

Covid-19

For local information relating to Covid please check Birmingham City Council's website:

www.Birmingham.gov.uk/coronavirus

Hopefully, most of our members and supported clients would have now received their first and maybe second vaccination.

Well done to Phil who has been volunteering at Covid vaccination centres.

A light at the end of the tunnel but hopefully only a little way to go before we can all start meeting up again.

Keeping in touch

During the period of lockdown, staff and especially our wonderful volunteers, have been keeping in touch with our more vulnerable members/supported clients.

If anyone feels that they need to talk to us, please do not hesitate to call Tony or Phil on the phone numbers given at the end of the Newsletter.

Furthermore, if anyone is aware of a neighbour or friend who would benefit from our Befriending service please let us know.

We have been made aware that sadly one of our members has passed away whilst 2 other members have been poorly resulting in hospitalisation.

We wish them both a speedy recovery.

Membership

Enclosed with the newsletter is the membership renewal form.

3 of our Committee members including the Chair and Vice Chair agreed that as we have been unable to provide any trips, sessions or trips since March 2020 it would be prudent to offer free membership for the next 12 months,

Activities

As soon as it is safe to do so, the Committee will be making decisions on activities, trips and events for 2021.

We are currently liaising with the Housing Department over the use of the Community Room at their Sheltered Housing Scheme in Silver Street. These activities include Chair Yoga and weekly coffee morning.

Trips and Events

Once we have any positive information concerning trips and events a notification will be sent to all members.

This will depend on the Government's road map and how soon they deem it safe for people to congregate or commence travel by coach.

The Brandwood Centre

The Centre is providing the following sessions.

There is no charge for joining.

Coffee morning Monday 10:30 to 11:30am.

Seated Yoga 11am to 12 noon Thursday. All via Zoom.

Any member who wishes to join the sessions can contact The Brandwood Centre. Contact details are as follows:

0121 443 3310

office@brandwoodcentre.co.uk

Neighbourhood Network Scheme

The scheme is overseen in Hall Green by The Accord Group. The directory lists organisations and services available in the Hall Green area.

The list is quite comprehensive and does include opnocs.

Many services such as those administered by opnocs are, due to the Coronavirus, greatly restricted. Also, many centres have closed.

However, if now and most definitely in the future, you need to know what services are offered please contact Tony or Phil.

Some services that may be of interest to our members will be circulated in future Newsletters and updated regularly on our website.

Birmingham Clean Air Zone

Pollution in the air, mainly caused by vehicles on the roads, is having a harmful effect on the health of people living, working and studying in the city.

Birmingham's population is growing, new buildings are going up, our rail and metro systems are getting bigger and faster, and we have the Commonwealth Games to look forward to in 2022. All these things are great for the city and region. We want everyone to enjoy them, now and in the future. Improving

air quality will mean more people, especially children, live healthier lives.

The Government expects Birmingham, and several other cities, to introduce a Clean Air Zone from 2020.

A Clean Air Zone is an area where targeted action is taken to improve air quality, by discouraging the most polluting vehicles from entering the zone. No vehicle is banned in the zone, but those which do not have clean enough engines will have to pay a daily charge if they travel within the area.

This was originally scheduled to go live in 2020; however, in response to the impact of Covid-19, the launch date has been postponed until **June 2021**.

The Zone is any area within the A4540 Middleway Ring Road. For example, anyone going into the City from the South of Birmingham will access the zone at the roundabout Bordesley Circus, Camp Hill Island, the A435 (Moseley Road) and A441 (Pershore Road) junctions at Belgrave Middleway and Five Ways Island.

The scheme will operate 24 hours a day, 365 days a year.

The charges will be applied daily. A non-compliant vehicle driving in the Zone will pay once for the day, then may drive in the area without limit on that day.

You can find out if you will be charged by inputting your vehicle registration details into the Clean Air Zones Checker at:

<https://www.gov.uk/clean-air-zones>

Scams

Apologies for harping on this issue but scams appear to be becoming more intense.

Please remain vigilant and if you are not happy with the nature of the phone call cut them off.

From personal experience one of the latest ones relate to deliveries for goods even when they have not been ordered.

Digital Inclusion

What has become so evident during the Pandemic is that social media platforms such as Zoom, FaceTime and Messenger have been instrumental in enabling families, friends, business and even Parliament to keep in touch.

In the near future Opnocs will be exploring ways that our members can profit from these useful tools of communication.

It would be useful for staff and volunteers to be able to chat to supported clients and members face to face as opposed to simply a phone call. Obviously not everyone will have the phones or pads to take part in this and many people are wary of new technology, but it would be a start.

Quizzes

Due to the popularity of these in the previous newsletter we have decided to include a word search and a crossword puzzle.

Sorry no prize for the winners.

