

Newsletter April 2018

Funding update

Birmingham City Council has agreed to extend our funding until the end September 2019. With effect from now the focus will be on tackling social isolation, preventing and enabling people to remain safe, secure and independent in their homes. We will need to provide evidence that our clients and members are benefiting from the services we provide. The Council will be supporting organisations like our own to source funding opportunities after September 2019.

Trips and events for 2018.

May 3rd Terracotta Army Museum Liverpool.
For more information, see enclosed booking form.

May 21st. Health and Well-being event at All Saints Centre, Kings Heath.

For a programme of activities see enclosed booking form.

June 14th Trentham Gardens

July 12th Crich, Matlock, Derbyshire

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 from 10-11.30. The centre is located on the corner of Mary Street and Edward Road. The 35 bus stops nearby.

Craft Cooperative

The group meets every Wednesday at Hall Green Friends Meeting House, 1, Hamlet Road. The cost is £5 per session and runs from 10am to 3pm.

For more information, contact Sephi on 07429 441418 or e-mail s.duerden44@btinternet.com.

Middleton Road Coffee Morning

The group meets every Thursday from 10-11 at the sheltered housing scheme in Middleton Road, Kings Heath.

For more information, contact the office on 464 1890

Free Computer classes

On 23rd April, 30th April and 14th May we are providing free computer classes at Warstock Community Centre. On 4th, 11th, and 18th June further classes will be provided at the Moseley Exchange. The emphasis will be on social media such as e mailing, Facebook, Whatsapp and Instagram.

For more information, contact Phil.

Safeguarding and abuse of older people

Safeguarding adults is about stopping or preventing abuse of adults with care and support needs.

Abuse can occur in many forms such as; Domestic, Discriminatory, Physical, Sexual, Financial, Neglect, Institutional and Physiological.

When identifying elder abuse, it is essential to pay attention to a range of indicators.

General Signs of abuse: • Repeated hospital or GP visits • Financial problems • Unwillingness to be seen by a particular carer

Physical Signs: • Unexplained injuries or bruises • Reluctance to seek help from GP • Misuse of medication • Deterioration of personal care and hygiene •

Sudden/unexplained weight loss • Untreated medical condition

Sexual Signs: • Itching, pain or injury to genital area • Urinary tract infection • References to sexual matters • Unexplained problems with catheters •

Psychological Signs: • Unexplained change of behaviour • New sleep disturbances • Becoming emotionally and physically isolated • Becoming withdrawn or agitated • Sudden lack of social or mental stimulation

Financial Signs: • Unexplained shortage of money • Unusual bank transactions •

Reluctance of person controlling finances to purchase clothing or other household; Disappearance of bank statements and/or valuables • Sudden change of will or to the deeds of the house

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Reporting abuse

Members of the public can report abuse by:

E Mail: ACAP@birmingham.gov.uk

Phone: 0121 303 1234

Contacting Opnocs

Tony, Phil and Iffat can be contacted at the office (Monday am only) on 464 1890.

Our mobile numbers are as follows:

Tony Davis 07951737875

Phil McMullen 07954605036

Iffat Aslam 07969746304

Also, we can be contacted by e-mail at opnocs@stpaulstrust.org.uk.