

## Newsletter February 2020

**Committee and Staff wish all our members old and new a belated Happy and Healthy 2020.**

### **Membership**

Opnocs now has over 145 members. A very big thank you to all our members who have supported us over the last 12 months. Membership will renew following the AGM (see below for details. Forms will be available for those attending the AGM but will be sent to all existing members who cannot attend. Opnocs welcomes your continued support.

### **Trips and Events**

Since the AGM in February we have provided three trips for our members.

May 23rd; Bourton on the Water attended by 48 members.

June 27th; Black Country Living Museum attended by 31 members.

September 5th; Weston attended by 44 members.

51 members attended our October Health and Well Being event at Kings Heath Cricket Club. Members were introduced to a taster on Chair Yoga followed by a presentation on Brum in the 50's.

After an excellent buffet lunch members enjoyed some musical entertainment from Derek.

66 members attended our Christmas event again at Kings Heath Cricket Club and enjoyed a three course carvery lunch.

Following lunch Derek, by popular request, entertained us with an array of popular songs, Swing and Reggae.

### **AGM.**

Our Annual General meeting will be held on Wednesday 4<sup>th</sup> March at The Quaker Meeting House, Colmore Road, Kings Heath, opposite Kings Heath Park. The meeting will commence at 1.30 followed by light refreshments. During and after refreshments you have the opportunity to catch up with old friends, make new friends, chat to staff and Committee members and share your suggestions/trips for trips. Buses Nos.11 and 35 stop in Vicarage Road near to Colmore Road.

### **Future trips**

Trips planned and dates for your diaries.

Chester: 13th May

Llandudno: 18th June

Waterperry Gardens: 3rd September.

We will be holding a Health and Well Being Event in early October, hopefully at Kings Heath Cricket Club and a Christmas event at the same venue.

Booking forms will be sent out at later dates.

### **Activities.**

Opnocs now supports a weekly Chair Yoga session.

This is held from 10-11 at The Housing Department Sheltered Housing Scheme, Silver Street, Kings Heath. The current charge is £3 to include one hour session and light refreshments.

Opnocs supports a weekly coffee morning every Friday 10.30-12 at the same venue. Since it started in October last year 33 different people have dropped in. A great opportunity to catch up for a chat with old friends or even make new friendships. We ask for a 50p donation to cover the cost of refreshments. All are welcome just drop by.

Opnocs would like to thank Birmingham Housing Department for providing access to this venue.

### **Volunteer Befriending**

Since the last newsletter there has been an uptake in our volunteer befriending service. Social and Health Workers have been made more aware of the services we offer and have made referrals..

In addition we now have 8 volunteers with another 3 in the pipeline.

Our staff visit all new clients as well as keeping in contact with existing clients. In addition to matching up volunteer and new client we do undertake an assessment in order to ensure that their home is safe, secure and that they receive benefits to which they are entitled

### **Help and Advice**

In addition to our support service and providing trips we are here to help. Over the last 3 months we have helped one of our members to have a walk in shower fitted and another to have a stair lift fitted. We are acting on behalf of a member who is in danger of losing his home and another who had her disability benefits withdrawn.

Please do contact us if you need help and advice.

### **Information on local activities**

We regularly receive information on events and activities that are taking place across our area. Unfortunately opportunities are missed as, by the time we send out our newsletter, the activity has already taken place.

What we suggest is that, if you have access to the internet, you can check our website (see below). Alternatively, we do have the e mail addresses of many of our members so in future we will be forwarding the information to these members.

### **Contacting opnocs**

Tony and Phil can be contacted as follows:

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Our address is The Old Print Works, 498-506 Moseley Road, Birmingham B12 9AH.

Also, we can be contacted by e-mail at [info@opnocs.org](mailto:info@opnocs.org)

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