

Newsletter Spring 2019

Update on future of opnocs

Following a Special General Meeting on 5th February over two thirds of members present voted that opnocs should continue to provide its valuable services for older people. Opnocs would like to thank those members for their support. We do appreciate that many of our members could not attend the meeting but we do look forward to your continued support. At the AGM on 26th February after 20 years of dedicated services three Trustees, Val Hart, Pat Johnson and Rhoda Rowland stood down. Opnocs wish to thank them for their hard work over the years.

Also, four other committee members, Dot Conlon, Linda Gresham, Patrick Baird and Jim Fitzpatrick stood down. Many thanks too for their contribution.

A new Committee has been elected.

Chair: Peggy Faulkner

Vice Chair: Dorrett Erskine

Secretary: John Flattery

Treasurer: Melanie Hughes

Other committee members are:

Mary Simmons

Margaret Biggs

Rita Hiatt

Carole Davis

Membership

The committee agreed to continue with the membership scheme with the same benefits as before..

There was no fee for membership in 2018; however, it has now been decided to levy a fee of £3 per annum.

Enclosed with this newsletter is a membership form. If you wish to remain a member of opnocs then please return the form with your payment to the address shown.

Let us know when you return the form if you cannot pay by cheque. Please do not put cash in the return envelope.

If we do not receive your membership form we will assume that you no longer wish to be a member of opnocs.

The Sunlighters Group

This new group organised by St Paul's Trust will be running from the 1st of April at the Venture in Malvern Street (just off Clifton Road). Sessions will include Healthy Cooking Sessions and Clay and Craft activities. See attached sheet for more information.

Trips

Over the years opnocs has provided trips to many popular venues. If you have suggestions for trips please let us know. You can either list them on the back of the membership form or e mail us.

Activities.

Opnocs will provide activities that support a healthy well-being lifestyle that 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 monthly group where people can meet, chat, have light refreshments and participate in board games, simple crafts or even enjoy some colouring in.

Befriending Volunteers

Opnocs is seeking to recruit befriending volunteers. We have clients who look forward either to a weekly visit or phone call. Nothing else is involved other than a friendly chat with an older person who may not have much social interaction.

Training will be provided. One of our befriending coordinators will make any initial introductions and support will always be at hand.

If you are interested and would like further information please contact Iffat or Phil.

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.

Yoga classes.

There are limited places but if anyone is interested in joining this group please contact Iffat (07969 746304). 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.

Middleton Road Coffee Morning

The group meets every Thursday from 10-11 at the sheltered housing scheme in Middleton Road, Kings Heath.
For more information, contact Val Hart on 689 2584.

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.co.uk

The Sunlighters' group
welcomes you to join
them for some healthy
cooking sessions



**St. Paul's Venture,
Clifton Road,
Balsall Heath.
Wednesday's
10am—12.00.
Costs £4 (£2 concessions)
Starts 1st April 2019**

You'll be learning how to cook healthy vegetarian meals with fresh ingredients and spices bought locally. The food that is prepared will be shared with others at lunchtime. Spaces are limited. If you would like to book at place telephone Anita on 0121 464 1888.
Activities for adults 50+



The Sunlighters' group
welcomes you to join
them for some
Clay & craft activities



**St. Paul's Venture, Clifton Road, Balsall Heath.
Wednesday's 10am—12.00.
Costs £4 (£3 concessions)**

Starts 1st April 2019

Learn to make lovely things with clay, paint, card etc. Places are limited, to book a place contact Anita on 0121 464 1888.
Activities for adults 50+

