

# Gatepost wishes you a Happy Valentine's Day



**Banners Gate & Parklands**  
Community & Neighbourhood Forum  
**143<sup>rd</sup> February 2021**  
[bannersgateneighbourhoodforum.com](http://bannersgateneighbourhoodforum.com)

If you want Gatepost emailed to you in full colour every month, please send an email by just clicking the link, [bgatepost@gmail.com](mailto:bgatepost@gmail.com) with "Email Gatepost" in the subject line.

By the end of the month, the sun won't set until 5.41pm.

By the end of March it will be 7.37pm.

April: 8.30pm

May: 9.17pm

June: 9.34pm

There are brighter days ahead.



**Thank you, Margaret Adams, for sending in the sunset times.**

We like anything funny, artful, educational, daft or thought-provoking, and anything else of interest, so if you didn't send anything in for this Gatepost, there's always the next one.

Please send it to us by 18th March to [bgatepost@gmail.com](mailto:bgatepost@gmail.com).

There is a Vesey Ward meeting on the 18<sup>th</sup> February 2021 at 7.00pm. We will be using Teams, rather than Teams live events, which will allow residents to participate and to ask questions in parts of the meeting.

Meeting Link: <https://bit.ly/3d5NU5A>

As there is much serious, and not fully understood, illness in the country at the moment, along with lockdowns, I feel that publicising the Samaritans number, and [website](http://www.samaritans.org), may be of benefit to some of our readers.

Keep safe and sane, Tony

116123

SAMARITANS



## **Alison Jolley: Sharing Good News**

A short time ago I caught up with fellow Boldmere resident Mark Chadwick. Normally we would chat over coffee but this time we spoke by phone.

Mark lives with others and he is very pleased

to share his positive vaccine experience. He told me, "Everything was so well organised and none of us felt at all unwell". He also said how important he thinks it is that everyone takes this opportunity when offered. Quite rightly he is keen to be off on holiday again and also meet up with friends and family as he misses this hugely.

Therefore, Mark's thumbs up

message is:

"Have the jab ASAP so we can all meet up ... soon!"

Mark wanted to know if I was having the jab. My answer was, "Yes, most definitely, we all need to participate in the global roll out of the Covid-19 vaccine."



*Looking over the park from Monmouth Drive, just up from the gate. Alison Jolley*

## **Kath Scott: Hi Everyone**



Are we in February already!!! I can't believe it has been a full month of home schooling for me and my kids. I do hope that all parents & carers are coping; if you have any issues at all please email me. [Kath.scott@birmingham.gov.uk](mailto:Kath.scott@birmingham.gov.uk)

Since lockdown it has been hard to get hold of books. During the Summer I had a clear out of all my old books and left them on a shelf in my front garden for neighbours to help themselves... I'm pleased to say they pretty much all got taken. Now though, it's too cold & wet for that and I have been downloading books on my kindle, but there is a way to

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Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: 605 4947, or [bgatepost@gmail.com](mailto:bgatepost@gmail.com) **Next deadline: March 18<sup>th</sup>.**

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download for free or even get books delivered by post, using Birmingham Libraries which is REALLY EXCITING!

I have to confess that I am an avid reader and often read three at once as reading is my number one hobby and I love books in all their forms and formats!

Here are a few of the books I have recently read that I really enjoyed, some old, some new.

The Colour Purple by Alice Walker – I read this at least once a year and it still makes me cry every time, I love it!

The Bees by Laline Paull – A brilliant book written about a hive from a Worker Bee's perspective. Sounds mad and a little kooky, but its sublime and you really get to know the main protagonist, and how Bee's live!!

Where the Crawdad's Sing by Delia Owens – So, beautifully written, I loved the nature in this book, the inspiring intelligence of the main character & how isolation can mould a person to live outside of cultural 'norms' and still thrive.

Beloved by Toni Morrison - I read this in honour of her recent death and was surprised that I hadn't read any of her books before; it was so moving and wonderfully written that it's inspired me to read a further two Toni Morrison novels "The Bluest Eye" & "Love".



The Library of Birmingham will be offering a new postal book delivery service, **Books by Post**. They will be offering this service at some community libraries from 1 February 2021.

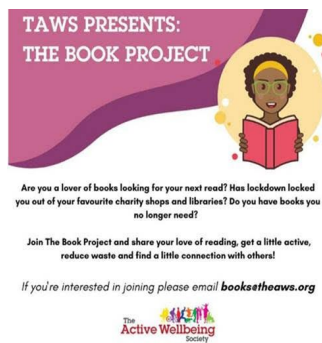
Log on to Birmingham libraries here and click on the link to the virtual library.

<https://www.birmingham.gov.uk/libraries>

You can also get involved with [The Active Wellbeing Society's](#) new Book Project.

There are many ways to get involved with The Book Project including donating, hosting the street donation box, volunteering to deliver books or taking part in an online book group via Zoom!

To register your interest please email [books@theaws.org](mailto:books@theaws.org)



### **Rob Pocock: SO HERE'S THE GOOD NEWS!**

There's not much good news around right now, but one positive for the Banners Gate and Parklands area, is that Kath and I did eventually manage to get another community grant from the City Council to be allocated to the Banners Gate Neighbourhood Forum.

We hope this can resume the food drops to housebound residents, and also including 'essential supplies' this time, anything from washing powder to cleaning products to hand wipes. Another new idea is a 'community bingo' which we

hope will keep people entertained until we can all escape again. Details are still under wraps and Tony Willis hatching some ideas for this, so watch this space!

Finally, on Covid, I got to see the vaccine operation at the Sutton Town Hall first-hand last week, after I got 'the call' from the GP surgery. It was a brilliant example of top-class NHS organisation from start to finish. Nursing staff, emergency services and volunteers working together with military precision, care and a chirpy sense of humour. How they keep that going every day just beats me, we have so much we owe to these undervalued public servants.

### **UPDATE - IMPROVED CAR PARKS AT SUTTON PARK BOLDMERE GATE**

This proposal was featured in a Gatepost before Christmas, and I'm now pleased to confirm that a full planning application has gone in for this scheme, to upgrade the car parks at Boldmere Gate entrance. There's an investment of £770,000 going into it, from the Commonwealth Games fund. Assuming the scheme gets permission, the upgrade work will start in the spring and will hopefully be completed by this summer.

Thanks too, to Gill Chant for her work on developing a list of improvements needed around the Banners Gate entrance. Another excellent survey has been done by Frances Heywood, looking at how to make Sutton Park more accessible for young people with disabilities. Both these schemes are being taken forward under the umbrella of the residents group called 'Friends of the Boldmere and Banners Gates' – just drop me an email [rob.pocock@birmingham.gov.uk](mailto:rob.pocock@birmingham.gov.uk) if you'd like to get in touch with this excellent local group with your own ideas or offers of help.

### **REPAIRING ROADS AND PAVEMENTS**

The resurfacing of the crumbling road on Greenway Drive has now been completed to an excellent standard now, and I'm doing my best to get other roads, like the top end of Westwood Road, and the dire pavement condition in parts of Coppice View Road, prioritised too. It's like pulling teeth but I'm keeping at it!

### **Finally, as sea shanties are now back in fashion again, here's my favourite:**

What shall we do with drunken Councillor, what shall we do with a drunken Councillor what shall we do with a drunken Councillor, earlai in the morning?

Hit him in the ballots with a big no thankyou, hit him in the ballots with a big no thankyou hit him in the ballots with a big no thankyou, earlai in the morning!

That's as good as I could manage for poets corner this month ...

**Cllr. Robert Pocock, [rob.pocock@birmingham.gov.uk](mailto: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](mailto: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 Vicarage: Waiting in Lent.

Hello everyone. I have spent this week preparing for Lent. I have made sure that the vicarage is fully stocked with Nutella and Golden Syrup, so that we are ready for the pancakes on Shrove Tuesday. This is because I have learnt that if you want the family to show any enthusiasm for the church calendar, they have to be fed well! I have also been putting together an Ash Wednesday service, which will take place via Zoom this year. It has meant that I have been experimenting with the different ways in which people could mark the sign of the cross on their own foreheads – instead of the ‘ashing’ that normally takes place in church. To be honest, it’s not an experiment I ever imagined I would be doing – but as we hear so often “these are unprecedented times.” Our Lent course is planned and ready to go (happening unsurprisingly, via ZOOM) and we are facing, once again, the reality that Easter will probably be celebrated with restrictions.

More difficult to list are the conversations that I have been privileged to have this week. I have spoken with people who are worried for friends who are unwell, frustrated that they can’t visit or support them as would normally have done. I have worked with families as we have prepared for the funeral of their loved one. I have listened to a man so lonely, it made me want to cry and a friend, who has lost their job, again.

This week Megan Nolan wrote an article in the New Statesman; ‘Lines of Dissent.’ In it she says, “We can’t expect to find ongoing strength in minimising our sadness, our reserves will grow thin ... and our spirits more exhausted than if we had allowed ourselves to suffer.” She is right. Surely, we must be honest with ourselves and admit that many of us are sad right now, and with good reason.

The bible is not afraid of honest emotions. For example, the book of Psalms addresses sadness, disappointment, and doubt head on. Psalm 22 describes beautifully how many of us are feeling right now,

“I am poured out like water, and all my bones are out of joint  
my heart has turned to wax. It has melted within me.”

Such emotions are expressed honestly because the Bible is able to hold the tension of what is, and what will be, secure in the knowledge that God is present in all that we face, and that in Jesus Christ new beginnings and possibilities are promised. They are just some of the reasons that Psalm 27 can declare,

“I remain confident of this; I will see the goodness of the Lord in the land of the living.  
Wait for the Lord; be strong and take heart and wait for the Lord.

