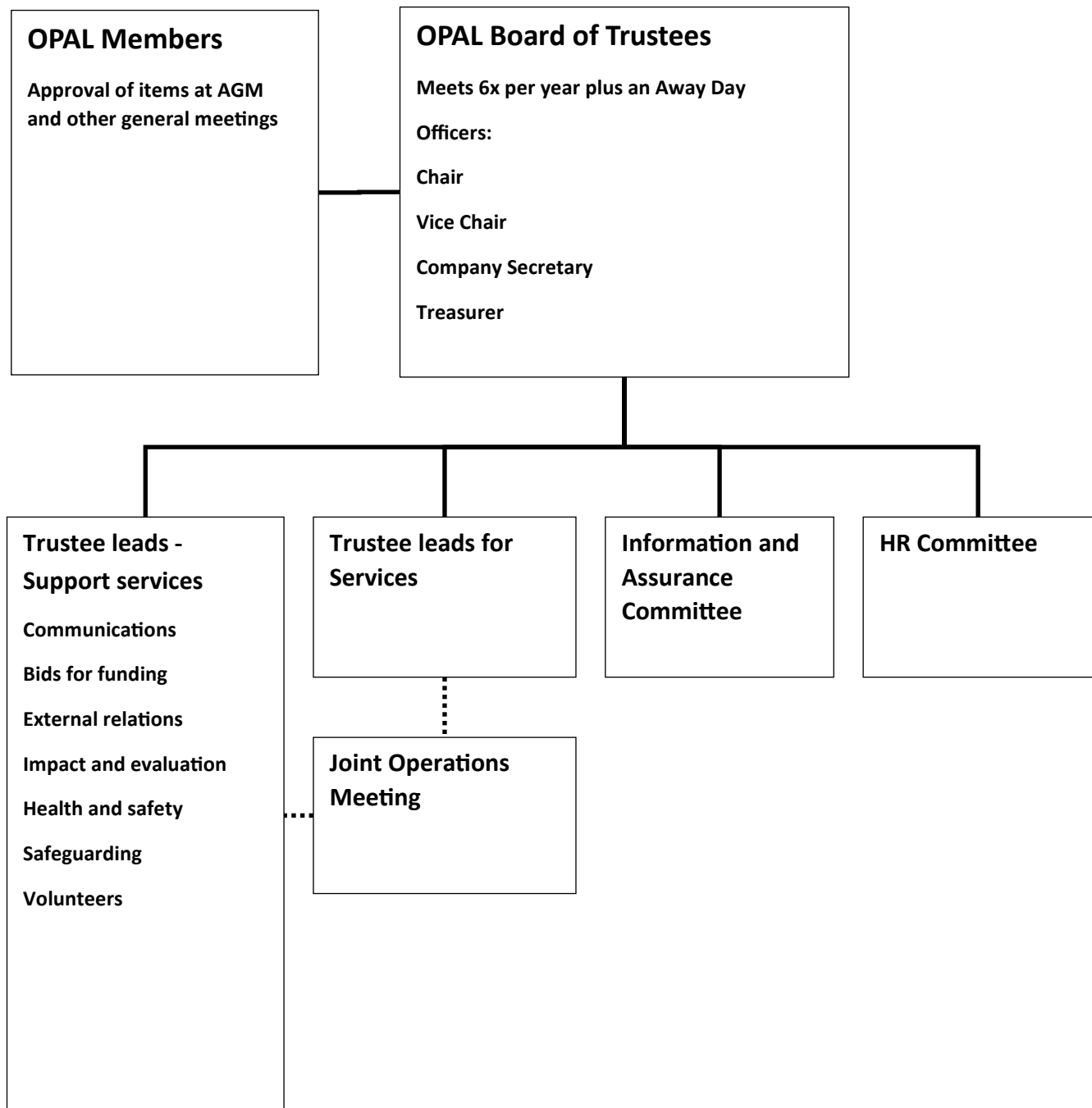
Volunteering at Club is so rewarding. You really feel like you've helped to provide an enjoyable social outing for the members and they are always so appreciative. It's also great to feel part of a team and form friendships with your fellow volunteers.

I started driving the minibus around 2 years ago. I have loved every minute and got to know lots of nice people. To think you can easily help the local community is wonderful.

