

Christmas NEWSLETTER

Welcome to the Christmas edition of the OPA Newsletter 2022

We would like to wish you all a very Merry Christmas and a Happy New Year!

We have had another exceptional year! Although we are still in uncertain times - we have continued to make huge advances in raising awareness of the symptoms of acid reflux. We want to send a warm welcome to our new supporters and a massive thank you to our long standing supporters. You are the beating heart to our charity. With your support, we've reached many more people this year and this has increased the impact of our campaign. See below for further details...

In this issue, you can catch up on all things new...

Place a Pack
Campaign
Order Now

Reflux Awareness
Week – 21st – 27th
November 2022

New products
in the
OPA Shop

OPA
Christmas Cards
See page 3

Place a Pack Campaign

We are asking for your help to further raise the profile of our charity, the Oesophageal Patients Association (OPA) and to increase its outreach. The OPA works aiming to raise awareness of the following three diseases: Oesophageal Cancer, Gastric Cancer and above all Gastro Oesophageal Reflux Disease (GORD), commonly known as acid reflux, as this last disease is potentially a pre-cursor to cancer of the oesophagus or stomach itself.

Can you play a part in promoting our aims by ordering a **free** information pack to be displayed in an appropriate place.

You may wish to place a pack in your local Doctor's Surgery, your Upper GI [Gastro-Intestinal] Department at your local hospital, library, or local pub/restaurant, place of work or even to share with your friends and family.

To get involved in this exciting campaign, head over to the OPA Shop and select the best range, or the full pack, of information that you could use to assist in promoting our awareness campaign.

www.opa.org.uk/product-category/place-a-pack-campaign/

The full pack will consist of relevant information booklets, leaflets, as well as a *display stand to exhibit the material (if desired).*

**Thanks for helping with the OPA
"Place a Pack" Campaign.**



OPA Shop

OPA Teddy Bears - Christmas Edition

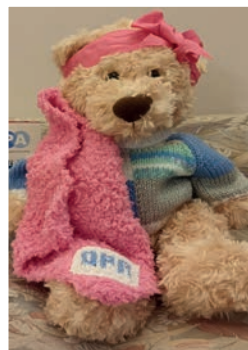
Did you know?

Cuddling a favourite teddy bear can actually have a physical and mental effect on our bodies. We release happy hormones such as dopamine and serotonin. This results in our heart rate slowing down, breathing becomes steadier, and we feel calmer and less anxious.

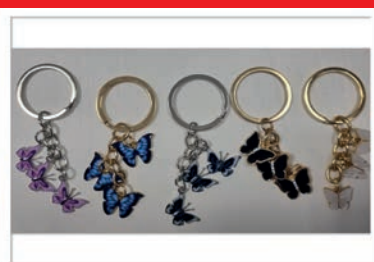
<https://opa.org.uk/product-category/opa-teddy-bears-christmas-edition/>



The Reflux Awareness Week
will be running from
21st – 27th November 2022,
we will report back
on this event in
the next OPA
Newsletter



Thank you for the
continued support
from our donors,
fundraisers and
Charitable Trusts
and Foundations



OPA Keyrings

The OPA have a range of different keyrings, from butterflies and flowers to rainbows and unicorns.

<https://opa.org.uk/product-category/keyrings/>



Angels By Oliver

At the end of October 2020, Steve Hamper, a good friend, drumming teacher and someone greatly admired by Oliver sadly lost his life to oesophageal cancer. Oliver wanted to do something to raise funds and awareness to a charity that was close to Steve.

<https://opa.org.uk/product/angel-christmas-tree-decorations/>

<https://stevehamper.muchloved.com>

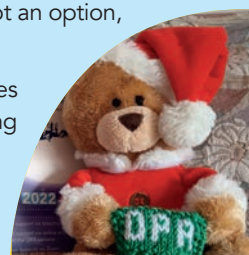


Wanted

If anyone has any clean and respectable teddies that they would be willing to donate to the OPA, we would be very grateful. The teddies can be up to 20 inches tall, and they will be redressed and sold for the OPA funds.

Please see the website for our past teddies to get an idea of what we are looking for. Soft toys are not an option, only teddies please.

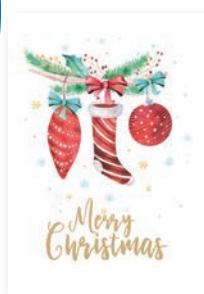
Annie who has been dressing the teddies and donating them to the OPA is running out of supplies as she has exhausted friends and all the local Charity shops of suitable teddies.



Place your Christmas Card Order Here...

You can order your OPA Christmas Cards by posting this order form and sending with a cheque to:
OPA, 6 & 7 Umberslade Business Centre, Pound House Lane, Hockley Heath, Solihull B94 5DF.
Or via the OPA Shop online here - <https://opa.org.uk/shop/>. All prices include postage and packaging.