That is what we, as a church community, will be doing during Lent, confidently waiting for Jesus as we look to Easter Day. The waiting brings with it, peace, and comfort, but also a realistic, gritty, and determined hope. I could not live without that hope and it is a hope that is available to all.

I am certain that there is little need to give up anything else this Lent, when Lent has felt like it has lasted a whole 12 months. Instead, I will be intentional about holding onto an honest kind of hope – even at times when it may feel difficult to do so. Join me if you can.

Rev Beccy, St Columba’s Church.

During lent why not look at some of the resources that we will be using at church; you can subscribe, they are free, and they offer a different perspective on life right now:

<https://www.churchofengland.org/resources/livelent-2021-church-resources-gods-story-our-story>



Just in case you missed it in January, here it is again. Good Luck if you are job-hunting.

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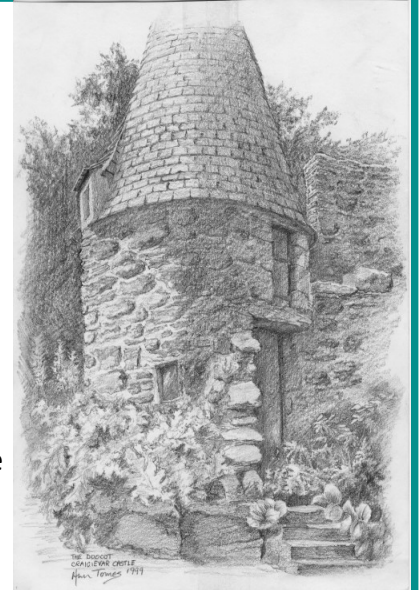
**Adecco**



*This article is about one of Ann Tomes's many trips to Scotland, and particularly about [Craigievar Castle](#). Also included are two more of her many drawings, a farmhouse and cottages, both a little closer to home. For those of you who are interested in the equipment, Ann uses a [Daler drawing book of cartridge paper](#). Three pencils are used: HB to draw, 2B for lighter parts of the work, and 6B for the darker areas.*

For 15 to 20 years, we holidayed in Scotland staying for many of those years in the delightful town of Ballater, nestled in the shadow of the Grampians with the River Dee running along its southern flanks. This charming stone-built town with its individual shops along the main street, surrounds the large village green on which the impressive [Church of Scotland](#) announces its presence. The town was ideally placed giving access to surrounding mountains and glens, rivers and heather clad moorland, often a rich magenta at the time of our visit. There were coasts, [Aberdeen with its sandy beaches](#) and coves and the [Moray coast](#), along which quaint fishing communities huddle at the water's edge. With access to small towns enfolded in the hills, and dotted throughout the county were the magnificent castles, many of which we visited over the years.

As an artist I found these exciting but challenging too. Craigievar Castle was one such, built as a fortified tower house rather than a castle. Its history goes back to 1376, but it wasn't until 1575 that Sir John Mortimer set about transforming the house into the impressive castle we see today. The original house was straight up to 4 storeys. The Mortimers were staunch Catholics and built a chapel within its walls, disguised so that no trace could be seen from the



[Dovecot, Craigievar Castle](#)  
[Aberdeenshire](#)



[Townend, 17<sup>th</sup> C Farmhouse,](#)  
[Cumbria](#)

outside, a wise move, when the turbulent years of the 16th century passions reached their fullest by the Reformation.

The Craigievar story really begins in 1610 when it was purchased and completed in 1626 by William Forbes, ancestor of the Forbes baronets of Craigievar and brother to the Bishop of Aberdeen. Forbes purchased the partially completed castle from the impoverished Mortimer family in 1610 and continued to complete the construction.

William's grandson, Sir John (called Red due to his red hair) is reputed to be Craigievar's resident ghost. One of the castle's guides tells the tale. Sir John's daughter fell in love with a young member of the Gordon clan, who managed to scramble up to the 4th floor only to be met by Sir John himself who held a sword to the man's throat and forced him to leap from the window, which of course, was fatal, ever since, footsteps have been heard crossing the blue room to the window.

In the mid-20th century the castle was purchased by [The National Trust for Scotland](#).

As an interesting aside, I went to see inside the castle on one occasion and as I reached the top floor, artefacts were stored which were vaguely associated with the castle's history". One of these was a huge billboard announcing the forthcoming election, when Robert Peel was the Aberdeenshire candidate. His father was Prime Minister (1841-46) and lived in Drayton Manor Park near Tamworth, now the amusement park. During that time, my grandfather was one of his gardeners and my father followed the horse with bucket and shovel as the many lawns were being mowed!

Being an artist, I was not so much fascinated by the castle itself, but with what stood in its grounds at the rear. A circular stone-built Dovecote stood, intriguing and very challenging. It took me two days to complete the drawing.

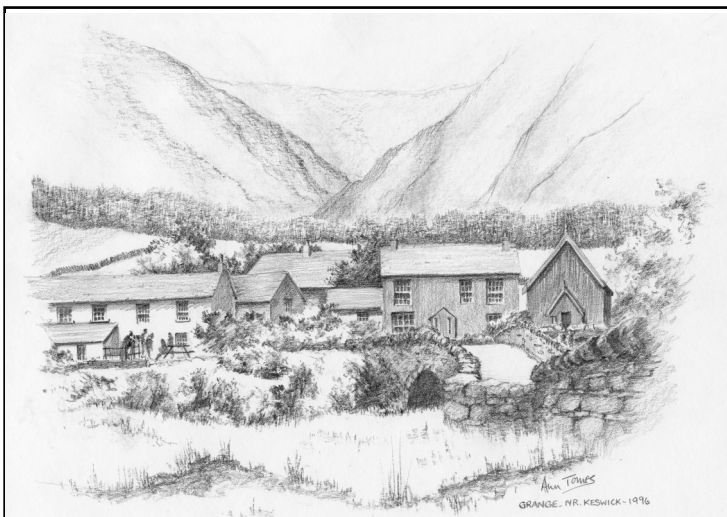
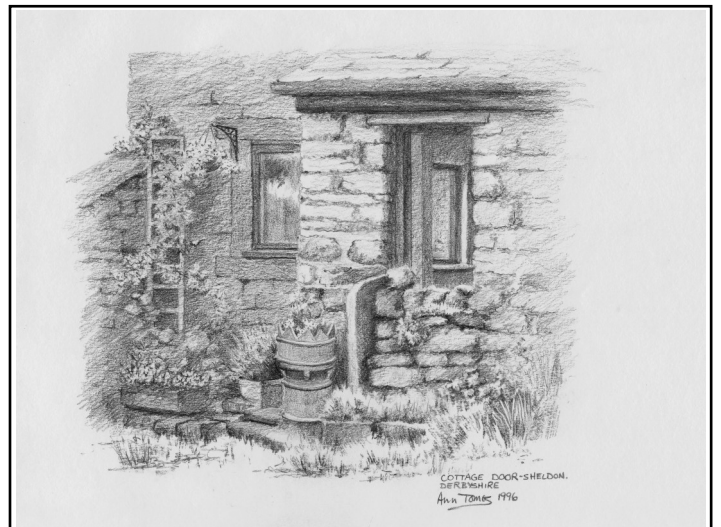
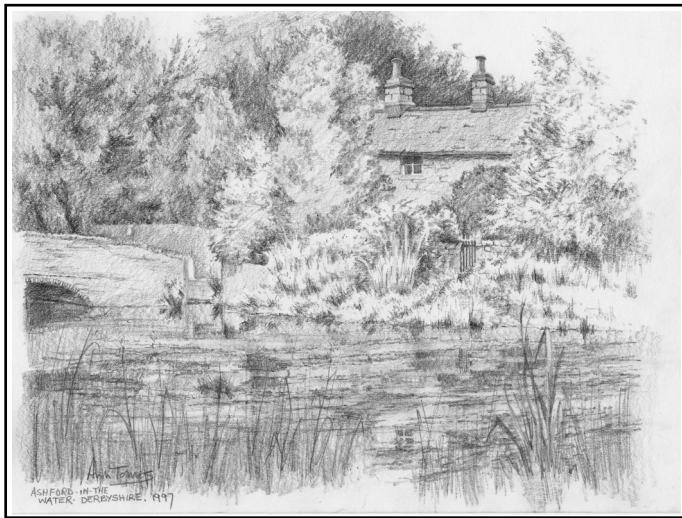
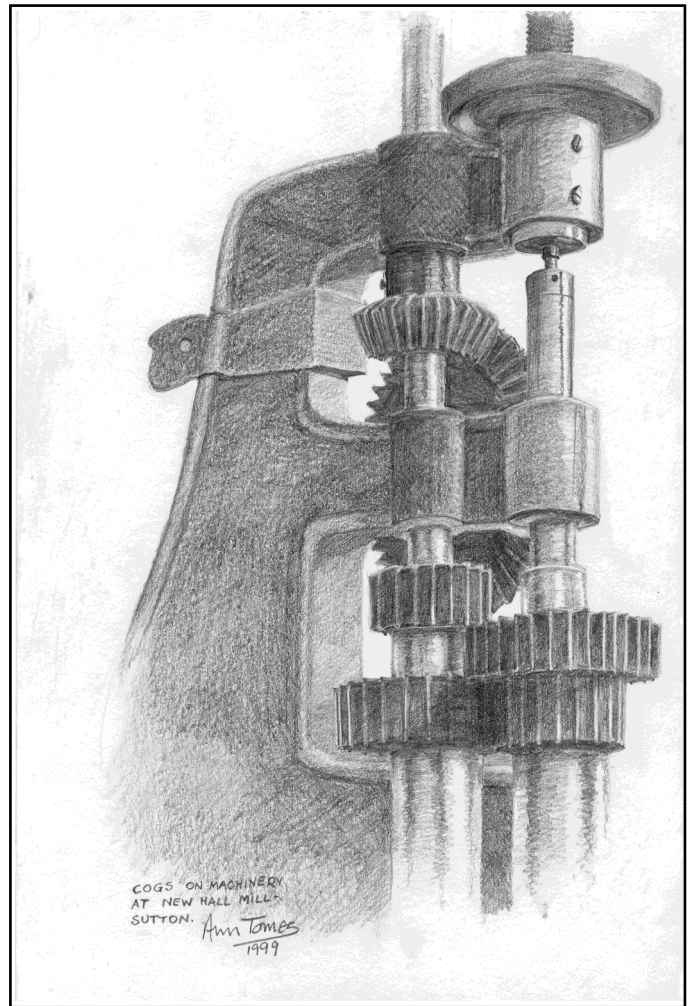
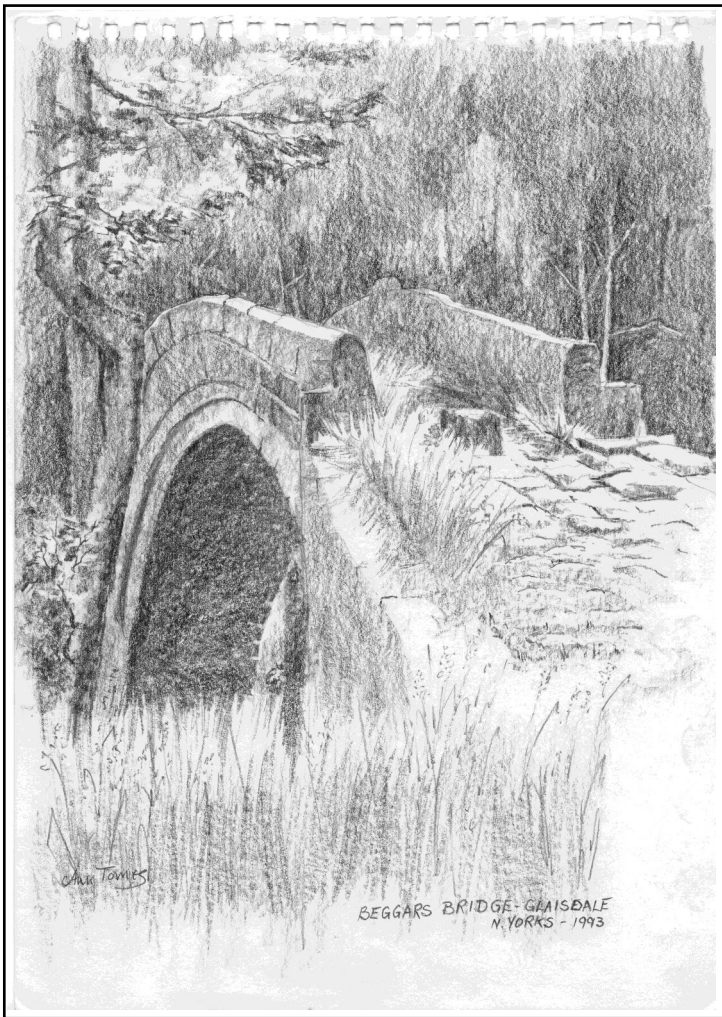
On holidays instead of dragging painting gear around, I took a couple of pencils and drawing book. So much less to carry. This picture is the original drawing. Perspective was a real challenge, the roof in particular. Note how the tiles reduce in size with each level. not easy to portray in a drawing, each level changing a little. Some of the greenery is described by drawing the negatives, shading the shadows behind it making he leaves come to the fore.

