



BANNERS GATE & PARKLANDS

COMMUNITY & NEIGHBOURHOOD FORUM

141ST DECEMBER 2020

bannersgateneighbourhoodforum.com

A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR TO ALL OUR SUPPORTERS — THANK YOU ALL.

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.

Here we are, our first monthly Gatepost. We do not know how many there will be but providing we receive sufficient material from our wonderful contributors we will produce an in-between Gatepost. Please do not forget that this is **your** newsletter so if you have something to say, Photos to show, or a special skill you would like to share, then please send it to us at bgatepost@gmail.com

If you know anyone who has trouble accessing Gatepost on the internet, please let us know and we will do the best we can to include them in the loop, by helping them get up-to-date with the technology. If that is not possible, we also have a very, very limited number of printed Gateposts. Meanwhile here comes Humphrey to cheer us up for a Covid Christmas.



Rob Pocock:

A Christmas Carol

Good King Wenceslas looked out
On the feast of Stephen
Saw the pavements round about
Were clean and smooth and even.
Brightly shone the new streetlights
Though budget cuts were cruel
But then a flying pig came in sight
The truth is just so cru-e-ell!

MORE INVESTMENT IN SUTTON PARK

Another step forward in our efforts to **improve Sutton Park** is just around the corner. With the Commonwealth Games coming to the Park in the summer of 2022, the Triathlon event will be held around the Boldmere Gate site. We're hoping a spin-off from this will be for improvements to be made to the car park, plus also a platform base where a café and new toilets could be located there. This would be a 'legacy' that would benefit residents after the Games itself is just an echo in the distant memory!

Detailed designs were revealed at our 'Virtual

Vesey Ward Forum' on 3rd December and details are on page 9. Please note there's also a pothole-filling job being planned in Sutton Park by the City Parks Dept, with a special focus on the dreadful route to Bracebridge Pool.

NEXT STAGE OF 'SAFER SUTTON VESEY' PROGRAMME

Kath and I have secured another year's funding for small road safety improvements. It's all part of our '**Safer Sutton Vesey**' programme. Work is due to start soon to re-surface the road of Greenway Drive. This has been crumbling for several years. We're also about to announce a set of new schemes in the year ahead, and hopefully the Banners Gate and Parklands neighbourhoods will be amongst them. One specific idea we are working on, is about speeding traffic in Bakers Lane. We are looking to get a '[Speedwatch](#)' patrol set up jointly between the Neighbourhood Police and local residents. These schemes were suspended during the recent lockdown but hopefully can be resumed now. They would be accompanied by some additional warning signs so the speeding motorists are aware of the risk they will be clocked and ticketed!

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.**

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Alison Jolley:

Crushed Pineapple Fruit Cake

Ingredients

1 tin of crushed pineapple. (S.bury / Tesco)
 110g margarine
 225g sugar
 350g dried fruit
 1 teaspoon mixed spice
 1 teaspoon bicarbonate of soda
 2 large eggs
 225g self-raising flour
 Half teaspoon salt

Drain small amount of juice from the pineapple and empty into a large saucepan with the margarine, sugar, mixed fruit, mixed spice and bicarbonate of soda.
 Bring to the boil whilst stirring then reduce heat and simmer for 3 minutes.
 Take off the heat and cool for approx. one hour before adding eggs, salt and flour.
 Mix together thoroughly then place in a greased and lined 8 inch cake tin.

140 degrees fan oven, gas mark 3 for approx. 1 hour.

Test with skewer to confirm cooked through.

A friend of mine shared this recipe with me and it is indeed very good and particularly easy to make. It's the sort of cake that all who taste it will ask you for the recipe and won't let go until you relent and remember to give it to them at last.

There is something about Christmas that seems to insist that dried fruit must appear in some shape or form during the 12 days of Christmas. Mince pies or Christmas chutneys etc nudge for attention on the supermarket shelf, but a fruit cake of the homemade variety wins every time as it is most satisfying with a hot cup of tea, after a walk in the park on a cold wintry day.

Those dark rich cakes are all very well and definitely have a place on a Christmas tea table, but quick easy and just as memorable is this pineapple fruit cake. Try making it without pinching a spoonful of the delicious pineapple out of the tin for yourself first, it's impossible!

A couple of interesting facts about fruit cake is this; eating fruit cake was known in Roman times,

typically made from barley, seeds, nuts and raisins, probably more like a type of breakfast bar that would be useful to feed an army on as it would have been mixed together with animal fat and honey.

Today we enjoy them at many celebrations during the year but the recipe printed here is delicious and easy to make for any day of the week.

With best wishes for Christmas and the New year.



Jan Cairns:



Sutton Coldfield Disability Action Group

In 2021 [SCDAG](#) is delighted to be embarking on a project in partnership with Sutton Coldfield Neighborhood Network Scheme ([SCNNS](#)) and Sutton Coldfield Town Council.

Our project will challenge exclusions and barriers that disabled people face in their everyday life in Sutton Coldfield and we will specifically work with residents to truly understand what we can do to improve access in our Town.

[SCDAG](#) will also be working with local business owners to help them to become a little more accessible for our residents who use mobility aids especially wheelchairs by making simple changes.

In partnership with [SCNNS](#) we will be undertaking an access survey to gather more detailed access data and information for the "[Here To Help Together](#)" [Sutton Coldfield Community Directory](#) online, "[What's On, Sutton Coldfield](#)", and other associated online information portals this will include the development of a "Day Out (Disability) Users Guide" ("DOUG") to give extra confidence to our residents with impaired mobility to get out more often in a "[Know Before You Go](#)" approach.

[SCDAG](#) will also work closely with the regeneration of our Town Centre to offer advice on good access for our residents in wheelchairs to ensure all possible options are considered.

If you would like to get involved please contact us on: info@scdag.org.uk

MERRY CHRISTMAS AND A HAPPY NEW YEAR

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.



Christmas at St Columba's Church.

Things will be different this year, but we will still tell the Christmas Story, celebrate the birth of Jesus and you are most welcome to join us.

The church will be open every Sunday of Advent 10-11am and we will celebrate the Christmas story on:

Christmas Eve 4pm & Christmas Day 10am.

*(we are sorry to say that there will be no Carol Service
& no Midnight Communion Service this year.)*

We will follow all necessary the guidelines in order to keep you safe and our prayer is that you will find both comfort and joy during the Christmas season.

Contact details:

- Rev Beccy Allen: **0121 354 5873** or vicar.bannersgate@gmail.com
- Website: www.stcolumbasbannersgate.co.uk
- Dedicated phone line to listen to short reflections and carols from St Columba's Church: **0121 827 7755** *(costs the price of a local call.)*

Banners Gate Community Church

Whilst the Church is still closed due to the pandemic, we have been able to record some devotions and carols for the advent season.

Each Sunday, from the last Sunday in November, up to and including Christmas Day you will be able to view these on the Banners Gate Community Church YouTube.

Please follow the link: <https://youtu.be/V6NzSWHB7IU> or click on the photo below (hold down ctrl).

Whilst the news of a vaccine is a welcome relief to us all, it is still going to take some time to roll out the vaccination program, so please stay safe.

Have a very merry, and safe, Christmas.

From all at Banners Gate Community Church.





Christmas 2020 at Sutton Park Primary

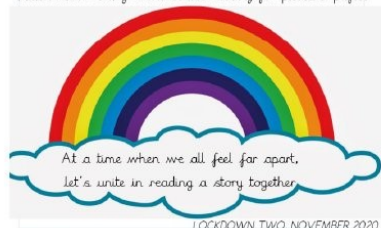
On Monday 30th November, we had a very special visit. Trixie the Elf, Dancer and Prancer all came to our school!

Every child in school got to meet them and to ask Trixie for a present on Santa's list. They also posted their Christmas letters into the magic post sack. This has now headed back to the North Pole to Santa.

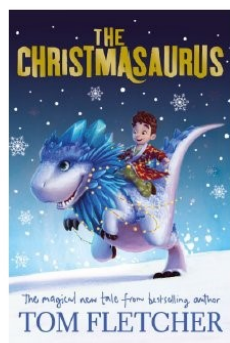
After such a difficult year for everyone, it was amazing to spread some Christmas cheer in school. It was a day that we will remember for quite some time!



Sutton Park Primary whole-school 'reading for pleasure' project



LOCKDOWN TWO, NOVEMBER 2020



The Christmasaurus

Our whole-school have been enjoying a chapter a day of this wonderful book. We have come together virtually once a week to hear Mrs. Middleton read too and have really enjoyed it. As we approach Christmas we have several creative challenges and competitions linked to it to look forward to. It has been great to hear all of our pupils from across school enjoying and talking about the story.



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



ROYAL SUTTON COLDFIELD T O W N C O U N C I L

Update from the Town Council

Royal Sutton Coldfield Town Council has continued to work hard throughout this difficult year to support the residents of Sutton Coldfield. Our regular council meetings continue to be held virtually, in line with government guidance.