Follow our NEW
Facebook page



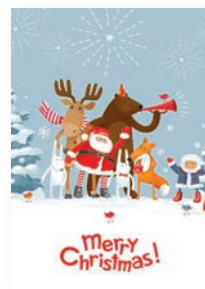
Bows and Baubles

- ☐ 5 Cards £7.50
- ☐ 10 Cards £15.00
- ☐ 20 Cards £30.00
- ☐ 50 Cards £60.00



Pom Pom Bear

- ☐ 5 Cards £7.50
- ☐ 10 Cards £15.00
- ☐ 20 Cards £30.00
- ☐ 50 Cards £60.00



Santa and Gang

- ☐ 5 Cards £7.50
- ☐ 10 Cards £15.00
- ☐ 20 Cards £30.00
- ☐ 50 Cards £60.00



Royal Christmas Tree

- ☐ 5 Cards £7.50
- ☐ 10 Cards £15.00
- ☐ 20 Cards £30.00
- ☐ 50 Cards £60.00



Snow Berries

- ☐ 5 Cards £7.50
- ☐ 10 Cards £15.00
- ☐ 20 Cards £30.00
- ☐ 50 Cards £60.00



Christmas Mix Up

- ☐ 5 Cards £7.50
- ☐ 10 Cards £15.00
- ☐ 20 Cards £30.00
- ☐ 50 Cards £60.00



Mistletoe Reindeer

- ☐ 5 Cards £7.50
- ☐ 10 Cards £15.00
- ☐ 20 Cards £30.00
- ☐ 50 Cards £60.00



Christmas Valley

- ☐ 5 Cards £7.50
- ☐ 10 Cards £15.00
- ☐ 20 Cards £30.00
- ☐ 50 Cards £60.00



Grand Baubles

- ☐ 5 Cards £7.50
- ☐ 10 Cards £15.00
- ☐ 20 Cards £30.00
- ☐ 50 Cards £60.00



Christmas Allsorts

- ☐ 5 Cards £7.50
- ☐ 10 Cards £15.00
- ☐ 20 Cards £30.00
- ☐ 50 Cards £60.00



Full set of designs

- ☐ 10 Cards (one of each Design) £15.00
- ☐ 20 Cards (four of each Design) £30.00
- ☐ 50 Cards (eight of each Design) £60.00

Please send your payment together with a tick against the card(s) you wish to order to: OPA, 6 & 7 Umberslade Business Centre, Pound House Lane, Hockley Heath, Solihull B94 5DF.

Please make all cheques payable to the OPA, or pay online: Account number: 02301636 Sort Code: 40-42-12, or via our website:
<https://opa.org.uk/shop/>

Christmas Card Order Form

Name:.....

Address:.....

.....Tel:.....

Email:.....

Amount enclosed for order:..... I would also like to donate £..... to the OPA.

OPA, 6 & 7 Umberslade Business Centre, Pound House Lane, Hockley Heath, Solihull B94 5DF.

Registered charity No. 1194327

By bank transfer

Recipient bank: HSBC Bank,
34 Poplar Road, Solihull, B91 3AF
Sort Code: 40 - 42 - 12
Account Number: 02301636

To make an online donation visit:

<https://www.opa.org.uk/donations.html>

By regular Standing Order payment –

Sort Code: 40-42-12

Account Number: 51354981

I wish to make regular donations to the Oesophageal Patients Association of (tick appropriate box)

☐ £2 ☐ £5 ☐ £10 ☐ £25 ☐ £100,

or other amount:

Please state amount in words:

every (tick appropriate box) ☐ Week ☐ Month ☐ Year starting on ____ / ____ / ____ until further notice.

Your bank details

To: (insert name and address of your bank) _____

Sort Code: ____-____-____

Account Number: _____

Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

☐ I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to the OPA.

I am a UK taxpayer and understand that if I pay less income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay.

Your Details

Title: (Mr/Mrs/Dr etc.) _____ Name: _____

Address: _____

Tel: _____ Email: _____

Signature: _____ Date: ____ / ____ / ____

Any other Donations

I am pleased to send a donation of £_____ Please tick here ☐ if this is to be treated as a Gift Aid donation.

Title: (Mr/Mrs/Dr etc.) _____ Name: _____

Address: _____

Tel: _____ Email: _____

Signature: _____ Date: ____ / ____ / ____

For online donations – Account number: 51354973 Sort Code: 40-42-12

Please send this form to: Fundraising Dept.
The OPA, 6 & 7 Umberslade Business Centre,
Pound House Lane, Hockley Heath, Solihull
B94 5DF Or email to: enquiries@opa.org.uk

For further information please contact.

The OPA on **0121 704 9860** or email charity@opa.org.uk



**TOGETHER
WE CAN MAKE
A DIFFERENCE**