Many of my drawings were then painted at home in my studio, but not this one! I chickened out on this one!



[Lockside Cottages at Fradley](#)  
[Junction, Nr Lichfield](#)

Ann Tomes







## ROYAL SUTTON COLDFIELD TOWN COUNCIL

### **New site for Sutton Coldfield's Covid-19 Vaccination Programme**

Volunteers from across Sutton Coldfield's community and faith organisations have risen up to help the local COVID-19 response by offering their time to support of the recently opened vaccination site at Sutton Coldfield Town Hall. With up to 24 volunteers needed each day to guide and direct people to, from and around the Town Hall, Hope for Sutton has provided 50 people to help get the programme underway. Other local community, voluntary and faith-based organisations have reached out to their networks and, through Sutton Together, over 200 volunteers have now signed up to give their time too. This builds on the work done by Sutton Together in March 2020 when the coronavirus pandemic emerged in the UK. The partnership, which includes Royal Sutton Coldfield Town Council, Sutton Coldfield Charitable Trust and Hope for Sutton, as well as a wide array of other local groups, continues to connect residents with volunteer opportunities and help those in need during these challenging times. The significant development in the roll-out of vaccines at Sutton Coldfield Town Hall has been the result of collaboration between Sutton Coldfield Group Practice, University Hospitals Birmingham Trust, Summerhill Services Ltd, Birmingham and Solihull Clinical Commissioning Group, Royal Sutton Coldfield Town Council, Sutton Coldfield Town Hall, and the Rt Hon. Andrew Mitchell MP. The vaccination programme at the Town Hall is expected to last until the end of the summer.

*The Sutton Coldfield Town Rangers have been supporting the rollout of the coronavirus vaccination at the Town Hall by ensuring that King Edward Square and the car parks are clean and tidy.*





## ROYAL SUTTON COLDFIELD TOWN COUNCIL

### **Mayor's Digital Inclusion Project for Primary Schools**

Royal Sutton Coldfield Town Council has provided funding for Sutton Coldfield primary schools through the Mayor's Digital Inclusion Project, to enable schools to purchase additional devices and technological equipment for their students who are now remote learning.

Shortly after the closure of schools in January 2021, Royal Sutton Coldfield Town Council recognised there may be a lack of available technology for children's remote learning. After liaising with the Sutton Coldfield Charitable Trust about their Schools Digital Inclusion Project, which provided emergency grant funding to enable the purchase of devices for children who were having to self-isolate, the Town Council recognised that there may still be a shortfall within schools for the provision of devices and equipment.

The Mayor of Sutton Coldfield has reallocated the Mayor's Challenge funding to meet digital inclusion needs through the Mayor's Digital Inclusion Project. The Mayor's Challenge runs within primary schools in Sutton Coldfield every year, with funding being allocated to each school to complete a challenge based on a topic which is decided by the Mayor. This year, with social distancing requirements and schools moving to remote learning, the Mayor recognised that the Mayor's Challenge funding would be better utilised to meet the digital inclusion needs of students.

Supporting residents who need extra help during the ongoing challenges of the pandemic is a priority for the Town Council, who have supported residents and community groups by coordinating the "Sutton Together" response. The Town Council has awarded over £56,000 in emergency grant funding to community groups leading the community response to the pandemic and supporting Sutton Coldfield residents, in addition to funding now being allocated through the Mayor's Digital Inclusion Project.

Caitlin Morgan  
Community Engagement Officer



## Parliamentary Constituency Boundaries Changes

Vesey ward, and particularly Banners Gate residents, might wish to keep an eye on the forthcoming parliamentary constituency boundaries changes which are being assessed this year for enforcement in 2023? Such changes might have an effect on Banners Gate because it lies on that 'marcher' area between Sutton Coldfield and Birmingham Kingstanding/Erdington. The Secretary to the Boundaries Commission says, "these rules and the increase in total number of constituencies in England mean that there is likely to be a large degree of change across the country". The first draft proposals will be published in summer and a public consultation will follow. A top political analyst says that "there will be complex battles in ... parts of the country, for example the North West and West Midlands".

In view of all this happening during 2021 when there is so much chaos and confusion within the populace with regard to Covid it might mean that unless this is carefully monitored by the public and our political overseers, unwanted recommendations for change might come into law with little input from us, the voters. Public meetings might not be able to take place for instance. Publicity might be overlooked.

Perhaps our MP, councillors and particularly the Town Council, might take this on board but it is believed that the Boundary Commission will probably be more likely to take heed of the views of the electorate than the political overlords.

For those on the internet, the Boundaries Commission website to watch is:  
<https://boundarycommissionforengland.independent.gov.uk> or contact them via

- E-mail : [information@boundarycommissionengland.gov.uk](mailto:information@boundarycommissionengland.gov.uk)
- Call on : 020 7276 1102
- Or write to: Boundary Commission for England, 35 Great Smith Street, London, SW1P 3BQ

Or keep a look out in the press. Of course, the sad demise of the Sutton Observer means there is no local newspaper upon which residents can rely for information but the Birmingham Mail website should have information.

*Stay safe, Hazel Pollock*

It's so difficult for young people (and the rest of us, to be honest at the moment), especially now schools are closed.

Our group is trying to make sure girls still have a connection to the outside world and their friends. We also have trained local volunteers running the group so they can support girls' mental health.

It's an online group over Zoom and we're part of GFS, which is a registered charity. We meet from 6-7pm on Thursdays and we'd love to help anyone who is feeling a bit bored or lonely. You can sign up girls aged 5-10 here [www.girlsfriendlysociety.org.uk/bannersgate](http://www.girlsfriendlysociety.org.uk/bannersgate).





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All our talks take place online, using Zoom. Please book your place in good time; we do not plan to share recordings of these talks after the event.

**Thursday 4 March 2021, 7.30pm**

**A brief, illustrated history of Moor Hall by a senior member of staff from Moor Hall Hotel**

To book your place at this talk please register here: [https://us02web.zoom.us/webinar/register/](https://us02web.zoom.us/webinar/register/WN_xO9hdzB3SRK9Uda2kcdB8w)

[WN\\_xO9hdzB3SRK9Uda2kcdB8w](https://us02web.zoom.us/webinar/register/WN_xO9hdzB3SRK9Uda2kcdB8w)



**Tuesday 9 March 2021 8pm**

**Local Book Launch - The Sadness of the King George by Shaun Hand**

THE SADNESS OF THE KING GEORGE is a humorous yet unflinching not-coming-of-age tale set in Sutton Coldfield at the turn of the Millennium. To book your place at the event please register here:

<https://us02web.zoom.us/meeting/register/tZUpf-moqDgrGtCrz9EcqV-20biVZNsTaPrx>



Did you grow up in Sutton not long after the turn of the Millennium? Where did you hang out? Which pubs did you sneak into underage?

