

# Newsletter November 2022



Dear member,  
Apologies for not sending out any newsletters of late.

Chester Wednesday 25<sup>th</sup> May  
40 members attended the trip to Chester.

Weston Super Mare 6<sup>th</sup> July  
25 members enjoyed a day out to Weston

Health and Well-being event 12<sup>th</sup> October  
32 members enjoyed a morning quiz and party game followed by a buffet. In the afternoon they were entertained by Derrick. The raffle raised £83, a phenomenal amount.  
Thank you to those members who supported us.

Christmas meal  
In the light of the current cost of living crisis, the Committee has decided not to hold the annual Christmas meal in December. The cost would have been £25 and this was on top of the £15 that members recently paid for the Health and Well-Being event in October  
Committee decided to review the situation in 2023 with a view to holding the Health and Well-Being event earlier in the year

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  
Tea, coffee, cakes and biscuits are provided for a minimum donation of 50p.  
The morning is supported by over 20 of our members and a few local residents.  
We are a friendly group so please do feel free to pop in, you will be most welcome.

Coffee morning Christmas get together 10.30 - 2

On Friday 16<sup>th</sup> December opnocs will be providing a light buffet for our regular coffee morning users.

There will be a raffle.

Other opnocs members are welcome to join us. We do need to know numbers so please let us know on the contact details below.

Seated Yoga

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

Currently £3 per session.

Tea and coffee are served after the session, free of charge.

There are still a couple of places available so do come along.

Hall Green Neighbourhood Network Scheme (NNS)

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

Moseley Adult Social Care Team  
Drop in Surgery every Thursday 10.15-12.15 at Kings Heath Library.

Free Art and Creative Craft Workshop  
Wednesdays 12 noon – 1.30  
At Balsall Heath Church Centre, corner of Edward Road and Mary Street.  
All enquiries 0121 440 1138

Activities at Hall Green Library

Over 50's Men's Health and Well being Club  
Every fortnight.

Free membership and refreshments.

Phone Usman on 07443 039458 for more information.

**Crime Reading Group**  
1st Friday of the month 11-12  
Ask staff for details on 464 6633.

**Reading Group**  
3rd Friday of the month 11-12  
Phone 464 6633 for details.

If you require any information on activities that are listed in the Hall Green constituency please contact Tony or Phil.

#### **Amazon Smile**

Just a reminder of what was posted in an earlier newsletter.  
If you wish to provide additional support for opnocs please sign up to Amazon Smile and nominate Older peoples new opportunities consortium (opnocs).  
For every item ordered Amazon will contribute a small percentage to opnocs.

#### **Advice and Information**

If any member would like advice on benefit entitlement or any other issue such as aids and adaptations then please contact Phil on the number below.

For example, you or someone you care for may be experiencing difficulty in coping with everyday personal care.

You may need help to get around the house, Maybe a stair rail or a grab rail to help with getting in and out of the bath.  
If you or a direct family member served in the armed forces SSAFA may be able to help

#### **Making the most of your mobile phone, I pad or laptop.**

Opnocs can help you with setting up an email address, undertaking searches on the internet or downloading and making the most of useful apps.  
For more information please contact us.

**Finally,**  
Although a little early Tony, Phil, Trustees and Committee members would like to wish all members a Merry Christmas and best wishes for the new Year.

#### **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](mailto:info@opnocs.org)

Our Website is [www.opnocs.org](http://www.opnocs.org)