I cannot say that volunteering with OPAL is truly selfless, as I gain so much from it. I have made new friends, tried new things, built up my self-confidence and feel a sense of pride working together with others to make a real difference in my community.

I find volunteering at Tattenhall OPAL Club very rewarding. I've been a volunteer there for 12 years so that really speaks for itself! It's lovely to see the smiles on their faces and hear their news every week.

5. Organisational Structure



7. OPAL 3 Year Plan Update 2023/24 to 2025/26

Progress Report at the End of Year 1

The objectives to support the 3-Year strategy are summarised below, together with progress made in Year 1 and up-to-date comments.

It became apparent that one major funding bid could underpin a large part of the Plan. The National Lottery Reaching Communities (NLRC) fund was identified as an ideal partner, and a bid was put together with the support of an external resource. This was a lengthy, but ultimately successful, process with an award being made in July 2024. This has delayed some elements of the Plan, but it puts OPAL in a very strong position for the future.

Year	Objective	Progress	Comment
1	Re-brand services, inline with our external message.	Mostly Completed	Breaktime Plus and the Sitting Service are now branded as Carer Support. GoOnLine services covers all Digital Inclusion. Discussions are on-going re: Branching Out/Food for Thought.
1	Undertake a major marketing campaign which raises our profile.	Delayed	This has been amended to having a “rolling marketing plan” which can be utilised by individual services as required. This is still in its early stages.
1	Recruit a new post of part-time Team Leader for the Organisers.	Revised To Year 2	The role was upgraded to a manager and funding was obtained through the NLRC bid. Recruitment will now start in Autumn 2024.
1 – 2	Extend our range of funding sources.	On-Going, with some success	New potential funders are constantly identified, but it is a highly competitive environment. We will continue to use our external resource for major bids.
1 – 3	Increase the geographical reach of our existing services.	Started	A review concluded that increasing OPAL’s footprint in rural West Cheshire is the preferred option and the NLRC award will support this.
1 – 3	Calculate the excess ‘unrestricted reserves’ for investment in operations.	On-Going	This is undertaken annually but the NLRC award obviates the need for major expenditure from reserves.
2	Identify at least one new service to be added into our portfolio.	Completed	Good Neighbours has obtained 2 years funding from CW&C. OPAL at Home was a success in winter 23/24.
3	Identify potential partners and consider working together.	Not Due Yet	The Passport to Care project with Snow Angels is an early example of the benefits of joint working.

6. OPAL Staff and Trustees

Staff: Fiona Barry (from Aug 23), Zoe Blocksidge, Lynda Briody (to Aug 23), Deborah de Kock, Sarah Davies (Jan - Apr 24), Janet Handley, Maria Hudson, Morag Hutson, Alice Leech, Joanne Patel (to Apr 23), Alison Shackleton, Beverley Stubbs.



Trustees: Ian Bailey, Jan Bailey, Kevin Bradburne, Gill Clough, Jane Colville, Juliet Compston, Lesley Gough, Geoffrey Hope-Terry, Brian Mackie, Gill Swash (to Nov 23), Julian Waring (to Apr 23), Rhiannon Wilson.





8. OPAL Funders

We were grateful to receive grants from the following organisations during the year...

Funder	OPAL Service supported
National Lottery Community Fund	Branching Out and Digital Inclusion
NHS Commissioning Group	Branching Out
Marshes Community Benefit Fund	Branching Out and Digital Inclusion
Cheshire and Warrington Carers Trust	Carer Support Services
Cheshire West Integrated Care Partnership	Digital Inclusion
Cheshire West and Chester Local Authority	Activity Day Clubs, Telephone Befriending, Good Neighbours, Passport to Care (from UK Shared Prosperity Fund/ 'Levelling Up'), Emergency Discharge Funding
Skipton Building Society	Carer Support Services and Digital Inclusion
Cheshire Community Fund	Carer Support Services
National Lottery Awards 4 All	Carer Support Services
Cheshire Police and Crime Commissioner's Fund	Digital Inclusion
W G Edwards	Digital Inclusion
Lord Mayor of Chester, Cllr John Leather	General funding across all services

9. OPAL Fundraising

Our fundraising group that started a few years ago has grown to include new volunteers, and still includes some staff and trustees – all bringing skills experience, ideas and enthusiasm to the group. They have been busy over the past year organising a range of successful events which have raised a total of £5,946.



