

Funding Update

We are delighted to inform you that with effect from 1st October 2019 opnocs has been awarded funding from Birmingham City Council for the next 2 years. There was a lot of competition for the reduced pot of money but of the final 32 organisations to be considered opnocs was one of the successful 21.

Preparation on the bid was undertaken by Tony and Phil throughout the month of June with a final assessment before submission by Rosie Barrett of Birmingham Voluntary Services Council.

The bid was considered by the Commissioners following which Tony and Phil were asked to do a 10 minute presentation to a Citizens Panel.

Membership

Opnocs now has 124 members with more people joining by the week. This has been a wonderful response and opnocs is extremely grateful for your continued support. We appreciate that some of our members, for one reason or another, are unable to join us on our trips.

Over the next few months we will be phoning those members to see if opnocs can offer help with any issues they may wish to raise..

Trips

Since the AGM in February we have provided two 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. 45 members have booked to go on the trip. The coach was full but we have received 4 cancellations. If anyone is still interested in booking a seat phone Tony.

Future trips

On the booking form for Weston we asked members to tell us what types of locations they

would prefer to visit. There has been an excellent response and the results have now been collated by Carole our committee member with responsibility for trips. Future locations under consideration for next year are Chester, The Hop Pocket and Waterperry Gardens.

October event

On Wednesday 2nd October we are putting on a day of activities at Kings Heath Cricket Club, Alcester Lane South.

A booking form is enclosed. As the club are providing the buffet they will need to know how many people to cater for. Please return the form with your payment to the address indicated on the form.

Activities.

Opnocs provides activities that enhances a healthy well-being lifestyle and which supports people to remain more independent in their homes and less reliant on NHS and Social Care services.

In addition to an annual event opnocs is hoping to arrange a weekly coffee/craft/games group where people can meet, chat, have light refreshments and participate in board games, simple crafts or even enjoy some colouring in. At the moment we are waiting for confirmation from the Housing Department that we can use a community room at one of their premises in Kings Heath. We will know more after our next meeting with the Housing Department on 16th September. Hopefully the activity will start in October. If you are interested and would like to know more about the activity please contact Tony after 16th September (07951 737875).

Yoga classes.

Yoga will recommence on Tuesday 17th September at Balsall Heath Church Centre, Mary Street, Balsall Heath.

We have a new teacher, Mari. Sessions will be from 10 – 11 after which refreshments will be available at the church centre to which you can make a donation.

The fee is £3 per session.

To register your interest or for more information phone Phil (07954605036)

Volunteer Befriending

Following a presentation to Social Work teams referrals of new clients are now being received. In addition we now have 2 new telephone befriender volunteers.

Volunteers phone their clients once a week, for a friendly chat. It is extremely important for people who are feeling lonely, due to little or no social contact, to be able to talk to someone.

If you would like more information on becoming one of our telephone befrienders phone one of the staff on the numbers below.

Advice and Information

If you would like advice or information on any issue please do not hesitate to contact us.

If we cannot provide the advice or information that you require then we will signpost you to an appropriate organisation that can.

We **will not pass** on your personal details to any other organisation without your specific approval.

Contacting opnocs

Tony, Phil and Iffat can be contacted as follows:

Tony 07951737875

Phil 07954605036

Iffat 07969746304

Also, we can be contacted by e-mail at info@opnocs.org