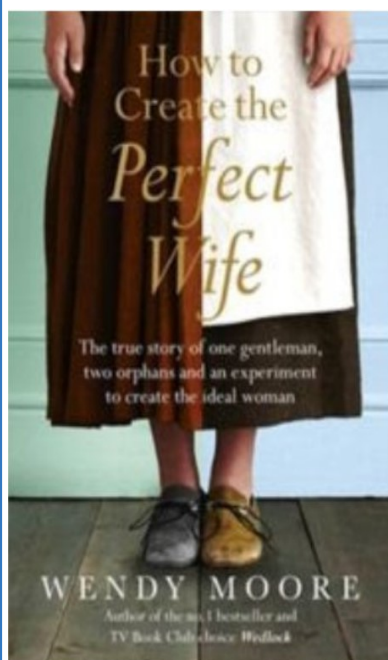
Join author Shaun Hand at the local launch of his debut novel, set in Sutton Coldfield in 2005

Book your free place at the launch, 9 March 8pm hosted by FOLIO Sutton Coldfield: [bit.ly/sadness-king-george](https://bit.ly/sadness-king-george)



**Thursday 25 March 2021, 7.30pm**

**How to create the perfect wife by Wendy Moore**



Thomas Day was an 18th-century poet and philanthropist. He campaigned against slavery, spent his money on good works and was a member of the Lunar Society of scientists and intellectuals based in the Midlands. Day's quest to find a perfect woman was rather less admirable. In 1769 he chose two orphans from the London Foundling Hospital in order to educate them both and choose the best pupil to become his wife. As part of this plan, he sent his preferred pupil, Sabrina Bicknell, to school in Sutton Coldfield. Naturally, Day's scheme to create his perfect wife did not end well. Wendy Moore reveals the story of Day's bizarre quest as told in her book *How to Create the Perfect Wife*.

Wendy Moore is a journalist and author of five non-fiction books. Her third book, *How to Create the Perfect Wife*, was published in 2013. Her most recent book, *Endell Street: The Trailblazing Women who ran World War One's Most Remarkable Military Hospital*, was a Radio 4 Book of the Week. Wendy is a Fellow of the Royal Literary Fund based at the British Library. More information on [www.wendymoore.org](http://www.wendymoore.org) and on twitter [@wendymoore99](https://twitter.com/wendymoore99)

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## Here is Harold, reminiscing on life in the forces many, many years ago.

... continued from last month

One of my duties was to help collect meals for our table from a central kitchen. The meals were collected in two oval shaped metal containers complete with lid and carrying handle. The final part of the journey was the most difficult, carrying a container in each hand and going down the metal staircase with a rolling ship in an Atlantic gale. We were able to purchase extra food that included items that we had not seen for some years at home. One luxury was tinned fruit. Under this heading I have always remembered two colleagues sitting opposite each other with a tin of condensed milk which they passed back and forth to each other to take a dip with their spoon.

After seven days of rolling in the Atlantic we met on open deck for the usual roll call and boat drill. For the first time since setting sail, we saw



blue sky with white clouds scudding across and we learnt that we would be passing through the Straits of Gibraltar late that night.

To avoid the U boats in the Bay of Biscay we had travelled well out into the Atlantic and the ship had



rocked and rolled so much you could even hear cargo rolling about somewhere.

However, we did not have to travel to South Africa and round Cape Horn, as had been necessary for several years. The route through the Mediterranean had just been re-opened.

The weather in 'The Med' was significantly different, sun and clear skies and getting warmer each day as we sailed east. The clear skies also involved the risk of attack from the air.

As a defence against such attack the ships of the convoy started to fly kites, presumably with steel cables and, not long afterwards it appeared that one ship may be on fire with smoke pouring from the rear. Someone then

pointed out that the same thing was happening to our own ship. During one night we were all awakened



when the ship's engines stopped and as we waited and listened there came a series of fierce explosions. I recalled the chilling warning that no one moved off their deck until instructed. As our deck was at water level the sound was considerable and we later learnt that depth charges had been dropped by escorting destroyers. The following morning the engines stopped again about at 9.00 am, presumably so that the escorts could pick up sounds from U Boats. Depth charges were again dropped and later a destroyer came alongside to report to the Commodore of the convoy on board our ship.

Our arrival at Port Said, without further incident, was outstanding, for probably the majority of us, as we had never been outside the UK before. We were now



seeing people of another country who not only dressed differently but were also a different colour and talked in a language we did not understand. It was all very fascinating.

It soon became clear that we were not disembarking there, and we were issued with tropical Khaki Drill (KD) uniforms, having shorts for day use and trousers for protection from insect bites in the evenings. For head protection from the sun, we got a very old fashioned 'Bombay Bowler' (Pith Helmet). In addition, we had the great luxury of large Jaffa oranges being added to our diet. We had not seen any since the outbreak of war and certainly never this big.

In addition to taking on supplies, more troops began coming on board; Australians, Americans and Indians, thus causing the open decks to become much more crowded. The Indians were in a separate area, so it was apartheid really.

We were told that we would be passing through the Suez Canal and, prior to setting sail, we were instructed not to all gather on one side of the ship to see the sights or view a passing ship, as this could affect the steering of our own ship. The canal was only wide enough for two ships to pass. A lot of time was now being spent on deck both for the sights and because it was very much warmer.

We thought our 'G' deck was pretty far down in the ship, but the Americans were encamped on 'H' deck which we had to pass through each morning to collect our bread supply. The first morning they were aboard came as a complete shock. You could have cut through the air with a knife as their cigarette and cigar smoke was so thick. Smoking below decks had always been strictly forbidden for British troops and fortunately continued to be so. This was not only for safety, but it also gave us far better conditions.

*To be continued next month ...*



## Scouting through a pandemic, from the 1<sup>st</sup> Banners Gate Scout Group



To many of us the mention of the word “scouts” conjures up images of camping trips and outdoor activities, undertaken by children of all ages and all wearing their distinctive badge covered uniforms. Of marches and meetings, where new skills are taught and mastered, and accomplishments recognised through the awarding of those oh so recognisable badges.

For generations the scout movement has given countless children the chance to enjoy numerous activities, that they may not otherwise have had the opportunity to try. As such you would be forgiven for thinking that the year of lockdowns would have forced the scouts to put away their uniforms and hang up their neckerchiefs. So, it is with a certain amount of pride that I write to inform you that the 1<sup>st</sup> Banners Gate Scout Group has continued scouting throughout the turbulent events of 2020.

Like everyone else in Britain the announcement of the first lockdown took us all by surprise and we were forced to end face-to-face scouting from 23<sup>rd</sup> March. We braced ourselves for what we thought would be a 4-to-6-week break, postponed our planned events and took our meetings to Zoom, as soon as we'd figured out how it all worked. We planned short virtual programmes and looked forward to returning within a few weeks, to our comfortable, if a little noisy, scout HQ on Coppice View Road.

Weeks of course turned into months and by the time this is published it is likely that we will be just 2 months short of anniversary of the first lockdown. So how on earth do you keep an organisation like the scouts running through a lockdown, when organised events are banned along with mixing with those outside of your own household? The answer can be found in the first line of our promise, you simply do your best.

The best efforts of the 1<sup>st</sup> Banners Gate Scout group and its Beavers, Cubs, Scouts and Explorer Scouts has seen many firsts for scouting in Banners Gate. With the support of our district and the wider scout movement we've seen our first virtual scout camps in which dens were built in living rooms and back gardens became camping grounds. Whilst we couldn't camp at the same location, we could instead camp at the same time and come together to share our experiences online. Other events dear to the movement have been marked in news ways, such as scouts standing on their doorsteps in their uniforms to observe the 2 minute silence for Remembrance Day.



I've had the privilege of watching both my 7 year old daughter and my 10 year old son take part in the virtual Beaver and Cub scout meetings held on Zoom. These weekly meetings have been a high point in their weeks, which are missing so many of their usual activities. They've also been key in keeping scouting going in Banners Gate, thanks to the online programmes developed by the leaders which have been inventive and well received throughout.

*Continued next page ...*



There have been numerous scavenger hunts where the children are challenged to find random items from within their homes, with points awarded for the fastest to return or the most unusual item they return with. One particularly resourceful Beaver Scout when tasked to find “something Mummy liked” returned proudly brandishing a bottle of red wine (although I do wonder if that was Daddy’s idea)!



There have been new online games such as “Where’s Wally” or the brilliantly simple “Bird or Fish”. For this game, the name of an obscure bird or fish is called out and the cubs must work out (or guess) if it is a bird or a fish and perform the corresponding action. It’s a great way to get the cubs jumping around instead of just sitting in their chairs and they loved it too!



Through these evening programmes I’ve watched cubs learn about recycling and share their ideas on how we can get better at it. I’ve taught them how to read maps and make a compass using nothing more than a needle, a bottle cap, a bowl of water and the magnet strip on the fridge door (google it and all will be revealed). And in true Blue Peter style, I’ve seen paint applied to empty cereal boxes and egg cartons, to turn them into Remembrance Day poppy wreaths.

I’ve listened as Beavers Scouts presented their various collections (everything from Viking jewellery to Pokémon cards), to earn their collector’s badge. I’ve watched as Beavers were taken on a virtual tour of St Columbus Church by the very kind Reverend Becky and I’ve seen Beavers learn how to make mince pies whilst anxious parents watched on, perhaps a little worried about the safety of their laptops. To my knowledge, no laptops were harmed during the baking of those mince pies.



