



Banners Gate & Parklands

Community & Neighbourhood Forum

137th Issue April—May 2020

www.bannersgateneighbourhoodforum.com

The dates of the next three meetings are to be arranged.

If you want Gatepost emailed to you in full colour, before it is printed, usually in black and white, please send an email to bgatepost@gmail.com with "Email Gatepost" in the subject line.

This issue is too large, because of the drawings and photos we've included, to send by email because it is over 10MB. You'll have to access it through our blog at www.bannersgateneighbourhoodforum.com. We have kept in the advertisements but they do not count towards the six a year that we charge the advertisers. Even though the adverts are in, that does not mean the business is available at the moment, so please check if you need the service.

We asked for contributions of a different kind for this edition and we received some poems, paintings and things to do to pass the time in lockdown. As our next Gatepost may also be similarly produced, and possibly the one after that, if you'd like to make a contribution, please send to bgatepost@gmail.com in almost any format you wish. If we cannot handle it we'll let you know.

Keep social distancing for as long as you are asked and wear a mask and gloves if, and when, you're told.

If you are bored, among other things, there are a couple of quizzes in this issue, one for grown-ups and one for children. If you do not know which is which you are probably a child, or an adult who should have paid more attention.

Our grateful thanks to those who sent us their contributions, all were very welcome. If you can do the same, or better, there's always the next edition in July, which again will probably not be printed, but do not let that stop you. So let's have your contributions. You'll have time because, if this coronavirus keeps going, you will probably not be going on a holiday.

Keep safe.

Tony Willis (Editor)



Rob Pocock: Many thanks as always, to all residents keeping in touch with me on 'bin matters'. I have a couple of updates to report.

First of all, the City Tip Sites, run by Veolia Ltd, are going to re-open as from this Thursday 7th May. These were closed in March following Government advice that 'trips to the tip' were not seen as essential during the pandemic. This guidance has now been changed today, on the basis that trips can now be justified if there is an urgent need to dispose of rubbish.

Opening hours will be shorter than normal for a while (**11am – 8pm Monday to Friday, 8am to 2.30pm Saturday and Sunday**). This is to allow site workers to clear the rubbish more safely when residents are not present. Cars are welcome any time, but if you have a van, or large trailer, please book in advance (see link below). Also please bring identification to show you're a resident living in Birmingham Council – this is to stop outsiders and rogue traders abusing the sites for free. A driving licence or travel card, plus utility bill, is enough. Details and other notes are in the link below. Apart from this, there are no other restrictions – but please note there will probably be **BIG QUEUES** to start with! If you can leave it for another week or so, it should be quieter when the initial rush is done. All details can be found on this link:

https://www.birmingham.gov.uk/info/20009/waste_and_recycling/94/household_recycling_centres_council_tips

The Council were at one stage thinking of rationing the days, eg by postcode, or by car reg numbers, to reduce the initial stampede. However this has been impracticable to enforce, as the Police have advised. It's therefore first-come-first-served so please be prepared to queue. You can view the length of the queue by looking at the Council website link above, to see the situation in advance.

My other update is about the weekly bin collections. Despite my initial fears, this service has actually continued pretty normally. Many thanks to everyone who sent back my 'e-poll' last time, is showed over 95% of those responding in our Sutton Vesey area had received a pretty reliable service, on the normal days, thank goodness. The bin crews have kept going throughout, supplemented by staff transferred over from the street cleaning and grounds maintenance teams, and they have done a sterling job. The bin crews get a bad press, sometimes deservedly so, but they have kept going this time despite the risks to themselves, and have even won praise on the 'clap for carers' nights!

The grass cutting of verges and parks was also stopped in March as 'non-essential' and because crews have been diverted to assist the bin collections. However this service should start up again in this month, as the next relaxation of 'lockdown' is announced. That might make the roadsides and parks look a bit tidier again!

Finally can I just say a real sincere thankyou to everyone for putting up with the diminished services during this crisis. Hopefully we are slowly emerging from the worst. Our 'Community Action' newsletter should also be coming back as soon as we can gain authority to deliver it again.

Wishing you and your family the very best of health.

AVAILABLE IN LARGE PRINT. TEL: EDITOR AT 605 4947

Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: 605 4947, or bgatepost@gmail.com **Next deadline: July 9th.**

Printed by NEWTON PRINT The Complete Print Service, Sutton Coldfield. Tel: 07786 93 36 96

Rob's poem:

(to the tune of 'my old man's a dustman' – or for Albion fans, 'Stevie Bull's a tatter')

My old man's a dustman
He sometimes lets us down
He comes on days we don't expect
Leaves litter round the town
But now he's up at crack of dawn
And turns up every week
We'll clap for him on Thursday nights ...
... and we just hope he'll keep it going when all this is over!

Rob's favourite rainbow outside Boldmere School



Have a look at the puzzle below. Why does it always take you to "Stay at home"? (Clues: If a large number is divisible by 2 the number is even; if by 3 the sum of the digits add up to 3, 6 or 9; if by 4 the last two digits are divisible by 4.)

Calculate your next travel destination

Instructions

1. Choose a number between 1 and 9
2. Multiply it by 3
3. Add 3
4. Multiply by 3 again
5. Add the two digit number you get together
6. Number you get is where you will be travelling to

Destination

1. Singapore
2. Spain
3. India
4. Thailand
5. Malaysia
6. Indonesia
7. Brazil
8. England
9. Stay at home
10. Australia
11. Cambodia
12. Vietnam
13. Japan
14. South Korea
15. India
16. Canada
17. Mexico
18. New Zealand



A Different Kind Of Spring

Like many others I am spending a huge amount of time in the garden particularly as we have experienced perfect spring weather. Living near Sutton Park, with plenty of trees in surrounding gardens ensures a wealth of wildlife for all of us to enjoy and appreciate.

