



**Chorlton Good
Neighbours**
Annual Report
2020

Management Committee 2019-20

CHAIR	Rev Ken Stokes
SECRETARY	Mrs Kate Grand
TREASURER	Mr Michael Schaefer

Representatives from the Churches Together in Chorlton

ST CLEMENTS CHURCH	Rev Jenny King
WILBRAHAM ST NINIANS URC	Mrs Enid Woods
ST JOHNS R.C.	Mrs Joan Constable
ST WERBURGHS	No representative
CHORLTON CENTRAL	Mrs Kate Grand
MANLEY PARK METHODIST	Dennis Haughton
CHORLTON METHODIST	Philip Lloyd
ENGLISH MARTYRS CHURCH	No representative

STANDING COMMITTEE MEMBERS

Mrs Christine Bentley
Mr Andrew Dawson
Mrs Angela Downing
Mr Bernard Leach

Chorlton Good Neighbours: Mission statement



CGN works to meet the needs of older people in South and Central Manchester. CGN delivers a friendly, fair and safe service in which volunteers and paid staff support older people, providing social contact and general support both within the homes of older residents in South and Central Manchester and at activities and events at CGN buildings and further afield.



Chair's Report Rev Ken Stokes

Today we are sadly living in “interesting times”. Corona virus has transformed all our lives in ways we could not have imagined in 2019 and clearly it has had an enormous impact on the work and life of Chorlton Good Neighbours. Many of our most precious activities like the coffee mornings, Sunday teas, exercise classes etc have had to be suspended and at the time of writing we do not know when they will be able to recommence. We cannot pretend

that this is anything but sad and painful for everyone

As we all know Covid-19 is a too often deadly disease which is particularly dangerous for the folk Chorlton Good Neighbours care about the most, older people. Ironically at present the only way to protect against it is to do the very thing that Good Neighbours was set up to prevent. We are called to engage in physical social isolation which we know only too well can itself be so destructive. Yet, I can promise you that Chorlton Good Neighbours will continue to do all that we can to mitigate the impact of that isolation. Helen, staff, and volunteers are almost continuously on the phone to folk. We have tried where possible to continue with visiting the most isolated even if that means sitting in the garden and talking through an open door. We have conducted history talks (and our committee meetings) via Zoom which was totally unfamiliar to most of us six months ago). Obviously, we have not been able to replicate everything we have previously done in new socially distanced formats. There is much that must await better days when the Covid-19 virus begins to fade into our memories but until that time we cling to the hope that “these things too will pass”. Let us hope that next year we will be able to report we have been able to do recommence more activities as well as discovering new ways to reach out to each other and share friendship



Treasurer's Report Michael Schaefer

This last year has been very successful for CGN in financial terms and we managed to achieve a healthy surplus.

Apart from the standard contribution from the Manchester City Council, which is still our main source of funding, we continued to receive dedicated funds in form of the exercise grant and funding for our extremely popular drama group.

On top of this we gratefully received two one-off grants which accounted for most of the surplus. The first one was from Awards for All and the second one was from MCC South Neighbourhood which together amounted to more than £ 16,000. However, despite of this very positive result I can't help but spend a few words talking about the immediate future and the current difficult situation we all find ourselves in. 2020 will be a challenge for many reasons but it will also be a challenge financially to CGN. Due to the fact that many of our regular events are suspended for the time being, we anticipate a big deficit at the end of the next financial year.

Finally, as always, a very big thank you to all of you who donated, or gift aided. As I said in previous reports, every donation makes a difference and your continued support is greatly appreciated and this will become even more important in these new circumstances. Stay safe!

Co ordinator's report Helen Hibberd

In some ways it seems really hard to imagine that for the first half of the past year CGN was working to its usual pace and focus, receiving regular referrals and inquiries, and supporting many local residents to engage in a variety of activities and services. Our performance seemed, and was, no different to any of the previous years, and as usual we had trialled some innovative projects such as the Funeral planning session for 25 people and the Stories of our Lives reminiscence project. Thanks to the skills and drive of our group facilitators we even broadened the experience for some participants, such as the Drama group taking part in the Festival of Manchester in Platt Fields and performing 'Staying Alive' on Chorlton Green during the Chorlton Arts Festival.