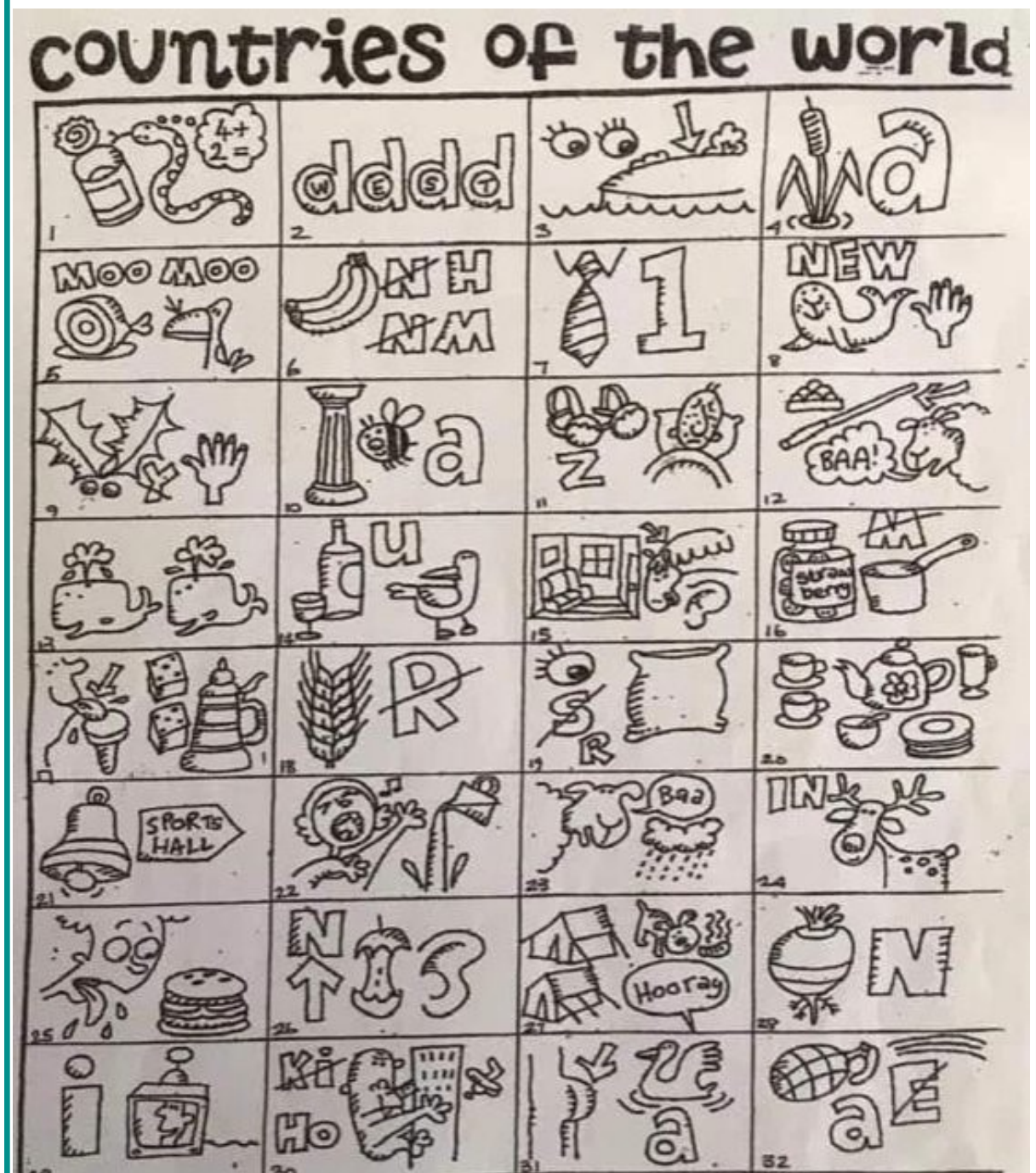
I’ve watched as the children’s online confidence has grown and I’m proud to say that both the fun and the learning has continued, and the badges have of course followed. That said I think we are all keen to return to our scout hut. It may be noisy but that’s because it is filled with the joyful sound of excited young voices, raised to fever pitch by playing a new game or the learning of a new skill together. I think we all miss that noise and we certainly missed each other. Zoom may allow us to connect, plus it has a volume control, but in truth we don’t need a volume control. Nothing holds the attention of young scouts better than the presence of an engaging scout leader and a great activity, so the return of face-to-face scouting and all that noise, will no doubt be a high point in 2021.

If you’d like to join us, you’ll find the contact details of our Group Scout Leader (Margaret Drummond) on the last page of the Gatepost.

Say the colour of each word, do not read the word. How fast can you do it? If someone can check you, the answer is on page 18.

black white yellow green red blue  
 yellow red black green white red  
 white green red black yellow green  
 black white yellow green red blue  
 white green red black yellow green  
 yellow red black green white red  
 white green red black yellow green

This one is from Moira, so do not blame me if it is too hard. Answers on page 18.



This is from the '**Disability Thematic Group**' containing information shared by Dave Rogers – Chief Executive at Midland Mencap.

Midland Mencap details are as follows: [info@midlandmencap.org.uk](mailto:info@midlandmencap.org.uk)  
[www.midlandmencap.org.uk](http://www.midlandmencap.org.uk) Tel: 0121 442 2944 Fax: 0121 449 4181

Head Office: Pinewood, Bell Heath Way, Woodgate Business Park, Birmingham B32 3BZ

The first lot of information was regarding prioritisation of vaccines for learning disabled citizens – this was the response from NHS England:

*“Adult patients with Downs Syndrome are classed as Clinically Extremely Vulnerable within the JCVI and Definitions of Clinically Extremely Vulnerable. Can practices/PCNS ensure that these patients are considered for invitation for vaccination within the recall for Clinically Extremely Vulnerable patients.”*

If anyone falling within this category has not yet had their vaccine then contact with their GP should be made and they absolutely should be clinically prioritised. Support and further information is available from Midland Mencap.

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**Annual health checks for people with learning disability:  
From NHS Birmingham and Solihull Clinical Commissioning Group:**

“All GPs across Birmingham and Solihull offer annual health checks for people with learning disabilities aged 14 and over. These health checks are free and aim to identify any health problems that a person may have and to offer support about their health, for instance giving advice and health promotion information relating to existing conditions. The health checks are proactive meaning that the GP does not wait for someone to become ill to offer this check, the check is to prevent illness and to recognise any health needs early so that people can get the right support and treatment before deterioration. The learning disability annual health checks are an important part of reducing health inequalities and ensuring access to health services and GP practices are committed to offering these checks.

Annual health checks for people with learning disabilities have been available for a number of years, but we know that there are still lots of people who do not know about these and their right to have one. We also know that not all carers and family members know about the health checks and how to get an appointment for their loved one. At this current time, it is even more important that people can access a health check to prevent illness and promote health.

We know that this is a difficult time for everyone, however annual health checks for people with learning disabilities remain a priority for GP practices, who are still inviting people to health checks. The health checks may take place in a different format, perhaps over a computer/ video or in person, but they remain important as a way of making sure that health needs are met.”

Further questions and enquiries, please contact Faye Marney at: [faye.marney@nhs.net](mailto:faye.marney@nhs.net)

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Our **walk-in food bank** is open every Tuesday for people that may need the service. They can call the **United Reformed Church** on 0121 355 1217 for more information.

The food bank is **always in need of donations** – especially during the winter months. Typical items of need are:

Tins of meat; Tins of fish, Tins of fruit, Tins of veg, Tins of soup, Tins of beans/spaghetti, Tins of rice pudding, Small packets of tea bags, Cartons of long-life milk, Bottles of squash ...

These things form the basic contents of our bags and we add fresh fruit, veg, bread, etc., as available and appropriate.

If people wish to donate any of these items in any quantity we and our service users are incredibly grateful for the help received. If any fresh products are donated it is best on a Monday so that we may use them straight away when we open on a Tuesday.

*Our thanks to Laura Edwards-White at URC for the above information*



Here is the quiz, answers on page 24.

1. Which planet is Curiosity roving around in the name of science?
2. What is produced by the bacterial fermentation of milk?
3. What is the art of cutting shrubs into ornamental shapes called?
4. What oath is sworn by graduates of medicine to regulate their further conduct?
5. How many seats did the spitfire fighter plane have?
6. If you are watching cricket at the Oval, in which county cricket club are you sat?
7. Which British explorer was murdered by the natives in Hawaii?
8. Which Beatle has the real name of Richard Starkey?
9. Who recorded the song 'Think' in 1968 and also performed it in the Blues Brothers movie from the '80s?
10. Which Archduke was assassinated in Sarajevo in June 1914 and caused the outbreak of WW1?
11. Pigs are used to sniff out which delicacy in some parts of France?
12. In nature, how many arms (or legs) does a starfish have?
13. In which sport do teams compete for the Stanley Cup?
14. In Roman Numerals, how many players are there in a rugby union team?
15. Who had a hit in the '60s with 'The House Of The Rising Sun'?
16. Who famously stated that '... an army marches on its stomach'?
17. Which former jockey became a best selling author of thrillers about horse racing?
18. What type of goat produces mohair?
19. If the Hammers are playing the Gunners, in which city would you be?
20. What is the term given to a word that can be spelt the same both backwards and forwards?  
e.g. ABBA, TOOT
21. In which town did the Pied Piper play?
22. What is the last word in the New Testament?
23. What TV show, produced by Peter Fluck and Roger Law, poked fun at politicians and celebrities in the '80s?
24. In Monopoly, what colour are Bow Street, Marlborough Street and Vine Street properties?
25. What was the name of the dog carried into space aboard Sputnik 2?
26. What was the nickname given to the V1 flying bombs that rained down on London and the South East UK during the latter part of WWII?
27. What is the surname of the author of 'For Whom The Bell Tolls'?
28. Dianna Rigg played which character in 'The Avengers'? (The original TV show, not the 2012 movie)
29. In which sport would you hear the term 'Catching a crab'?
30. As well as Depeche Mode and Yazoo, what other band was Vince Clarke a principal member of?