Highlights were two new events – a Midsummer Soirée which was held at the home of volunteer Felicity Pochin in her stunning garden on a beautiful summer evening last June. Guests were treated to tea and cake, followed by glasses of fizz as they relaxed and listened to an excellent local trio playing for them. Edward Timpson MP attended and made a speech supporting the work of OPAL.

The other new event was the OPAL Christmas Fair which was held at Bickerton Village Hall. There was a great selection of stalls selling goods so that guests could start their Christmas shopping and afternoon teas were served throughout the event.

The Christmas Fair will be held again this year at Tarvin Community Centre on Friday 15th November.

Many other events are being planned for the coming year, so if you would like to get involved with any of our events, please contact Juliet via Juliet.compston@opalservices.org.uk



Fundraising summary for the year:

June 2023	Midsummer Soirée	Raised £1,236
July 2023	Frodsham Party in the Park	Raised £171
Nov 2023	OPAL Christmas Fair & Afternoon Tea	Raised £1,420
Dec 2023	HoHo Helsby Gift Stall	Raised £325
Apr- Dec 23	Club Fundraising	Raised £1,613
Apr 23 - Mar 24	OPAL Onelottery	Raised £1,181

10. Donations to OPAL



We are extremely grateful to those individuals, groups and organisations who made donations to OPAL, during 2023-24 totalling £22,433.

Your donations make a huge difference in supporting us to deliver our services.

THANK YOU!



11. Partners

We gratefully acknowledge the support of many partners who enabled OPAL to deliver its services in the last year...

Those supporting front line service delivery...

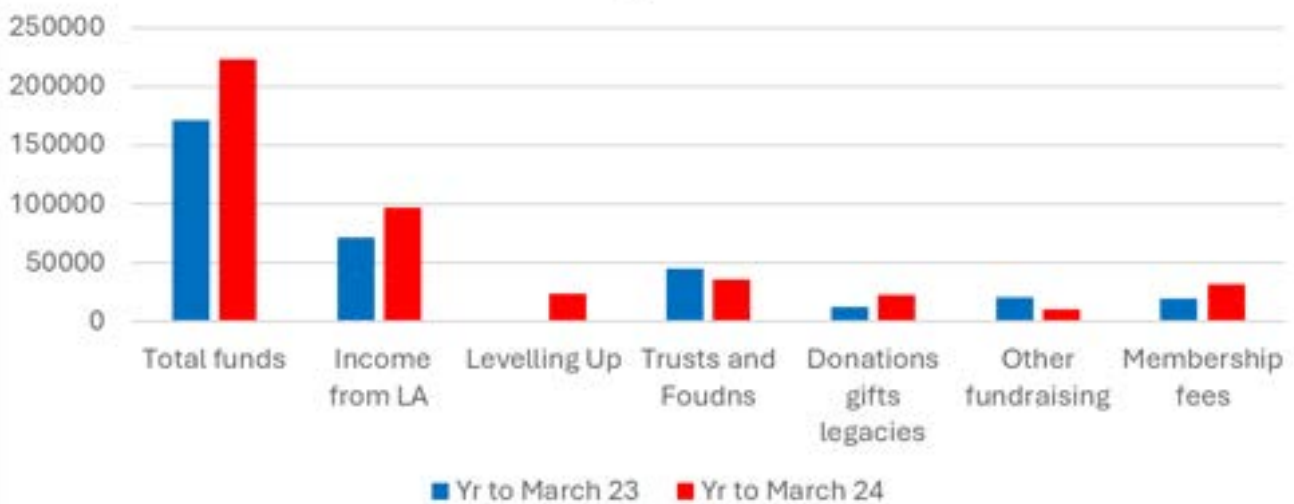
Providers of our OPAL venues.	The providers of training events for staff and volunteers.	Those who have led OPAL in so many activities & provided entertainment at our clubs and groups.
Social prescribers, wellbeing co-ordinators and social workers who have signposted and referred people to OPAL services.	The Malpas Minibus Committee for their help with transport.	The Library Services for publicising services as well as their willingness to undertake joint work with us around Branching Out and GoOnline.