Sutton Coldfield Together

When the rules and restrictions for COVID-19 were first implemented in March, Royal Sutton Coldfield Town Council set up an immediate, coordinated local response to give Sutton Coldfield the best chance of fighting COVID-19 together, to safeguard vulnerable people, avoid duplication and share only accurate and up to date information.

The Town Council worked with Age Concern Birmingham, Sutton Coldfield Charitable Trust, St James Church, Sutton Coldfield United Reformed Church and voluntary, community and faith organisations across Sutton Coldfield to create a co-ordinated community response to coronavirus and ensure that local residents in need were able to access the support and information they needed during these unprecedented times.

The Sutton Coldfield Together website was created as a key resource where help could be requested and residents could register to volunteer. It also has the details of local organisations and groups offering support and services to those in need as well as information on the latest government advice and guidance.

Through Sutton Together over 200 residents registered to volunteer with local organisations and 100 residents in need of support were referred to organisations who could meet their needs and offer them support.

The Town Council has also awarded over £50,000 in grant funding to organisations and projects directly supporting residents affected by the coronavirus pandemic.

We would like to thank you all for your support and commitment during this difficult time. If you are able to volunteer some time to help others in the community during the lockdown, please register your details through Sutton Together where you will be linked with local organisations who are in need of volunteers - tiny.cc/suttontgether.

Festive Lights

The Town Council funded festive lights scheme has now been installed. Approaching its fifth Christmas, the Town Council now funds the festive lights at all local centres across Sutton Coldfield plus the heritage lights in King Edward Square and this year has been extended to include the town centre for 2020. Christmas trees have also been provided by the Town Council in Mere Green, Walmley, Falcon Lodge, Dugdale and Minworth. The local centres that festive lights are funded are Beeches Walk, Boldmere, Mere Green, Clarence Road/Aylesford Close, Walsall Road/Crown Lane, Falcon Lodge Crescent, Minworth, New Oscott, Reddicap Heath Rd/Hollyfield Road South, Whitehouse Common Road/Withy Hill Road, Walmley and Wylde Green.

Community Grants

Last year the Town Council awarded over £200,000 to 38 community projects through its community grants scheme. The community grants scheme supports many of the excellent organisations which make Sutton Coldfield an even better place to live. The grant funding supports projects in arts and culture, environment, health and wellbeing, social inclusion, sports, youth and projects which support the Falcon Lodge Community Plan. Organisations who have recently been awarded grants based in Vesey ward include Manor Musical Theatre Company, Banners Gate Neighbourhood Forum, Donegal Road Allotments Association and Boldmere St Michaels Bowling Club. Information on the scheme and how to apply is available on the Town Council website.

Discover Sutton Coldfield

Royal Sutton Coldfield Town Council has launched Discover Sutton Coldfield, a free online resource to help highlight community, sport and voluntary sector organisations across the Royal Town through an interactive map and an online noticeboard of local volunteering opportunities. To find organisations near you, look for or register local volunteering opportunities or register your own organisation please visit <http://discoversuttoncoldfield.co.uk>.



What's on Sutton Coldfield

Royal Sutton Coldfield Town Council and Sutton Coldfield Town Centre BID have joined forces to build What's On Sutton Coldfield, the go-to website for what's happening across the Royal Town. What's On Sutton Coldfield is a collaborative project between the BID and Town Council – the businesses and venues of Sutton are being urged to utilise this free platform as a virtual shop window for their reopening plans and future events. The website showcases the best of what the town centre has to offer, celebrating what makes Royal Sutton Coldfield a great place to live and encouraging residents and visitors to explore local venues, events and offers. Visit the website to find out where's open and how they plan to enable visitors to enjoy the town safely at: whatsonsuttoncoldfield.co.uk.

Town Council Newsletters

Regular e-newsletters are sent to email subscribers and a printed newsletter was delivered to all households in Sutton Coldfield at the end of October. This can be viewed on our website at <https://suttoncoldfieldtowncouncil.gov.uk/newsletter-autumn-2020/> where residents can also subscribe to our e-newsletter.

Below are the latest statistics available for the prevalence of Covid. As you may well have trouble reading the ward names on the *case numbers falling* graph on the second chart, please use the - and + signs one inch from the top in the middle of the page. We have numbered the Sutton wards and those nearby, as follows:

1. Sutton Trinity 2. Sutton Walmley and Minworth 3. Sutton Reddicap 4. Sutton Vesey 5. Perry Barr 6. Castle Vale 7. Pye Hayes 8. Oscott 9. Erdington 10. Kingstanding 11. Gravelly Hill 12. Perry Common 13. Sutton Roughley 14. Sutton Mere Green 15. Sutton Wylde Green 16. Sutton Four Oaks. To improve the figures for next week the answer is to sanitise hands, mask up and keep your distance, and please watch the group numbers.

Birmingham Weekly COVID-19 Statistics

Weekly report: 28th November to 4th December 2020

The majority of wards in the city have seen case numbers fall between this week and the week before.

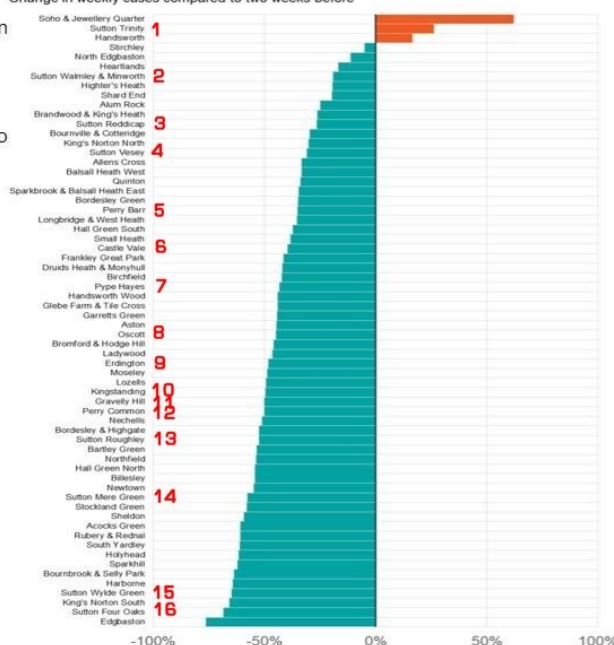
The increase case numbers in Soho and the Jewellery Quarter is linked to an outbreak in a specific large setting.

Case rates take accounts of the different population sizes across different wards so is a more useful way of looking at differences between different areas.

The wards with the highest case rates in the last week are:

- Heartlands
- Bromford & Hodge Hill
- Shard End
- North Edgbaston
- Lozells
- Handsworth
- Ward End
- Alum Rock
- Sutton Trinity
- Small Heath

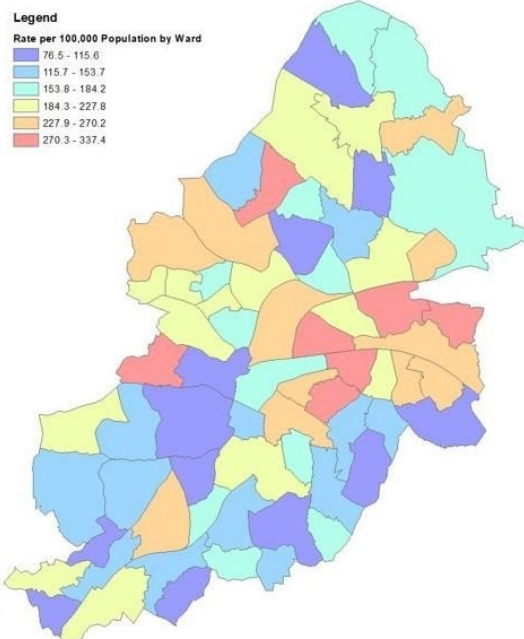
Case numbers falling in Birmingham (ward level)
Change in weekly cases compared to two weeks before



Comparison of seven-day total cases from 15 Nov to 29 Nov.

Source: PHE, updated on 7 Dec 2020 09:00 GMT. The increase in cases in Soho & the Jewellery Quarter is due to a large outbreak in a single setting that is being managed by PHE.

Confirmed Cases by Ward 28th November to 4th December (Pillar 1 & Pillar 2 Tests)



Source: PHE Covid-19 Situational Awareness Explorer (weekly line listing) produced 7th December 2020. Produced by Birmingham Public Health Division (2020). © Crown copyright and database rights 2020 Ordnance Survey 100021326.