Petra Röhr-Rouendaal - how to cross a bridge before you come to it.



From time to time we should give ourselves a real challenge, especially at a time like this.

This was my recent challenge. I blindfolded myself and worked on a sculpture over three days, but only for two hours at a time. Working as a visual artist without vision was very challenging. It required complete concentration and endless cross referencing with my fingers. It was hard not to look at it! When I thought my beautiful lady was finished I finally looked and saw this inelegant woman with her massive feet. I was disappointed, but very pleased I did it.

Over a year ago I lost most of my sight in my right eye and now I have problems with my left eye. Only a risky operation could cure it. So for now I will manage with my limited sight and realising I can still work, even if I should go blind, is very reassuring!



From the Adams family, Margaret and Tony, we have:

## Bluetits

Spring is on the way! We have a camera in our bird box on the patio, connected to our television. Delighted to watch this little bluetit who has roosted every night this week. He flies in about 4.30pm, tucks his head under his wing and leaves about 7.30 in the morning. We are hoping that a nest will be built before too long.



## The Flower of Hope

that never fails to warm the heart.

The snowdrops are appearing in our gardens at the moment. Remember, though, the old superstition that Snowdrops should never be brought into the house, as this will bring bad luck, illness or even death. I think the last twelve months has brought enough of those.

**“... And thus the snowdrop, like the bow  
That spans the cloudy sky,  
Becomes a symbol whence we know  
That brighter days are nigh; ...”**

*‘Origin of the snowdrop’ –George Wilson*

***In this city of 1.2 million people, more than 65,000 tonnes of food gets chucked away every year. But not today. The lorry comes round the corner with a beep-beep-beep. The orange hi-vis-clad team members hop down from the cab. Instead of appearing to take stuff away, though, this crew is here to bring you a very special delivery.***



Click on the lorry

[Little Earthquake](#) is teaming up once again with fabulous food artist [Kaye Winwood](#) to develop another offering of unique edible entertainment, following the success of our Moon Landing-themed collaboration [Rocket Fuel](#) in 2019. [Link to above](#)

This time, we’re intending to offer a multi-course menu of delicious dishes inspired by the foodstuffs we regularly waste and served up in the containers we routinely throw away.

In a city famous for its international communities and food cultures, we’ll be taking a zero-waste approach to celebrating Birmingham’s greatest tastes. With Fly-Tip Feasts capable of popping up at a range of locations around the city, wherever guests eventually find us, we promise to serve them up a first-class, five-star load of old rubbish.

1.Canada 2.West Indies 3.Iceland 4.Russia 5 Mozambique 6.Bahamas 7.Taiwan 8.New Zealand 9.Holland 10.Columbia  
11.Brazil 12.Cuba 13.Wales 14.Portugal 15.Romania 16.Japan 17.Lichtenstein 18.Bali (not a country) 19.Iraq 20.China  
21.Belgium 22.Singapore 23.Bahrain 24.India 25.Hungary 26.North Korea 27.Kampuchea 28.Sweden 29.Italy 30.Hong  
Kong 31.Botswana 32.Grenada

Red, black, green, blue, yellow, red.

Blue, yellow, black, red, green. black.

Black, blue, green, blue, red, black.

Yellow, black, green, black, black, yellow.

Green, red, blue, yellow, black, black.

Blue, yellow, red, black, green, red.

Black, blue, green, blue, red, black.



## **Stolen Vehicle Recovered – (Information on Tracking Devices)**

A Mercedes motor car was stolen from Kingstanding on the 19th of January '21.

### **What are we doing?**

Officers attended the location to begin an investigation, the victim advised that the stolen vehicle was fitted with a tracking device.

This was turned on via an App on the victim's mobile phone.

A signal was received.

Officers were sent to the location indicated by the tracker where they located and recovered the Stolen vehicle.

Officers continued enquires around the location of the theft, and where the vehicle was recovered to gather any evidence that may help identify the offender(s).

### **What can you do?**

This shows that such devices can help in the recovery of a stolen vehicle.

Your dealer will be able to give advice on what trackers are available to fit to your vehicle.

Alternatively, motor parts and accessory stores can also offer advice on these devices.

For more vehicle crime prevention advice please visit: [www.securedbydesign.com](http://www.securedbydesign.com)

Go to Guidance/Crime prevention/Vehicle.

### **Message Sent By**

Saul Smith (Police, PCSO, Four Oaks NHT)

(From Gatepost – trackers start around £44.99 and go to well over £150. Halfords have a selection worth looking at on their website) <https://www.halfords.com/technology/car-trackers/>

## **Become A WMP Cadet Leader**

Police Cadet Leaders are wanted in your area!

Could you Lead, Mentor and Inspire young people in Birmingham?

We are looking for adults who can be positive role models for our Cadets, someone who can help to guide and support them to be the best that they can be, to help them become active citizens with a voice. To help them to achieve and push through any boundaries to reach their full potential. Adults who can listen, support and encourage, motivate, inspire and care. Could that be you?

If you would like to know more about being a Police Cadet Leader in Birmingham East then please reply to this message.

Alternatively you can email us at: [cadet@west-midlands.pnn.police.uk](mailto:cadet@west-midlands.pnn.police.uk)

You can also find out more about the Cadet Leader Role here

<https://wmp.referrals.selectminds.com/jobs/cadet-leader-volunteer-1097?et=Uy1URHbh>

### **Attachment**

[Cadet Leader postcard.pdf](#)

### **Message Sent By**

Kim Hill (Police, Cadet Youth Engagement Officer, Birmingham East)

## Lockdown Reading

A positive aspect of lockdown has been the increased time available for reading. I've got through a wide range of novels but, until recently, avoided anything that focussed on pandemics or lockdown. For me, fiction is a means of escaping ordinary life and day-to-day problems. However, this self-imposed rule was broken when *Lockdown* by Peter May was chosen as the monthly read by my book group and I spotted publicity for *Just the Two of Us* by Jo Wilde. These two very different books transported me out of my lockdown situation because the challenges facing the characters were so very different to my own.

### Lockdown by Peter May

#### **The Story**

*Lockdown* takes place over 24 hours in a London locked down by a bird flu, H5N1, pandemic. This flu has a mortality rate of more than sixty percent and London is at the epicentre. This fictional lockdown is far more rigorously imposed than our own COVID regulations. There is a night-time curfew, checkpoints, soldiers carrying guns and special clearance needed to drive in certain areas. Against this backdrop, a bag of bones is discovered, the bones of a murdered child. D.I. Jack MacNeil is put on the case but MacNeil is working his last shift before leaving the Metropolitan Police. The case and the injustices this child went through consume the detective and the race is on to solve the murder before he leaves the force.

#### **The Background**

Before writing the novel, May already had an interest in pandemics following his research into the Spanish Flu for an earlier book, *Snakehead*. Then, in 2005, he started investigating the possibility of a bird flu pandemic and how it might spread and engulf the population. Armed with the science and a crime, May wrote *Lockdown* in only six weeks but it failed to find a publisher. Editors thought May's portrayal of London under lockdown was unrealistic and could never happen. Fast forward to 2020. May dusted off his old manuscript, which had suddenly become very topical, and the book was published.

#### **My Verdict**

This is a fast-moving thriller which hooks the reader on page one and keeps him enthralled until the end. Like most fictional detectives, MacNeil has personal problems that get worse as the story races along. He breaks the rules, performs heroic deeds and goes far beyond the call of duty, given that this is his last shift with the force. The final sentence of the book is poignant – so don't be tempted to read the last page first (yes, there are people who do that!)

### Just the Two of Us by Jo Wilde

#### **The Story**

*Just the Two of Us* takes place in the first few weeks of the March 2020 UK lockdown. Julie and Michael have been married for thirty-four years. They sleep in separate bedrooms, they live separate lives and their children have left home. The disintegration in their relationship is so bad that Julie has consulted a solicitor and has the divorce papers ready to hand to Michael. Then Boris Johnson announces the national lockdown. Julie and Michael can't escape one another. It doesn't seem the right time to rock the boat and Julie is left in limbo. Unable to leave the house and forced to meet eyes across the dinner table every night, things begin to change but is it possible for them to rekindle their relationship or do they have to find another way forward?

#### **The Background**

Jo Wilde is an established author, writing historical novels under the name Joanna Courtney and contemporary fiction as Anna Stuart. Unusually, Jo's publisher came up with the idea for *Just the Two of Us* and presented Jo with outlines of the characters and the main plot points. Jo liked the idea and with lockdown kicking in hard was happy to devote herself to the writing. That actual writing took only four weeks followed by a further two weeks of editorial input. Usually it then takes eighteen months before a book appears on the shelves but, because of the topical nature, the whole process was accelerated and *Just the Two of Us* came out in July 2020.

When asked about the writing, Jo said, "It was pretty hectic but gave me the perfect excuse to make my teenage kids (two of whom had just had GCSEs and A-levels cancelled and one of whom had sadly had to come home from a ski season working in Canada, so all were at loose ends) do all the housework and cleaning. I holed myself up in my office and wrote and I really enjoyed it!"

#### **My Verdict**

This is an easy-to-read story about relationships, families and empty nests. It captures perfectly how things can disintegrate when there is a lack of communication between two people and no time in hectic lives to talk things through. The story is set in the early part of the first lockdown but uses a lot of flashbacks to earlier points in Julie and Michael's marriage. The reader slowly pieces together how the relationship disintegrated, why Julie is carrying secret guilt over her mother's death and how Michael feels about working away. But, unlike some books, there is never any confusion over what is current and what is flashback.

