



BANNERS GATE & PARKLANDS

COMMUNITY & NEIGHBOURHOOD FORUM

140TH ISSUE OCTOBER—NOVEMBER 2020

bannersgateneighbourhoodforum.com

Time sensitive item on page 2 - Dr Mike Hodder talk on Sutton Park on 19th Nov.

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

Please feel free to forward Gatepost as often as you like because, in this format, it is only reaching a sixth of its usual circulation. A link to Gatepost will also appear on our blog at bannersgateneighbourhoodforum.com so if your email provider cannot handle it because it is the largest yet, then please go to the blog and download it from there. Here is a link to [videos](#) explaining coronavirus in 11 languages.

With Christmas coming may we wish **A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR**, to all our supporters, be they readers, donors, advertisers or contributors, at least as much as you can make of a Christmas with Covid around.

You will be having thoughts of Christmas and how to keep in touch, not just for the coming season but throughout the year. Here, <https://www.theverge.com/21286781/best-video-call-apps-free>, are descriptions of some of the popular means of connecting with family and friends. I have reproduced it in a more readable form and put it on the blog under the heading, *The best free apps for video calling*.

If you can manage with only four on the screen at a time, please have a look at Whereby.com as it is fairly simple to set up and you can have your own name on your "room". If a group of four is not enough you can pay to have more. Our "room" is whereby.com/bannersgate. If you want to try it with us just email us at bgatepost@gmail.com to set up a day and time or give us a call on 605 4947.

Finally, for what's on in Sutton Coldfield, please click [here](#).

Tony

Some residents have trouble with links. Links to pages on the internet often have lettering in blue and underlined but they can be other colours. Click the last link for more information. If you have trouble opening them just hold down ctrl and hover your cursor over the link until it changes into a hand with a pointing finger, then click. Or you can highlight it and copy it into the address line on your browser.

If the lettering is too small with pdf, which is the format we use to email Gatepost, in the middle of the screen about one inch from the top, there is a + sign and a - sign, use them to enlarge and reduce the size of the image. Tony



Rob Pocock:

Poet's Corner

We all thought the lockdown was over and done,
We'd 'ate out to help out' and had lots of fun.
With parties and travel and 'go back to work'
It seemed there's no place for a virus to lurk.

But medics knew well
The excesses would tell,
And attempted to spell
It was leading to hell.

The rules were brought back, but oh ever so late
And no-one yet knows the nation's fate.
So let's just stick at it and stay safe at home,
It's better to smile than just sit there and moan!

So, we are back again in virtual lockdown for at least a month. This decision was inevitable I guess, with the rising cases, and I personally believe it should have been done quicker - there would have been less damage and less infections had this happened when the medics first said it should, over a month earlier. For anyone trapped at home and in need of food and support, Kath and I have been

checking up on this, you can call the **City Council support line on 0121 216 3030, or 0121 303 1116**. You can also use this latter number if you spot anyone breaching the rules, either commercial premises or individuals.

For anyone still wondering if our Sutton Vesey area justifies this draconian action, I got hold of the latest infection rates across Sutton and Birmingham last week. Alarming, our own Sutton Vesey Ward is actually one of the worst in the City for the infections. Sutton Vesey Ward has a count of 59 new infections last week. There are only 11 out of the 69 Wards in Birmingham that are above this, so we are in the highest bracket. There has been a big jump recently here which is being specifically investigated to see what the cause is.

As before, the bin service should be continuing during the new lockdown, and garden waste being collected till the last dates at the end of the month. Also the City Council tip sites will be staying open. The booking system will still operate, you can book a slot on the Council website or phone **0121 303 1112**. Don't forget there is also a second-hand shop next to the Sutton tip site entrance, called the 'Re-Users' and you can donate good quality household

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: January 14th.**

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

items, furnishings etc you are getting rid of, instead of just slinging them in the skip. They are run by the [Jericho charity](#) and if you want to donate items that others might benefit from, again phone them in advance on **0121 329 2797**. Someone may want what you have done with, and you'll be helping a great local good cause.

Finally, as this is the last Gatepost before Christmas, can I thank all residents for your generous and active support to the local community over the past year. It's been a year none of us would ever have thought possible while we were nibbling the final bits of turkey last Christmas. But people here have stuck together through a very dark time. We have proved our strength as a community, and we can all hope for a better 2021 in the year to come.



Kath Scott: Hi everyone,
I do hope you are all keeping well. I know it's hard right now, even more so than in the previous lockdown. For me, the novelty of working from home and attending many many on-line meetings has worn off somewhat.

I'm sorry to say, that because of the new stricter restrictions, we can no longer hold our [StreetWatch](#) walks; which is a real shame as they had really started to take off and many issues we came across on our walks had been reported and resolved. I would though, like to say a huge thank you to those of you who volunteer for this, and I hope to get to all the groups across the Ward and come out with you. For those that I have been on, it's been a wonderful

experience and a joy to meet such active residents in person and have a good chat. Let's hope we get out of this lockdown sooner rather than later and we can get back out there. The same applies to [SpeedWatch](#) and any sessions we'd planned on holding. So we'll reschedule as soon as we have the go-ahead from the powers that be.

You will also be aware of the Accessible Vesey Ward campaign and I can confirm I have a long list of places where dropped kerbs are going to be placed; despite [COVID restrictions](#), this can still be done as there is a good element of 'business as usual' happening within the City. You may have seen, Kier out and about too; they are (as you requested in the feedback from the citizens panel survey) assessing pavements to ensure accessibility and draw up a list of streets that need repairs.

Finally, on a personal note, I have taken up letter-writing. Even sending friends who live 'very close to me' a letter. This is a bid to maintain a little more contact through lockdown and it's always nice to receive a hand-written letter. This has inspired me to ask you all a question; would you be interested in developing a scheme locally? The aim would be to help reduce some of the isolation we are all feeling at the moment. If so, let me know and we can work on this together and potentially get some funding to make it a great scheme.

Be safe everyone;

Kath.scott@birmingham.gov.uk

The Archaeology of Sutton Park

A free, online talk by Dr. Mike Hodder

19 November 7.30pm
(45 minute talk followed by Q&A)

To register please email info@foliosuttoncoldfield.org.uk
Upon registering you will be sent a Zoom link for the event.

FOLIO SUTTON COLDFIELD

<http://foliosuttoncoldfield.org.uk/2020/10/the-archaeology-of-sutton-park-an-online-talk/>
or FB <https://www.facebook.com/events/627319357935032>

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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.

From the Vicar of St Columba's Church.

Hello, I'm writing this as we come to the end of the second week of lockdown. How are you all feeling? It is hard, isn't it?



Somehow, it is not the same as the first time.

In March, we were all a little surprised. Essential workers carried on doing their thing (and thanks be to God for them,) but the rest of us felt like we had a shared purpose, as we knuckled down, learnt new skills and did the best we could as we stayed indoors to keep each other safe. This time it feels different. The nights are drawing in, some of us are weary, and living with grief, disappointment, worries and concerns. Even with the reports on the news about vaccines, it can be hard work believing that there is light at the end of the tunnel.

I was shopping yesterday, wandering through the seasonal aisle, listening to the music that was playing, when I heard those immortal words sung "So here it is, Merry Christmas, everybody's having fun." Never has a song felt so out of place!

I shared a wry smile with a fellow shopper as Noddy Holder gave it his all, "Are you waiting for the family to arrive? Are you sure you've got the room to spare inside?" Between piles of mince pies, Christmas cards and tinsel, I realised that much of the next couple of months will be familiar, and yet at the same time, everything will be different and unfamiliar. We find ourselves in a position that we could never have imagined this time last year.

So how do we hold onto hope when we can't see the future? Who do we trust when everything has changed?

In the Bible, there is a book called Proverbs, which tell us to "Trust in the Lord with all your heart; lean not on your own understanding." The writer of that proverb was a wise man who knew something of the cost of living in between what is "known" and what is "unknown", of having to trust in things that can not yet be seen. His is all well and good, but what exactly does it mean to 'trust with all your heart'?

There were two Hebrew words used at the time to describe different kinds of trust. The first was used to describe the kind of trust that you have in someone to be always there to protect and support you, to never let you down. The second word, the one used in this proverb, refers to the kind of trust required, for example, if you are trying to ride a bike. It's the trust that someone will catch us when we wobble, a trust that is sure that someone will not let us fall when things tip over and we lose our balance. The proverb tells us to have that kind of trust and to believe that God has got us, no matter what we face.

And with that trust, comes hope. Not a half-hearted hope, but a gritty, realistic kind of hope, one that reminds us that through difficult times, (though things may feel a bit 'one step forwards two steps back' at times), ultimately we have a hope that whispers – "this is not the end."