Conservationists say they have seen many hidden benefits of lockdown for woodland butterflies and birds in particular. Many species are making the most of this time that's very strange for all of us. So really all places which were quite noisy, busy and typically dominated by human activity have changed dramatically.

There's a lot more space, less pollution and as a result more time and enough quiet to enjoy the best orchestra in the world with performances each and everyday that don't cost a dime!

I am referring here of course to all the garden birds that seem a lot more evident and vociferous than other years during spring and summer, and it's a particular pleasure of mine to hear and also see them.

I remember camping in the Devon country side many years ago, waking before light and experiencing the dawn chorus, that's at full crescendo just before and after sunrise. However singing carries on well into the morning, meaning there's plenty of time to listen if you are not an early bird! This daily chorus will be at its very best during May and June, so throw open your window or perhaps breakfast in the garden if you are able. I can guarantee it's definitely worth waking up extra early for!

The early morning chorus is carried out by the male birds. Singing loud and long is exhausting, especially on an empty stomach after a cold night, consequently only the strongest and best fed males will produce the loudest songs. This demonstrates to females they are strong and healthy with plenty of food in readiness for the start of the breeding season. Vibrant singing also acts as a deterrent for any rival males who may be looking to move in and take centre stage. Early spring mornings are ideal for tuning up their orchestra as it's not light enough to find food and too dark to be spotted by predators, therefore the perfect time to sing and also give pleasure to us humans into the bargain.

A chorus for sleepers
next the dry stone wall,
campers that dream upon
the ground.
Blackbird! Star of dawn,
glorious with his
Woodland call.

First light bird song.
This free spirit
bringing his feathered throng,
down the vale and lonely moor.
The sounds of Hartland with a
rugged shore.

Alison Jolley.



Cllr. Robert Pocock, rob.pocock@birmingham.gov.uk, tel: 0121 303 2039 (Labour Group Office), Council House, Victoria Square, Birmingham B1 1BB. Advice Bureau: Boldmere Library, 11.00 a.m. – 12.00 p.m. First Saturday of the Month.

Cllr. Kath Scott, kath.scott@birmingham.gov.uk tel: 0121 303 2039 (Labour Group Office), Council House, Victoria Square, Birmingham B1 1BB. Advice Bureau: Boldmere Library, LAST Thursday of each month from 2.00 - 3.00 p.m. at Boldmere Library.

Food Distribution by Banners Gate Neighbourhood Forum and the Banners Gate Tuesday Coffee Morning

Yesterday, six of us (Alice, Helen, Sandra, Dave, Rob and Tony) took delivery of twenty-five boxes of food to be distributed in the area to the more fragile residents. The food was ordered from Iceland and we expected to fill the twenty-five boxes with identical contents, but to our amazement, and relief, Iceland staff had already completed the task and all we had to do was deliver the food.

I should point out that Dave and Sandra tried several supermarkets, but Iceland was the only one who would help us, thanks particularly to Lewis Powell, Assistant manager and Vicky Hawkins, Sales assistant for setting up the boxes and Steve the Manager for deliver the boxes.

The funding for the exercise came from Birmingham City Council and we were made aware of its existence by Rob Pocock and Kath Scott, for which we are extremely grateful.

The “we” are Banners Gate Neighbourhood Forum and the monthly Banners Gate Tuesday Coffee Mornings, run by Dave and Sandra Cockbill.

We delivered to the residents who live in the Banners Gate area, except for two residents who were recommended by the vicar of St Columba’s Church, Rebecca Allen, who lived just outside our area.



A Letter from the Vicar.

Like so many others, the physical doors of St Columba's Church are closed for the time being.

Usually at this time of year both the church and the communities that use our church hall would have been busy and thriving. From dance classes to dog training, 'Stay and Play' to fitness classes, coffee mornings to after school care, the hall would have been noisy, full of laughter, conversation and PEOPLE! The church would have been recovering from our wonderful Easter celebrations, continuing our life and worship and looking forward to preparing for the Spring Fayre and other social events.

However, even though the doors to our building are closed, we are in fact "open for business", because as Jesus reminds us again and again, the church is the *people*, not the building, and the church community remains. We have been supporting those who need help, keeping in touch in both 'old school' ways, by letter and phone, and more modern forms involving 'What's App' and 'Zoom'. We have been working with other churches, for example, supporting the Sutton Coldfield URC 'Food4U' food bank and other community groups. Our church community has also been blessed by the care and attention of other community groups. Even in these challenging times, I am constantly encouraged by knowing that so many people are working together, and it is a privilege that St Columba's Church gets to play its part in working together to make sure that no one slips through the net. We need to remember that we are not alone. There are always people that we can ask for help

But we don't pretend that all is well. Of course we miss meeting together; the church buildings remain out of bounds for the time being and we all feel anxious as we watch the news and consider what the future holds for ourselves, our family and our friends.

However, as a church community, we continue to pray. We hold fast to the truth that Jesus is with us in the strange times, walking alongside us every step of the way. I am thankful that the church continues to celebrate Easter long after Easter Sunday has been and gone, because it allows us to hold on to the promise of Easter hope. The 'Good News' that Easter proclaims is that even in the darkest of times, there is the promise of new life and new beginnings.

For now, we continue to be church in the parish. We continue to pray for the Banners Gate community, for those we know and those we are yet to meet. And we continue to offer practical care and support wherever we can.

Stay safe everyone, and we look forward to being able to welcome you with open doors soon.

Rev. Beccy Allen.

This phone line is free of charge and has been started by the Church of England for those who can not access online worship. Some might find it helpful at this time.



Girls Friendly Society (GFS) is turning the challenges presented by the current COVID crisis into an opportunity, by offering their activities for parents to do with their children at home.

