

Newsletter June 2024



Dear Members

Firstly, a reminder about our regular weekly sessions.

Weekly Coffee Morning

The coffee morning is proving to be extremely popular with between 25 and 30 members attending weekly depending on personal circumstances. Everyone is very friendly, supportive and look forward to meeting up.

As a reminder It is held every Friday between 10 and 12 at The Housing Department Sheltered Housing Scheme community room, Whitesmith Croft off Silver Street, Kings Heath.

Seated Yoga

Seated Yoga is held on Tuesday from 10-11 at the same venue as the coffee morning. Between 6 and 11 attend the weekly sessions.

Currently £3 per session.

Tea and coffee are served after the session.

Membership

Membership now stands at 80. This is really encouraging and shows that opnocs is providing the activities (coffee morning, seated yoga, meals, trips and events) that help citizens cope with loneliness.

Please do mention to your friends or neighbours about the activities that opnocs provides. New members are always welcome.

AGM

25 members attended the AGM held on 27th March at the Quaker Centre, Colmore Road, Kings Heath.

Thank you to those who could attend on the day.

Trips to date

Meal at Haigs Hotel 20th March.

43 members attended the meal. Members commented how much they enjoyed the

meal and look forward to returning in the future.

Visit to the Black Country Living Museum
24th April

39 members enjoyed the visit with plenty to see including the latest addition of life in the 50's and 60's.

Visit to Cadbury World 22nd May

23 members of the coffee morning attended the Heritage Tour that included the history of Cadbury's, a special effects cinema and a light afternoon tea.

Opnocs are considering repeating this next year for our wider membership.

Up and coming trips

38 members will be visiting Llandudno on 26th June.

The Lakes at Barston

Following the popular visit last August we will be visiting The Lakes on Wednesday 7th August.

The booking form and menu choices are enclosed.

Notes for your diary

Shewsbury 4th September

Annual Health and Well-Being event at Kings Heath Cricket Club on 2nd October

Christmas Meal at Moseley Golf Club on 4th December.

Something of interest

Gareth, one of our members has asked us to mention 2 events.

We hope that they may be of interest to members.

Thursday July 4th, 1.30 at St Peter's Church Hall, Highfield Road.

Summer Serenade with songs from the 50's and 60's.

Free entrance, refreshments and raffle.

**Sunday 1st September, 11am to 5.15pm at
Birmingham Botanical Gardens.**

**Bands; Streamline, Ed Cox, DJ Elaine Ely,
Dancin2nite and Zumba Gold.**

Games, food and charity stalls.

Price of admission>

Adults £8.50; Concessions £7.50

**If anyone is familiar with E-Tickets further
information can be found on:**

<https://www.birminghambotanicalgardens.org.uk>

Tickets are £1 cheaper if ordered online.

Contacting opnocs

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Also, we can be contacted by email at

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Our Website is www.opnocs.org