Regular activities such as the exercise classes, (65 people) Thursday coffee mornings, (70) History talks, (40) Day trips (51 each coach x 4 trips) and monthly Sunday teas (35-40) were as busy as ever with the usual large numbers joining in. 50 volunteers and 3 part time community staff were involved with supporting 100 older residents with visits, and the office was a hive of activity, people bobbing in for information or a chat or to get some help for a friend or family member. Many thanks here to office volunteers Joan, Janice, Peter and Cathy. Then Covid 19 came along and CGN could not look more different....

Before I reflect on how Coronavirus has affected the charity's activities and the implications for the forthcoming year, let me reflect on the usual successes and challenges of the earlier months.

50% of **our funding** comes via a grant from Manchester Council's OM VCS, for which we are extremely grateful. This grant is vital in helping us achieve our aims of supporting local



older people to have a varied, meaningful, and enjoyable older age. By joining activities and receiving services, as well as contribute ideas and experience (and



skills as a volunteer), our local older adults can feel part of the wider community whilst strengthening their own social connections and maintaining a positive approach to older age.

Staff and volunteers play an amazing role in the life of the organisation, and for the individuals they support, and between us all our local grassroots knowledge and connections continue to make a huge difference in getting timely help and advice.

Maintaining strong working relationships with health, statutory and community colleagues is a key goal for CGN as it helps us better understand the needs of our older members and take the most appropriate steps to help them. Links with Withington audiology Dept for example, enable us to refer people directly to them and deliver hearing aid batteries via volunteers. Meetings and telephone calls with practices nurses, Active case managers and supported scheme managers, give us all a chance to gain a fuller picture of support needs for individuals, and the input of our local Councillors is much appreciated in helping the charity understand and reflect on general concerns and issues in the neighbourhood. CGN makes the most of any local events, having stalls at Age Friendly sessions, such as the one held at Tangmere court, and the Chorlton Get Together community day in Chorlton Methodist Church.

Intergenerational events have also been a feature of the past year, with young and old looking forward to being together. At Christmas time Chorlton Park and Oswald Rd primary schools came to sing and Alex Park Learning Centre have joined us a couple of times on Thursday mornings, teaching us all some songs in Spanish! We also value the support from Chorlton High who invited members to their brilliant performance of 'Grease' and teachers brought across their choir to Houghend Police club to sing at the big Christmas party. Younger volunteer writers were essential to the successful trial of the Stories of our Lives project (now with Joy Ethic) and CGN members supported talented young musicians and singers by attending the free Live Music Now events at the Bridgewater Hall.



At the start of the year CGN was working towards the following 3 grant funding outcomes:

- 1. Increase volunteering**
- 2. Support current members and more older people to engage with activities to reduce isolation and loneliness and maintain good mental and physical health.**
- 3. Support older people to make a positive contribution through representing CGN at networking meetings, cultural activities, and intergenerational events**

Increase Volunteering: 44 inquiries about volunteering were received this past year (plus an additional 30 at the outset of the Covid crisis). CGN took on 19 volunteers, many of them signing up to do home visits. Others not recruited are often referred to other organisations better suited to their interests, or nearer to where they live.

One to one home visits are the unseen core work of the charity and can sometimes be the most challenging for volunteers because of the lone nature of the work, and because the older clients are often very isolated and may present with additional needs. No one is in any doubt though that the befriending is mutually beneficial. Volunteer Matt reflects

"I have very much enjoyed being part of the Chorlton Good Neighbours group and helping John with his weekly shopping and the occasional bit of gardening. I have found helping John to be rewarding and fun, and enjoy talking with him, even when he reminds me how much better his football team is doing than mine".