Birmingham Weekly COVID-19 Statistics

Weekly report: 28th November to 4th December 2020

Author: Dr Justin Varney (Department of Public Health)

Source: SGSS, NHS Digital

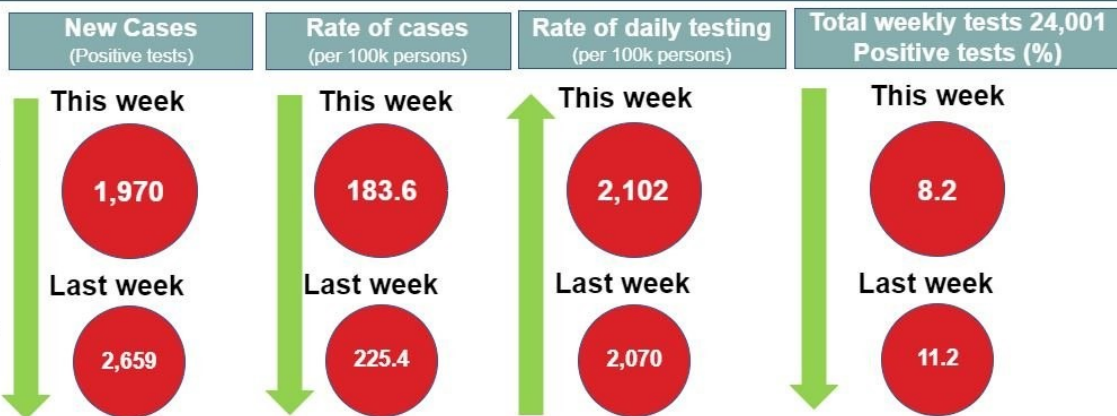
The rate of cases and percentage of positive tests has decreased when compared to the previous week.

Cases rates are highest in the 30-44yr and there continue to be clusters of cases linked to workplaces over the last two weeks.

Testing rates for symptomatic people have plateaued, but there remains plenty of capacity at the drive-through and walk-through sites and postal kit access is good.

People continue to be admitted to hospital and intensive care, in both under 65yr olds as well as over 65yr olds, this is putting a lot of pressure on the NHS alongside winter pressures.

Spread often happens in the household and we recommend people go to www.germdenefence.org to look at how you can all reduce spread at home.



Cases by Specimen Date & Pillar



Government Guidance for the Christmas Period

All you need to know about the strangest Christmas you will probably ever experience. If it is not the strangest, please write in and tell us about a stranger one—but keep it decent.

Just remember, there is always next year to look forward to.

The links below are from the Government page, fifteen links to most of the problems for which you may not have the answers.

[Meeting friends and family](#)

[Visiting bars, pubs and restaurants](#)

[Visiting churches and other places of worship](#)

[Visiting shops and Christmas markets](#)

[Attending events, including performances and Christmas lighting ceremonies](#)

[Celebrating New Year's Eve](#)

[Carol singing](#)

[Going to work](#)

[Going to school, college and university](#)

[Attending events organised by schools and other education settings, including nativity plays](#)

[Childcare](#)

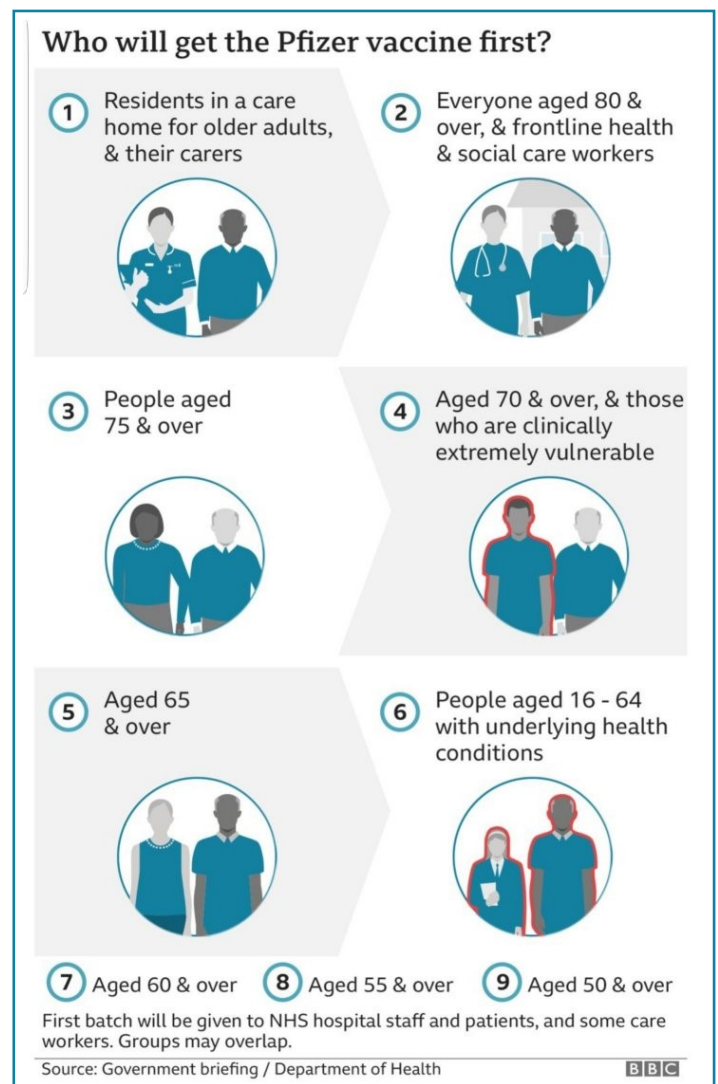
[Visiting relatives in care homes](#)

[Travel within the UK](#)

[Volunteering](#)

[Weddings, civil partnerships and funerals](#)

All the links work, just hold down ctrl if you have a problem opening them.



The Sutton Vesey Ward Forum on Thursday 3rd December 2020 was a Teams Live Event — an online meeting. As usual, I found it very interesting so I include part of the agenda below.

3. Coronavirus Public Health update – Dr Justin Varney, Director Public Health
4. Commonwealth Games – Improvements to Sutton Park – John Porter, District Parks Manager, Robert Churn, Developments Manager, plus Friends of the Gates
5. Roads and Highways – Karl Randall, Sutton District Highways Manager, BCC to update on plans for new 'Safer Sutton Vesey' traffic and safety schemes etc.
6. Social Care Support for over-50s – Miriam Aslam, manager for Sutton Neighbourhood Networks Scheme (NNS) will explain the services available, (*Unfortunately, a technical problem meant Miriam was absent.*)
7. Community Group updates – Residents Groups / Forums / City Councillors / Town Council etc.

Quite a lot you may think, but it was worth it. Dr Justin Varney was very interesting on Covid and Karl Randall had much of interest to say about the roads and pavements system in Vesey and what we could do if we had more money, e.g., crossings to Sutton Park Gates.

If you want to see a recording please click the link and follow the instruction.:

<https://birmingham.cmis.uk.com/birmingham/Meetings/tabid/70/ctl/ViewMeetingPublic/mid/397/Meeting/11921/Committee/395/Default.aspx>

Then, 1. Click Joining a Virtual Ward Forum. 2. Click the link 3. Click Cancel on the Open Microsoft Teams window. 4. Click Watch on web instead. 5. Click Join anonymously

For me, the highlight was the PowerPoint presentation on Sutton Park and the coming Commonwealth Games, which included our friend John Porter. In fact, I enjoyed it so much that the following pages contain the full presentation for your enlightenment, enjoyment and pride in the fact that a great Games will soon be on our doorstep and watched by most of the world.

Tony



Delivering a legacy for Sutton Park, Boldmere Gate Pre-application consultation

Birmingham City Council: Legacy application

Birmingham 2022 Organising Committee: Games overlay



Making a positive difference everyday to people's lives



Agenda

- Introductions
- Context
- Sutton Park welcomes the Commonwealth Games in 2022
- Birmingham City Council's Legacy Proposals
- Birmingham 2022 Organising Committee: Games Overlay
- Programme and Process
- Next Steps
- Q&A

Context: A once in a lifetime opportunity



Accelerate regeneration across the city and region with world-class venues, transport infrastructure and housing



Provide a catalyst for change as the city and region move towards a cleaner, greener, technology and knowledge based economy with opportunities for all



Create a lasting legacy of cohesion, identity, inclusion and pride

Birmingham 2022 Commonwealth Games

- Birmingham and the West Midlands region will benefit from **£778 million investment** in staging the Games
- An international multi-sport event with **c.6,500** athletes and officials from **72 nations and territories**
- Over **1 million tickets** available to visitors across the world
- Global audience of **1.5 billion** people
- A vibrant and exciting **Cultural Programme** and **Trade, Tourism and Investment Programme**
- 12,000+** volunteers



Enhance regional, national and international partnerships to provide a long-term legacy that drives prosperity for the people of the city and region



Encourage more physical activity and improve wellbeing



Create new opportunities for volunteering, skills and employment



Sutton Park welcomes the Commonwealth Games in 2022

Sutton Park was chosen for the Triathlon event as it provides the perfect setting with Powell's Pool, the Park and the local roads to accommodate all three disciplines.

Sutton Park has a wealth of beautiful features which we want to showcase to the world and provide the local community an opportunity to be involved in the Games.

What does the B2022 Triathlon involve?