Christmas will look different at St Columba's too. There will be no Christmas Fayre, no nativity service for the Rowans Nursery, no school carol concerts. We are sad about that, but our hope is that we can work out new ways of doing things.

All I know for sure today is that we will be open (guideline dependent, of course) every Sunday at 10am, as we have been since August. We will also be open for a Christmas 'something' at 4pm on Christmas Eve and 10am on Christmas Day. We are hoping to hold a Christingle via Zoom and we will keep being as adaptable as we possibly can, because, as I am sure you will all be aware, planning anything is not that simple anymore. However, please do get in touch for updates and details

- ♦ via our website: www.stcolumbasbannersgate.co.uk
- ♦ on our Facebook page 'St Columba's Bannersgate'
- ♦ by email vicar.bannersgate@gmail.com or phone 0121 354 5873

Whatever happens, I have no doubt that we will make sure that we tell the Christmas Story. It is undoubtedly a beautiful story, but we sometimes forget that it is also the story of God at work in an unmarried mother, a confused partner and a vulnerable baby. They are forced on a journey they had no control over, and faced an uncertain future. Yet they trusted God to be with them every step of the way. And my prayer is that we would all have such trust. If things are feeling wobbly today, remember that God is there to keep you from falling and with such trust comes hope. Hope that even in the darkest and most challenging of times there is light in the darkness.

With prayers for a hope-filled Advent and Christmas, and a 2021 when we can gather together again.

Rev'd Beccy

Proverbs 3:5

*"Trust in the LORD with all your heart
and lean not on your own understanding;*

SUTTON PARK PRIMARY SCHOOL

RECEPTION ADMISSIONS FOR SEPTEMBER 2021 NOW OPEN

We would love to welcome you into the Sutton Park family. Our EYFS provision places children at the heart of learning: engaging their interests, encouraging rich talk and fostering caring friendships.

**JOIN OUR VIRTUAL OPEN EVENING ON
WEDNESDAY 25TH NOVEMBER AT 5:00PM WHERE
YOU CAN MEET OUR HEAD OF SCHOOL AND FIND
OUT MORE ABOUT SUTTON PARK PRIMARY.**



To find out more visit

www.suttonparkprimary.co.uk

Banners Gate Community Church.

As you are probably aware the Church is currently closed due to the lockdown. However, we were able to do a limited outdoor socially distanced Remembrance tribute. There is also a [short video](#), if anyone wants to see it, it's on our Facebook page and the blog: bannersgateneighbourhoodforum.com



Our friends at Boldmere Forum have produced the information below. We must follow this carefully, so please keep a watch for Vesey Ward meetings where we may have an opportunity to discuss the matter and give our opinions. Whether that will change anything is another matter. By the time you read this the consultation deadline will have passed, but that will not be the end of the matter and it will continue to be raised for some time, by some people in some places.

Basic Information about 'Planning for the Future'

Even before the consultation for this White Paper began, two important changes were made to planning regulations. The rules of so-called permitted development were relaxed. Firstly, any property owner is now allowed to turn office or factory buildings into housing (this was being done so meanly that the minister has now had to set minimum sizes for accommodation. Secondly a property owner can demolish a building and rebuild on the site whatever s/he likes.

It appears that the purpose of the white paper is to change the planning regime in favour of helping developers to get permission to build more quickly and easily. The excuse is that this will allow more houses to be built.

At present there are 2 levels of planning. Firstly, the city council writes a district plan; and then a developer produces a scheme and applies for planning permission. Residents can contribute and question at both stages.

The new regime will only have one stage for participation. The city will have to write a 'Local Plan', which will divide all sites into 3 categories: Growth, Renewal and Protected.

A designation of Growth will allow a developer to propose to build with very little oversight given the plans and quality.

We do not really understand the difference that Renewal gives, except to say that it will encourage '[garden-grabbing](#)' (note the date of this link), 'infilling' and replacement of a house with a block of flats.

Even in a Protected area permitted development will be allowed.

The serious point is that residents will only get the one chance to be consulted on the Local Plan; and that will be within the next few years (the government hope is to get all this new scheme into operation before December 2022).

So once the legislation is passed, we will have to be ready to look carefully at what we can do to preserve as much of Sutton and in particular Vesey Ward.

[Planning for the Future](#)

Lance Corporal Harold has been keeping a full record of the daily circuits he walks at the rear of his bungalow but has to confess that he now uses the type of 'tricycle' that Captain Tom used as it helps to walk naturally (heel and toe) This is because Lance Corporal Harold, at the age of 93, fell off the loft ladder and fractured three vertebrae' which had to be cemented in their forked position and left him rather bent.


Here is the puzzle: The patio is 22 slabs long and each slab is 2 feet by 2 feet. The length he walks at the side of the bungalow is 20 feet. One circuit is 'there and back' and it takes him one minute per circuit.

In October he did 1,260 circuits. How far did he walk to the nearest mile? How long did it take him? How does he count so many circuits?

With his hands on the handle bars, with fingers round the brake, he uses his left hand to wrap a finger round the bar for each circuit he travels. After five circuits he transfers to the right hand which counts groups of five. He then starts again with the left hand. Circuits of twenty are completed twice a day now but earlier in the month, in better weather, there were some of fifty. The aim now is forty per day.

In the last Gatepost we had a piece intitled: **VJ Day celebration in The Greenway**. Following that, readers may be interested in something from our dear friend Harold. It is a copy of the Instrument of Surrender signed by Japanese commanders on behalf of the Japanese Government, followed by signatures of the Allied Powers. Photocopiers have improved enormously over the decades so please do not compare this copy with present day results.

INSTRUMENT OF SURRENDER

 e, acting by command of and in behalf of the Emperor of Japan, the Japanese Government and the Japanese Imperial General Headquarters, hereby accept the provisions set forth in the declaration issued by the heads of the Governments of the United States, China and Great Britain on 26 July 1945, at Potsdam, and subsequently adhered to by the Union of Soviet Socialist Republics, which four powers are hereafter referred to as the Allied Powers.

We hereby proclaim the unconditional surrender to the Allied Powers of the Japanese Imperial General Headquarters and of all Japanese armed forces and all armed forces under Japanese control wherever situated.

We hereby command all Japanese forces wherever situated and the Japanese people to cease hostilities forthwith, to preserve and save from damage all ships, aircraft, and military and civil property and to comply with all requirements which may be imposed by the Supreme Commander for the Allied Powers or by agencies of the Japanese Government at his direction.

We hereby command the Japanese Imperial General Headquarters to issue at once orders to the Commanders of all Japanese forces and all forces under Japanese control wherever situated to surrender unconditionally themselves and all forces under their control.

We hereby command all civil, military and naval officials to obey and enforce all proclamations, orders and directives deemed by the Supreme Commander for the Allied Powers to be proper to effectuate this surrender and issued by him or under his authority and we direct all such officials to remain at their posts and to continue to perform their non-combatant duties unless specifically relieved by him or under his authority.

We hereby undertake for the Emperor, the Japanese Government and their successors to carry out the provisions of the Potsdam Declaration in good faith, and to issue whatever orders and take whatever action may be required by the Supreme Commander for the Allied Powers or by any other designated representative of the Allied Powers for the purpose of giving effect to that Declaration.

We hereby command the Japanese Imperial Government and the Japanese Imperial General Headquarters at once to liberate all allied prisoners of war and civilian internees now under Japanese control and to provide for their protection, care, maintenance and immediate transportation to places as directed.

The authority of the Emperor and the Japanese Government to rule the state shall be subject to the Supreme Commander for the Allied Powers who will take such steps as he deems proper to effectuate these terms of surrender.

重光葵

By Command and in behalf of the Emperor of Japan
and the Japanese Government.

梅津美治郎

By Command and in behalf of the Japanese
Imperial General Headquarters.

Accepted at TOKYO BAY, JAPAN at 0908 I
on the SECOND day of SEPTEMBER, 1945,
for the United States, Republic of China, United Kingdom and the
Union of Soviet Socialist Republics, and in the interests of the other
United Nations at war with Japan.

Douglas MacArthur
Supreme Commander for the Allied Powers.