GFS's usual activities focus around training volunteers to deliver weekly groups for girls and young women that help them realise that they can achieve anything. However, under the current quarantine, the charity has had to think creatively about how they can continue to make a difference.

Each week, the organization's staff, who are experienced in working with young people, are collating a range of activities that parents can do at home with their children. The activities relate to the programme themes that inform GFS's usual work with girls and young women:

- Happy to be me
- My community
- Skills for life
- Be creative
- Get active
- Have fun

The activities, which are suitable for girls and boys, are a mixture of recreational and educational, with a focus on putting women and girls in the spotlight. Every Wednesday, the charity will release a new week's line up of activities. They kicked off with Science Week activities, which featured experiments and the Amazing Astronaut Training Programme, and moved onto Spies and Codebreakers Week, Wellbeing Week, Music Week and more.

CEO Laura Sercombe said:

"The work GFS is doing to stay connected to girls when they are probably more vulnerable than ever before is critical. We have seen research from Young Minds, The National Youth Agency and more emphasising the importance of connecting young people during this time when they are facing severely limited access to the support systems they need.

Furthermore, we know that girls generally suffer poorer mental health and are twice as likely to be victims of online bullying, both of which will be heightened during this period of isolation. I am incredibly proud of how our staff and volunteers are continuing to work to reach as many girls and young women as possible, despite challenging circumstances."

The charity has gone one step further, even, by starting to deliver online sessions for girls who previously attended groups and any newcomers who are keen to join. Volunteers are using video service, Zoom to meet with girls weekly and provide them with a space where they can maintain the connection with their community, talk about how the current situation is affecting them and enjoy a good time with a dose of normality.

Helen Barrett, whose daughter attends GFS Banners Gate in Birmingham, said:

"The GFS online sessions came just at the right time. My daughter Caitlin was beginning to struggle with the lockdown and was really beginning to miss her friends. Seeing them all on the screen gave her such a boost and a huge smile! Caitlin is really looking forward to the next session, thank you to GFS Banners Gate for taking the time and trouble to organise it, really appreciated!"

To join a local group, all you need to do is go to girlsfriendlysociety.org.uk/signup and register - we'll then send you the details for logging into the meetings.

If you're interested in running an online group to help vulnerable girls during this time, head to girlsfriendlysociety.org.uk/volunteer to find out more.

Need to know

GFS is a registered charity, established in 1875 and runs groups across England and Wales.

We are operating online groups, which are open to new members, in the following areas:

London: Hackney, Leytonstone, Wimbledon

Midlands: Atherstone, Banners Gate, Market Drayton

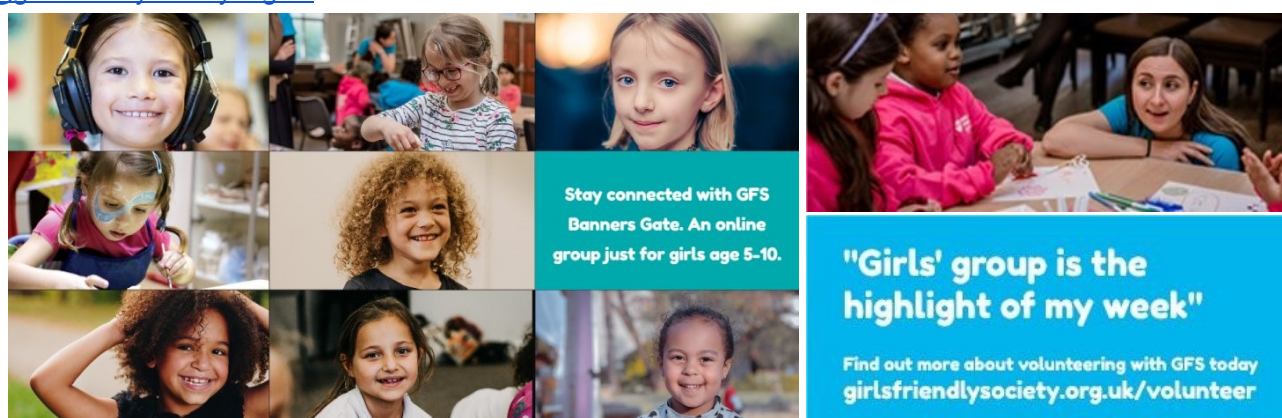
North East: Blyth, Chester-le-Street, Eldon, Bishop Auckland, Pitlington

North West: Layton, Pilling, Stanwinx

Take a look at our weekly programmes of activities at girlsfriendlysociety.org.uk/lockdown-activities

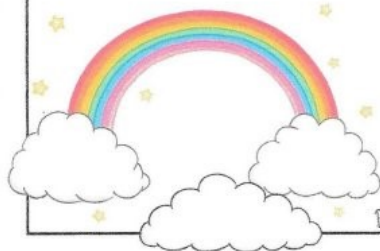
For any further questions, please contact Ellie Stone, Head of Fundraising and Communications on

ellie@girlsfriendlysociety.org.uk or 07341 226 778



Rainbows are drawn, painted and sketched,
All the time essentials and food from the shops are fetched,
In this time we need to think, sometimes we need food or drink,
Now at this time we must save lives, we do need to try,
Be safe all the time in this house of mine,
Our NHS is really the best fighting the virus bringing happiness,
When it will stop, no-body will know,
Stay safe now & really need to go,

STAY SAFE



BY Madeline Storey Age: 9

Being Safe in our homes
Enjoying time with our family
Saving others lives
Applauding everyone that is helping
Fighting the virus together
Everybody doing their bit.



NHS!

by Tilly Storey age 8





Jasi R family



I have had a think about what to write about during this isolation and instead of cooking (seems that everyone is doing that!) I have decided to share something crafty I have been doing. Below is a little description and I have attached some photos.

Decoupage:

So, I have taken up this fun craft during my isolation time and is super easy and quite addictive especially when results come out really good!