Elite & Para Men & Women

- 750m Swim
- 20km Cycle
- 5km Run

Mixed Relay

- 250m Swim, 7km Cycle, 1.5km Run by each team member



Sutton Park welcomes the Commonwealth Games in 2022

The Triathlon will have 2 competition days:

- Friday 29 July 2022
- Sunday 31 July 2022

Approximately **70 athletes** anticipated

An estimated **2,000 ticketed** spectators

Sport/Discipline	Venue	July					August								
		T	F	S	S	M	T	W	T	F	S	S	M		
Opening/Closing Ceremony	Alexander Stadium	OC	28	29	30	31	1	2	3	4	5	6	7	8	OC
Aquatics – Swimming and Para Swimming	Sandwell Aquatics Centre														
Aquatics – Diving	Sandwell Aquatics Centre														
Athletics and Para Athletics	Alexander Stadium														
Athletics – Marathon	TBC														
Badminton	NEC														
Basketball 3x3 and Wheelchair Basketball 3x3	Swatfield														
Beach Volleyball	Swatfield														
Boxing	NEC														
Cricket T20	Edgbaston Stadium														
Cycling – Mountain Bike	Cannock Chase Forest														
Cycling – Road Race	St Nicholas Park														
Cycling – Time Trial	West Park														
Cycling – Track and Para Track	Lee Valley Velopark														
Gymnastics – Artistic	Arena Birmingham														
Gymnastics – Rhythmic	Arena Birmingham														
Hockey	University of Birmingham														
Judo	Coventry Arena														
Lawn Bowls and Para Lawn Bowls	Victoria Park														
Netball	NEC Arena														
Rugby Sevens	Coventry Stadium														
Squash	University of Birmingham														
Table Tennis and Para Table Tennis	NEC														
Triathlon and Para Triathlon	Sutton Park														
Weightlifting	NEC														
Para Powerlifting	NEC														
Wrestling	Coventry Arena														



A legacy for Sutton Park

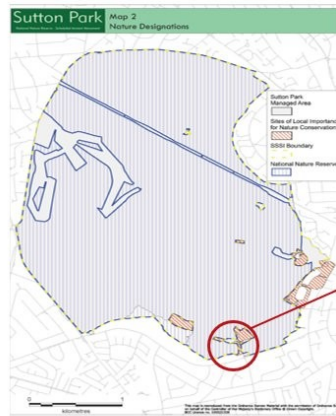
Objectives

- To improve existing car park surface area
- To improve accessibility
- To provide a new car park entrance
- An enhanced multi-purpose events space
- Power point to support the hosting of future events & opportunities

Site context

Improving the threshold at this location will deliver a more appropriate first impression and visitor welcome to Sutton Park reflecting its unique status:

- Site of Special Scientific Interest (SSSI)
- National Nature Reserve (NNR)
- Scheduled Ancient Monument and landscape
- Historic park and garden
- Local amenity



Site plan

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Making a positive difference everyday to people's lives



The Proposal

An improved capacity, sustainable car park, more in keeping with Sutton Park's unique status as both a Site of Special Scientific Interest (SSSI) and National Nature Reserve (NNR).

- **Main Car Park:** 89 spaces plus 5 disabled spaces
- **Overflow Car Park:** 136 spaces plus 5 disabled spaces
- **Ramped entry to main car park** at 1 in 20 gradient

KEY		



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Making a positive difference everyday to people's lives



Respectful design



Tar Spray and Chip Surface Dressing



Curved Gabion Retaining Walls



Rustic Split Chestnut Fencing



Ecogrid Reinforced Grass Paving
Parking bays marked with inserts

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Making a positive difference everyday to people's lives



The Proposal: *Birds Eye View (before)*

- The existing car park surface is uneven and needs regular repairs and maintenance.
- The current entry and exit point requires vehicles to travel quite far into the park in order to access the car park.

- The car park's capacity is currently undersized with it becoming very busy and overcrowded at peak times.

- The existing overflow car park extends a long way into the SSSI area.



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Birmingham
City Council

The Proposal: *Birds Eye View (Artist's Impression)*

- Sustainable surfacing would be used for the new car park, including *Ecogrid* grass reinforced paving and permeable asphalt.
- Vehicles would be kept to the perimeter of the park and improved year-round DDA accessibility for visitors would be created with consistent levels and gradients.
- Dedicated car parking spaces would be provided for disabled visitors and wider than average spaces would be provided for other visitors to facilitate easier loading and unloading of muddy children & pets etc.
- A larger capacity main car park and overflow car park would allow the impact of existing car parking to be reduced further into the park.
- There would be a reduced visual intrusion onto the SSSI site through careful choice of appropriate surfacing materials and the reinstatement of the old overflow car park.
- A robust and sustainable surface would be provided for future park events.



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Birmingham
City Council

The Proposal: *Birds Eye View Comparison*



Before



After



Birmingham
City Council

The Proposal: *Main Car Park Entry Point*

Before



The current entry and exit points of the car park require vehicles to travel further into the park in order to access it. This has the potential to create conflict with pedestrian visitors to the park walking along or crossing the roadway.

After



Vehicles would be kept more to the perimeter of the park and improved year-round DDA accessibility could be provided for visitors through the creation of consistent levels and gradients.



Birmingham
City Council

The Proposal: *Overflow Car Park Exit Point*

Before



The current car park's capacity is currently undersized with it becoming very busy and overcrowded at peak times.

After



Sustainable surfacing can be used for the new car park, including *Ecogrid* grass reinforced paving and permeable asphalt.

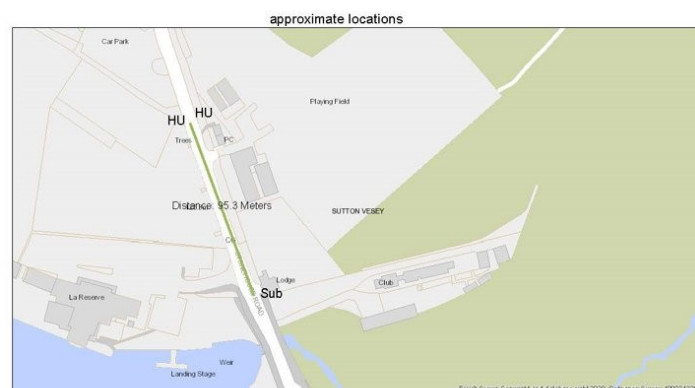
A reduced visual impact on the SSSI site can be achieved through careful choice of surfacing materials and the reinstatement of the old overflow car park.



Birmingham
City Council

Legacy Proposals: Power Point

- 21st century power hook up points will be installed either side of the carriageway into the park
- The power points will bring power to both sides for the benefit of event organisers
- This will reduce the future use of generators, providing power in a cleaner, quieter and safer way



Birmingham
City Council

Date of Map Creation: 20/11/2020

Map Created By:

Scale: 1:1,250

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Birmingham
City Council

Games Overlay: Hosting the Triathlon

Commonwealth Games Site Proposal

- In order to provide the Athlete areas, compound requirements and workforce spaces, B2022 will use the car park and adjacent field and also space on the playing fields.
- The above will require the erection of temporary structures which will commence from early June 2022 and they will be removed by mid-August 2022
- The transition area for athletes will be created within the car park and a temporary pontoon will extend into Powell's Pool



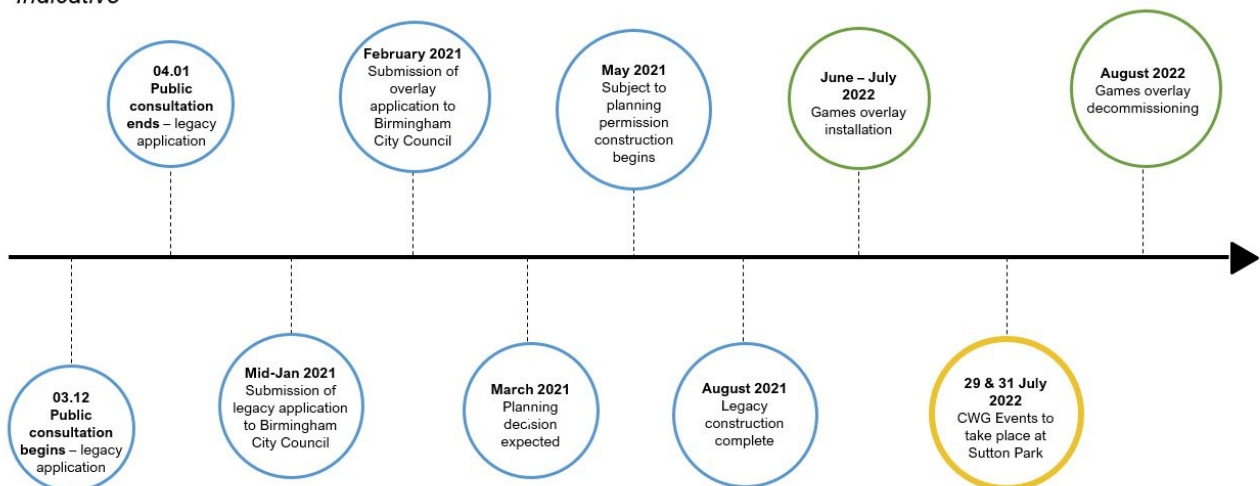
PAGE 15

Making a positive difference everyday to people's lives



Programme and Process

Indicative



PAGE 16

Making a positive difference everyday to people's lives



Next steps

Your views are important to us

We would like to know what you think about the proposals. Your feedback is essential in helping us create a legacy and enhance an important asset that the city and its residents can continue to be proud of.