G. W. Nimitz
United States Representative

徐永昌
Republic of China Representative

Bruce Fraser
United Kingdom Representative

Leonid Brezhnev
Union of Soviet Socialist Republics
Representative

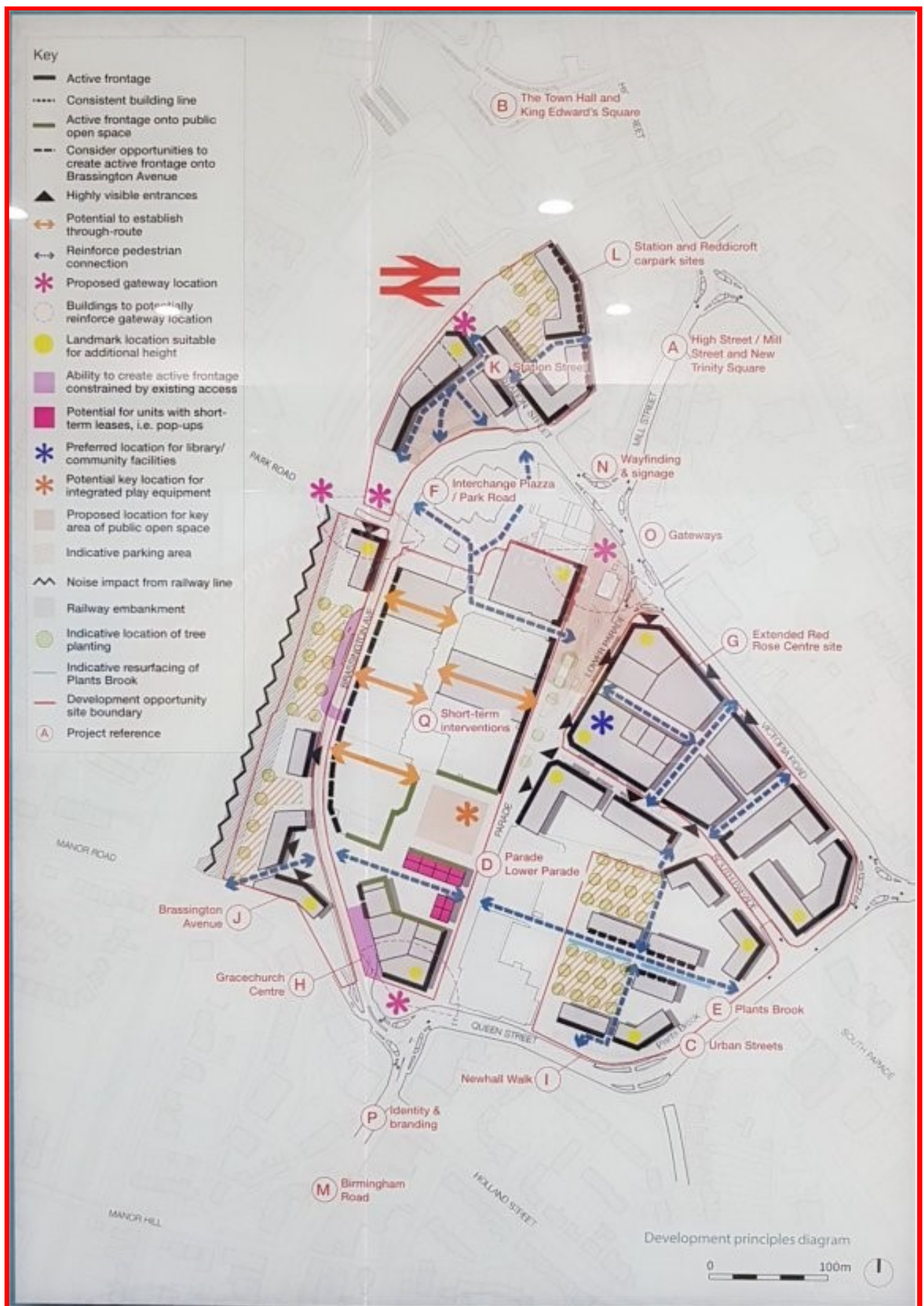
E. A. Blaney
Commonwealth of Australia Representative

Carroll Ferguson
Dominion of Canada Representative

Leclerc
Provisional Government of the French
Republic Representative

W. A. G. R. van der Stoep
Kingdom of the Netherlands Representative

Leonard H. Smith
Dominion of New Zealand Representative



Go to tiny.cc/suttonmasterplan for the full Sutton Coldfield Town Centre Masterplan.

Lockdown Christmas Book Special Offer!

Books make great presents, especially if they carry a personal dedication and author signature. There'll be ample reading time this winter so why not treat yourself, or a loved one, to a copy of *The Promise*, loosely set in Sutton Coldfield?

The Christmas special offer price is just £4.50, including delivery within Sutton Coldfield.

The story: A man has been stabbed. A woman is bloodstained. The nightmares from her teenage years have begun again for Olivia. Ex-convict, Tina is terminally ill and she calls in a promise made to her thirty years ago in a prison cell. A promise that was written down and placed with crucial evidence illustrating a miscarriage of justice in a murder case.

The Promise is a psychological thriller which explores how far people are prepared to go to protect those they love and the impossibility of ever fully escaping our past actions.

The reviews: "Realistic characters, good dialogue & a great plot."

"Unexpected events all the way through."

"I couldn't predict how the ending would turn out which added to the page turning suspense as the final chapters galloped along towards the thrilling finale."

For further details and to purchase, please email Sally at

sallysjenkins7@gmail.com.

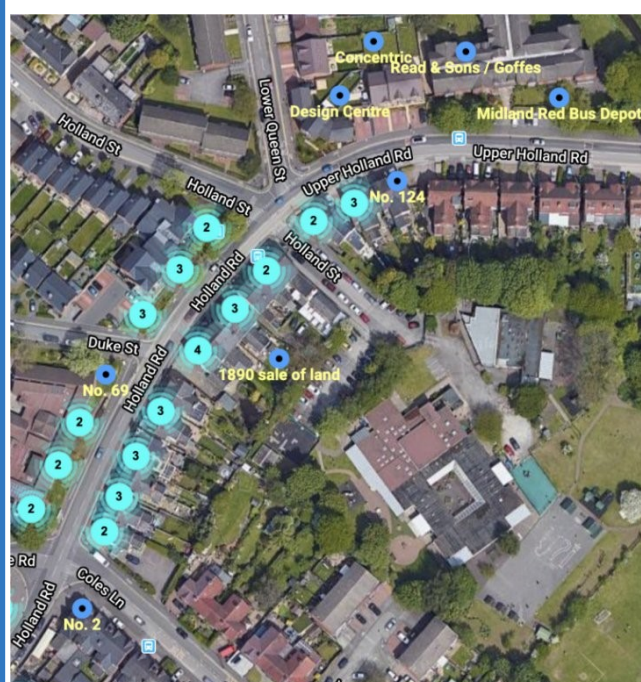


Sutton Coldfield means different things to different people – even different things at different times – and all sort of associations, memories and experiences affect how we identify with our town.

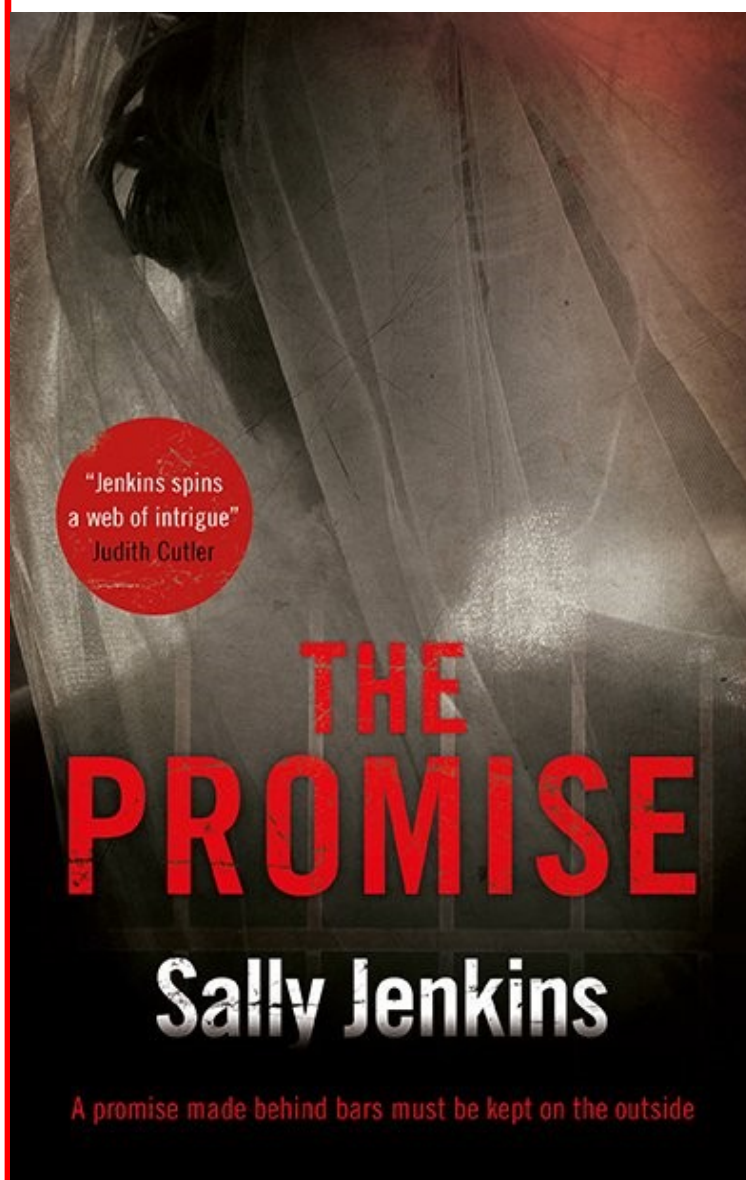
[Telling Sutton's Stories](#) is a new community project, co-ordinated by FOLIO Sutton Coldfield, exploring different ways we identify with where we live by inviting you to contribute to a map of what matters to you – whether that is the town's history, the town's natural environment, artistic responses to the town or more.