To decoupage something (usually furniture, old bottles, glasses, candle holders etc) is not only making use of things that would usually get thrown away but turning boring items in to small pieces of creative art!

This is my small guide on how I achieved those 'decoupage' items in the pictures.

Firstly, make sure the item is clean and free from any labelling etc. Then I have painted the item in a couple of coats.

Once it has dried, I take some patterned napkins (there are millions out there with loads and loads of designs and colours). I separate very carefully the under sheet of the napkin so the patterned napkin that is left is thin and delicate.

I then start to rip out small parts of the napkin that I want to use to cover my painted item.

With each part I want to use and have ripped from the napkin, I spray slightly with water.

I then brush some varnish on the item where I want the piece of napkin to stick, and carefully take the slightly damp piece of napkin and apply it to the varnished part of the item.

I then dab it carefully with some scrunched-up cling film to flatten it all out and make sure it's pressed on. I carry on this process until the item is covered in pattern and am happy with the design.

Once this has dried, I go over the whole thing with varnish, then it's done! It's up to you what finishing touches you may want to add; this could be ribbon, stickers, glitter etc.

The before and after pictures show you some of my own pieces. For mine I used a glass bottle, two old candle holders (which I cleaned out) and a large glass bottle brought from a charity shop.

Rosie P





This is Hollyhurst Road celebrating the 75th anniversary of VE Day





Two quizzes to pass the time and to find out how much you know, or don't know. One is more for kids, the other more for adults. There'll be no need for arguments over the answers, they'll be on the blog, at bannersgateneighbourhoodforum.com sometime in the near future, after you've had a chance to have a go.

1. What is the largest big cat in the world?
2. How many legs does an octopus have?
3. Yes or no? Is a dolphin a mammal?
4. What is a group of lions called?
5. What are baby goats called?
6. What type of animal is a poodle?
7. What do camels store in their humps?
8. What is the only mammal which can fly?
9. The world feline relates to what type of animal?
10. What is the slowest animal in the world?
11. What is the largest country in the world?
12. Where would you find the River Thames?
13. Which country is also known as the Netherlands?
14. In which country would you find the Leaning Tower of Pisa?
15. Where would you find the Eiffel Tower?
16. Which is the biggest desert in the world?
17. What is the longest river in the world?
18. What is the capital city of Spain?
19. Mount Everest lies in which mountain range?
20. What is the hottest continent on Earth?
21. Which planet is nearest to the Earth?
22. What is the proper term for your funny bone?
23. The wire inside an electric bulb is known as the what?
24. When light bends as it enters a different medium the process is known as what?
25. What is the first name of the famous scientist who gave us Newton's three laws of motion?
26. Earth is in which galaxy?
27. Which famous scientist introduced the idea of natural selection?
28. Botany is the study of what?
29. Is the sun a star or a planet?
30. What planet is known as the red planet?
31. True or false? The name dinosaur means 'terrible lizard'.
32. Which came first, the Jurassic or Triassic Period?
33. Was Diplodocus a carnivore or herbivore?
34. Which dinosaur is thought to have the largest bite of them all?
35. What name do we give to the study of fossils?
36. True or false. The dinosaurs died out about 65 million years ago?
37. What animal alive today is even bigger than a dinosaur?
38. What dinosaur themed book was turned into a blockbuster movie in 1993?
39. What is the name of the big dinosaur which used to stand in the entrance hall of the Natural History Museum in London?
40. Which dinosaur had three horns on its head?

1. In which modern-day country was the physicist and chemist Marie Curie born?
2. How many wings does a mosquito have?
3. Which is the largest internal organ in the human body?
4. Arachnophobia is the fear of what?
5. What is the collective name for a group of crows?
6. What part of a human body is the mandible?
7. The rate at which the body produces energy from nutrients is controlled by which gland in the neck?
8. At what speed does light travel?
9. What is the largest moon of Saturn called?
10. Percy Spencer invented which time saving kitchen appliance?
11. Ascorbic acid is a form of which vitamin?
12. What is the name of the light sensitive panel of cells at the rear of the eye?
13. Humans and chimpanzees share roughly how much DNA?
14. What is the biggest planet in our solar system?
15. What is a material that will not carry an electrical charge called?
16. How many hearts do octopuses have?
17. On the periodic table, what symbol stands for silver?
18. How many ribs do you have?
19. Which is the most sensitive of the senses?
20. What is the soft spot on a baby's head known as?
21. What is the world's largest land mammal?
22. The Godfather was released in 1972; who played the title role?
23. Who was Prime Minister when Britain joined the European Union?
24. Zn is the symbol of which chemical element?
25. The traditional Claret Jug is the trophy awarded to the winner of which annual sporting event?
26. What is the art of stuffing animals for preservation?
27. What does a Geiger Counter measure?
28. Which two main ingredients make up Banoffee Pie?
29. The UK sitcom 'Gavin & Stacey' was written by Ruth Jones and which other comedian?
30. The Boat Race takes place between crews from which two UK universities?
31. 'Moonshine' was a slang term for which type of beverage?
32. 'Ahh Bisto' is a phrase best associated with which type of British food sauce?
33. 'Heart of Darkness' is an 1899 novel by which British author?
34. In the Stars Wars film franchise, which character famously declares 'I am your father'?
35. True or false: the setting for the ITV drama Midsomer Murders is a fictional English county called Midsomer?
36. Eric Carle wrote a series of children's books about A Very Hungry... what?
37. What type of clothing is a Glengarry?
38. In the phonetic alphabet what word is used to denote the letter K?
39. Which potter famous for his 'jasperware' opened his first pottery business in Burslem in 1759?
40. The wood of a cricket bat is traditionally made from which type of tree?

I Kissed Paul McCartney
By Sally Jenkins

"I kissed Paul McCartney."