As a woman of a certain age, I could empathise with many of Julie's feelings.

Although initially wary, I enjoyed both *Lockdown* and *Just the Two of Us*. I was worried that I might find them too much of a mirror to the lockdown world we find ourselves in, and thus depressing. But because the characters' situations were fundamentally different to my own, I was still able to escape into the fiction without being constantly reminded of face masks, hand sanitiser and the two metre rule!

Sally Jenkins.



## Catalytic Converter Thefts - A National Issue To Be Aware of

A motorist parked a Vauxhall Astra on a large Walmley supermarket car park at 2.15pm on the 11th of February'21. They returned at 3.34pm to discover their car wouldn't start. The reason the Catalytic convertor had been removed.

# CATALYTIC CONVERTER THEFTS

An exhaust emission control device that reduces toxic gases and pollutants in exhaust gas

Contains valuable metals such as platinum

The Toyota Prius is a target possibly because it can be easier to lift with a car jack due to its lighter weight

### What can you do to prevent catalytic converter theft?

- ⚙ Park in your home garage when possible
- ⚙ Use motion-sensing lights when parking in your driveway
- ⚙ Park in well-lit areas

Tiffany Nguyen / Staff  
Source: CBS SF Bay Area

### What are we doing about this ?

This kind of crime is difficult to trace offenders and prosecute.

We do though have a list of all registered scrap yards, and work closely with them to check what items are being taken to them.

This way they will tell us if there is an increase in certain items being taken to them, and report those they feel are suspicious. In the case mentioned of course local cctv would be checked to see if any evidence of the incident was captured to help identify those responsible.

### What can you do about this ?

All petrol vehicles produced since 1992 , and diesel-engined cars a little while later have been fitted with catalytic converters. Consider parking your vehicle close to others, or against a wall to make access to the convertor more difficult.

Speak to your dealer about what products are available to protect the converter fitted to your vehicle.

Marking with your vehicles registration number could also make a stolen item traceable and less attractive to thieves.

If you are aware of an unofficial scrap yard site, or see suspicious behaviour around parked vehicles please report this via 101.

Information regarding crime can also be reported anonymously by contacting Crime Stoppers by calling 0800 555 111.

Or visiting : [crimestoppers-uk.org](https://crimestoppers-uk.org)

### Message Sent By

Saul Smith (Police, PCSO, Four Oaks NHT)





Rare fun recently in the snow in our glorious local facility that is the 2,400-acre Sutton Park, comprising 7 pools and three restaurants unfortunately closed, oh and a bistro that is open at Blackroot, still able to serve delicious take away snacks and hot drinks. Highly recommend the bacon and brie with cranberry paninis for lunch whilst taking in the lovely view across the pool with all its wildfowl.

Lots of you will of course be aware of Sutton Park origins as a 12<sup>th</sup> century Norman medieval deer park. The land being given to the people of Sutton Coldfield by King Henry VIII in 1528 at the request of John Bishop Vesey a friend of the King. Not another business plug, I long for a beer or three in the Bishop Vesey pub.

On the way to Blackroot for lunch we passed Keepers Pool. It originally had open air art deco baths built in 1930 where I recall traveling from Erdington and swimming as a boy. I was not aware that prior to the baths there was a rare 1887 lido for open air and all-weather swimming. Pity the baths were vandalised and closed in 2004 now reverted to the land, you would not know it had been there. Keepers pool itself was purpose built as a fishpond within the medieval deer park back in the 15<sup>th</sup> century, probably as the name suggests because a park keepers lodge was nearby.

*Eric Jones*



(Pictures from Historic Newspapers.co.uk)



From Tony Adams



Steve Blundell, The Greenway



Laura in HH Road



# GRF

GARDEN  
FURNITURE  
REFURBISH

Hello, Since the Global Pandemic struck us all, I have taken up an unusual hobby in restoring teak and wooden garden furniture.

If left outside and untreated garden furniture will eventually become weathered and will turn a dull grey colour making it look tired, unloved and unattractive. **I can bring life back to your garden furniture.** I can make your furniture look like new, whilst also prolonging its life expectancy. From a tired and weathered look unlikely to last the next winter to an enhanced, colourful and fresh look which will last for years to come and improve the look of your garden.

## PREPARATION

My initial action is to thoroughly clean the furniture down by hand and a scrubbing brush with hot soapy water. I remove the grime that has accumulated over the past year(s) and then a rinse down with clean water and let them dry off completely.

## SANDING

Once dry, I get to work with my electric sander or medium sheet sandpaper and rub all surfaces down, particularly in between each slat on the seat and back rest removing any obvious stubborn marks and general grime. You can now start to see the wood taking on a different, lighter colour. The sanding part of the project takes the longest time because it is the key to a smooth, professional finish, it can take me a day to completely sand a single chair or table. After sanding comes a good brush down to get rid of all of the loose dust.

## REPAIRS

Throughout the cleaning and sanding process, I always check for any damage that has been caused by wear and tear or indeed the weather. I use Ronseal Multi-Purpose Wood Filler to fill splits/holes and only when dry do I sand the area to minimise any obvious repair work carried out.

## PAINTING

Using a national well known recommended paint product I apply the first coat and, excitedly the piece of furniture is already starting to reveal a new lease of life in its new colour. When fully dry, a second coat is added for the perfect finish. Providing the furniture is kept indoors (a shed or similar outdoor building) during the winter season, it should not require any more attention apart from the occasional brush down to get rid of the cobwebs/insects. The condition should remain good for a minimum of 2 years. My paint preference is Sadolin Garden Furniture Stain and Protector, the 'Warm Teak' is my favourite, but the choice is yours to make. You can, as an alternative, go for a complete change of colour, using Ronseal Garden Paint, there is a rainbow of colours available. My daughter matches her perennial summer flowers with the garden furniture that I restore for her and so I have been known to be covered in bright pink paint to luscious grey paint. I still however prefer the Warm Teak look as it tends not to show the dirt that accumulates following a rain shower and over the season.

## FINALLY

Before returning the furniture back to the owner I checked I the bolt/screw connections for tightness using Allen keys. A small squirt of WD40 will help lubricate the joints and aid the furniture's longevity. With Spring just, a sniff away, you can not only look forward to seeing the bright fresh colours of the snowdrops and daffodils but, with my help, you can also look forward to the bright fresh colour of your garden furniture. Given the choice of between a newly refurbished warm wooden chair or a metal chair that has been outside all Winter, I know which one I would choose to sit on.

If you would like to give your garden furniture a new lease of life, please get in touch, we can share some ideas and we can discuss a price.



**FREE collection and deliver if required. Phil Pollock. 07939111036**

## News



Could Brexit trigger a surge of speeding Brits in Europe?

## News



Reports of cloned number plates double as innocent motorists pay the price

## News



This cattle grid has been sending cars off the road in Somerset

## Car Review



The Porsche 911 Turbo S: another engineering masterclass

**E-mail!**

The snow had fallen and was quite a spread, much more than I had expected. Sunday is shopping day for me and so out I go in the deep snow, driving carefully on route to Asda.

After shopping I headed back home taking care not to get stuck, as I got to Chester Road, Junction of Reay Nadin Drive, I had to stop for pedestrians. That was when it got difficult, trying to drive on black ice covered with deep snow. I was struggling, driving and sliding up Reay Nadin Drive. But no, half way up and after several attempts, not even at Westwood Road, my car could not get a grip. I had to go all the way back around and come into Westwood Road through George Frederick Road. YES! Made it home, shopping intact.

However, I was not finished there, I thought I would do a good deed for the day and so got my coat and gloves on, with wheelbarrow in tow, making my way out to the grit bins.

I then covered the whole of Reay Nadin Drive with the grit. What a difference laying the grit had made to the slope at Reay Nadin Drive. Monday morning there was plenty of grip. Many thanks also, to a resident of Reay Nadin Drive who lent a hand.



The point of telling this community story is that I am hoping our community spirit has not been furloughed and we can all do a bit in our community for those who are vulnerable, or not in good health, or help with community safety.

So please can I reach out to all my neighbours, do a good deed for the day. It can also make you feel better and make the day of the recipient, with a big thank you at the end.

*Gary H*

Answers from Page 16. 1. Mars 2. Yoghurt 3. Topiary 4. Hippocratic Oath 5. One 6. Surrey 7. Captain James Cook 8. Ringo Starr 9. Aretha Franklin 10. Franz Ferdinand 11. Truffles 12. Five 13. Ice Hockey 14. XV (15) 15. The Animals 16. Napoleon Bonaparte 17. Dick Francis 18. Angora 19. London 20. Palindrome 21. Hamelin 22. Amen 23. Spitting Image 24. Orange 25. Laika 26. Doodlebug 27. Hemingway (Ernest) 28. Emma Peel 29. Rowing or Sculling 30. Erasure



With a possible transatlantic bias - by courtesy of Hazel Pollock - thank you Hazel, much appreciated.



## **COVID-19 vaccine scam text**

Fraudsters are taking advantage of the COVID-19 vaccine rollout through a cruel but convincing text in an attempt to steal people's personal and financial details. The text contains a link that leads to a very believable but bogus NHS website with an application form to register to take the vaccine.

[Here's what the text and site looks like, and what we know so far.](#)

## **Amazon gift card email requests**

It's a new twist on an old scam: fraudsters are hacking into email accounts and targeting contacts to buy them Amazon gift cards. The message is phrased as asking for a favour so they can buy a present for a 'niece'.

[See the examples](#) our members have sent to us and find out more about dealing with emails from hacked accounts.

## **What doorstep scams have you experienced?**

We've heard a growing number of reports of scammers targeting people on their doorsteps amid the current national lockdown, so be alert to unsolicited visits. So far there have been reports of rogue locksmiths carrying out botched jobs and COVID-19 fraudsters attempting to charge people to get the 'vaccine'.

