

Newsletter January 2018

Firstly, the staff and committee wish all of our clients and members a Happy, Healthy and Prosperous New Year.

Funding update

Birmingham City Council are now in the process of reviewing their Grant Structure and deciding what sorts of services they will support. Our current services have been assessed by the Council and some recommendations for service provision across the city will be made to the council for implementation. We will carry on delivering some of our popular services whilst seeking additional funding for others. We will keep you informed about the process.

AGM

The AGM will take place on Tuesday 6th February at Balsall Heath Church Centre, Mary Street Balsall Heath. The meeting will commence at 1pm followed by light refreshments until 2pm. Also, questionnaires will be circulated asking members about social isolation, health and well-being and safeguarding. From 2pm until 2.45 musical entertainment will be provided by Graham Powell

Coffee Morning - Balsall Heath library

We are hosting a Coffee Morning at Balsall Heath Library on Thursday Mornings from 10.30 – 12.00. There are a number of computers that you can use to access some training which aims to help you use computers and how to use the internet safely for social media, shopping or banking.

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 from 10-11.30.

New Art Classes

Drawing and painting classes for beginners are now available on Mondays in Kings Heath Park Tea Rooms at a cost of £6.50 per session.

1-3 pm Introduction to Acrylic Painting

3.15 – 5.25pm Introduction to Watercolour Painting

Tutor: Robert Geoghegan: 0121 249 3384

Or 07534189806

If you are Interested, please ring Robert to see if any places are still available.

Happy January

Free event for the over fifties on the 22nd January at Balsall Heath Church Centre, Mary street, Balsall Heath between 1.30-3.30 pm. Craft, Bhangra, Massage and Free Coffee and Cake

Managing your Diabetes

The British Diabetes Society are running a one hour session at the Balsall Heath Church Centre, on 31st Jan at 12.45 looking at how to manage your diabetes

Doorstep scams

Scammers commonly target older people for doorstep scams. In fact, 85% of victims of doorstep scams are aged 65 and over. We'll show you some simple steps that you can take to help you stay safe on your doorstep. Doorstep scams are when someone comes to your door with the aim of scamming you out of your money or trying to gain access to your home to steal items from inside. While there are many legitimate tradespeople and officials, it's wise to be on your guard when you answer your door. Doorstep scammers can be pushy and persuasive and it can be easy to fall victim. It's especially important to be vigilant and aware if you live on your own.

Protect yourself

Lock, stop, chain and check

Whenever you answer the door remember to lock, stop, chain, check.

Lock: secure all your other outer doors as the person at the door may intend to distract you while an accomplice gets in through a back door

Stop: think about whether you're expecting anyone

Chain: put the door chain on or look through the window or spyhole to see who's there

Check: ask for an identity card and examine it carefully - you can always tell the caller to come back another time when someone will be with you.

Put up a deterrent sign

You could put a 'no cold callers' sign up on your door or window, which should deter any cold callers from knocking on your door.

Password protected

You can set up a password with your utility companies so you know that they are genuine if they send someone round. Phone your utility company to find out how to do this.

Nominate a neighbour

Find out if you have a nominated neighbour scheme where a neighbour can help to make sure if callers are safe. Contact your local Neighbourhood Watch or your local Safer Neighbourhood police team to find out more.

Check their credentials

You should always check a seller or trader's credentials before agreeing to purchase their products or services.

Call the police

Finally, remember that you can dial 999 if you're suspicious or the caller won't leave. Call the police non-emergency number 101 if you're not in immediate danger but want to report an incident.

If you've been the victim of scam.

There's no shame or embarrassment in falling victim to a scam – it happens to lots of people. If you report it, it may help to prevent others from experiencing the same thing.

10 Golden Rules about Scams

Remember these 10 Golden Rules to beat scammers:

1. Be suspicious of all 'Too good to be True' offers and deals. There are no guaranteed get-rich-quick schemes
2. Do not agree to offers or deals immediately. Insist on time to obtain independent/legal advice before making a decision
3. Do not hand over money until you have checked the credentials of the company or the individual.
4. Never send money to anyone you do not know or trust, whether in the UK or abroad, or use methods of payment that you are not comfortable with.
5. Never give banking or personal details to anyone you do not know or trust.
6. Always log on to a website rather than clicking links in an e-mail.
7. Do not rely solely on glowing testimonials.
8. Always get independent/legal advice if an offer involves money, time or commitment.
9. If you spot a scam or have been scammed, report it and get help. **Contact: ActionFraud on 0300 123 2040 or online at www.actionfraud.police.uk. Contact the police if the suspect is known or still in the area.**
10. Do not be embarrassed to report a scam, because the scammers are cunning and clever, there is no shame in being deceived. By reporting, you will make it more difficult for them to deceive others.

Contacting Opnocs

Tony, Phil and Iffat can be contacted on 464 1890. If unanswered you will be directed to the admin office who will take a message.

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.