



Merry Christmas

The Committee and staff would like to wish you all a Merry Christmas and a happy, healthy and prosperous 2016. Also, they would like to express their thanks for your support during 2015.

The AGM will be held on February 11 2016 at Balsall Heath Church Centre 1.30 - 3.30.

Opnocs Services

We provide a number of services in Balsall Heath, Moseley, Kings Heath, Hall Green, Brandwood and Billesley. These include: Befriending, a volunteer home visiting service for socially isolated older people. Regular trips and events throughout the year. Benefit advice, information and a signposting service and a quarterly newsletter. We work closely with other similar organisations, offering services to older people.

Funding

In order to secure funding from Birmingham City Council, **Opnocs** will be part of a group of like-minded organisations that is led by Birmingham Multi-care. We will find out early next year if our bid is successful.

We are also exploring other avenues of funding, working alongside similar organisations working with older people

Trips and Events 2016

We would like your suggestions for any trips or events that you would like us to organise for you during 2016. Suggestions so far include:

1. Severn Valley Railway
2. Bletchley Park
3. Ironbridge
4. West Midlands Safari Park
5. Bath
6. Shrewsbury
7. A Canal Trip

Any suggestions you have can be raised at the AGM in February or you can phone the office and leave a message if we are not there.

Contact details can be found at the end of the Newsletter.

AGM



Computer Classes in Balsall Heath

OPNOCS in partnership with C.A.S.A are offering computer classes for the over 60's in Balsall Heath. The classes will take place from January 18th to June 2016 at The Venture, Malvern Street, off Clifton Road, on Mondays between 10.30 and 12.30. 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. If you are interested please telephone

0121 464 4376 and leave a message if we are not there or email

opnocs@stpaulstrust.org.uk



Advice

If you require any information or advice on any issues that affect older people; from benefits advice to choosing a care home contact **Independent Age** on 08003196789. Alternatively, you can contact the Opnocs office and we can give you further information.

Keeping Warm

Here's some information from **AGE UK**

Low temperatures increase the risk of flu and other respiratory problems and can raise blood pressure. Blood pressure takes longer to return to normal in older people after being out in the cold and this puts us at greater risk of heart attacks and strokes.

- Keep your main living room around 70°F (21°C), and the rest of your home heated to at least 64°F (18°C).
- Check your thermostat or use a room thermometer to monitor temperature but if you feel cold, turn the heat up regardless of what the thermometer reads.
- Close the curtains at dusk and fit thermal linings if you can. This will keep the heat in.
- Put guards on open fires, and be careful not to hang washing too close to the fire.
- Don't block up air vents, as fires and heaters need ventilation.
- Keep your bedroom window closed at night when the weather is cold.
- Test your carbon monoxide alarms. If you don't have any alarms, you need to get one fitted in each room that has a gas appliance.

- Contact your local Age UK for a benefits check and advice on any financial support you may be eligible for.

Even if it isn't a severe winter, cold weather makes us more vulnerable to certain illnesses.

- Make sure you keep your hands and face warm. As well as wearing gloves and a hat, always wrap a scarf around your face when you go out in cold weather, even for short intervals.
- Several thin layers of clothing will keep you warmer than one thick layer, as the layers trap warm air. Clothes made from wool or fleecy synthetic fibres such as polyester are a better choice than cotton.
- If you're sitting down, a shawl or blanket will provide a lot of warmth. Try to keep your feet up, as the air is cooler at ground level.
- Wear warm clothes in bed.
- Use a hot-water bottle, wheat bag or an electric blanket to warm the bed, but never use a hot-water bottle and an electric blanket together as this can be dangerous. If you have continence difficulties, talk to your doctor before using one.

- Keep your feet warm. Choose boots with non-slip soles and a warm lining, or wear thermal socks.
- Check local news and weather forecasts for advice when cold weather is predicted.



Contacting Opnocs

Tony and Phil can be contacted on 464 1890. If your call is unanswered you will be re-directed to the admin office where you can leave a message. They will take your details and pass this on.

Tony and Phil can also be contacted by e-mail at opnocs@stpaulstrust.org.uk. or on

Tony - 07951737875

Phil - 07954605036