Chantelle pauses, mid-pierce, over the plastic lasagne. For a moment she thinks I've said something interesting. Then she remembers her client is a seventy-one-year-old dementia victim and plunges the fork in again.

"They played Sutton Coldfield just once. February 1963, Maney Hall." I talk quickly, Chantelle has only twenty minutes. "I was fourteen and he was ..." The artificial food twirls in the microwave. Chantelle strokes her phone. The word is simultaneously on the tip of my tongue and in the unreachable basement of my mind. "... not ugly." The words aren't right but the meaning's there.

Chantelle shoves her phone into her overall pocket.

"Their first song wasn't great." The song title floats where I can't reach it. "My friend Sheila was happy to drink orange juice and wait to be asked to dance but I got a pass-out and ran to the Horse and Jockey for a vodka and lemon. Underage didn't matter then."

Chantelle's expression says she's not listening and even if she was, she wouldn't believe me.

"When I got back, the Beatles were loading their blue Commer. I held the back door of the hall for them. 'Thanks, love,' Paul said. He went to kiss my cheek but I turned my head and we kissed on the lips."

It's nearly time for Chantelle to leave.

"John Lennon told him to hurry up because they had to get to Tamworth."

"And pigs might fly." The front door bangs behind my carer.

An ambitious programme offering a first class 2020/21 season at Highbury Theatre

Highbury Theatre has had to close its doors but a light has been left on in the empty auditorium as a symbol that the theatre will endure and never go out.

To ensure the light never goes out, Highbury Theatre is pressing ahead with plans for the forthcoming season, while recognising that what they hope to do may be different from what they will be able to do.

Highbury has therefore announced the productions and films it hopes to perform once the theatre is reopened. These include the remaining plays from the 2019/2020 season which were at various stages of rehearsal. The cast and creative team for 'Deep Cut' warrant particular sympathy as that production was cancelled just before the opening night, a "deep cut" indeed, but sadly unavoidable.

Everyone at Highbury is confident audiences will think this is an ambitious programme offering first class entertainment and challenging roles for actors. The theatre is looking ahead with optimism and hopes the programme will whet appetites for the resumption of drama and films at Highbury for existing and new audiences and performers.

Deep Cut by Philip Ralph Docu-drama based on real life events.	July? August? 2020
Nell Gwynn by Jessica Swale	8 – 19 September 2020
Maurice's Jubilee by Nicola McAuliffe	13 – 24 October 2020
The Children by Lucy Kirkwood	26 – 31 October 2020 STUDIO
House Guest by Francis Durbridge Thriller, Tension, twisting, turning, blackmail, murder, intrigue, surprise and excitement.	17 – 28 November 2020

Highbury Film Club also intends to reschedule the films due to complete the current 'Journeys' season and then move in to its 2020/21 'Heroes and Villains' season. Films will be starting from 7pm, to provide time afterwards for a friendly discussion.

The Commitments (1991)	July? August? 2020
Rain Man (1988)	July? August? 2020
A Star is Born (2018) Lady Gaga's journey to fame and fortune.	July? August? 2020
Joker (2019)	13 September 2020
1917 (2019)	18 October 2020
Harriet (2019)	7 November 2020
Frozen II (2019) The sequel delivers breathtaking animation and stunning action for all the family.	29 December 2020 (2.30pm)

COUNTRYWIDE SECURITY SYSTEMS

MIDLANDS



Discourage lawless individuals from breaking into your property with the modern security systems we provide for properties throughout Birmingham. Based in Great Barr, we are a small family-run business committed to providing state-of-the-art security systems which effectively protect your property from harm. Primarily serving domestic and commercial customers, we design, supply, install, commission, and service all security systems in full accordance and compliance with the latest British and European standards. From supplying high-tech CCTV systems and Burglar Alarms to installing fob Access Control systems and Fire Alarms, we are the first choice when you want to increase your property's security. To arrange a free, no-obligation consultation for any of the security systems we supply, please get in touch.

Phone no. 0121 386 2639

Email: info@cw-sec.co.uk Website: www.cw-sec.co.uk



Chongshin Do Academy of Martial Arts



Kickboxing * Jujitsu * Self-Defence * Fitness



- Established in the area for over 20 years •
- Multi-style martial arts club welcomes students of all ages and abilities •
- 5 lessons per week at 4 different venues •
- Enthusiastic and experienced instructors •
- Four chances to grade a year for lower grades •
- Local and national kickboxing and jujitsu competitions open to all students •

Contact Steve on 07738 917 821 or Gary on 07921 132 860
or email chong.fouroaks@gmail.com



Monday & Wednesday	Tuesday	Wednesday	Thursday
Blue Coats School Gym WS1 2ND Kids: 6.00pm—7.00pm	Mere Green Community Centre Adults & Juniors: 7.00pm—8.30pm	Sutton Girls' School (Dance Studio at the Back of the building) Adults & Juniors (12+): 7.00pm—8.30pm	All Saints' Church Hall Kids: 6.00pm—7.00pm Adults: 7.00pm—8.30pm



For all occasions & functions we provide

Bouncy Castles - Soft Play - Garden Games - Partyware -
Birthdays - Weddings - Christenings - School Fetes -

- ❖ Family Run Business ❖ Indoor / Outdoor Hire
- ❖ Children's & Adult Castles ❖ Public Liability Insurance
- ❖ Free Delivery & Collection

07706236527 / 07790746290



bookings@beaconbouncycastle.co.uk

www.beaconbouncycastle.co.uk



Tailored Print

We print and supply the following items at very competitive prices

Banners - Business Cards - Compliment Slips

Correx Boards - Envelopes - Flyers

Leaflets - Letterheads - NCR Products

Presentation Folders - Promotional Products & More...
Contact us today for a free no obligation quotation

T: 07706236527

E: contactus@tailoredprint.co.uk W:

MOVE AGAINST CANCER 5K YOUR WAY

We are inviting anyone who is living with or beyond cancer, families, friends and healthcare professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer parkrun.

