

Newsletter Winter 2021



Dear member,

The committee and staff wish you a Merry Christmas and a Happy and Healthy New Year.

Funding

Birmingham City Council will be funding opnocs for a further two years with effect from 1st October 2021.

Every quarter opnocs submits a report on the services provided and proof of their success. The Council award 3 grades (Red, Amber and Green) for the last 5 quarters opnocs has been awarded the Green rating.

Donations

A big thank you to some of our members who recently presented us with donations. Also, we have received so many wonderful raffle prizes. We are overwhelmed with your generosity.

Amazon Smile

Another way in which members can support opnocs is by registering with Amazon Smile, that is if you use Amazon. Simply sign up and select opnocs as your organisation of choice, Every time that you make a purchase Amazon pay a small percentage to opnocs. Tell your family and friends as every little bit helps us to improve our services.

AGM

The AGM was held on 28th September. Trustees and Committee members were re-elected. A new member (Irene Jones) was elected whilst Dot Conlon and Margaret Biggs stood down. Many thanks to Dot and Margaret for their past contribution. The next AGM will be in late February or early March.

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

Currently £3 per session.

Health and well-being event.

This was held on 13th October at Kings Heath Cricket Club.

37 members attended a most enjoyable day. The raffle raised £80 which was brilliant.

Christmas Meal

Attended by 48 members who enjoyed a lovely meal and entertainment at Kings Heath Cricket Club.

Future events and trips

Following a recent committee meeting it was decided that we may put on an event in the early spring. Details to be decided but will definitely include a fish and chip lunch. Our Committee member responsibly for arranging trips has been in touch with Elgar Coaches and we now have some prices for coach hire.

Places so far under consideration are Chester and a trip to the seaside

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.

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