Older resident John says: *"Many thanks to Chorlton Good Neighbours for the help and assistance they have given me during a difficult time. Volunteer Matt has been very helpful with shopping errands and odd jobs. Once again thanks"*

We have lost the services of 16 volunteers this past year; 6 have moved out of the area, 6 due to ill health, 2 had too many commitments and 1 has re thought her position since the Covid crisis. One Volunteer Verna Hoyle deserves our special thanks after leading the Wednesday craft session for 5 years. That group ceased September 2019, as numbers were too low to make it viable, but Verna had done a marvellous job thinking up new ideas each week and supporting participants to get creative.

For many of our older volunteers 65 years +, volunteering at the onsite activities , on the trustee board, in the office and on day trips are where they feel best suited, making the most of their skills, and experience, and benefitting from the social aspect that they used to get at work. Other volunteers use their skills writing small reports, taking photos, or attending meetings on CGN behalf.



Special thanks go to those volunteers who have led specific activities ; Leah Cavanah with the Melodics , Ray, Mary and Angela (History talks) Francis and David (Tuesday snooker) and a whole band of volunteers who commit to Thursday coffee mornings, Sunday teas and the Tuesday parent and Toddler Group. Drivers of course always deserve an extra

round of applause as they really do ensure that some of our most isolated members were able to join in on the activities and day trips.

Training: CGN continues to support its volunteer workforce through regular training sessions, led by Debra McCallion, and by having 24/7 contact with the Co ordinator through email. The most recent session in March 2020 saw 15 volunteers come together to discuss boundaries, communication issues and resilience strategies.



Total Residents supported (regular users of services and activities): 385

Ethnic Origin	
Asian British	6
Black British	12
Black Caribbean	9
Middle Eastern	3
Other	1
Other African Background	3
Other White	19
Pakistani	2
White – English / Welsh / Scottish / Northern Irish	296
White – Irish	24
Not Known	10

Age	
Less 65	23
65-74	65
75-89	178
90+	73
Unknown	46

Gender	
Female	295
Male	89
Do not identify with birth gender	1

Ward	
Chorlton	143
Chorlton Park	105
Whalley Range	46
Other Manchester Wards	16
Non-Manchester	50
Unknown	25

Miscellaneous
65% consider themselves as having a long-term health condition/disability.
14 older clients also support CGN as volunteers

Volunteer Support this past year :135

Gender	
Female	99
Male	35
Don't identify with birth gender	1

Ward	
Chorlton	59
Chorlton Park	27
Whalley Range	20
Other Manchester wards	7
Non-Manchester	22

Ethnic Origin	
Asian British	4
Black British	2
Other	3
White – English / Welsh / Scottish / Northern Irish	114
White other	7
White – Irish	5

Age	
Less than 40yrs	36
40-64	52
65-74	33
75+	14

Miscellaneous
Many people tend to think that our volunteer workforce is mainly older, retired people but figures suggest they formed only 35% of the total this past year.

Supporting older members and new people to engage in activities to reduce social isolation and maintain good mental and physical health.

CGN has given regular support to at least 385 residents this past year. Referrals were via the usual routes, mainly self and family, which speaks to a high local profile. Having a website obviously helps as well as an open referral system. Saying 'no' to some inappropriate referrals is still hard to deal with as it feels as though it goes against what a charity stands for. That said it is really important we don't become overstretched dealing with people who needs are best served through statutory agency support.

The point of engagement is still a critical moment for many older adults, especially if they have no idea what they would like to join in with, or they have been referred by family members. They often know they need company and would benefit from it, so it is important we take time finding out their interests and support them to engage in the most appropriate activity for them. If a larger open activity feels too much then we have continued to direct them to smaller specific sessions such as the Melodics, Tuesday snooker, Friday gardening, Positive Living group or the exercise classes.



Equally important is to have *friendly and knowledgeable facilitators and instructors for specific activities* so that newcomers can have confidence that a session is geared to their needs and capabilities.