All ages and abilities are encouraged and welcome.
Lots of us will be walking.

When: The last Saturday of every month. 9.00am parkrun start.
See below for meeting point and time.

Where: Walsall Arboretum Visitor Centre steps (meet at 8.45am)

Ambassador: Anne Kelsall, Wendy Cole & Sarah Hinkley

It's Free!
Get in touch and let us know you will be coming.
[5k your way: move against cancer](#) | [@cancer5kYourWay](#)
info@5kyourway.org | www.5kyourway.org

www.5kyourway.org/register
Don't forget to register with parkrun to get your barcode

STEPH LEES

O S T E O P A T H Y

Osteopathy appointments available, with myself, based in the heart of Four Oaks.

Osteopathic Treatment can help with the following;

- Generalised aches and pains
- Joint Pains
- Osteoarthritis / Arthritic pain
- General, acute & chronic backache
- Neck pain
- Frozen shoulder / Tennis elbow
- Sciatica
- Muscle spasms
- Neuralgia
- Sports injuries



Call or email me for any questions or appointments on;
07855389528 or
stephleesosteopathy@hotmail.com



The Clarence Spa, 312 Clarence Road, B74 4LT

LL Aesthetics

LISA LANCASTER

Registered & Insured Medical Practitioner offering a range of non-surgical aesthetic & skincare treatments including:

- Anti-Wrinkle Injections • Dermal Fillers
- Lip Enhancements • Cheek Enhancements
- Microneedling & Mesotherapy
- Chemical Skin Peels • Dermaplaning Facials

Free Consultations Available



LISA LANCASTER
MOBILE PRACTITIONER

07944005867

llaesthetics@outlook.com

Instagram: @ll_aesthetics
Facebook: fllaesthetic

AGE concern Birmingham

Are you a Carer in North Birmingham?



Are you caring for your spouse, relative or friend?

We can offer 1-1 support planning sessions to support your wellbeing within your home or a venue of your choice

Age Concern Birmingham

76 - 78 Boldmere Road
Sutton Coldfield
B73 5TJ

01213623650

Support, Inspire & Inform!

FREE service

- A weekly home visit, support & befriending service for all Carers
- Receive information & advice on benefits, services & local activities
- Book respite at local well-being day centres
- Build friendships & network with other Carers at upcoming support groups



Opening Hours

Monday – Friday
9am – 5 pm

Angel Dental Clinic has a Membership Plan which registers you here and covers your Essential Dental needs:

Regular check-ups, small radiographs, scaling and polishing, and 10% discount off any treatments you may need. This plan also has a World Wide Dental Trauma and Emergency Callout Insurance Policy. The plan is very affordable and paid for on a monthly basis. Registration numbers are limited. For more information please discuss this with our team who are more than happy to explain the benefits of Membership.

To discuss your treatment and appointment needs, please contact our Receptionist on:
0121 353 0483



Free street parking available.
Ground floor surgery with disabled access.



Angel Dental Clinic provides:

- Family Dental Care
- Urgent Dental Treatments
- Gum and Periodontal Care
- Restorative Dentistry
- White fillings
- Veneers, Crowns & Bridges
- Denture work and Repairs
- Dental Implants
- Orthodontic Services
- Cosmetic Treatments
- Teeth Whitening
- Sports Mouthguards
- Oral Health Products

1 Sutton Oak Corner, Bakers Lane
Sutton Coldfield, B74 2DH
Email: info@angeldentalclinic.co.uk

Angel Dental Opening Hours:
Monday to Friday 08.30am - 5.00pm
Evening and Saturday appointments are available

Kingsway Christian Fellowship (Pheasey)

Worship and Communion Service
Sunday 10:00am

We are a small evangelical group who meet for worship every Sunday morning at the Beacon Church, Collingwood Drive, Pheasey Estate, Great Barr B43 7JL kingswaypheasey@gmail.com

Please look for the **Beacon Room** – Everyone welcome

WDC Service Solutions Ltd

Complete Door Security and Access Solutions

WDC can repair the following products: UPVC WINDOWS, HANDLES, HINGES, LOCKS, ROLLERS FOR PATIO DOORS, SECURITY, UPGRADES, REPAIRS TO UPVC DOORS, TIMBER DOOR REPAIRS, REPLACEMENT DOORS, GARAGE DOOR REPAIRS, REPAIR OR REPLACE, FAULTY CABLES, HANDLES AND LOCKS, REMOTE CONTROLS, REPLACEMENT FOBS, NEW GARAGE DOOR SYSTEMS, FREE QUOTATIONS.

www.wdcservicesolutions.com service@wdcservicesolutions.com
sales@wdcservicesolutions.com T: 0121 285 3222

Unit 16 C, Maybrook Business Park, Maybrook Road,
Minworth. B76 1AL

ERDINGTON OPERATIC SOCIETY

Presents
Gilbert and Sullivan's

IOLANTHE



This very popular show is being presented next Autumn at Sutton Coldfield Town Hall and the Society needs new members of all voices to join us.

The Society meets each Wednesday evening at Blackwood Road Methodist Church in Streetly. We do not hold auditions.

All we ask is commitment and enthusiasm.

If you are interested in having a good sing and being involved in a first-rate production, telephone 355 2542 or visit our website (www.erdington-operatic.co.uk) for further information.

CREATE at the Gate with K & S

We are a small group of crafters who meet on the **first Sunday of every month, between 11.30am and 2.30pm.**

If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us.

There is a wealth of knowledge between us and we usually learn something new each month from each other at Banners Gate Community Hall.

There is **plenty of tea & coffee and usually some cake.**

Please call **Kathy 077 06 64 51 37** for details or just come along when we are next there and have a look at what we do.

