

Trips

We hope that everyone who attended the trips to Bridgnorth and Bath enjoyed their day.

Funding.

On 30th June some of our befriending clients and their volunteers enjoyed a three course lunch at McKee's Brasserie, Haig Hotel, Balsall Common. A big thank you to Sport Relief for funding the event.

Unfortunately, due to poor mobility these clients are unable to attend opnocs normal trips.

Our next trip will be on 15 September to Shrewsbury (booking form enclosed).

Funding

Funding from Birmingham Council has now been extended until the end of December

This is because of a delay in assessing applications from consortia to deliver Universal Prevention Services in Birmingham.

Opnocs is part of a consortium led by Birmingham Multi Care.

Ageing Better update

Opnocs as a partner of the Sparkbrook Ageing Better Hub will be exploring ways of securing funding from this fund as well as the city wide fund.

Grants can be up to £2,000 in order to provide activities and trips for citizens. Opnocs will be working as a partner of Balsall Heath Older Peoples Services in relation to the Sparkbrook hub.

Computer classes

Opnocs are offering computer classes for the over 60's in Balsall Heath. The classes will take place at the Venture, Malvern Street off Clifton Road on Mondays between 12.15 and 14.00. A charge of £1.00 will be made for each session. Classes will be either for beginners or for those people who would like to improve their computer

skills. All of the equipment will be provided.

if you are interested please telephone 0121 464 4376 or email

opnocs@stpaulstrust.org.uk

South/Central Clinical Commissioning Group

will be holding a Community Day incorporating their AGM at Stirchley baths on Saturday 9th July. 11-4. Free entry.

Lots of things going on. Art, Jenga, Tai Chi, gardening, barn dance, live music, refreshments, face painting and many more activities. Meet organisations from across the area that deal with health issues. Please feel free to pop along.

Volunteer coffee morning

The Venture building, Malvern Street, off Clifton Road starting at 10.30.

Interested in volunteering? Come along and meet some of our volunteers. Hear about the training and support opnocs can offer for our volunteers. Refreshments available.

New member of staff

Welcome to Iffat Aslam. Iffat will be the main contact for befriending clients and volunteers. Phil will be assisting in this role as well as undertaking other tasks.

Tony now has responsibility for admin tasks, financial records, funding, policies and quality.



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.

Also, we can be contacted by e-mail at

opnocs@stpaulstrust.org.uk.