How to provide feedback

- Online via BeHeard
- Email

Contact us

Email:

SuttonParkConsultation@birmingham.gov.uk

Visit our website:

<https://www.birminghambeheard.org.uk/place/legacy-proposals-boldmere-gate>



Who are they and what do they have in common? This one may take the whole family to solve, especially if one of them has good, local knowledge. Answers on page 21



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."

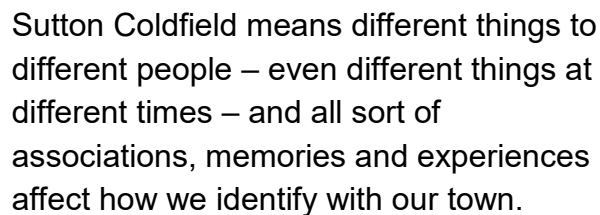
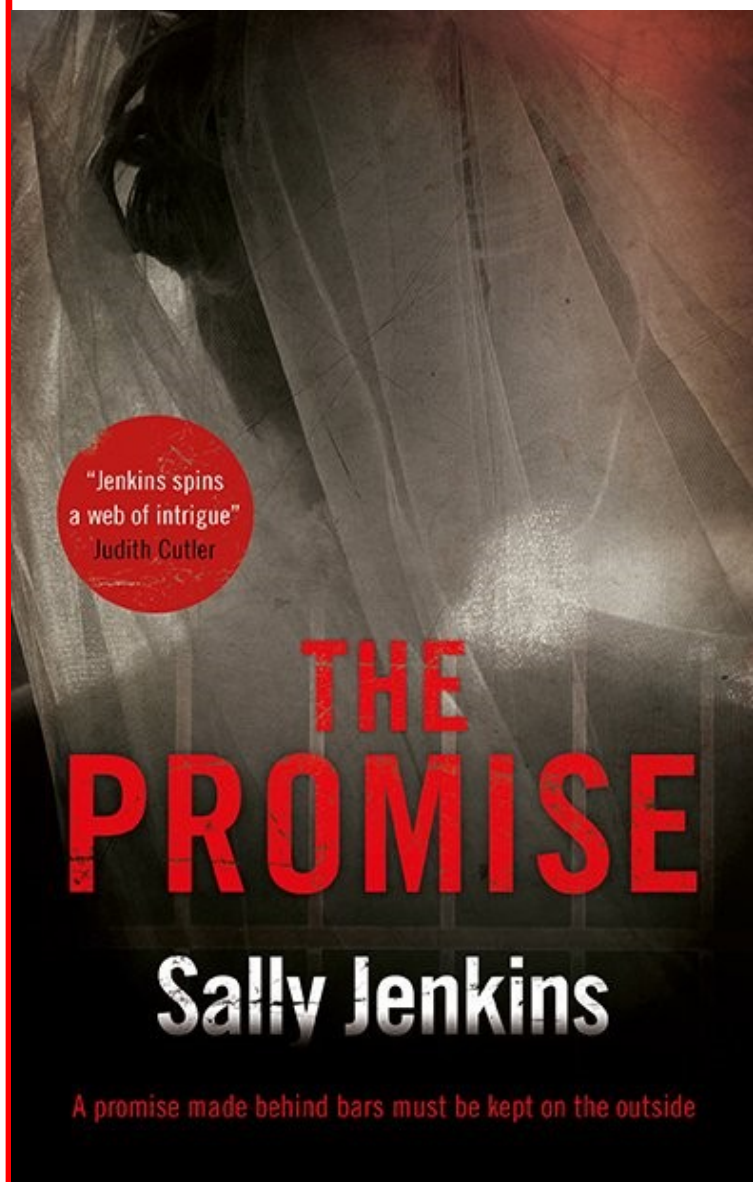
For further details and to purchase, please email Sally at sallysjenkins7@gmail.com.

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“Unexpected events all the way through.”

For further details and to purchase, please email Sally at sallysjenkins7@gmail.com.



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.



Car Key Burglary

This message refers to a **burglary** which occurred in Four Oaks Sutton Coldfield. If you do not live in that part of Sutton Coldfield, you may question the relevance of the message. However, recently there have been several car key related burglaries so the advice provided may be of use to many.

A burglary occurred in Clarence Road Four oaks between 2.45am & 2.56am on Monday the 30th of November '20.

Unknown offenders have arrived at a property on an unknown motor cycle.

They then approached the front door and used a brick to smash a window and enter the property.

The offenders have then made their way to the kitchen, from where they have taken the keys to a BMW M3 car.

The offenders have then exited the property and made good their escape in the BMW.

So in this case we have a secure property, and vehicle. What steps can be taken to help prevent such an incident?

Let us first of all look at the property. The front door was secure, glass of course can be smashed, so when you lock your front, or back door always remove the keys and move them away from the doors. This way unless the glass area is large enough to climb through the offenders will not be able to open the door.

Consider the fitting /use of a CCTV system. Consider fitting/use of a house alarm.

Give a thought to your front garden. It is always good to see a nice well-kept hedge, they help maintain privacy, on the down side a tall hedge also acts as cover for would be offenders once they have entered a front garden.

We advise keeping hedges cut lower so as not to provide this potential cover.

Much more burglary prevention advice can be found at: www.west-midlands.police.uk search burglary prevention.

Now let us take a look at the vehicle. Modern vehicles have been made generally more secure, hence the requirement for offenders to obtain the keys in order to steal the vehicle.

Here are some tips to help reduce the chances of your vehicle being stolen by car key burglars:

Never leave car keys in open view of your letterbox or ground floor windows

Cars are now very difficult to steal therefore, criminals are resorting to stealing car keys

Always keep your windows and doors locked

Fit a steering lock to your vehicle as this will prevent the vehicle from being driven away

Ensure car keys are not within reach and cannot be "fished" from letterbox or window

Because it is the car keys the thief wants, when at home at night DO leave them downstairs, do not take them upstairs with you. If they are persistent enough to break-in it is best they take the keys and go.

If you have a garage, always make sure the car is parked in it overnight.

If you have a home security system, always use it.

Invest in a tracking device so if your car is stolen it stands a better chance of being traced. If your car is fitted with a tracking device, activate it every time

Be alert when you are outside – consider who is around you and where your keys are

Before getting out of your car, check your surroundings – wherever you are. If you feel uneasy do not park, drive off.

Report any suspicious activity or interest in these types of cars to the police

Let us not forget that many vehicles nowadays are "keyless".

These also get targeted by car key burglars, often without the need to actually enter a property.

Advice, such as **keeping your keys in a blocking pouch** can be found at: www.locksmiths.co.uk

Go to Home, advice & tips (FAQ'S). Prevent keyless car theft-8 quick tips.

Message Sent By

Saul Smith (Police, PCSO, Four Oaks NHT)

COVID-19 and crime survey

We are delighted to be working with **University College London** to understand how COVID-19 has impacted upon people's routine and online activities, crime and their perceptions of it.

To help with this work, we are encouraging our supporters to participate in a short survey (surveymonkey.co.uk/r/9LGPHDL) which closes on **23rd December**.

As well as understanding how the pandemic has affected things to date, the aim of the survey is to understand how it might do so in the future. Your participation will be really valuable and help us understand things that other data cannot.

We estimate that it will take about 15-20 minutes to complete. Your responses will be stored securely and you will not be asked for any information that would identify you as an individual.

If you are willing to take part, please complete this survey: www.surveymonkey.co.uk/r/9LGPHDL

Please support this work - with your help I am sure we can gain real insight into the effects of COVID-19 on crime.

Yours faithfully,

Central Support Team, Neighbourhood Watch Network

Follow us..

Website: ourwatch.org.uk

Facebook: facebook.com/ourwatch

Twitter: twitter.com/N_watch

Instagram: neighbourhood.watch insta

LinkedIn: linkedin.com/company/neighbourhood-watch/

Message Sent By

Deborah Waller (NWN, Senior Digital and Communications Manager, England and Wales)

You can improve your cyber security by taking six actions:

1 - Use a strong and separate password for your email

If a hacker gets into your email, they could:

- * reset your other account passwords
- * access information you have saved about yourself or your business
- * Your email password should be strong and different to all your other passwords. This will make it harder to crack or guess.

