

Dear member,

We are sending out this Newsletter as we need to inform you of some events taking place early in the year.

AGM

This will be held between 1 and 3 on Wednesday 2nd March at the Quaker Centre in Colmore Road, Kings Heath. The bus services 11 and 35 stop in Vicarage Road near to Colmore Road.

The annual report and accounts will be presented followed by the election of Trustees and Committee members Refreshments will then be served. This includes tea, coffee, biscuits and cake. There will be an opportunity to renew your membership for the coming year. Committee have decided, as before, to levy a charge of £3. Any member wishing to make a small donation would be most welcome. Every little bit helps, no matter how small, to subsidise trips, events and postage. Please do come along and talk to our committee members, staff and other members who you may not have seen for a while.

Event

On Wednesday 6th April we are holding an event at the same venue as the AGM. In the morning there will be some seated yoga session. Depending on numbers there will be two short sessions. Lunch will be fish and chips provided by the chippy in Dads Lane. Alternative choices are included on the booking form. The meal will be followed by refreshments.

After lunch we have entertainment with a difference provided by Paul. This will include music to get you dancing and maybe a quiz. Generally a fun afternoon. There will be a raffle.

The charge is £10 and a booking form is enclosed.

Please come and support us

Trips

Dates for your diary

Chester Wednesday 11th May

Southport 6th July

Coffee Morning

This is held every Friday between 10 and 12 at The Housing Department Sheltered Housing Scheme in Whitesmith Croft off Silver Street, Kings Heath. The scheme is located opposite Lidl.

Tea, coffee, cakes and biscuits are provided for a minimum donation of 50p.

Chair Yoga

Chair Yoga is held on Tuesday from 10-11.30 at the same venue as the coffee morning.

Currently £3 per session.

Carers Group

Dementia Support Group

The group meets every Thursday, 2pm-4pm at Whitesmith Croft Sheltered Housing Scheme, off Silver Street, Kings Heath. A space to share and listen and get information/support.

There is a £2 contribution for refreshments. If you require more information for yourself or you know of someone who may benefit from the group contact Barbara on 0121 803 1065.

Hall Green Neighbourhood Network Scheme (NNS)

The NNS have sent opnocs information on local activities that may be of interest to our members.

Let's Grow Together

From 2nd February 12.00 till 14.00

Free seasonal gardening activities for the over 50's in the new polytunnel at Highfield Hall Community Centre, 127-129 Highfield Road, Hall Green.

For more information email Robina (robina@highfield hall.org.uk).

Tel. 0121 439 2690.

Well-Being open day

This event is free

Saturday February 12th 10.30-3.30.

**St Pauls Venture, Malvern Street and
Moseley Road Baths.**

Pampering Sessions

Mindfulness workshops

Laughter yoga

Create your own winter planters

Childrens yoga

Floristry

Refreshments are available

**Sessions will have limited spaces for social
distancing**

For more information contact:

Anita 0121 464 1888

Emily 07596 858360

Able Community Care

**Opnocs has obtained from Able Community
Care some useful information on how to
avoid being scamed.**

**In addition if you wish to deter uninvited or
unexpected callers they have provided a
sticker for your front door.**

**This information/sticker is enclosed with
the newsletter.**

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