We hope that through contributing to the map or simply exploring what others have added to the map, we will all feel more connected to our town and the community we are all part of and that you will feel your voice, and what matters to you, will be heard.

Click on [Telling Sutton's Stories](#) for the website. *You may need to hold down the ctrl key when you click on the link address.*



A screenshot of the Telling Sutton's Stories website





The Nights Are Drawing In

There is no way of getting away from the change of the season, the days getting shorter, and the nights longer. We can however take simple measures to help keep our property safe from those who take advantage of the shorter days to commit burglary.

The use of timers to switch lights on while you are out help make your property look occupied. To a burglar a property in darkness is likely to be unoccupied and so a potential target. There are various types of timers, from simple plug in switches to systems that can be controlled from a your mobile phone.

For more burglary prevention advice please visit : www.west-midlands.police.uk search burglary prevention

Message Sent By

Saul Smith (Police, PCSO, Four Oaks NHT)

Covid Lockdown Update

I hope you are well and staying safe.

As a resident within the Sutton Coldfield Vesey Neighbourhood area I just wanted to give you an update about the coming changes regarding COVID.

As many of you know we will be entering national lockdown on Thursday 5th of November 2020. We understand this is a challenging time for us all, but at West Midlands Police we ask that you please abide by the rules and only leave the house for the following reasons:

- Education
- Work if you cannot work at home
- Exercise or recreation - either with your household or with one person from another household (with social distancing)
- Medical reasons and appointments
- To escape injury and harm (this is designed to safeguard people experiencing domestic abuse or similar issues at home)
- Shopping for food and essentials
- To provide care for vulnerable people or as a volunteer

Although it is our job as the police to enforce the rules, we are also here to help you the public. Officers will continue to use the 4E approach – Engage, Explain, Encourage and Enforce. We will move to enforcement quicker than we have done previously but I hope this remains a rare occurrence and would like to thank the vast majority of people who are complying.

You can report breaches online.

If you want to report an individual or a group then:

<https://www.west-midlands.police.uk/coronavirus/restriction-breach-form>

If you want to report a business then:

<https://www.birmingham.gov.uk/xfp/form/762v>

If you need any help in the coming month please let us know.

Kind Regards,

Police Sergeant Cox
Sutton Vesey NHT

Message Sent By

Adrian Cox (Police, Sgt, Sutton Vesey)

Neighbourhood Watch launches PROTECT YOUR Pa\$\$W0rD campaign with 3 quick and easy steps

As we spend more time at home and on our online devices, over one third (34%) of people say that they're more concerned about cybercrime than physical crime and a startling 1 in 5 people are a victim of cybercrime!* You could be more at risk than you might think.

If strengthening your passwords is something you keep putting off, or you feel overwhelmed by the sea of online security information, you're not alone.

As part of our Cyberhood Watch initiative, launched in 2019 in partnership with Avast, we have launched a **PROTECT YOUR Pa\$\$W0rD** campaign that targets both the overwhelmed and complacent, providing everyone with 3 easy steps to be more secure online.

PROTECT YOUR Pa\$\$W0rD in 3 easy steps

Create a separate password for your email account

Use 3 random words

Turn on two-factor authentication (2FA)

To find out more about how to do each step visit our [Password Protection](#) page on our website .

But we won't stop there! Whilst taking those **3 easy steps** will go a long way to protecting yourself online, we want to protect not just you but **your whole community!** To do this, we are asking you to spread the word and help protect your family, friends, colleagues and neighbours by **sharing these 3 easy steps with 3 others.**

To share with others you can forward this email to at least 3 of your friends, share the information from our [Password Protection](#) page in your local newsletter, or share our campaign on your social media channels using our [Protect your Pa\\$\\$W0rD Campaign Pack](#),

More about the campaign

Our campaign will run on social media for 4 weeks from 9th November 2020. We are targeting both Neighbourhood Watch members and non-members alike with two different attitudes to online security.

For those that are unsure and overwhelmed by an abundance of advice, we want to cut through the noise and **simplify the confusion**, so they feel empowered to take action.

And for those that think 'it won't happen to me' we want to shock them into action, so that they realise how prevalent the problem is, **even amongst young people.**

We have created social media animated and still graphics targeted to both those audiences, supported by further information detailing how and why to take each step on our dedicated [Password Protection](#) page.

Download our [Protect your Pa\\$\\$W0rD Campaign Pack](#) to share the campaign across your networks using email, whatsapp, Instagram, Twitter, Facebook and in newsletters.

Why not go one step further and share our [Protect your Pa\\$\\$W0rD Press Release](#) locally and don't forget to let us know about any local press you are able to generate.

Visit our [Protect your PA\\$\\$word](#) campaign page to find out more.

*Perceptions of cybercrime in the UK report produced in partnership with Avast, surveyed over 14,000 Neighbourhood Watch members: https://press.avast.com/hubfs/media-materials/kits/Avast%20Cyberhood%20Watch/Avast_CyberHood_Watch_Report%20FINAL.pdf?hsLang=en

For more information contact Deborah Waller on deborah.waller@ourwatch.org.uk.

Kind regards, **NEIGHBOURHOOD WATCH NETWORK, Central Support Team**

Here is the quiz. Some are very easy, some are not. The answers are on page 9.

1. In what year was the first iPhone released?
2. The tallest building in the world is located in which city?
3. Who directed Pulp Fiction?
4. Where is the original Starry Night by Vincent Van Gogh housed?
5. How many actors have played the role of James Bond?
6. What company is also the name of one of the longest rivers in the world?
7. In Monsters Inc. what is Sulley's full name?
8. How many children does Queen Elizabeth have?
9. Beirut is the capital of which country?
10. 'Stash' is a range of perfume from which Sex and The City actress?
11. How many players are there in a rugby league team?
12. Who voices Elsa in Frozen?
13. In tennis, what piece of fruit is found at the top of the men's Wimbledon trophy?
14. What does GIF stand for?
15. In the Harry Potter book series, which character is described as having a "wild, tangled beard"?
16. What's the name of the dog in The Simpsons?
17. What was the first single to be released by the band Oasis?
18. How many hearts does an octopus have?
19. Eye of the Tiger is from the soundtrack of which 80s film?
20. In the Bible, which character is known for building an ark?
21. The Hawthorns is home to which English football club?
22. Who authored The Hunger Games book series?
23. What currency is used in Turkey?
24. Which iconic soap character lost his first wife to electrocution by hair dryer?
25. Who originally sang Moon River?
26. Divorced, beheaded, died, divorced, beheaded, survived – who was Henry VIII's last wife?
27. Which American rapper released The College Dropout in 2004?
28. Which side of the road do people drive on in Australia?
29. What is the busiest airport in Britain called?
30. When is St George's Day?

Girls Friendly Society

Here are some pre-pandemic pictures of the girls from GFS Banners Gate enjoying a craft activity at one of their weekly sessions. The activity challenged the girls to think about what it's like being a girl in our town and led to an interesting discussion about the positives and negatives. They then filled the girl with the positives.

This activity is a great example of what GFS is all about. One of the key goals of the group is to build girls' confidence, feel able to speak their minds and help them understand that girls are unstoppable, no matter what life throws at them. It's also a fun, supportive place for girls to meet and try new things - the second activity of this evening was getting in touch with nature by making birdfeeders for our gardens.