Banners Gate Community Hall Almost free (£1) Coffee Mornings

From 10.30 a.m. to 12.30 p.m.
on the following dates:

17th March, 21 April and 19th May

Hall's Gardens Garden Maintenance Services

Gary Hall

54,
Coppice View Road,
Sutton Coldfield, B73 6UF
07833720015

garyhall7@blueyonder.co.uk



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

If you would like to know about our service ring the number above

Or visit our web site www.newhorizonscounselling.org.

The Banners Gate Community Hall is available at times during the week, including weekends.

The hall is approx. 38' x 21' (11.6m x 6.4m)

The kitchen is approx. 11' x 7' (3.4m x 2.2m)

The Jarrett room is approx. 13' x 8' (4m x 2.5m)

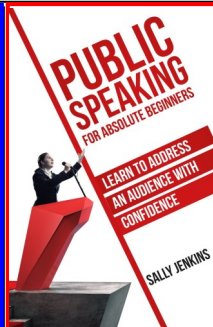
The ladies has 2 cubicles and a nappy changing table.

There is a gents/disabled toilet.

The building is step-free.

For further booking information go to:

www.bannersgatecommunityassociation.org



**Public Speaking for Absolute Beginners
by Sally Jenkins**

Tips on constructing and presenting all types of speeches.

Available on Amazon or direct from the author:

sallysjenkins@btinternet.com 0121 354 9941

Sutton Coldfield Speakers' Club at New Venue

The next meetings will be Thursdays, **9th & 23rd April and 14th & 28th May.** at Boldmere St, Michael's Football Club. We meet at 7:30 p.m. for 7:45 p.m. start - Visitors always welcome.

Build Confidence - Make New Friends, Have Fun.

Tel: Sally 0121 354 9941 <http://www.suttonspeakers.co.uk/>



0777 333 9214

admin@luckybuntys.co.uk

HATHA YOGA

**Banners Gate Community Hall,
Thursdays 10.00 -11.00 a.m.**

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



Mac and PC, Computer Repairs, System Setup, Anti-Virus, Backup and Networking, CCTV or any other Techno Device (TV, Mobile Phones etc.). We provide a one to one engineer service. With over 20 years experience.

GCDtec Limited - Computer Repair and Maintenance - IT Support and Help.

Gavin C. Dodds - Mobile: 07966 274 713 - Office: 0845 074 5702

www.gcdtec.co.uk help@gcdtec.co.uk

Do you have any of these items?



Coins



Medals



Postcards



Badges/Tokens

Stamps - Books

Free evaluations.

Should you wish to sell I can advise on this also.



Cigarette cards

Joe Dyke

0121 686 6491

Create the best party possible for your little ones

Birthdays, Weddings, Christenings, Fetes, School Workshops, Plays and much more

We can cater for anything including: Full Party Entertainment, Mascots, Soft Play, Bouncy Castles, Face Painting, and Pamper Parties

Facebook: Lucky Buntys Twitter: @LuckyBuntys



PetStay

Would you like to be one of our dog carers?

- * Are you at home during the day?
- * Have a very secure garden?
- * Do you love dogs?
- * Want to earn a little extra?
- * Very flexible and fits into your lifestyle
- * We are THE alternative to kennels in the area.
- * Want to join a professional service?
- * Then maybe being one of our many loving dog carers would be ideal for you!



Home Dog Boarders since 2005

Become a PetStay dog carer.
Earn from £105 to £207 p/w looking after dogs in your own home

www.petstay.net sue@petstay.net
0121 769 2706 07724 212204
West Midlands North Branch

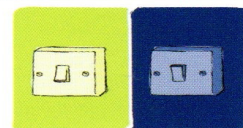
Paul White Electrical

No Job too small

Paul Andrew White
Electrician

111 Wandsworth Road
Birmingham
B44 9LY
07403445651

p.white.electrical@gmail.com
Part P reg 58023 PAT Testing



A promise made behind bars must be kept on the outside!

'Jenkins weaves a web of intrigue' – Judith Cutler.

The Promise is dark fiction set in Birmingham.
Available via book shops, Amazon etc.



**You'd be barking
not to come to
Streetly Vets**



89 Blackwood Road, Sutton Coldfield B74 3PW
Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets



Give your little Mozart
a musical head-start

- multi-sensory games and activities
- interactive concerts
- musical Arts and Crafts
- wrap-around care

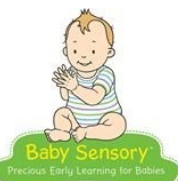
www.rhythmcircle.co.uk



SWIMMING LESSONS

for ages 4 and upwards:
Tuesday, Wednesday & Friday
Evenings

Local Pools ~ All Abilities
Badge Work ~ Qualified Instructors
0121 353 6616



**0 - 13 months
Baby Development Class**
Wednesdays 9.30, 11.00 and 12.30

Music, singing, exercise, massage, signing, light shows, bubbles, bells, tickly feathers and many more!! For more details:

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

Plastering internal & external specialist
Includes: Dry lining - Plaster boarding - Artex re-skimming - Replacement walls & ceilings - Painting / Decorating - Carpentry

Lee Nugent

36 Banners Gate Road
Sutton Coldfield B73 6RX
Office: 0121 354 5446
Mobile: 07934 15 19 20
Lee.nugent1@virginmedia.com



For all occasions & functions we provide

Bouncy Castles - Soft Play - Garden Games - Partyware - Birthdays - Weddings - Christenings - School Fetes -

❖ Family Run Business ❖ Indoor / Outdoor Hire
❖ Children's & Adult Castles ❖ Public Liability Insurance
❖ Free Delivery & Collection

07706236527 / 07790746290
bookings@beaconbouncycastles.co.uk
www.beaconbouncycastles.co.uk



HOME TUITION

Key Stage Two SATs tuition:
English comprehension, spelling, punctuation, and grammar.