So special thanks here go to those

who support us in that way: Susan Parry (Thursday Art) , Nakib Narat (Drama) , Debra McCallion (Positive Living), Geraldine Wall (Gardening) Karen Tynan, Karen Oakes and Don O' Connor (Exercise classes).



The main point is that CGN is in it for the long term; we do not operate on a 6 or 12 week turnaround, but aim to support people, and encourage them to join in with us, for as long



as we can and they want to . Celebrating people's birthdays, including many in their 90's or even 100, often reflects the fact that we have known these



friends for many years. Ann White and Cath Clegg

have both celebrated their 100th birthdays this past year and have been with CGN for 15 years.

We have lost 44 referrals this past year; 7 have moved out of the area, 17 no longer require our services, 18 have died, and 2 have moved into residential care. It is sad for everyone when people are no longer with us, for whatever reason, and 'their seat' at coffee morning is empty for a while, but volunteers and clients support each other and stay resilient, ready to welcome new people in their place. It is the cycle of life and very much part and parcel of our work!

Supporting older people to make a positive contribution and contribute to local agendas.

CGN is often asked for its input into local projects or reports that individuals are compiling, and this is an excellent way older people's voices can be heard; our older adults and volunteers gave ideas to MCC neighbourhood Manager, Pete Whiteley, for a mural at



Chorlton precinct, they got involved in a film being made by 4 Salford University students on 'loneliness' and individuals have spoken with plenty of student nurses, PHD students, and Stockport health Champions, the latter discussing the benefits and challenges of setting up a group like CGN. Our members continue to contribute to surveys and reports which CGN have compiled, for use with funding applications, as we recognise their insights and feedback are important in planning and delivering services.

Our aim also is to support people to keep well informed so visitors and speakers have come regularly to coffee mornings to talk about energy suppliers, Wills and Trusts, the Carers



network, Podiatry, Be Well services, and activities taking place at other venues. One of the challenges going forward will be how we keep older residents informed of all these services if they are not able to hear about them at the big coffee mornings. It is easier if members are online but for a good majority they will be relying on leaflets and word of mouth.

Also, for our colleagues it may prove more difficult getting their messages across without direct contact.

In the wider community, CGN has been represented at integrated neighbourhood health meetings as well as the Age Friendly Chorlton and Whalley Range Forum board, the latter being part of a successful OPENs funding Bid to strengthen partnership working through multiple small projects, across Chorlton, Whalley Range and Fallowfield.

Funding For the exercise classes funding has largely come through Public Health and Wellbeing, for which we are extremely grateful, and we have a commitment from them to support the sessions once we restart them. The Positive Living Group has been funded through a Community Lottery grant and facilitator Debra has continued encouraging participants to set their own themes for the monthly discussions. The drama group has received ad hoc funding for the various sessions including a Festival of Manchester grant and some NIF funding.

Most other activities continue to be self-funded which feels a positive way for the charity to be resilient and self-sufficient, but it does still add an element of pressure to ensure adequate footfall.

Donations from individuals and businesses, together with small fundraising ventures and legacies are all part of the financial picture; we need and appreciate it all. Thanks especially this past year to the Co-op (at Hardy lane) for raising over £7,000 for us, to Morrisons for



all their gifts,
to Unicorn for
the vouchers,
to Arthur and
Moira for their
fundraising
efforts, and to
our older



members who give so generously, both financially and through gifts for raffles and handmade cards and goods. CGN is especially indebted to Treasurer Michael for overseeing the finances and to volunteer Hamish for his support with banking and spreadsheets.

But what of the impact of Covid 19?

Firstly, it goes without saying that CGN had to learn quickly and adapt its approach and service offer. With all activities suspended the group decided to focus on key areas

- Regular Telephone befriending for 110 people by 21 volunteers
- Door checks and chats, socially distanced
- Shopping and prescription collection
- Odd jobs, if safe to do so
- Regular monthly paper newsletters to 250 CGN members containing information from MCC, Age Friendly Manchester, local health colleagues and other organisations. We also included a different sheet of exercises each month as well as some strategies and tips around various positive living themes.
- General advice and referral to agencies
- Delivery of food parcels and donations of other items from local organisations such as Morrisons, Unicorn, Brookburn Primary School, Buzz, Age Friendly Manchester and SMRD UK.