2 - Create strong passwords using 3 random words

When you use different passwords for your important accounts, it can be hard to remember them all.

A good way to create strong, memorable passwords is by using 3 random words.

Do not use words that can be guessed (like your pet's name). You can include numbers and symbols if you need to. For example, "RedPantsTree4!"

3 - Save your passwords in your browser

Saving your password in your browser means letting your web browser (such as Chrome, Safari or Edge) remember your password for you.

This can help:

- * make sure you do not lose or forget your passwords
- * protect you against some cyber crime, such as fake websites

It is safer than using weak passwords, or using the same password in more than one place.

4 - Turn on two-factor authentication (2FA)

Two-factor authentication (2FA) helps to stop hackers from getting into your accounts, even if they have your password.

5 - Update your devices
Out-of-date software, apps, and operating systems contain weaknesses. This makes them easier to hack. Companies fix the weaknesses by releasing updates. When you update your devices and software, this helps to keep hackers out.

6 - Back up your data

Backing up means creating a copy of your information and saving it to another device or to cloud storage (online).

Backing up regularly means you will always have a recent version of your information saved. This will help you recover quicker if your data is lost or stolen.

For more information, and step-by-step instructions, please visit cyberaware.gov.uk

Message Sent By

Action Fraud (Action Fraud, Administrator, National)

Coffee is Not Just Coffee

Hello everyone, I hope you are all keeping well during these still strange times. I thought I should probably write something a bit more festive seen as this is a special Christmas edition of the gate post, but my time on furlough as a barista has got me thinking about the job I do. More than ever it has become important to support local businesses including local independent coffee shop (which is also a chance for you to experience different coffees and notice that they may be done slightly different to those 'bigger chains' of coffee shops!). So I thought I would give you a little more information on making coffee, which will hopefully get you thinking and help you gain a better understanding when you next enjoy your little cup of happiness!

Arabica



Now you might be thinking why on earth would I be barking on about coffee because isn't coffee just coffee? **WRONG!** In fact, getting the perfect cup of coffee is a very precise process and one that can change the taste and type of coffee you may have. From the main types of coffee bean (Arabica, Robusta, Liberica, Excelsa) and where they have been grown, to the roasting process and the grind of the beans, the extraction time (the speed in which the coffee comes through the coffee machine) and the milk we use and how we steam it! It all sounds very technical .. and to be honest if you start from the very start of the process of the growing of beans then yes the process can seem quite long winded ... which is more reason to appreciate your coffee once it's made to perfection! (well that's depending on where you go!)

Some of the top growers of coffee beans comes from all across south and central America, and before roasted can be a green/pale colour. These beans can be found in 'coffee fruits' which are red like berries in which the beans are held inside. (before you ask, no 5 coffees will not count as your five a day!) There are many coffee shops and standalone coffee roasters all over the UK and elsewhere all over the world that roast their own coffee. This is where the taste can change depending on the beans being used and the type of roast it may be. A darker roast can create a stronger taste and possibly more bitter whereas lighter roast can be more smooth and mellow.



Many coffee roasters provide special blends of coffee which may have different tastes which can include fruity, nutty, and chocolatey. I guess you could compare these different 'taste notes' to those like wines, you know those with 'fruity notes' etc. (for me I tend not to look at the deep flavours of wine but more of the alcohol percentage!) Once the beans have been roasted, they are packed up and sealed tightly to ensure the freshness of the beans are kept. It's usually recommended that you use coffee beans within a couple of weeks of being roasted to guarantee the best quality of coffee.

Once you have your beans, they are they ready to be ground using a 'grinder' which is the noisy machine you often here in coffee shops as the grinder grinds up all those lovely beans! You can change the grind of the beans to either be finer (which slows down the extraction speed of coffee out the coffee machine) or coarse (which increase the extraction speed). From this your lovely espresso will be extracted from those beans! Most coffee roasters will provide a recipe for the perfect extraction time and weight of the shot to enable the best possible taste.



From that coffee espresso we can create all the wonderful different coffees that we know and love! As a barista I enjoy creating different coffees and ensuring the quality is there. I won't bore you any more with steaming milk methods but that's the final bit of magic to create the likes of cappuccinos, lattes, flat whites, mochas etc. (take a look on YouTube on [latte art videos](#) and steaming milk, it really is an art that takes a long time to get right, but when you do it is super satisfying! Next month I'll tell you about the basic types of coffee you can order from your barista.

I hope everyone has a wonderful Christmas!

Rosie Pointon

Ok cat-lovers, your turn. Match the numbers to the letters. A Savannah Cat. B Ocicat. C Cymric. D Egyptian Mau. E Havana Brown. F Toyger. G Pixie-bob. H American Wirehair. I Oriental Longhair. J Selkirk Rex. K American Bobtail. L Cornish Rex. M Peterbald. N Snowshoe cat. O Oriental Shorthair. P LaPerm. Q Turkish Van. R Burmilla. S Chartreux. T American Curl. Answers on page 21.



Answers to page 15

1. [Humphrey Bogart](#)

The legendary actor, who has delivered stellar performances in iconic films like "The Maltese Falcon" (1941), "Casablanca" (1942), and "The Big Sleep" (1946), was born in 1899. The Academy Award-winning actor was ranked as the greatest male star of Classic American cinema by the American Film Institute in 1999.

2. [Helena Christensen](#)

The Danish model is a former Victoria's Secret Angel who was born in 1968. She has appeared on the covers of magazines like Vogue, Elle and Harper's Bazaar. She was a creative director of Nylon magazine and supports funding for breast cancer organizations.

3. [Alastair Cook](#)

The skipper of the England cricket Test team was born in 1984. In 2013, he became the youngest player to complete 8000 Test runs and remains the only English player ever to be a part in 50 Test victories.

4. [Quentin Crisp](#)

The British writer and raconteur, known for his feminine tendencies, was born in 1908. He rose to fame when a movie based on his book, "The Naked Civil Servant," was televised on British and U.S. television. He died in 1999, aged 90 — barely a month before his 91st birthday.

5. [Dido](#)

The British singer/songwriter, famous for hits like "White Flag" and "Life For Rent," was born in 1971. Her first two albums are among the best-selling albums in U.K. Chart history, and she was nominated for an Oscar for the song "If I Rise" in "127 Hours" (2010).

6. [Conrad Hilton](#)

The founder of the luxury Hilton Hotels chain was born in 1887. He served in the U.S. Army for two years during the First World War before setting up his hotel empire. He died in 1979, aged 91.

7. [Chris Kamara](#)

The former tough-tackling English soccer midfielder was born in 1957. After retiring from the game, he coached the Bradford City and Stoke City teams for a few years, before tuning into a presenter and football analyst at Sky Sports TV.

8. [Annie Lennox](#)

The Academy Award and Grammy-winning Scottish singer/songwriter was born in 1954. She has been named one of 'The 100 Greatest Singers of All Time' by Rolling Stone. Apart from music, she is also a political and social activist raising awareness for HIV/AIDS.

9. [Shane MacGowan](#)

Best known as the lead singer/songwriter of the English punk band, The Pogues, MacGowan was born in 1957. He has also written lyrics for the song "For The Dancing And The Dreaming" in the film "How to Train Your Dragon 2" (2014).

10. [Isaac Newton](#)

Born in 1642, Newton is widely recognized as one of the most influential scientists of all time, whose formulation of the laws of motion and universal gravitation brought a scientific revolution. He died in 1727, aged 85.

11. [Emma Slater](#)

An English professional dancer/choreographer, Emma was born in Sutton Coldfield but raised in Tamworth where she joined local stage schools taking part in numerous productions at an early age. She has a twin sister, Kelly, a costume designer, and stylist on Dancing with the Stars

12. [Justin Trudeau](#)

Born in 1971, he is the second youngest and the current Canadian prime minister. The eldest son of former prime minister Pierre Trudeau, he is also the leader of the Liberal Party of Canada, who identifies himself as a "proud feminist."

... and all born on Christmas Day

Spot online shopping scams

With Black Friday round the corner many of you will want to take advantage of some amazing deals, but don't lose your money to con artists who may create fake ads and websites.

Here are some [straightforward checks to make sure you're dealing with a legitimate retailer](#).

Doorstep scams in lockdown areas

People have been reporting an increase of door-to-door salesmen during lockdown. While some are just doing their job, others are out to trick you out of your money. Here's a reminder [of how they operate](#) so you don't get caught out.

Amazon Prime renewal scam update

We know that the dangerous Amazon Prime scam call we first warned of more than a year ago is continuing in the run up to Black Friday. [Here's a reminder of how it works so you know exactly what to watch out for](#).

Starling Bank fraud warning system failed Android users for 31 days

We've discovered Starling Bank customers who use Android devices or the old version of its banking app missed out on crucial fraud warnings known as Confirmation of Payee (CoP) for a month.

Although the issue has been fixed, [we're urging Starling customers to check recent bank transfers](#), especially those made between 12 October and 13 November.

