

## Newsletter December 2020

Firstly, the Committee and staff wish you all Seasons Greetings and hope that you are all well and have been managing to keep safe during this awful Pandemic.

Hopefully there is now a ray of hope following the approval of a vaccine and maybe more to follow soon..

Since Lockdown Phil, Tony and our volunteers have been making regular calls to our more vulnerable clients.

**If anyone feels that they need to talk to us please do not hesitate to call Tony or Phil on the phone numbers given at the end of the Newsletter.**

Furthermore, if anyone is aware of a neighbour or friend who would benefit from our

Befriending service please let us know.

We have a team of volunteers who are ready to phone anyone who is feeling a little isolated and would love someone to chat to.

### Membership

Paid membership now stands at 85. Current members will be able to re register in March 2021. New members will be most welcome.

### Trips and Events

As soon as it is safe to do so, the Committee will be making decisions on trips and events for 2021.

### Activities

As soon as it is safe to do so Opnocs will continue to support the activities listed below.

### Weekly Chair Yoga session.

This is held from 10-11 at The Housing Department Sheltered Housing Scheme, Silver Street, Kings Heath. The current charge is £3 to include one hour session and light refreshments.

Mari, our yoga teacher, has been holding weekly sessions on Facebook and Instagram. Chair yoga is on Tuesday at 10am.

Mari has now introduced a charge. £5 per class or £10 monthly.

Please contact Tony if you are interested so that he can give you Mari's phone number.

### Weekly coffee morning

Meet every Friday 10.30-12 at the same venue.

A great opportunity to catch up for a chat with old friends or even make new friendships. We ask for a 50p donation to cover the cost of tea, coffee biscuits and cake.

If anyone is interested in joining a Zoom Coffee morning on Fridays at 10.30 - 11.15 please contact Phil or Tony on [info@opnocs.org](mailto:info@opnocs.org).

### The Brandwood Centre

The Centre is providing the following sessions There is no charge for joining.

Coffee morning Monday 10:30 to 11:30am.

Seated Yoga 11am to 12 noon Thursday. All via Zoom.

Any member who is able to join the sessions can contact The Brandwood Centre. Contact details are as follows:

0121 443 3310

[office@brandwoodcentre.co.uk](mailto:office@brandwoodcentre.co.uk)

### Scams

Apologies for harping on this issue but scams appear to be becoming more intense.

Two cases recently experienced by a member of staff and his wife..

1. Car tax was renewed online everything went through with payment confirmed. Two days later an email was received addressed to the member of staff's wife stating that the payment had not gone through. The email was very convincing in the way it was set out, especially with the official GOV.UK heading down to the signature of the head of DVLA at the bottom. By logging onto the official website it was evident that the payment had gone through. A phone call to DVLA confirmed that the payment was valid.

2. An automated message was received stating "a tax fraud against their name had taken place. To press button 1 on the phone as failure to do so may lead to arrest."

A phone call to HMRC confirmed that this was a scam, one of thousand that they are aware of. Their advice was for our organisation to keep informing members of these scams as the most vulnerable are being targeted.

### **Christmas Draw**

As a thank you to all paid up members for being so patient with us at opnocs we have decided to hold a draw with a first prize of £25 and a second prize of £15,

The prizes will be in the form of vouchers.

Winners will be notified on 16th December.

### **Quiz and Sudoku Puzzle**

We have included with the Newsletter a quiz and a puzzle.

For anyone that is not familiar with Sudoku the rules are as follows ;

**Sudoku** is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 "squares" (made up of 3 x 3 spaces). Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square. The answers are on the reverse side.

Sorry no prize for the winners.

### **Digital Inclusion**

What has become so evident during the Pandemic is that social media platforms such as Zoom, FaceTime and Messenger have been instrumental in enabling families, friends , business and even Parliament to keep in touch.

Opnocs will be exploring ways that our members can profit from these useful tools of communication.

It would be useful for staff and volunteers to be able to chat to supported clients and members face to face as opposed to simply a phone call. Obviously not everyone will have the phones or pads to take part in this and many people are wary of new technology but it would be a start.

### **Contacting opnocs**

Tony and Phil can be contacted as follows:

Tony 07951737875

Phil 07954605036

Our address is The Old Print Works, 498-506 Moseley Road, Birmingham B12 9AH.

Also, we can be contacted by e-mail at

[info@opnocs.org](mailto:info@opnocs.org)

Our Website is [www.opnocs.org](http://www.opnocs.org)