Offering a more intense, limited range of services was certainly a big change to the way we usually operate but it did allow us to fulfil our role in the community

as 'good neighbours'. The above services kept CGN 'alive' for many people and helped them still feel connected to the organisation as well as to the neighbourhood. Volunteers and staff were incredible at 'stepping up' despite the obvious personal risks especially when shopping, and we cannot thank them enough. Their efforts were recognised through receiving **The High Sheriff Special Recognition Award for outstanding activity and contribution to the community.**



Over its 53-year history CGN has learnt how to evolve and adapt, usually to the slowly changing needs of its older members, and the funding landscape. The Covid 19 crisis asked something different of us; could we adapt quickly and sufficiently to still be of use and play our part in the community effort? Normally we do not have a limited offer, based solely around a few services, and certainly lots of shopping, door step chats and telephone befriending have never been on our agenda. In the end by staying open to suggestions from volunteers about what was needed and what they could offer, together with the inevitable tide of calls for support, we were, and still are, able to provide a practical service alongside emotional and social contact and support.



The challenges were many, not least because it was uncharted territory, and everyone else was grappling with the issues. Questions around PPE, use of cash or cards, handling of shopping etc were largely dealt with through conversations with Trustees and other Care Group colleagues. CGN learnt to trust its own decision making and just get on with what needed doing.

What have we learnt? There have been *many positives* like

- Zoom, which has been excellent for the History talks, quizzes, Tuesday group parents in the early days, and volunteer, trustee and neighbourhood meetings that would usually involve time and travel.
- Regular Newsletters with plenty of useful information from us and colleagues were really appreciated by many of our older people not digitally connected
- Many of our older neighbours got to know their neighbours better and began telephoning each other up more
- Small donations of food parcels, and creative packs (delivered by Chorlton Bike Deliveries) were a real boost to residents who were feeling low



Some of the *more challenging* aspects have been that shopping and doorstep chats per se, although absolutely essential in this situation, are no substitute for the building up of a more meaningful 1-1 befriending relationship or coming on site to a group session to catch up with peers. Also, too many older people, particularly those with no family or daily carers, have not fared well; with staff witnessing deteriorations in both their mental and physical wellbeing.

Being digitally connected or not certainly exposed a disparity that may take time, finance, and a lot of 1-1 support to address, leaving many feeling we could be offering a two-track approach at least in the short term.

Going forward: The short to medium challenges may be

- Clients and older volunteers; how to best support them to re-engage with activities and resume their former independent lives. Many are expressing fear and anxiety about going out and we need a range of solutions to tackle people's concerns
- The current control measures and potential duration of them; limiting activities and running smaller group sessions has cost implications, and it is difficult to foresee any of the big activities resuming soon.
- Loss of income from activities which part subsidized the overall running of the group
- Effect of loss of job satisfaction for staff, and even volunteers, who must adjust to working in a way they had not signed up for.
- Fulfilling council outcomes and securing future core funding from Manchester City Council
- Where the charity positions itself within the context of a 'no going back' or build back better 'agenda, avoiding mission creep, retaining our core values and service offer whilst facing the challenges of the new norm.

My *personal thanks* go to the following people for their work, interest, and support over the past year, and especially during the Covid 19 crisis and lockdown:

- Moira, Diane and Phil, our community workers who have been exemplary
- Debra McCallion, and volunteers Rachel Kemp, Diana Cullen, Marianne Spry, Kathy Castle and Cathy Bangs.
- Neighbourhood colleagues: Nurses Sonia Edwards and Eileen Kendrick, Sue Thurston of Didsbury Good Neighbours, Health Development Co ordinator for Burnage, Didsbury, and Chorlton Fiona Vincer, Neighbourhood GP lead Dr Tim Greenaway and MCC colleagues, Pete Whiteley and Nahla Eljack.
- Wilbraham St Ninians Church for housing us
- Special thanks also to the team of volunteer telephone/doorstep befrienders and shoppers, and finally
- To the trustees, and especially to Enid Woods who is stepping down this year.