Spanish and French: leisure courses and exam preparation to GCSE and A-level.

Tracy: 0780 329 3351



DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.	Useful telephone numbers Sutton and Kingstanding Police: 101 Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7 Citizens Advice 03444 111 444
Sun (1st) 11.00 – 2.00 pm (1st) 4 – 7pm (1st) 7.00pm – 8.00pm 10.00 am 9.00 am – 11.00am 10.30 am 11.00 am	Create at Gate with K & S Global Communion Soul Yoga Family Communion For details see website at www.saintcolumbasbannersgate.co.uk	Community Hall Community Hall Community Hall St. Columba's	Kathy Weston Pastor Chris 07565	628 6651 65 27 62 354 5873	
Mon 6.15am – 7.15am 11am – 1.00pm 5.30 – 7.00pm 7.30 – 8.30 pm	Stay in Focus Fitness Dementia Care The Girls' Society Line Dancing	Community Hall Community Hall Community Hall Community Hall	Barbara H-Walker 07872 98 76 10 Diane Pursall	553 6483 747 4659	
Tues 9.15 – 12.00pm 6.15 am – 7.15am 4.30 – 5.25 & 5.30 – 6.25 6.30 – 7.30 & 7.30 – 8.30 7.45 pm	Coffee Morning 3rd Tuesdays Stay in Focus Fitness IKA Sutton Kickboxing Line Dancing Chikara Karate Kai	Community Hall Community Hall Community Hall Community Hall St. Columba's	Chris Brown 07914 Joe 07864 Diane Pursall Paul Murphy 07837	79 44 56 84 22 99 747 4659 39 57 89	
Wed 9.30, 11.00 & 12.30 10.30 – 12.30 6 pm – 7pm 7.15 – 8.15	Baby Sensory Guide Dog Training Mid-week Service Bible Study I Yoga. Midlands	Banners Gate CC Community Hall Community Hall Community Hall	Tracy Jones 0775 Madge Nightingale Ola Samuel 07565 Angela Brookes 07939	82 56 22 360 0286 65 27 62 547392	BANNERS GATE COUNSELLING CENTRE Accessible and Affordable Counselling to Adults in the Community. The Upper Room St. Michael's House 198 Boldmere Road Sutton Coldfield Tel : 0121 354 6544 For information or an appointment please ring after 10 a.m. daily, except Wednesday
Thurs 6.15am – 7.15am 10.00 – 11.00 am 6.30 – 9.45 pm 7.15 – 10.15 pm (4th & 2nd alt months) 7.30 pm (1st) 8.00 pm	Stay in Focus Fitness Holy Communion Yoga Zig Zag Dance Studio Bridge Townswomen's Guild Mothers' Union	Community Hall St. Columba's Community Hall St. Columba's Community Hall Banners Gate CC St. Columba's	Tricia 07954 Warren 01902 Sylvia Cunningham 07870 Josie Orme Judith Fennell	354 5873 40 39 43 897 900 82 98 37 352 1042 354 4390	
Fri 6.00 – 8.00pm	Make It Happen Dance Co	Community Hall	Mario Ferko 07908	51 76 84	
Sat					
BOOKING SECRETARIES: Community Hall mobile: 075 65 54 68 21 Banners Gate CC - June Dadd 07443 22 65 30 St. Columba's - Sallyanne Rowley 693 0084 Scout Hall - A & R Talliss 353 8166		UNIFORMED ORGANISATIONS: Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191			Gatepost always needs volunteers, to cover illness and holidays, for deliveries of Gatepost - just 20 minutes every other month. Please call 605 4947 for further details if you think you can help us.



Patron HRH The Princess Royal GCVO

Thurs. 26th March A.G.M. - Main Guild Meet
Wed. 22nd April 50th Birthday Party
Thurs. 23rd April A Taste of Burlesque - Main Guild Meeting
Thurs. 14th May Little Aston Bell Ringers - Simply Social Meeting
Thurs. 28th May Mandate Discussion - Main Guild Meeting
 New members welcome.
 If you wish to join our vibrant Guild please get in touch with Josie Orme 0121 352 1042.



LoveWorld
SUTTON COLDFIELD

Specially invite you to

Worship WITH US EVERY WEDNESDAY & SUNDAY

LoveWorld Sutton Coldfield: Banners Gate Community Hall
35 Reay Nadin Drive, Sutton Coldfield B73 6UR
Contact Details: 07565652762
loveworldsuttoncoldfield@gmail.com

Every Sunday 9am - 11am
Every Wednesday 6pm - 7pm
Communion service with Pastor Chris Every 1st Sunday of the month.

Wanted, a Vice-Chair for the Forum

The job: mainly to stand in for the Chair, if absent, but also to help with new ideas and to assist in maintaining the wide range of speakers we have for each meeting. For further details please call 605 4947.

The 18th Sutton Coldfield West Scout Group and the 15th Sutton Coldfield West Scout Group have merged and are now named the 33rd Headquarters are at the Scout Hut, Coppice View Road. B73 6UE.

33rd Sutton Coldfield Scout Group,
H.Q. Coppice View Road


Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
 Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years
 Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
 Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
 Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Contact 0121 353 5203
 Email: margaretdrummond1@btinternet.com



Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100

Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides.

There are also places available in both Brownie units in September for girls aged 7 or 8.
 For more information contact Carol Gardner on 350 7191.



Day/Time	Activity	Venue	Contact	Tel
Mon 6.00 - 7.30pm	39th Brownies	St Columba's Hall		354 5873
Tues 6.00 - 7.30pm	45th Brownies	St Columba's Hall	Carol Gardner	350 7191
Thurs 5.00 - 6.00pm	39th Rainbows	St Columba's Hall		354 5873