

## Newsletter Summer 2017

### Funding update

Birmingham City Council have now decided to fund us until the end of March 2018. The funding may be reduced but at least we can carry on delivering some of our popular services. In addition, we have received funding from other sources. These will be used to continue providing sessions, trips and events for all our members.

### Trips and events

We hope that those of you who joined us on a trips and events to date have found them enjoyable. Two recent events at Warstock Community Centre and Balsall Heath Church Centre have been very successful with almost 100% positive satisfaction with activities, presentations and lunches. Whenever appropriate please continue to complete our satisfaction questionnaires as comments help us to assess whether we are providing the right services for all.

### Up and coming trips and events.

#### Thursday September 21<sup>st</sup>. a Trip to Blist's Hill Victorian Village, Ironbridge.

A booking form is enclosed. Please return asap as this will be a popular trip especially for historians amongst you.

**Tuesday October 10<sup>th</sup> an event at Highbury Hall** with a 60' theme. We have yet to decide on the programme but it will include a slideshow on life in the 60's, Tai Chi and a craft session. After lunch we will be entertained by Laurie Hornsby. Laurie is a songwriter and playwright who will entertain us with some 60's music. Laurie was part of the Birmingham scene that included Carl Wayne and the Vikings, the Rocking Berries and Steve Gibbons.

The charge will be £10.00 for the day including a buffet lunch, payable on the day. Booking forms will be sent out soon as we will need to assess numbers for lunch.

#### Thursday November 9<sup>th</sup> a trip to Wightwick Manor

Wightwick Manor is a Victorian manor house located on Wightwick Bank, Wolverhampton, West Midlands, England. It is one of only a few surviving examples of a house built and furnished

under the influence of the Arts and Crafts movement.

Booking forms will be sent out early October.

### Yoga

Sessions will restart at Balsall Heath Church Centre on Thursday September 7<sup>th</sup> from 10 until 11am. The fee is now £3 per session. Sessions are supported by funding from Community Cash. Anyone interested in joining please contact Iffat on 07969746304

### Computer classes

These will be recommencing as soon as we can find a suitable venue. We hope to provide basic lessons and lessons for those wishing to use social media such as Facebook, Twitter, Instagram and others.

### The Disability Resource Centre.

Help at Home enabling people to live independently at home. Their aim is to support people who are unable to carry out a multitude of domestic tasks because of age, disability or illness to live independent lives in their own homes. They offer domestic cleaning, gardening, a handyperson service, accompanied visits to GP's and hospital and many other services. Enquiries and referrals can be made by yourself, family and friends and organisations including opnocs.

Their contact details are as follows:

Phone: 0121 248 4525

E mail: [enquiries@helppathome.uk.com](mailto:enquiries@helppathome.uk.com)

### Contacting Opnocs

Tony, Phil and Iffat can be contacted Monday mornings 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](mailto:opnocs@stpaulstrust.org.uk).