This past year (at the current time of writing) is a tale of two halves, but CGN is still here, supporting residents, members, and volunteers to stay connected and feel valued. In some ways it feels as though we have come full circle, back to where and how we first started, focussing on a few key services. Going forward will be a matter of small safe steps and building back slowly and positively. Thank you **everyone** for playing your part, now and in the future.

Helen Hibberd MBE, Co ordinator

Examples of creative work sent into CGN during lockdown



“Mum (Evie) was very pleased to receive the birthday card from the group recently, it certainly brightened her day, and she asked me to pass on her thanks.

I took her for a walk last week and Moira was passing in her car and stopped for a (socially distanced) chat. She passed on the Easter gift from the group, so thank you for that also. These small things really help to brighten up the lives of the elderly in these difficult times, I think CGN is doing a great job to try and keep peoples' spirits up.”.

Mike, son of Whalley Range resident



CGN's work with older people, particularly in reducing social isolation, is a vital part of truly integrated care for our community, showing the importance of collaborative working with the voluntary and community sector. As a GP I particularly value the opportunity to seek the opinion of volunteers who support the very vulnerable in their home, as their unique perspective allows me as a clinician to form a more complete picture., in turn facilitating a more person centred approach to their care.

CGN's work with parents and toddlers, illustrates their wish to develop intergenerational work, which can only enhance the wellbeing of the whole community.

Tim Greenaway, GP neighbourhood lead

We really appreciate all that you and the volunteers do. Kathy has been phoning and zooming us every fortnight and it really brightens up our day. Good Neighbours has kept us in touch with the outside world during the lockdown.

Sue and Marie, Chorlton residents



CGN makes a real difference to the lives of some of our most isolated and vulnerable residents, primarily. but not exclusively older people. Residents tell us that going to CGN really gives them a lift during the week and helps people to make new friends and try out new activities.

Earlier this year I attended the playgroup - set up for parents of children who have had difficulties. A parent told me how important the support of the group was to her as somewhere she could go, and where her small daughter loved to be, where she would be accepted and supported.

During lockdown and the long months that have followed CGN has continued to provide much valued support to residents through outreach, visiting, when permitted, and having outdoor and distanced chats to people many of whom were either shielding or who were severely restricted and I know that this has been hugely appreciated

Mandie Shilton Godwin, Chorlton Park ward Councillor

Older Men's support worker Phil Barrett reflects: The main focus of my role is to reduce isolation and loneliness amongst older men, mainly over 65yrs. I have supported 16 gentlemen this part year calling at their homes and offering practical support, such as shopping, prescription collection, putting out the bins. I also run the Tuesday Snooker session at South West Manchester Cricket club (now on hold) where 8-10 of us gather to pot balls and put the world to rights.



During lockdown it has been particularly difficult to meet the needs of our client group as we have been unable to carry out indoor home visits. For the most part we have had chats on the doorstep or gone to a cafe for a coffee and a chat. The older chaps I work with have coped very well with the restrictions that have been put in place to combat this serious pandemic, but we are all looking forward to resuming normal life and activity.

Community Support worker Moira Bowater says: For the first half of the year I continued to work with my clients in the community as usual, going shopping with some, visiting others at home or getting out to local cafes or supporting them with various hospital/ health appointments. The run up to Christmas was full of the usual trips, Coffee mornings, Sunday teas and the marvellous Christmas Party at Hough End, enjoyed by all who attended.