...and our wider network partners and funders

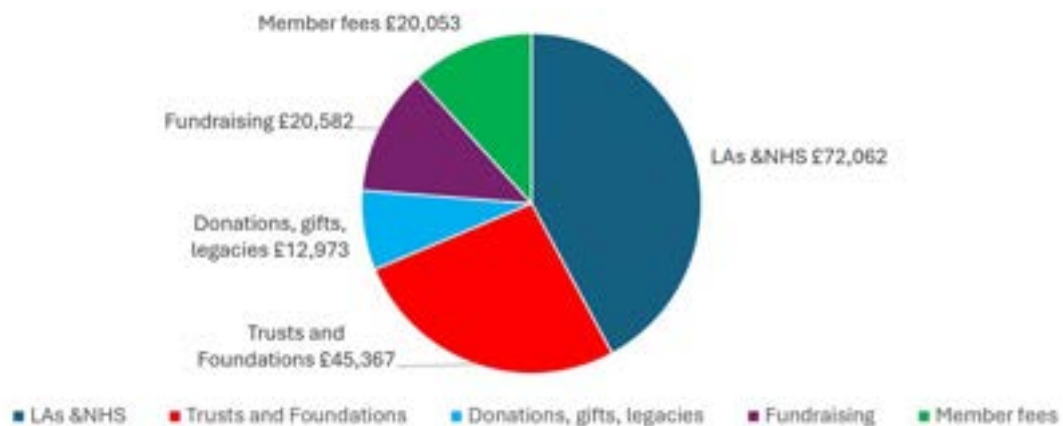
Funders and Commissioners (highlighted elsewhere) who have listened, been involved, advised and supported during the last year.	CWVA who support volunteer recruitment, provide advice, information about funding opportunities, co-ordination of training and sector leadership.	Local Parish Councils for support in disseminating information, signposting and funding through grants.
Community Care Steering Groups/ Partnerships in Frodsham, Helsby & Elton and the rural villages including their associated member groups, for providing opportunities for networking and joined up local working.	Healthwatch for their advocacy role and provision of information and training opportunities.	Age UK Cheshire for their information giving and support.
The Carers Trust for their information giving, practical help, support and advice.	Snow Angels for their presence and the close working relationship we are building.	Cheshire Community Action (CCA) for their information giving, practical help, support and advice.
The End of Life Partnership for their support, advice and training.	The Alzheimer's Society for their advice and guidance.	Bee Friends for supporting partnership working in the local area.

12. OPAL Money Matters

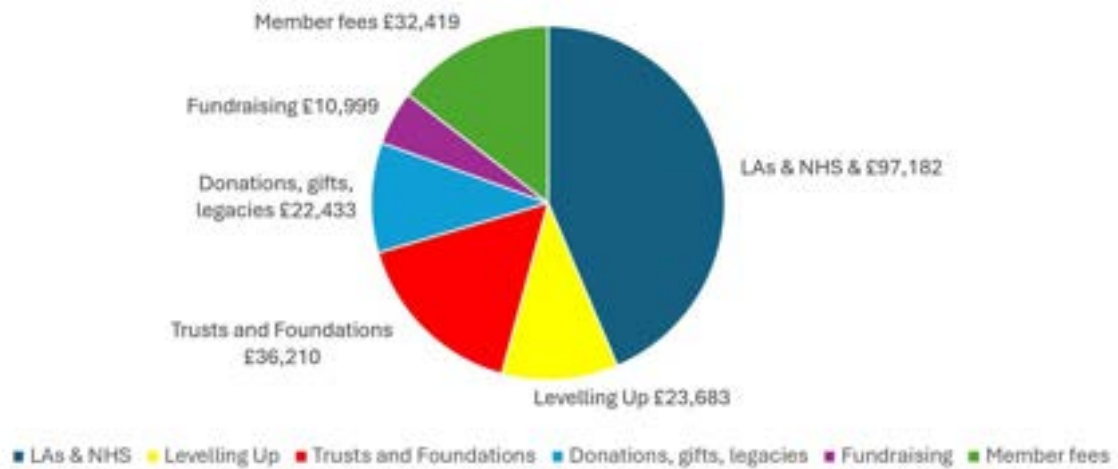
Year on year funds



Funding sources 2022-23



Funding sources 2023-24



	Year to March-24	Year to March-23	Movement
Total funding	222,926	171,037	51,889
Staff Costs	139,417	109,959	29,458
Volunteer Costs	4,888	3,623	1,265
Services' Direct Costs	35,186	27,161	8,025
Support Costs	17,207	18,448	(1,241)
Fundraising	342	3,036	(2,694)
Total expenditure	197,040	162,227	34,813
Net surplus (deficit)	25,886	8,810	17,076
Reserve funds	268,067	242,182	25,885