COVID-19 vitamin pill cold calls

With the rollercoaster of restrictions taking place, so many of us are determined to stay as fit and healthy as possible. Unfortunately this attracts trouble. A go-to tactic for cold callers that's been on the rise this year is pretending to be from the NHS or local health services offering low quality, cut-price vitamins and supplements.

It's a ruse to take your bank details and regular payment without your permission, [here's how it works](#).

Fake sellers online are a growing problem

Since many of you shared your experiences with scams we're continuing to investigate the scale of online scams and found that 1 in 10 people have fallen victim to a purchase scam through a fake social media ad. 1 in 10 also have fallen victim to a scam ad via a search engine.

[Here's Christine's experience of dealing with a fake Facebook ad, other scam victims' experiences and how it affected them](#).

[How to get your money back after a scam](#)

[About Which?](#)

Have a race with someone, or have a race against the clock. Do it again and see how much quicker you are.

Points of The Compass

x	c	6	r	g	n	w	s	i	u	t	k	e	p	e
l	g	p	d	e	a	g	t	h	v	v	k	9	s	r
f	j	n	s	f	u	c	g	p	g	n	r	d	i	r
h	w	s	a	s	a	q	z	d	h	o	c	i	o	4
m	q	r	z	2	b	w	x	7	j	a	f	t	c	e
a	g	a	x	b	e	e	v	o	a	f	d	p	h	a
j	n	g	c	n	o	r	b	i	k	d	s	m	j	i
g	z	y	v	t	p	t	p	u	r	s	n	n	m	e
e	y	v	b	l	v	y	8	y	l	i	a	b	l	y
3	e	s	o	s	a	u	a	t	m	g	5	v	l	1

	W5	N4	E3											
1	m	a	p											
	S3	E5	N2	N4	W5	W4								
2														
	N3	E5	N4	E6	S5	E3	S1							
3														
	W6	N3	W1	S1	W2	N1	W4	S9						
4														
	N6	E2	S4	W6	S2	W3	N6							
5														
	E3	S1	E5	S7	S1	N5	N4	E4						
6														
	W3	S1	E9	N4	S5	W13	N5							
7														
	W7	N8	E13	S9	W10	N9	E9							
8														
	S1	E1	E1	S2	W1	W1	N1	W2	N1					
9														



Instructions

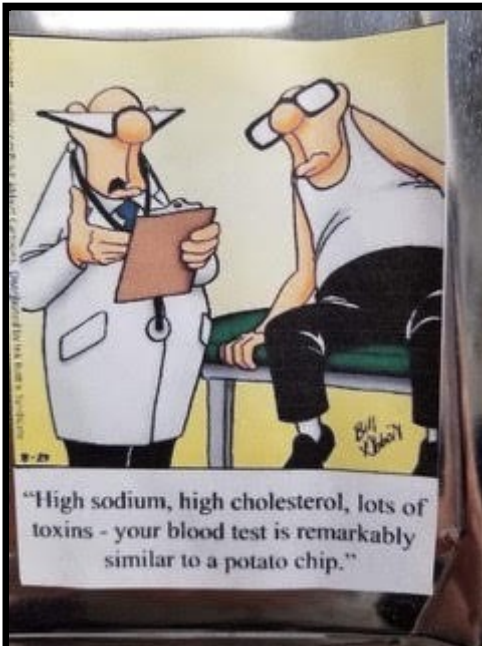
Starting from each number, move around the grid to collect letters to make nine different words.

The first word 'map' has been done for you.

W5 means move 5 squares to the West.

N4 means move 4 squares to the North.

E3 means move 3 squares to the East.



Got up this morning and ran around the block 5 times. Then I got tired, so I picked up the block and put it back in the toy box.



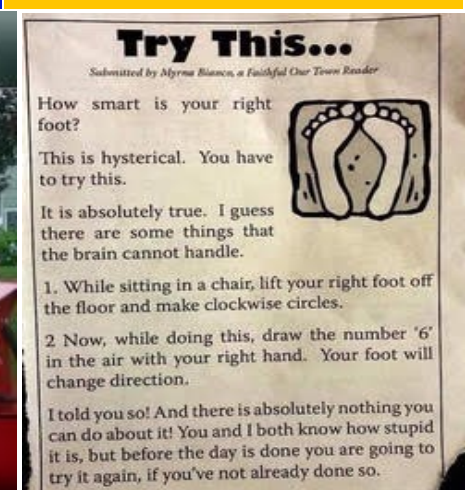
WHATEVER YOU'RE DOING TODAY DO IT WITH THE CONFIDENCE OF A 4 YEAR OLD IN A BATMAN T-SHIRT.



Apparently, it's only appropriate to say "Look at you! You got so big!" to children. Adults tend to get offended.

I just paid for a 12 month gym membership. My bank called to see if my credit card was stolen.

Guys I need your help. I'm in the middle of an argument with my wife and she just told me that I'm right. What the hell do I do next?!



Season's Greetings from Highbury Theatre

There's not very much to update you on as we're still as closed in tier 3 as we were in Lockdown II and at the time of writing, we don't know what tier we'll be in after the review on 16 December.

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. We're going to be issuing a Christmas Highbury Flyer with seasonal goodies so be sure to join our mailing list by emailing boxoffice@highburytheatre.co.uk.

Many of our online offerings can be found on our YouTube channel, Highbury Stories, which is here <https://www.youtube.com/channel/UC8CipRhweuy9L24fHa8dQlg>

You might also like to know that on 21 December, Culture Central is organising an online event called It Gets Lighter From Here. This will involve the publication of dozens and dozens one- minute films on the day to mark the shortest day and provide moments of happiness and hope. There's more information on the Culture Central website (<https://www.culturecentral.co.uk/events/it-gets-lighter-from-here-2/>) and on the day, search on social media platforms like Twitter by using the hashtag #ItGetsLighterFromHere.

Finally, we'd like to wish you all a safe and peaceful Christmas time and we look forward to a 2021 in which we're able to do more of the things we love with the people we love.

What3words

If you enjoy travelling and you want to meet people at a particular spot, just 3 metres square, or find it again in the future, up mountains, or at concerts (they will happen again—promise), or you are about to park your car in a huge carpark, or you want a fool proof address anywhere in the world on land or sea, please take a look at what3words.

Watch this interesting tutorial [here](#), to see how it works. Never get lost again.

Four billion people in the world do not have an address. Watch the CEO and founder, Chris Sheldrick, explain how it started and how what3words works offline [here](#).

I live at **homes.editor.diary**, the square next to it is scan.fill.shaky they are side by side at my front door, and both are easier than 44 Hollyhurst Road, Sutton Coldfield, West Midlands. B73 6SY. United Kingdom. My three words address is for one square out of the 57 trillion, that's 57,000,000,000,000, three word addresses on the planet. Download the app to your mobile and it will direct you to an address, the same as your satnav, on your mobile.



We have used it to find a small chateau in France in a hilly area, and suddenly, there it was — easy-peasy, and so easy when you want to go back.





Good cause charitable donations made by Manor MTC

£ 4,000 *Midlands Air Ambulance*£ 3,000 *Acorns Children's Hospice*£ 400 *Helping Hands* a local homeless charity. From fund raising events concerts and festive Carol singing locally at Bishop Vesey pub, Oscott Village Residential complex and for various Rotarian functions.

We wish all our supporters a happy and safe Christmas.

We look forward to your support when next performing for you all at Sutton Town Hall when conditions allow.

Follow our website in the New Year www.manormusicaltheatrecompany.co.uk



(To the tune of Jingle Bells)

Turkey roast, Christmas pud
Chocolate and dates
Carrots, stuffing, spuds and peas
All piled up on the plates
Try some cake, fruit and nuts
Have a drink of beer
Eat another mince pie
Or we'll stuff it in your ear

(To the tune of Deck The Halls)

(To the tune of "Good King Wenceslas)

Christmas morning down the pub
Getting drunk and perky
While the missus stays at home
Trying to cook the turkey
Got thrown out at closing time
Head in need of aspirin
Got home for my Christmas lunch
Found it in the dustbin

Can't believe the Smith's are calling
Coming 'round for tea on Christmas
day
Their behavior's quite appalling
You should see the booze they put
away
He's obnoxious, she's a loudmouth
Kids run screaming 'round the floor
they're a most disgusting family
God, I really hate my brother-in-law

With thanks to Eric Jones



Some festive food information

Food around at Christmas in the 1950's

- * Bananas & oranges only appeared at Christmas time.*
- * Figs and dates appeared every Christmas, but no one ever ate them.*
- * Soft drinks were called pop. * Coke was something that we mixed with coal to make it last longer*
- * If we had eaten bacon lettuce and tomato in the same sandwich, we would have been certified*
- * Cornflakes arrived from America, but it was obvious that they would never catch on.*
- * Surprisingly, muesli was readily available in those days, it was called cattle feed.*
- * Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.*
- * Indian restaurants were only found in India*
- * We didn't eat Croissants in those days because we couldn't pronounce them, we couldn't spell them and we didn't know what they were.*
- * We thought that Baguettes were a serious problem the French needed to deal with.*

Brussels sprout facts

Brussels sprouts are incredibly good for us. One ball contains more vitamin C than an orange, and plenty of other nutrients - even when favourably fried with pancetta or chestnuts and a touch of Parmesan so that the leaves are crisp and salty.