Although we have not been able to meet during the pandemic, we have been meeting at virtual GFS over Zoom and **we are Zooming every two weeks between 6 o'clock and 6.30 p.m.** We are always open to new members, so if you have a daughter aged 5-10, we'd love to hear from you! You can find out more about the group and how to register at girlsfriendlysociety.org.uk/banners-gate

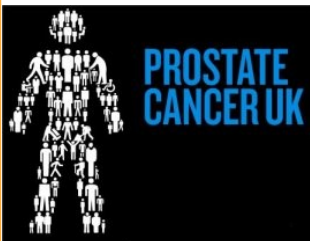


Sutton Arts Theatre

We are in desperate need of jigsaws.

We raise money for [Sutton Arts Theatre](#) and [Prostate Cancer](#) and need jigsaws as we have done very well with these during Lockdown. If anybody has any to donate, (or

anything else that we can sell to raise money) we would be very grateful and will collect if necessary. Will donors please contact Sue on 07796 906602.



Joe is Chairman of the [Prostate Cancer Support Group at Good Hope Hospital](#).

Although the group cannot meet at present due to the virus, if anybody has any concerns about Prostate, he is available to talk on the telephone at 0121 686 6491.

Sue Atkins and Joe Dyke

How many of these lovely fellows have you seen recently, or ever.
Remember, a dog is for ever, not just for Christmas, birthdays or a pandemic.



Affenpinscher



Australian Silky Terrier



Australian Terrier



Bichon Frise



Bohemian Terrier



Bolognese



Brussels Griffon



Bichon Avaneze



Border Terrier



Boston Terrier



Cairn Terrier



Cavalier King Charles Spaniel



Chihuahua



Chinese Crested Dog



Chinese Imperial Chin



Chinese Temple Dog



Coton de tulear



Czech Terrier



Dachshund



Dandie Dinmont



English Toy Spaniel



Griffon Belge



German Hunting Terrier



Griffon Brabancon



Hairless Dog



Italian Greyhound



Jack Russell Terrier



Japanese Spaniel



Japanese Spitz



Lhasa Apso



Little Lion Dog



Lakeland Terrier



Maltese



Manchester Terrier



Miniature Pinscher



Miniature Schnauzer



Norfolk Terrier



Norwich Terrier



Papillon



Pekinese



Pomeranian



Poodle



Pug



Schipperkee



Scottish Terrier



Sealyham Terrier



Shetland Sheep dog



Shih Tzu



Silky Terrier



Small Continental Spaniel



Small English Terrier



Small Spitz



Smooth Fox Terrier



Toy Fox Terrier



Toy Terrier



Tibetan Spaniel



Volpino Italiano



West Highland Terrier



Wire-Haired Fox Terrier



Welsh Terrier



Yorkshire Terrier

Answers to quiz on page 7

1. 2007
2. Dubai (Burj Khalifa)
3. Quentin Tarantino
4. Museum of Modern Art, New York
5. Nine
6. Amazon
7. James P. Sullivan
8. Four – Charles, Andrew, Anne and Edward
9. Lebanon
10. Sarah Jessica Parker

11. 13
12. Idina Menzel
13. Pineapple
14. Graphics Interchange Format
15. Hagrid
16. Santa's Little Helper
17. Supersonic
18. Three
19. Rocky III
20. Noah

21. West Bromwich Albion
22. Suzanne Collins
23. Turkish Lira
24. Ken Barlow
25. Audrey Hepburn
26. Catherine Parr
27. Kanye West
28. Left
29. London Heathrow
30. April 23

To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials.

WHO is helping to accelerate research and development efforts with a range of partners.



#Coronavirus

Are there any specific medicines to prevent or treat the new coronavirus?



No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.

The virus is so new and different that it needs its own vaccine. Researchers are trying to develop a vaccine against 2019-nCoV, and WHO is supporting their efforts.

Although these vaccines are not effective against 2019-nCoV, vaccination against respiratory illnesses is highly recommended to protect your health.



#2019nCoV

Do vaccines against pneumonia protect you against the new coronavirus?



No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus.

There is some limited evidence that regularly rinsing the nose with saline can help people recover more quickly from the common cold. However, regularly rinsing the nose has not been shown to prevent respiratory infections.



#2019nCoV

Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?



No, antibiotics do not work against viruses, only bacteria.

The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.



#Coronavirus

The virus that causes COVID-19 is in a family of viruses called Coronaviridae. Antibiotics do not work against viruses. Some people who become ill with COVID-19 can also develop a bacterial infection as a complication. In this case, antibiotics may be recommended by a healthcare provider. There is currently no licensed medication to cure COVID-19. If you have symptoms, call your health care provider or COVID-19 hotline for assistance.



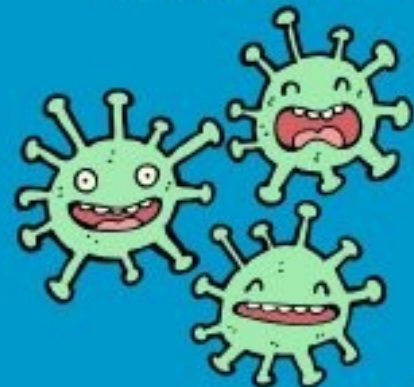
#Coronavirus

#COVID19

Are antibiotics effective in preventing and treating the new coronavirus?



FACT:
COVID-19 is caused by a virus, NOT by bacteria



9 June 2020

MYTHBUSTERS

There is no evidence that COVID-19 is more transmittable in hot, humid climates than in any other climate.



MYTHBUSTERS

There is no evidence that COVID-19 can be spread through sweat.



MYTHBUSTERS

Drinking alcohol does not protect you from COVID-19 virus.



I have left out the one that says: **FACT: Spraying or introducing bleach or another disinfectant into your body WILL NOT protect you against COVID-19 and can be dangerous.** I left it out because nobody is daft enough to believe something like that.

Monzo spoofing scam

A good news story we could all use. The last thing Scott wanted to hear while furloughed was that £12,000 vanished from his account. After no response from his bank for weeks despite following up several times on his complaint, Scott turned to Which?.

[Here's why we helped, and why banks have a responsibility to protect your money.](#)

Fake Halifax text

SMS scams, aka smishing, have been around for a while, but lately have been getting more sophisticated, and there's been a sharp rise in people reporting on receiving a fake Halifax text.

[We show you different examples of messages people have received and explain how to deal with such menaces.](#)

Green Homes Grant scheme fake ads

We warned about Green Homes Grant scams in July and September, but fake social media adverts are continuing to appear. The Green Homes Grant scheme applies to England only, so why has there been a surge in fake ads aimed towards Scottish consumers?

Trading Standards Scotland uncovers [different methods fraudsters may use to trick you into giving out your personal and bank details.](#)

Brexit scams

With Brexit news making headlines again and the deadline fast approaching, we wouldn't be surprised if fraudsters took advantage of this crucial transition period leaving the EU.

[Here are Brexit scams to look out for.](#)

Fake Gymshark Facebook ads

Just because you see a social media ad for a brand you trust, it doesn't mean the retailer behind it is genuine. Social media users are frequently contacting us about ads appearing on Facebook that aren't what they seem. A member of the public got in touch with us after they'd placed an order for Gymshark sportswear through a Facebook ad.

[Here's how Gymshark responded, and why it's important to do your research before heading to the checkout.](#)

The 'appliance cover' con

We've received nearly 150 complaints about cold calls from companies offering cover for home appliances. Unfortunately, widespread cold calling and sharp sales tactics with firms masquerading as established brands have surged in the past year.

[Here's the lowdown on how they operate and how to deal with the nuisance.](#)

Check out other scams [here](#).

Fake 'Covid relief fund' email

We've been informed that Microsoft users are being targeted by a fake email. A member of the public informed us that they received an official-looking email purporting to be from the software company. It stated that they were to receive £9.6m of £1bn that the company is giving away to support Microsoft users during the pandemic.

It's a scam designed to steal your bank details, [here's how it works.](#)

Will this new ban protect you from investment scams?

The Financial Conduct Authority (FCA) is banning the sale and marketing of financial products that track popular cryptocurrencies such as Bitcoin, amid fears that investors are being exposed to scams.

We explain [what the FCA's ban means and the scale of the problem of cryptocurrency scams.](#)



Two wildlife, eco systems and train station lovers, Dawn Brown and Nikki Wright, have formed Friends of Wylde Green Station. As it is the nearest station to Banners Gate, how much spare time do you have? If you have any, and you need something worthwhile to fill it, here's your chance.



JOIN!



"THE FRIENDS OF WYLDE GREEN STATION"

WE ARE ADOPTING OUR LOCAL STATION!



Come and be part of the passionate group of who aim to develop the station into a community asset to be proud of.

Our aim is to make it a welcoming, calm and safe place.

We hope to promote the local area, whilst supporting wildlife and eco systems.



Whether you want to be a permanent member of our group, assist us more frequently or volunteer every now and again it's up to you.

CONTACT US!

