

Newsletter October 2023



Dear member

Funding

It has been confirmed that opnocs was successful in its application to secure funding for the next 3 years commencing the 1st October 2023.

!28 applications were submitted with 70% of those being rejected. This is probably a result of Birmingham Council finding itself in a severe financial crisis.

Opnocs will no longer be placing emphasis on volunteer befriending but focus more on providing community activities that encourage citizens experiencing loneliness to join opnocs and forge new friendships. If you know of anyone please ask them to contact us.

Firstly, a reminder about our regular weekly sessions.

Weekly Coffee Morning

This is held every Friday between 10 and 12 at The Housing Department Sheltered Housing Scheme community room, Whitesmith Croft off Silver Street, Kings Heath

Seated Yoga

Seated Yoga is held on Tuesday from 10-11 at the same venue as the coffee morning. Currently £3 per session. Tea and coffee are served after the session. There are still places available so do come along.

Recent trips and events

Wednesday 23rd August. A three course meal at The Lakes at Barston.

39 members enjoyed a pleasant sunny day with good food. After the meal members sat in the beautiful gardens with a view over the lakes. Some members managed to walk partly round the lakes.

Health and well-being event

51 members attended the event on 4th October. The morning quiz and stand up bingo was followed by a buffet and musical entertainment by Ruby Ann.

Future events

Wednesday 6th December Christmas Meal at Moseley golf club. A Christmas meal with musical entertainment provided by Derrek. The room hire, meal and entertainment will be subsidised by opnocs for existing members only.

The booking forms will be included with the newsletter

Craft club

Opnocs is in the process of setting up a craft club, hopefully at the same venue as the coffee morning and yoga sessions. This will commence in November. For further information contact Tony.

Hall Green Neighbourhood Network Scheme (NNS)

The NNS have an extensive list of activities that take place in the Hall Green constituency.

In line with opnocs new emphasis on reducing loneliness NNS will be requested to amend its listing in the Hall Green directory.

Members seeking information on any of the activities can email or phone Tony and Phil.

Contacting opnocs

Tony and Phil can be contacted as follows:

Tony 07951737875

Phil 07954605036

Also, we can be contacted by email at

info@opnocs.org

Our Website is www.opnocs.org