Key Points

Total income for the year is up by £52,000, due to a number of factors including £23,000 for the new Passport to Care project, which is funded by the UK Shared Prosperity Fund, and an increase of £25,000 from successful bids to Cheshire West, in respect of the Good Neighbour scheme and OPAL at Home. Fees from members also showed a good increase, although the level remains below the pre-covid figure.

Against this, income from Trusts and Foundations was down by £9,000 reflecting the greater competition for these funds, which are often heavily over-subscribed. There were no major fundraising events in 2023/24 which meant that both income and costs were lower than last year. However, we were fortunate to benefit from strong receipts from our supporters through Donations, Gifts and Legacies.

Despite the increase in activity, expenditure has been kept under tight control. Staff Costs rose by £29,000, equating to 62.5% of total income, down from 64.3% in the previous year. Services' Direct costs were £8,000 higher, which works out at 15.8% of total income in both years.

13. Financial Statements and Balance Sheet

OPAL SERVICES (RURAL WEST CHESHIRE)

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Fixed assets					
Tangible assets	13		1,807		3,116
Current assets					
Debtors	14	73,394		1,786	
Cash at bank and in hand		264,249		278,536	
		337,643		280,322	
Creditors: amounts falling due within one year	15	(71,382)		(41,255)	
Net current assets			266,261		239,067
Total assets less current liabilities			268,068		242,183
Net assets excluding pension liability			268,068		242,183
The funds of the charity					
Restricted income funds	16		66,935		52,616
Unrestricted funds			201,133		189,567
			268,068		242,183

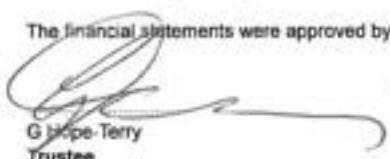
The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024.

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

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the trustees on 5/11/24


G Hope-Terry
Trustee

Company registration number 07521625 (England and Wales)



14. Independent Examiner's Report

OPAL SERVICES (RURAL WEST CHESHIRE)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF OPAL SERVICES (RURAL WEST CHESHIRE)

I report to the trustees on my examination of the financial statements of OPAL Services (Rural West Cheshire) (the charity) for the year ended 31 March 2024.

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 the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable 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 confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (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.

Rebecca Ellams FCCA
Hall Livesey Brown

HLB House
68 High Street
Tarporley
Cheshire
CW6 0AT

Dated: 6.11.24



Older People Active Lives

15. Company Information

OPAL Services (Rural West Cheshire) is a company limited by guarantee.

Charity name:	OPAL Services (Rural West Cheshire)
Registered company no:	7521625 (England and Wales)
Registered office:	18 Utkinton Road, Tarporley, Cheshire CW6 0HS
Date of Incorporation:	8th February 2011
Date activities commenced:	22nd May 2011
Accounting reference date:	31st March
Registered charity no:	1143753

Board of Trustee Directors 2023-24:

Ian Bailey	From March 2021
Jan Bailey	From March 2021
Kevin Bradburne	From June 2021
P Cllr Gill Clough	From February 2011
P Cllr Jane Colville	From February 2011
Juliet Compston	From March 2022
Lesley Gough	From June 2021; Secretary from September 2021
Geoff Hope-Terry	From March 2022 ; Chair from August 2022
Brian Mackie	From March 2020; Treasurer from March 2020
Gill Swash	From July 2017 to November 2023
Rhiannon Wilson	From September 2019
Julian Waring	From May 2022 to April 2023

Company Secretary: Lesley Gough

Independent Examiner: Rebecca Ellams FCCA, Hall Livesey Brown
HLB House, 68 High Street, Tarporley, Cheshire CW6 0AT

Bankers: The Co-operative Bank plc, PO Box 101, 1 Balloon Street,
Manchester M60 4EP



Older People Active Lives