

## Newsletter November 2018

### General Data Protection Regulations

These regulations supersede the Data Protection Act. They determine how your data is processed and kept safe.

Data must be processed lawfully and fairly. It must be collected for specific purposes and limited to what is necessary for that purpose. Information must be accurate, held securely and kept up to date.

Our members and befriended clients must be informed how their data is used.

At any time they can have access to their data, have incorrect information changed and restrict how the data is used.

Opnocs retains our members' information for the purpose of informing them of any trips or events.

Our befriended clients' information is kept for the same purpose.

**No** information will be shared with any other organisation without the express wishes of our members and befriended clients.

A form has been included with this newsletter advising you that we hold information that you have previously shared with us.. This could be name, address and in some instances an e mail address.

We hold additional information on our befriended clients. These include date of birth, next of kin, long term illnesses and disabilities.

**If you no longer wish us to retain this information please return the form and we will remove you from our records.**

### Yoga classes.

There are limited places but if anyone is interested in joining this group please contact Iffat. The sessions are held on Thursdays at Balsall Heath Church Centre, Mary Street.

### Craft Cooperative

The group meets every Wednesday at Hall Green Friends Meeting House, 1 Hamlet Road from 10 – 2. £5 per session.

For more information, contact Sephi on 07429 441418 or e-mail [s.duerden44@btinternet.com](mailto:s.duerden44@btinternet.com).

### Middleton Road Coffee Morning

The group meets every Thursday from 10-11 at the sheltered housing scheme in Middleton Road, Kings Heath.

For more info, contact Val Hart on 689 2584.

### Coffee morning at the Farm office, Venture building, Malvern Street, Balsall Heath



### Wednesday's 10—11.30am

#### St. Paul's Trust City Farm, Malvern Street

Come and join us for a hot drink and a slice of cake.

If you are over 50 and would like to join us we are aiming to run activities but need your ideas! We are also offering to run some gardening or animalcare sessions on the farm. Why not come and visit us, enjoy some refreshments, and see what we can do together?

The farm is a lovely oasis in the heart of Balsall Heath, we have different animals and growing areas that the community can enjoy.



### Christmas Meal

This will be held at Balsall Heath Church Centre, Mary Street from 11.30 – 3 on Wednesday 5<sup>th</sup> December

The cost to opnocs members is £5 per person (payable on the day) and includes a 2 course meal plus entertainment by Panmaustro steel pan drums.

#### Menu:

Turkey, pigs in blankets and stuffing balls served with roast potatoes, buttered baby new potatoes, carrots, sprouts, peas, gravy and cranberry sauce.

Vegetarian lasagne

Christmas pudding and brandy sauce

Sherry Trifle.

If you wish to book a place and give your

menu choice please e mail Tony

([Tony.davis@stpaulstrust.org.uk](mailto:Tony.davis@stpaulstrust.org.uk))

Or by phone (07951737875)

The Future of Opnocs. Can you help?

Opnocs started as an organization in 1998 and achieved Charitable status in 2001. It has had an amazing 20 years and throughout that period Pat Johnson has been Chair and I have been Treasurer as well as supervising staff. We both now feel that advancing age, health issues and pressure of other commitments mean that we are not able to continue. Meanwhile take up of our services has declined and we also now have notice to quit our current office.

The Committee have discussed all this and have reluctantly agreed that the time has come to consider winding up the organisation. In this case our remaining funds would be passed on to other organisations doing similar work.

However, if there is anyone willing to join the Committee and take on the roles of Chair, Treasurer and supervisor of staff, then please let us know, as soon as possible.

We had an AGM planned for Feb 5<sup>th</sup>. This will now be a **Special General Meeting** when a decision would need to be taken by members to end Opnocs.

In the meantime if people would like to offer their services in these roles then it would continue as an AGM.

Many thanks Val Hart

#### **Special General meeting**

Following on from Val's comments the meeting will be held on Tuesday 5<sup>th</sup> February at

The meeting will commence at 11am followed by light refreshments

On behalf of our staff I must add that we are keen to carry on and provide a service especially to some of our more vulnerable clients.

We do need a Chairperson and Treasurer in order to carry on so please do consider this request.

#### **Contacting opnocs**

Tony, Phil and Iffat can be contacted on 464 1890 (Monday mornings).

Our mobile numbers are as follows:

Tony 07951737875

Phil 07954605036

Iffat 07969746304

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