In March 2020 things changed drastically and my role changed to having socially distanced doorstep conversations, picking up shopping lists, queuing in shops and wearing the necessary PPE. I also delivered food donations and regular information from CGN to numerous clients. Most of my clients adapted to the restrictions and coped incredibly well accepting that this was how life was going to be. On the positive, they have all remained in good health and in good spirits but recently there has been numerous expressions of frustrations and feeling "fed up" as the situation continues. This has been a challenging

time trying to remain positive and reassure them that one day things will return to some sense of normality. One lady I support is Joyce who says ***"it's been wonderful. You have been wonderful. And it's been great being able to talk to you about all my worries and concerns I am so grateful"***

Visiting Support worker Diane Dixon comments: My role is to offer companionship and social connection to the 20 older clients that I visit; we usually have a chat indoors or go out for coffee or shopping trips. One lady commented that ***'The visits give me something to look forward to and I enjoy the nice chat each time. It's a welcome relief from the TV, and helps me to relive and revise things from my memory'***

Since lockdown my role has changed quite a lot; I have not been able to go into people's houses or take them out; instead I have been knocking on doors and chatting on doorsteps, checking that people are ok whilst isolating. I also have regular people that I sit with in the garden for a chat or in porches depending on the weather, and of course I have been shopping when they have been struggling because of isolation and shielding and are without the support of family or other services. More recently I have met people at cafes in Chorlton for a chat. This has been a very positive experience as it has given people some additional confidence to start going out and about again. One lady said about the support from CGN –



'I don't feel alone because of your visits and the support that you give. Also, I do not deal with technology and you fill the gap for me between Technology and the world, so I feel less isolated and separated from the world because of your help.'

Activities and Services: status as of mid september 2020



Thursday Coffee Morning and Art Class: 10.00-11.30am

Attended by up to 70 members and volunteers. Birthday celebrations invited speakers and entertainers, audiology support for hearing aid users (first Thursday of month), regular visits from nurse Eileen and local schools, and Art class run by local artist Susan Parry.

Currently on hold but potentially resuming in smaller groups October 2020

Exercise classes: Monday 1.30-2.20pm, Wednesday 1.30-2.30pm and Friday 10-11am. 3 weekly classes in a graded system, with experienced instructors, aimed at preventing falls, building muscle strength, stamina, and flexibility. Use of weights and stretch bands. 65 people registered across the classes, some transport provision for Friday class. **Currently on hold, potential smaller groups restarting September/October 2020**



Friday gardening Club : 10-1pm. Facilitated by gardener Geraldine Wall, this small group meet each week to socialise with a coffee, tell jokes, share news and do a bit of potting in the greenhouse and planting of flowers and vegetables and fruit in the garden area. Meet all weathers. **Restarted July 2020 but suspended at August lockdown**

Monthly history talks: First Thursday in the month 1.30-2.45pm. Speakers presenting on a range of topics appealing to anyone with an interest in history. Recent talks have included the History of the Manchester Bee and the Beatles before they were famous.

Meetings via Zoom as of June 2020



Melodics Singing group: Every Thursday 11.45-1pm.

10-12 members coming together to enjoy singing and occasionally entertaining locally at residential homes. Led by volunteer Leah Cavanagh.

Currently on hold

Monthly Positive living Group: usually first Monday in the month.

20 regular participants meet to share strategies for living confidently and positively. Topics dealing with ageing, how to de clutter, have better friendships etc chosen by members, and session facilitated by Life Coach Debra McCallion. **Restarted in small groups outside in parks and coffee shops August 2020**



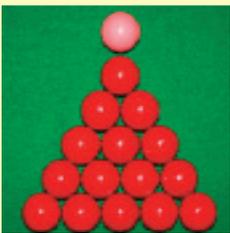


Monthly Sunday Teas: 4-6pm

for 35-40 older residents, with hot meal, entertainment, raffle, and bingo. Volunteer support and transport available

Currently on hold

Day trips and big parties: various throughout the year, included coach trips for 51 people to Oswaldtwistle and Broadstone Mills, Buxton, and the Devonshire Arms Pub, in Mellor. Spring and Christmas Sunday parties for 65 residents, and Christmas party for 110 at Houghend Police social club. **Currently on hold**



Tuesday Snooker Group 1-3pm: with thanks to South West Manchester Cricket Club for allowing our group of 6-8 gentlemen to meet round two snooker tables each Tuesday afternoon. Led by Older men's worker Phil and volunteers David and Francis.

