

Newsletter February 2023



Dear member,
Please firstly, a couple of reminders about our regular weekly events.

Weekly Coffee Morning

This is held every Friday between 10 and 12 at The Housing Department Sheltered Housing Scheme community room, Whitesmith Croft off Silver Street, Kings Heath

Tea, coffee, cakes and biscuits are provided for a minimum donation of £1.

The morning is supported by over 20 of our members and a few local residents.

We are a friendly group so please do feel free to pop in, you will be most welcome.

Seated Yoga

Seated Yoga is held on Tuesday from 10am-11am at the same venue as the coffee morning.

Currently £3 per session.

Tea and coffee are served after the session, free of charge.

There are still a couple of places available so do come along.

Membership

Enclosed with this Newsletter is the membership form for the next 12 months commencing 1st April 2023. The Committee have decided to keep the annual subscription at £3.

New members are always welcome. Please contact us if you know of anyone that would like to join us.

Amazon Smile

Opnocs has been advised by Amazon that they are no longer providing this opportunity for voluntary organisations to raise funding.

Thank you to any member who may have supported opnocs by purchasing goods from Amazon Smile.

Advice and Information

If any member would like advice on benefit entitlement or any other issue such as aids and adaptations then please contact Phil on the number below.

For example, you or someone you care for may be experiencing difficulty in coping with everyday personal care.

You may need help to get around the house, maybe a stair rail or a grab rail to help with getting in and out of the bath.

If you or your spouse served in the armed forces SSAFA may be able to help with finance.

Making the most of your mobile phone, I pad or laptop.

Opnocs can help you with setting up an email address, undertaking searches on the internet or downloading and making the most of useful apps.

Opnocs has recently held two taster sessions at the Quaker Meeting Rooms in Colmore Road Kings Heath.

Members attending found the sessions very useful. Further sessions will be taking place on 1st, 8th 15th and 22nd of March from 10.30-12.30

Contact Phil for more information or just turn up. Light refreshment will be available and there will be no charge for the sessions.

Birmingham City Council have been replacing some of their laptops. Opnocs has been allocated a few of these to be collected at a later date. Further information will be given at the AGM and in the next Newsletter.

AGM

The AGM will be held from 2pm-4pm on Wednesday 29th March at The Quaker Centre, Colmore Road, Kings Heath. Refreshments will be available after the meeting and light musical entertainment will be provided by Tim who will sing a few songs for us. A raffle will be held so come and support us.

Trips and events

Our first trip will be to Bakewell in the Derbyshire Dales on Wednesday 19th April. We will be travelling with Hollywood Travel. The booking form will be circulated in March.

Our annual Health and Well- event will be in mid to late September probably at Kings Heath Cricket Club. Finally, a Christmas event is being considered at the Down Inn, Bridgenorth.

Local Activities

The Hub Hazelwell are offering a range of activities for older people.

For further information contact The Hub.
0121 441 5500

Hall Green Neighbourhood Network Scheme (NNS)

The NNS have an extensive list of activities that take place in the Hall Green Constituency. Members seeking information on any of the activities can email or phone Tony and Phil.

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