 **@friendsofwyldegreents**

 **wyldegreen.trainstation@gmail.com**

 **Friends of Wylde Green Train Station**

 **@friendsofWGts**

I was 18 months old when I came to live in Banners Gate Road, and it was August 1941. Our family home, a millinery business in Lozells, had a bomb land on the garage so we all moved into number 77 Banners Gate with Mom's brother & wife, Reg & Wyn Kelcher. After a few months number 60 opposite became vacant and that became our family home until 1973.

At that time the family consisted of May Kelcher, sister Lizzie Quiney, daughter Brenda, daughter and husband Ivy & Will Taylor, and yours truly Janifer Taylor.

The neighbours I remember are the Roses on the corner of Westwood Road. They owned a very successful fruit & veg shop in Kingstanding and invited the kids to a wonderful strawberry cream tea in their garden every year. June Mundy (who Dad used to call April Tuesday) also lived in Westwood Road.

Next to us at number 60 were the three Everett sisters, then Mr & Mrs Green. The Lowths were at 75, the Kelchers at 77, the Hodgetts at 79, the Wales at 81 and the Slimms at 83. Two of my school chums, Leslie Wragg and Vivian Hussleby, lived a little way up the road, and we had friends in George Frederick Road - Harold & Nellie Darlaston and the Groves.

I remember the air raids of course and having to leave a nice warm bed and scurry to the air raid shelter in the back garden. I remember the Yanks who were stationed in Sutton Park, who gave us chocolate and the saying 'got any gum chum'. We were also fascinated by the barrage balloon looming over the park.

Next door to us was a prefabricated cookhouse which supplied meals for British Home Stores. Sometimes the ladies would open a window and hand out a nice cake or pie. When it was dark, we often heard suspicious noises, which turned out to be person or persons unknown stealing the cookhouse coal. I got into trouble by encouraging my cousin Robert to climb the water tower with me and he fell off (only a few bruises thank goodness).

VE Day 1945 was quite an occasion. Tables were set all down the service road for a lovely picnic and there was a fancy-dress competition. I went as Snow White and John Slimm across the road accompanied me as Prince Charming. I seem to remember he was not very keen on me or his outfit! I have this one photo of VE Day in Banners Gate Road and I think we were watching a Punch & Judy show.

Sutton Park being so handy was a bonus. The woods were full of red squirrels (not grey), there were paddling & swimming pools, high places to fly our box kite, the band on Sundays and, for a real treat, Dad would take me for a ride on the little steam train. There was a very friendly park warden, Bill, who lived at the gatehouse and organised bundles of holly for everyone at Christmas.

In the winter of 1947 Longmoor Pool was frozen solid and full of people skating/sliding around and enjoying themselves on the ice. I remember the snow piled up high at the sides of Banners Gate Road – you could chat to someone on the other side of the pile and not be able to see them. The milkman's horse & cart couldn't get up the road and we had to fetch our milk from the corner at Chester Road.

I feel so lucky to have had such a happy childhood, especially with my cousins Robert & Graham Kelcher living across the way, and the arrival of a new sister Margot in 1948. In 1950 Nan's eldest son Albert Kelcher & family moved into Halton Road and later on Brenda & husband Ray Barnett and their family moved to George Frederick Road. It was lovely for Nan to have all her four children and families near.

I lived at 60 Banners Gate until September 1965, when I married Roy Cleaver at Banners Gate Congregational Church in Westwood Road. We now live in Melton Mowbray and I would be delighted to hear from anyone who remembers our family (janroy2@talktalk.net).

See photo on next page



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WWW.BERTANDGERTS.CO.UK

See page 25

Sherman_Beardman 1.3k points 2 years ago

The fact that Kansas and Arkansas are pronounced differently bothers me way more than it should.

madamplease 13.7k points 1 year ago

Pronouncing words that end in 'ough'. Cough, bough, rough, dough, through, though....

Vaxtin 4.7k points 4 years ago

Is the "S" or "C" in scent silent?

AdventurousMan 4.6k points 4 years ago

Why does fridge have a "D" in it, but refrigerator doesn't?

Djimmieboy 248 points 1 year ago

Why are Zoey and Zoe pronounced the same but Joey and Joe aren't?

MundaneRiot 261 points 4 years ago

You can drink a drink but you can't food a food.

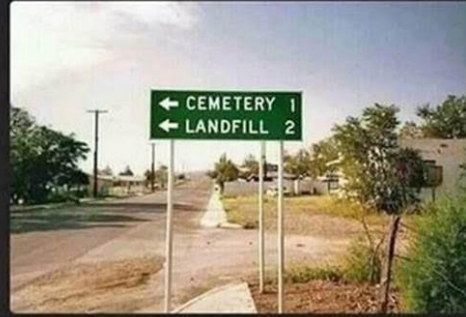
cherlishPanda 218 points 4 years ago

The word "queue" is just a Q followed by four silent letters

saranowitz 1 point 10 years ago

Why is a "w" called a "Double-U" when it is clearly a "Double-V"?

My wife said when I pass she would go the extra mile to give me the burial I deserve...



Did some financial planning and it looks like I can retire at 62 and live comfortably for eleven minutes.



"How much longer did he tell you to stay on this banana diet?"

I hate telling people I'm a taxidermist.

When they ask what I do everyday, I say:

"Y'know. Stuff."



"Okay, I'm coming out now. Close your eyes!"



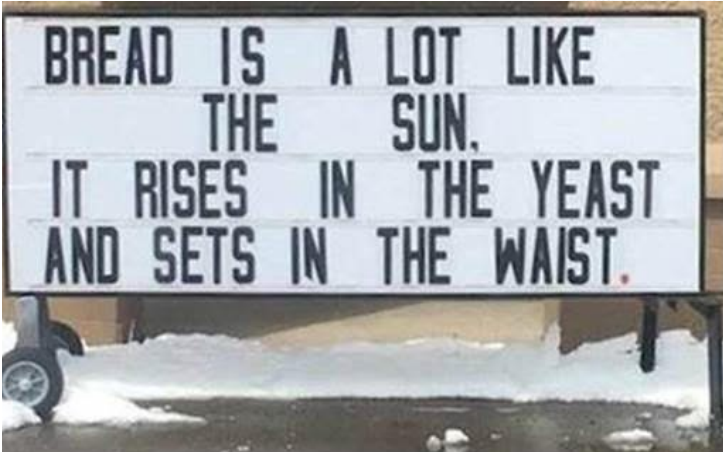
"The doctor says he'll see the gentleman with the Ebola virus first."



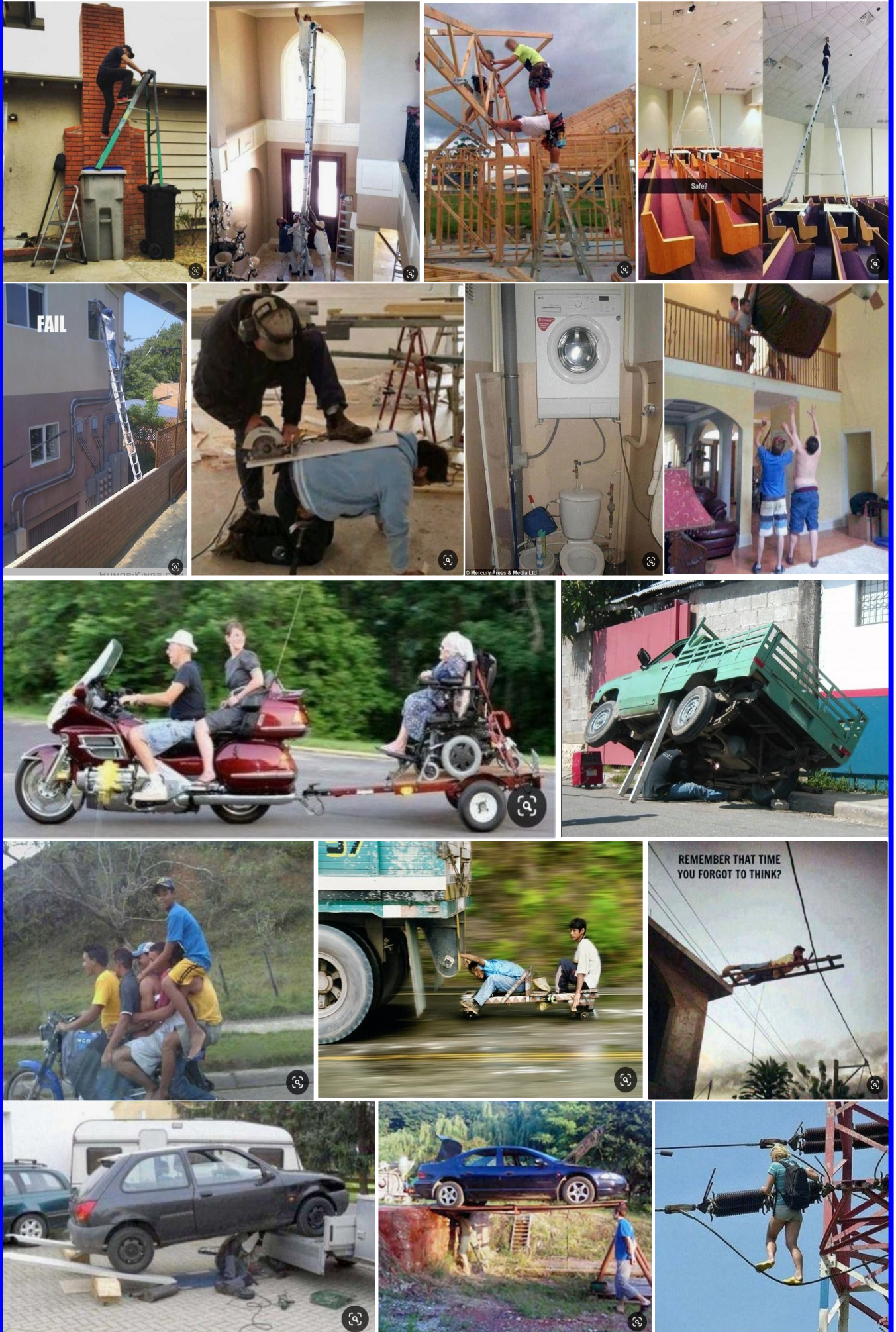
"All the girls are off sick!"