Contacting opnocs

Tony and Phil can be contacted as follows:

Tony 07951737875

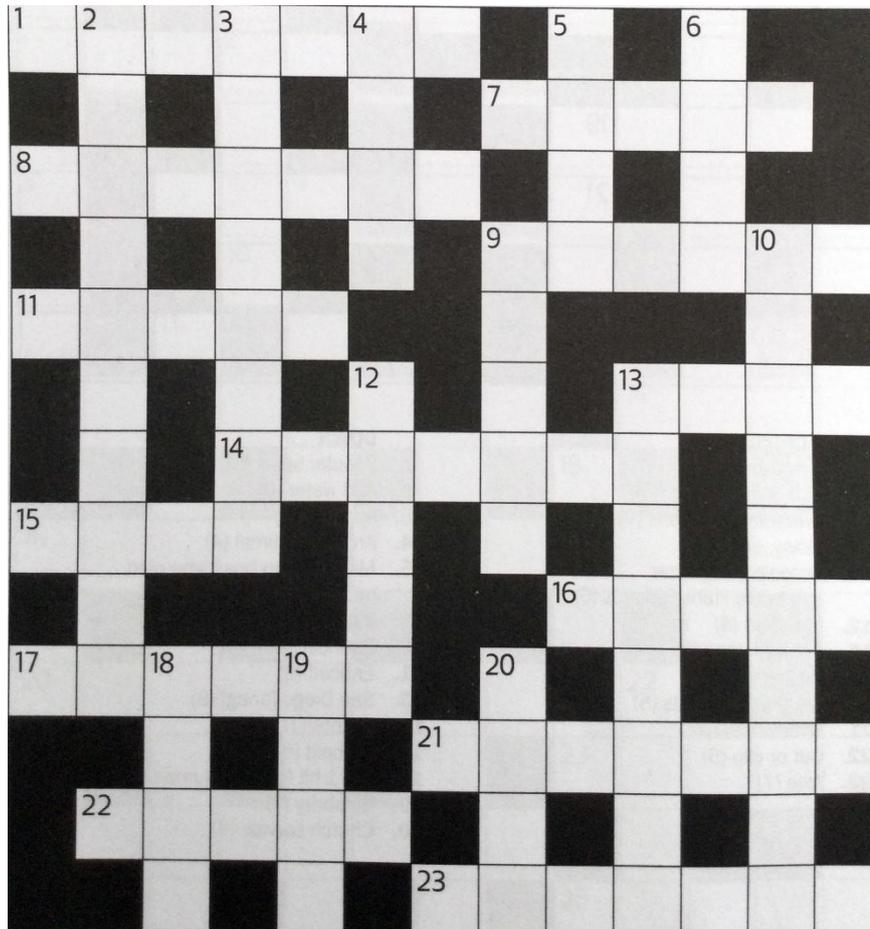
Phil 07954605036

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

Also, we can be contacted by email at info@opnocs.org

Our Website is www.opnocs.org

Crossword



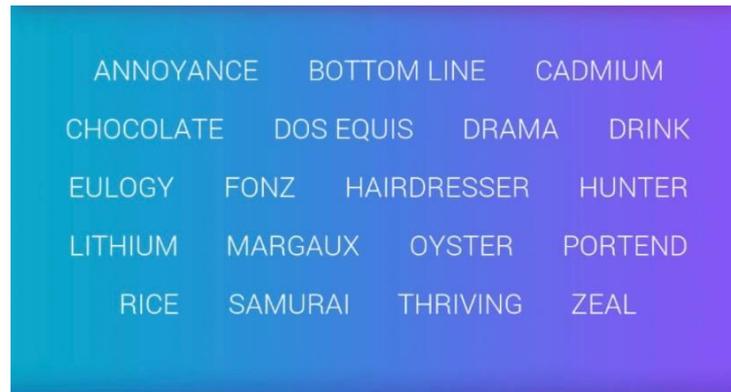
ACROSS

1. Crush (7)
7. Female fox (5)
8. Gather crops (7)
9. Conclude by reasoning (6)
11. Indiscretion (5)
13. Eat (4)
14. Energy food (7)
15. French Riviera resort (4)
16. Striped animal (5)
17. Man's hat (6)
21. Root vegetable (7)
22. Chuckle (5)
23. Author of The Day of the Triffids (7)

DOWN

2. Period of enforced isolation (10)
3. Imagine (8)
4. Gusto (4)
5. Citrus fruit (4)
6. Actor, ---- Bridges (4)
9. Dummy bird (5)
10. Small accordion (10)
12. Allocation (5)
13. Dead (8)
18. Twofold (4)
19. Fury (4)
20. Madcap (4)

Word Search



O Y S T E R Y L M A Z Z
H T M C H G I F U M E E
T U I U O R O A I A A N
P R N L I N I H H R L I
O E U T Z M N V T D D L
R E S S E R D R I A H M
T N Z S K R A A L N H O
E A N N O Y A N C E G T
N C I A R U M A S A S T
D R B R X U A G R A M O
D O Y S I U Q E S O D B
T C H O C O L A T E P O

Answers to Crossword

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Across: 1. Squeeze, 7. Vixen, 8. Harvest, 9. Deduce, 11. Lapse, 13. Dine, 14. Glucose, 15. Nice, 16. Zebra, 17. Fedora, 21. Parsnip, 22. Laugh, 23. Wyndham.

Down: 2. Quarantine, 3. Envisage, 4. Zest, 5. Lime, 6. Beau, 9. Decoy, 10. Concertina, 12. Quota, 13. Deceased, 18. Dual, 19. Rage, 20. Zany.