Currently on hold

Drama workshops: various 10-week courses: for anyone wanting to have a laugh, learn new skills and be with a great group of people willing to have a go. Performances last year included 'A day at the seaside' 'Staying alive for Barry' and Christmas sketches. Led by experienced practitioner and actor Nakib Narat.

Currently on hold but small sketches being filmed outside with older group members for the Chorlton Virtual Arts festival October 2020



Tuesday Group 10-11.30am for local parents:

usually run as a joint project during term time, with the Church, this group aims to offer support to first time parents, those new to the area or without families. Volunteer support from 13 volunteers.

Currently this group are meeting at various local parks each week, arranged through Tuesday group volunteer, Rachel

1-1 home visiting and befriending:

this past year, 50 volunteers have each been involved with one or two older clients, regularly keeping in touch with them by visiting them at home or meeting them at a local cafe or in town.

Indoor Home visits on hold, telephone support or door step chats, socially distanced, taking place



Transport to appointments and onsite activities:

many of our older members received regular and one-off support to access banks, medical appointments, and onsite activities through our 35 volunteer drivers.

Currently on hold

Chorlton Good Neighbours
Statement of Financial Activities
for the year ended 31 March 2020

	Unrestricted funds £	Restricted funds £	Total funds 2020 £	<i>Total funds</i> 2019 £
Income from:				
Donations and legacies	15,711	-	15,711	37,740
Charitable activities: Support services	76,058	20,480	96,538	87,618
Investments	14,502	-	14,502	10,992
Total income	106,271	20,480	126,751	136,350
Expenditure on:				
Charitable activities: Support services	95,974	10,515	106,489	104,012
Total expenditure	95,974	10,515	106,489	104,012
Net income/(expenditure) before net gains/(losses) on investments	10,297	9,965	20,262	32,338
Realised gains/(losses) on investments	(3,655)	-	(3,655)	7,233
Net income/(expenditure) for the year	6,642	9,965	16,607	39,571
Net movement in funds for the year	6,642	9,965	16,607	39,571
Reconciliation of funds				
Total funds brought forward	396,104	1,970	398,074	358,503
Total funds carried forward	402,746	11,935	414,681	398,074

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

Chorlton Good Neighbours
Balance Sheet
as at 31 March 2020

		2020		2019	
	£	£		£	£
Fixed assets					
Investments		324,655		328,310	
		<hr/>		<hr/>	
Total fixed assets		324,655		328,310	
Current assets					
Debtors	2,981			1,424	
Cash at bank and in hand	88,811			70,392	
		<hr/>		<hr/>	
Total current assets		91,792		71,816	
Liabilities					
Creditors: amounts falling due in less than one year	(1,766)			(2,052)	
		<hr/>		<hr/>	
Net current assets		90,026		69,764	
		<hr/>		<hr/>	
Total assets less current liabilities		414,681		398,074	
		<hr/>		<hr/>	
Net assets		414,681		398,074	
		<hr/> <hr/>		<hr/> <hr/>	
Funds of the charity:					
Restricted income funds		11,935		1,970	
Unrestricted income funds		402,746		396,104	
		<hr/>		<hr/>	
Total charity funds		414,681		398,074	
		<hr/> <hr/>		<hr/> <hr/>	

Approved by the trustees on 17/09/2020 and signed on their behalf by:

Michael Schaefer (Treasurer)



Chorlton Good Neighbours

Co-ordinator

Mrs Helen Hibberd MBE

Hours Open

Monday, Tuesday, Thursday, Friday

9.30am – 12.30pm

Wednesday

12 Noon – 3pm

Wilbraham St Ninians Church

Egerton Road South

Chorlton M21 0XJ

Tel: 0161 881 2925 / Tel: 0161 881 6208

Email: helen@chorltongoodneighbours.org