"What's the fish like today?"



According to the ONS, women live longer than men. I wonder why?



Could two imperfect people
be the perfect fit?

Very Nearly Normal

'Delightfully
romantic'
Isabelle Broom



'A compelling,
quirky love story'
Miranda Dickinson

Hannah Sunderland

In May, Sutton Coldfield saw one of its lifelong residents, Hannah Sunderland, published with her debut novel *Very Nearly Normal*.

It is the story of Matilda 'Effie' Heaton, who has always felt like she's swimming against the tide. Everyone around her has life sorted, but that isn't the case with Effie. She is still living at home with her parents and emptying a bottle of wine every night. The only thing she loves is her job at a bookshop, where she can lose herself in other people's stories and mourn her dream of one day having her own book published.

Then, in steps Theo, who knows only too well that life isn't something to take for granted.

Because Theo is not all he seems and has a life-changing secret, and as Effie starts to realise that she's falling in love instead of falling apart, fate steps in and deals her a new hand. And this time, the stakes are high.

Very Nearly Normal is a story about the dangers of

putting your life against the lives of others, about finding happiness in the simple things and what it really means to be a failure.

It is available in eBook, Paperback and Audiobook (Read by Faye Marsay of *Game of Thrones*, *Bancroft* and *Doctor Who*)

Praise for *Very Nearly Normal*

'A compelling, quirky love story that feels fresh and relevant, told with huge warmth and heart from start to finish. I loved it!' **Miranda Dickinson**, *Sunday Times* bestselling author of *The Day We Meet Again*

'*Very Nearly Normal* is a love story with a difference: dark and at times painfully astute, uplifting and unusual.' **Gillian McAllister**, author of *Everything But The Truth*

'A delightfully romantic and endlessly enjoyable love story.' **Isabelle Broom**, author of *One Winter Morning*

'Beautiful – I am a tiny bit broken.' **Lisa Hall**, author of *Between You and Me*

Gerry Conde snapped this in [Paignton](#) and wants to share it with us. Thanks Gerry. If you are interested, and you have a boat and motor, you'll have to ask Gerry for more details.



[Banners Gate Community Association](#)

Please remember that we have a **Community Minibus** and if your



organisation would benefit from using it please contact Tracy on 07803 293 351.



Welcome to another update from Highbury Theatre

The only constant in life since our last update has been change, at least as far as the local and national restrictions associated with theatres has been concerned.

Our film club began to show some films but the season we had put together was interrupted after Rocketman.

We also achieved a short run of Snapshots I, which gave us all three evenings of scenes, sketches and soliloquies during which cast and audience alike kept apart at a suitable distance. It was absolutely marvellous to see live theatre back at Highbury, albeit on a limited scale. Snapshots II has been planned but has also had to be postponed.

Rehearsals for David Tristram's new short play, 'Lockdown in Little Grimley', are still in full swing, accompanied by a lot of banter and general fun. They have moved online which, of course, produces its own entertainment in the form of freezing images and suddenly being alone in a room! We're hoping to bring the characters back to Highbury for their latest adventure early next year, some 13 years since we first met them in the 'Flying Ducks Over Boldmere' trilogy.

As before, we'll be announcing forthcoming productions and films at relatively short notice so that we can be as confident as possible that they'll go ahead. Keep an eye on our website (<http://highburytheatre.co.uk>) and Facebook page (@HighburyTheatre). We'll also send out information through our emailed Highbury Flyer newsletter. If you'd like to be added to our mailing list, please email boxoffice@highburytheatre.co.uk.

For all events, tickets will have to be pre-booked so that we have time to allocate seats, making sure there's space around each household group. We're doing more cleaning, providing hand sanitiser and asking people to wear face coverings while in the building. We're also complying with the NHS Test and Trace requirements.

Behind the scenes work has also continued. We're delighted to welcome Sinead Hayes as our new archivist and she has begun to take over from John Todd. We're also making progress with commissioning a website designer to build us a new website. If anyone is interested in becoming part of our website volunteer team, we would be delighted to hear from you. Please contact Liz Parry, Chair of the Marketing Committee, on elizabethparry@icloud.com.

Like everyone else, we are wholeheartedly hoping that Lockdown II will end at the start of December and that the local restrictions will let us invite you back into our theatre again.



Manor Musical Theatre Company of Sutton Coldfield.

The society was formed in 1952 as Manor Operatic Society with performances of Operas and Musical Plays for the encouragement of the Arts with raising funds for charitable purposes being the founding objective. The name Manor was chosen to reflect the locality of the society's base which was and has been, since its inception local Sutton Coldfield Town Hall. A decision was made in June 2015 to change the name to Manor Musical Theatre Company in an endeavour to encourage younger members, and at the same time to perform more musicals.

Many shows were considered for the very first Manor production and it was late November 1952 before a show was decided on, *A Country Girl* with music by Lionel Monkton. It was considered attractive and musically interesting without being over demanding for a new company. The show was performed at Sutton Coldfield Town Hall from 12th to 16th May 1953, in the presence of members of the cast from "The Archers" – it was well received and a financial success and enabling a donation of 75 guineas to "The Infantile Paralysis Fellowship" (Polio) This was a generous amount in 1953 and it set the company on the road of annual donations to many causes which has always given the company great pleasure.

Seat prices were five shillings, three shillings and sixpence and two shillings and sixpence. How things have changed since those early years! Production costs have increased dramatically which is now reflected in the cost of ticket prices for the high-quality performances our audiences expect.



Looking ahead

As reported in the last issue of *Gatepost* the scheduled May 2020 show "Crazy for You" had to be cancelled. As the future is uncertain as to when any rehearsals can commence, plans for 2021 are currently on hold. The show scheduled for May 2021 was "The Sound of Music" this we are pleased to announce will now take place May 2022.

It's hoped (subject to restrictions) to perform our annual Christmas singalong at two local venues in December to raise funds for local "Acorns Hospice" Check out website later in the year

www.manormusicaltheatrecompany.co.uk



Are You A Carer? Do you need support and advice?

Do you provide unpaid care to a friend, neighbour, or family member who couldn't manage alone?

Age Concern Birmingham run the Carer's Contact Centre as part of the Birmingham Carers Hub partnership. Our advisors are available to help carers with help, advice and information, we register carers and also offer a

Statutory Carer's Assessment, wellbeing payments if eligible and information on a wide range of wellbeing services. We also provide advice on welfare benefits and can link carers to information about grants, legal advice on wills and power of attorney and other one to one support.

If you need advice in your caring role, please call us on:

Information and Advice Line – **0333 006 9711** (low call rate)

Mon, Tues, Thurs & Fri: 9am-5.15pm / Wed: 9am-7.15pm

Saturday: 10am – 12.30pm

Email us at info@birminghamcarershub.org.uk

Visit our website at <https://forwardcarers.org.uk/>

Birmingham Carers Hub Specialist Dementia Service

The Birmingham Carers Hub team have all received enhanced dementia training and we have launched a new service offering support to carers of people with dementia. We have also appointed a small team of Specialist Dementia Carer Advisors.