- Brits eat more than any other nation in Europe*
- There are 110 different varieties*
- Famous fans include Gordon Brown and Esther Rantzen*
- The heaviest ever grown, in 1992, weighed 8.2kg*
- The Duke and Duchess of Cambridge reportedly ate sprouts on their honeymoon in the Seychelles*
- Sprouts are said to aid fertility*

Many thanks to Eric Jones



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.

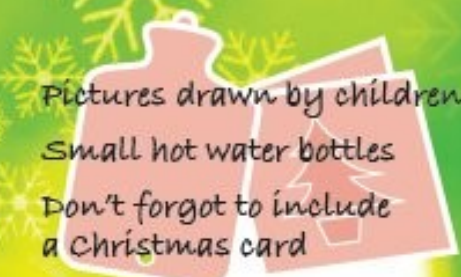
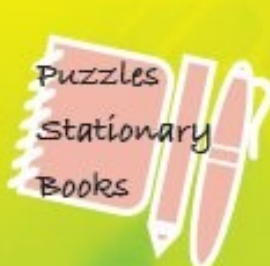
NMS Sutton Coldfield Christmas Shoebox collection

This year has been especially tough for Older Adults in our community and we'd like to end the year on a high note and spread some festive cheer!

Could you help us?

If you'd like to donate a shoebox. Please wrap or decorate the box and lid separately so boxes can be checked before they are delivered and don't include any food based gifts.

Preferred items include:



Collection period

Monday 30th November – Friday 18th December

Drop-off point

Communita Cafe, 78 Boldmere Road, Boldmere, Sutton Coldfield B73 5TJ

Thank you for your support!

If you know someone who would benefit from a gift this Christmas,
please contact: Manjit Sailopal – Neighbourhood Networker
07590048240/Manjit.sailopal@compass-support.org.uk

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E-mail: cafe.oasis@scurc.org.uk**

**Can be stored in the fridge and reheated. Storage and
heating instructions included.**

Cafe Oasis supported by Volunteers and Staff at Sutton Coldfield
United Reformed Church. Registered Charity No. 1131424

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 tipple.

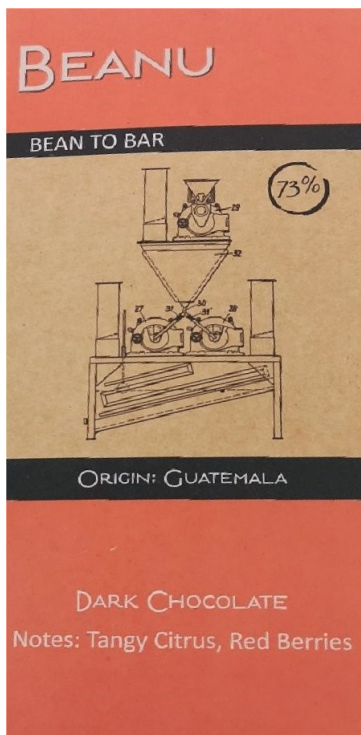
We craft our chocolate through every step of the process from the roasting of the beans to hand tempering every bar for that perfect snap.

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

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"Crafting a movement, tasting the moment"

community 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

0121 362 3650

Email : info@ageconcernbirmingham.org.uk

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See page 25

AGEconcern

Birmingham

Have you any jobs around the home that need some attention? We are taking referrals for our Trusted Tradesperson Scheme.

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.

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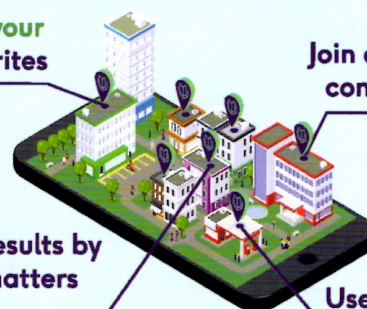
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AGEconcern

Birmingham

Welcome the new year and join us for our quiz on Wednesday 6th January at 7.30pm.

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.virtualquizevents.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.





Sutton Arts Theatre

We are in desperate need of jigsaws.

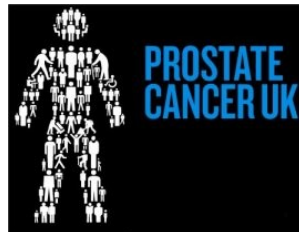
We raise money for [Sutton Arts Theatre](#) and [Prostate Cancer](#) and need jigsaws as we have done very well with these during Lockdown. If anybody has any to donate, (or anything else that we can sell to raise money) we would be very grateful and will collect if necessary. Will donors please contact



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

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.



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

Large cards:- Christmas Days and Jingle All The Way - **£3.50** per pack of 10

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Christmas

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Only £39.00



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Chocolate Orange Roulade

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Luxury Shepherd's Pie
Wiltshire Ham
Roast Chicken with Apple & Brandy Sauce

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Christmas Sherry Trifle
Christmas Pudding & Custard



Turkey, Beef & Gammon Carvery



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Year 4 Wednesdays 4:15—5:30pm

Year 5 Saturdays 2:30—4:45pm



Rushall Hall Tuition Centre:

(Rushall Church Hall, Leigh Road, Walsall, WS4 2DS)

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Year 5 Thursdays 5:20—7:20pm

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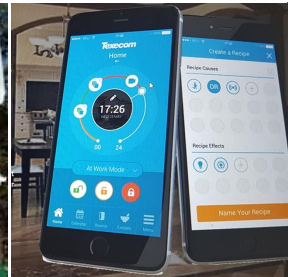
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or email chong.fouroaks@gmail.com



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

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

www.5kyourway.org/register

Don't forget to register with parkrun to get your barcode



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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.

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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)

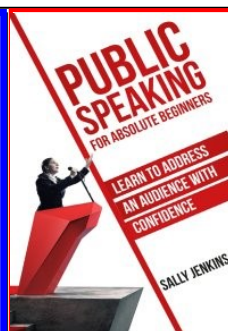
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0121 769 2706 07724 212204
West Midlands North Branch

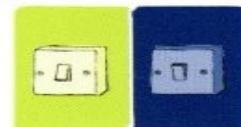
Paul White Electrical

No Job too small

Paul Andrew White
Electrician

111 Wandsworth Road
Birmingham
B44 9LY
07403445651

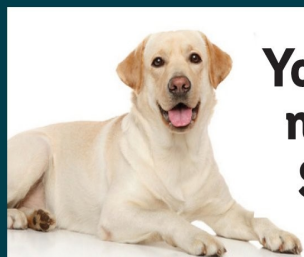
p.white.electrical@gmail.com
Part P reg 58023 PAT Testing



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



You'd be barking
not to come to
Streetly Vets



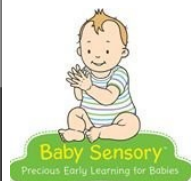
89 Blackwood Road, Sutton Coldfield B74 3PW
Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets



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



Personal Training

Looking to lose weight?
Improve your fitness?
Improve your diet?

Katie Ingle

T: 0788 886 7850
E: kiltrfitness@outlook.com
IG: @kiltrfitness
FB: kiltrfitness

Personal training sessions
available from £30 p/h at Pure
Gym, Sutton Coldfield (+£5.99 for
a day pass). Free consultation &
monthly packages also available!

Muscle tightness / strains, Joint pain, Sciatica.
Shoulder & neck tension, headaches.
Sports Injuries (specialized in running injuries).



Sports
Massage 360

Amy Johnson (Bsc). Recommended since 2014.
10 Jevons Road, B73 6QP 0770 7006802

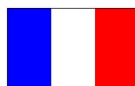


HOME TUITION

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	Create at Gate with K & S Global Communion Soul Yoga Family Communion For details see website at www.stcolumbasbannersgate.co.uk Loveworld Church Family Worship www.bannersgatechurch.com	Community Hall Community Hall Community Hall St. Columba's Community Hall Banners Gate CC	Kathy Weston Pastor Chris 07565 Ola Samuel 07565 Nigel Willis	628 6651 65 27 62 354 5873 65 27 62 353 0230	
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 am 10.00—11.00 am 6.30 – 9.45 pm 7.15 – 10.15 pm Bridge (4th & 2nd alt months) 7.30 pm (1st) 8.00 pm	Stay in Focus Fitness Holy Communion Yoga Zig Zag Dance Studio 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	
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.					

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Patron HRH The Princess Royal GCVO

Townswomen Guild meetings are temporarily suspended due to the Covid pandemic and will resume as soon as they are able.

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	