We offer a Dementia Specialist person-centred service, supporting Carers who provide care to someone with dementia. Our advisors understand the challenges of caring for people with dementia and are here to guide and support you throughout your caring journey. We are part of a wider partnership of organisations providing other support to dementia carers such as training and groups, find out more on the Forward Carers website: <https://forwardcarers.org.uk/>

For information, help and advice, call **0333 006 9711** and ask to speak to one of our Specialist Dementia Carer Advisors, or email: dementiacarers@birminghamcarershub.org.uk



Age Concern Birmingham delivers Birmingham Carers Hub contact centre and advice line

Did you know our Trusted Tradespeople are still working throughout lock down?

We have many different services from mobile opticians and chiropodists to roofers, gardeners and dog groomers. All our tradespeople are DBS checked, vetted and working to COVID 19 guidelines.

We also work with many partners including legal and independent financial advice.

Thinking of a stairlift? You will still be able to have a demo of our Stannah Stairlift in Boldmere.

Please call one of the team on 0121 362 3650 who can tell you more.

Beanu Press Release

Beanu Chocolate was born in Birmingham UK out of passion, inspiration and determination to elevate flavours from the bean to the bar.

Jacob and Jess the two founders were inspired from a trip to South Korea where they discovered many Bean To Bar chocolate makers. They were impressed by the incredible flavours and how each chocolate bar took you on a journey to the origin.

Bean To Bar chocolate is a much more crafted approach where by the chocolate maker produces the chocolate from the bean through the whole process. It is a movement happening around the globe to create chocolate that celebrates the different profiles and nuances of the beans themselves.

There is also a great message along with this movement and that is ethics. We buy our beans from Cooperatives to help farmers get paid a fair share of the profits.

Our cacao beans cost us more than 3 times the amount of commodity Cacao beans in commercial chocolate and we don't add any additives. Our Dark Chocolate is vegan and only contains three ingredients.

We want you to discover the incredible world of fine chocolate and experiment with pairings. Jacob comes from a spirits and beer background and is passionate about elevating experiences with your favourite tippie.

We craft our chocolate through every step of the process from the roasting of the beans to hand tempering every bar for that perfect snap.

Check out our website where you can purchase our Guatemala 73% bar which has notes of tangy citrus and red berries. It pairs perfect with coffee, sherry cask whisky's and dark rum.

We will be launching another two new bars very soon, so keep up to date by subscribing on our website or following on social media [@beanucacao](https://www.beanucacao.com) on Facebook and Instagram.

www.beanuchocolate.com

We are crafting a movement and tasting the moment with you.

"Crafting a movement, tasting the moment"



commonitea cafe



CHEESE AND POTATO PIE WITH BAKED BEANS

COTTAGE PIE WITH VEGETABLES

CHICKEN CASSEROLE

ROAST VEGETABLE PASTA BAKE

ROAST DINNER OF THE DAY

(Please note meals are subject to change)

Meals £4.00 / Puddings £2.00

Each meal is lovingly made here in our Boldmere Café and comes with full heating instructions and are available for delivery or collection

A selection of puddings are also available

Call us on **07432739017** for more details

If you have any concerns regarding self isolation, loneliness or have support needs please call us to discuss how we can help

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Email : info@ageconcernbirmingham.org.uk

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AGEconcern
Birmingham

Cheer up your midweek and join us for our first ever monthly quiz on Wednesday 9th December at 6.30pm.

For just £3 you and your family can enter our 20 minute online quiz with a cash prize for the top 3 winners.

All you need to do is register online ahead of the event, then log into the quiz 10 minutes before it begins.

Register at www.vitruquizevents.com or call one of the team on 0121 362 3650 to find out more.

Have fun and raise some funds for 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 & Transform!

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

Sutton Coldfield in Common

ARE YOU INTERESTED IN HELPING TO DEVELOP & EVALUATE NEW COMMUNITY ACTIVITIES FOR PEOPLE AGED 50+?

SUTTON COLDFIELD IN COMMON MEET ONCE A MONTH TO DISCUSS WAYS TO SUPPORT THE DEVELOPMENT OF NEW ACTIVITIES AND TO ACT AS A CRITICAL FRIEND TO THE SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME. FOR MORE INFO, PLEASE CONTACT NNS@AGECONCERNBIRMINGHAM.ORG.UK OR CALL 0121 362 3661

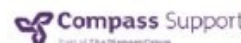
HOME-BASED OPPORTUNITIES TO GET INVOLVED ALSO AVAILABLE.



NEIGHBOURHOOD NETWORK SCHEME



AGEconcern Birmingham



Compass Support
Part of The Pioneer Group

Sutton Coldfield Neighbourhood Network Scheme

We are creating a map of all of the community assets and activities in the Sutton Coldfield constituency, which can help people aged 50+ to lead independent, happy and healthy lives.

Community assets are individuals, groups or organisations who are doing something or delivering an activity, project or service in a neighbourhood setting which older people can benefit from. This can be anything from a lunch club to a line dancing class, befriending to benefits advice, or a support group to a sewing club.

As well as mapping community assets, we are also working with them to sustain and grow the activities and services they offer to citizens aged 50+ in the local area. We can offer a range of support around issues such as marketing and promotion, volunteering, governance and fundraising, and as part of this, we have a micro and small grants scheme which can fund certain activities and projects in Sutton Coldfield.

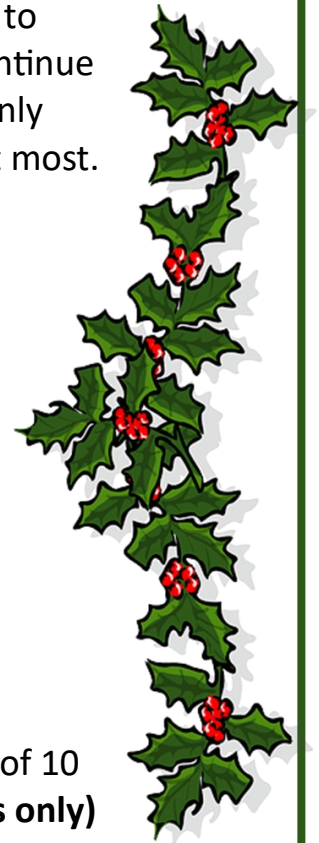
We also have opportunities for citizens aged 50+ who have experience of social isolation or are carers (looking after someone regularly because they are older, disabled or seriously ill), or who have experience of running a community based activity to get involved in developing the Neighbourhood Network Scheme in Sutton via our co-production group.

The Sutton Coldfield Neighbourhood Network Scheme is delivered in partnership between Age Concern Birmingham and Compass Support. For more information, or a conversation about how you can get involved, please contact us on 0121 362 3661 or email NNS@ageconcernbirmingham.org.uk

For a searchable list of community assets in Sutton Coldfield, and the wider Birmingham area, please visit:
Birmingham.connecttosupport.org



Christmas can be the loneliest season of all for those without anyone to share it with. Our services including our volunteer befrienders will continue to support people over the festive break and can sometimes be the only people they see or speak to. Support us to support those who need it most.



Send some festive cheer whilst helping us raise funds to continue to support older people and others in need.

Small cards:- Evening Walk and Festive Robins - **£3.00** per pack of 10

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or email chong.fouroaks@gmail.com



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

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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](https://www.facebook.com/cancer5kYourWay)
info@5kyourway.org | www.5kyourway.org

www.5kyourway.org/register

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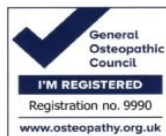
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The hall is approx. 38' x 21' (11.6m x 6.4m)

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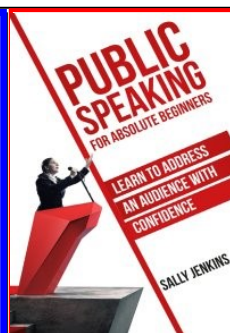
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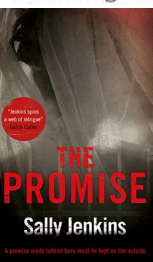
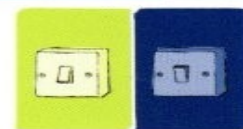
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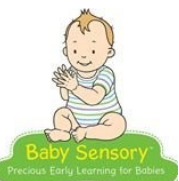
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Sun (1st) 11.00 – 2.00 pm (1st) 4 – 7pm (1st) 7.00pm – 8.00pm 10.00 am 9.00 am – 11.00am 10.30 am 11.00 am	Create at Gate with K & S Global Communion Soul Yoga Family Communion For details see website at www.saintcolumbasbannersgate.co.uk	Community 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.



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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
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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