We look at the [different types of scam visits](#) you could receive and invite you to share your experiences of unsolicited visits.

## **Stay safe,**

Which? scam alert team

PS Please feel free to share this information with your friends, family and neighbours - anyone who may find it helpful. Or they can [sign up here](#) to receive this directly to their inbox.

## **Cash machines are still under threat, with 13,000 disappearing in the past three years alone.**

Cash is an important lifeline for millions of people across the UK. Without access to cash people face being cut off from their local community and it makes day-to-day living even harder for the most vulnerable people who rely on it.

Last year, the government committed to introducing vital legislation that will protect access to cash for as long as people need it, but we still have no promise as to when it will actually become law.

## **That's why we need to see urgent action from banks.**

We're giving the eight largest banks two weeks to commit to maintaining the crucial cash network that currently helps millions of people access their money. This will help prevent the system from collapsing before long-term protections are introduced.

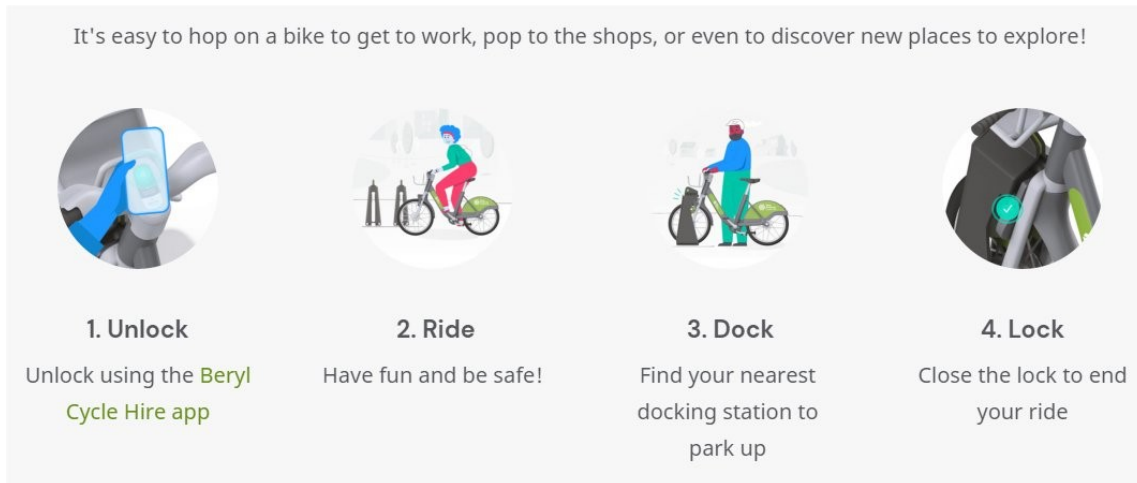
**Is your bank doing enough to protect your access to cash? [Find out what we're demanding and why we don't have much time left.](#)**



Luc Hubert's piece on a Cycle Superhighway along Monmouth Drive in January's Gatepost was well-timed. On Monday 8<sup>th</sup> March, WMcyclehire will launch from various Sutton Coldfield locations. Of the two locations we have spotted the ideal one for Banners Gate is actually at Banners Gate on the corner of Chester Road North and Monmouth Drive. The other one is at Stonehouse roundabout.

To use the 24/7 service, you will need the Beryl Cycle Hire app which can be downloaded via the first page of their website at [www.wmcyclehire.co.uk](http://www.wmcyclehire.co.uk).

How does it work:



Now for the all-important "How much does it cost?"

### Prices

It costs £1 to unlock a bike and then just 5p per minute of cycling.

#### Ride cost examples

10 minutes	20 minutes	30 minutes
<b>£1.50</b>	<b>£2.00</b>	<b>£2.50</b>

Pay for your ride by linking a credit or debit card to the Beryl Cycle Hire app.\*

\*An option to use Swift Pay As You Go will be available later in the year.

What do the bikes look like?

## Our bikes

Our bikes are simple to use and perfect for enjoying an easy ride.

- 1. Comfort first:** our cushioned saddles are easy to adjust to your preferred height
- 2. Pedal power:** 3 gears to tackle any hill
- 3. Keep it clean:** mud and chain guards to protect your clothes
- 4. Light the night:** laser lights for your added safety
- 5. Put it away:** handy storage at the front for your essentials

Electric bikes will be available later in the year.





## Welcome to an update from Highbury Theatre

Hello again from Highbury Theatre. We hope you are doing as well as possible in these difficult times.

As there's no timetable yet for any easing of restrictions, Highbury Theatre is continuing its hibernation so we don't have any plans to announce about plays or films at this stage. However, we have been creating more audio recordings and these are available on our YouTube channel here <https://www.youtube.com/channel/UC8CipRhweuy9L24fHa8dQlg/videos>. The most recent is "Luck", a dramatised version of a short story.

And there are some other local arty things to do that we'd like to tell you about.

FOLIO Sutton Coldfield, the charity that supports our local public libraries, is running a series of online local interest talks. A complete list of the talks can be found here <http://foliosuttoncoldfield.org.uk/online-local-interest-talks-2021/>. The next talk is about the archaeology of Sutton Coldfield beyond the park by Dr Mike Hodder at 7.30pm on 18 February and then you can find out more about the history of Moor Hall Hotel at 7.30pm on 4 March. If you would like to attend, details of how to book your place are included. Some of the talks are being put on FOLIO's YouTube channel afterwards, and they can be found here <https://www.youtube.com/channel/UCiuCY4E05yUZJrUwxe7dalw/videos>

Another date for your diary is the weekend of 20 / 21 March which will mark a year since the country's first lockdown as well as the spring equinox. Culture Central, which brings together arts organisations across the West Midlands, is co-ordinating the creation of short audio-based art works which will be available online, making a change from watching things online. We're hoping that there will be something in Sutton Coldfield that we can all enjoy, so put the date in your diary and keep an eye out for announcements.

We're continuing with our plan to announce 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. It's currently being sent out on the last Monday of each month. If you're not already receiving it, you can join our mailing list by emailing [boxoffice@highburytheatre.co.uk](mailto:boxoffice@highburytheatre.co.uk).



**YOU WERE RIGHT...**

People don't land on their feet...

**Not been out of the  
house for a while. Does  
anyone know if  
Woolworths, C & A and  
Blockbuster still have  
the same opening  
hours?**

**You think it's bad  
now? In 20 years our  
country will be run by  
people home schooled  
by day drinkers....**

## Support Young People During the Holidays

### Support young people during the holidays

During lockdown it's important to support young people and help look after their mental health. Especially during half term. Help and support is available for [parents or guardians on the HealHub](#) – who offer free mental health support for 14 to 25 year olds. We're encouraging all parents and guardians to let people know we are there to help them.

Thanks for keeping our 999 lines free. More of you are using our online services for non-emergencies. This is making a huge difference in keeping 999 free for those who need it most, thank you.

Many of the calls we receive can be resolved online. So for all non-emergencies please visit [our website](#) first. Here you can speak to us on live chat between 8am and midnight. If home is not the safest place to be, you can speak to us on live chat where specially trained officers can provide support. Remember, in an emergency always call 999.

### Government guidance.

We would like to thank you for sticking to the government guidelines and staying at home. We know it's tough but we appreciate the huge effort the majority of you are taking. The single most important action we can all take is to stay at home to protect the NHS and save lives. More information is available on the [government website](#). This guidance is the law and where we need to we will continue to enforce it to keep everyone safe.

### Message Sent By

Anthony Wilkes (Police, Engagement & Consultation Officer, Partnerships Lloyd House)

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**Wednesdays 6:30pm- 8:30pm:  
17th, 24th February and 3rd, 10th, 17th & 24th March  
2021**



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or for more info contact us  
Tel: 07930856817  
Email: [asheboinittogether@gmail.com](mailto:asheboinittogether@gmail.com)



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12 CPD CREDITS





## 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](mailto: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](mailto:dementiacarers@birminghamcarershub.org.uk)



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.

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

Thinking of a Stairlift? Book your Stannah Stairlift demonstration in Boldmere. Please call one of the team on 0121 362 3650 who can tell you more.

# communit<sup>ea</sup> cafe



CHEESE AND POTATO PIE WITH BAKED BEANS

COTTAGE PIE WITH VEGETABLES

CHICKEN CASSEROLE

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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](mailto:info@ageconcernbirmingham.org.uk)

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# 2021 communit<sup>ea</sup> cafe



**DUE TO NEW LOCKDOWN MEASURES  
WE HAVE CHANGED OUR OPENING HOURS FOR TAKEAWAY**

**OUR NEW TIMES ARE:  
MONDAY TO FRIDAY 9.30 TIL 3.30**

**PLEASE POP IN TO SEE OUR DAILY MENU AND SPECIALS  
76/78 BOLDMERE ROAD B73 5TJ / 0121 630 2462**



# EMERGENCY FOOD ASSISTANCE AND ESSENTIAL SUPPLIES GRANT

Birmingham City Council has been allocated an Emergency Food Assistance and Essential Supplies Grant to support vulnerable citizens (children & families and adults) of all ages who are struggling to afford food and other essentials due to COVID-19.

The Sutton Coldfield NNS and Early Help have been invited to lead on this programme by administering a community grant programme aimed at meeting the needs within Sutton Coldfield.

Grants from £1-£5,000 are available but any grant proposal must relate to one of the following 4 outcomes:



- \* Social support
- \* Volunteers for essential supplies and shopping
- \* Support with Food/Foodbank
- \* Enhanced Information Advice and Guidance Offer



The programme will run from December 2020 - March 2021 and we are currently accepting proposals from any not-for-profit, voluntary or community clubs or organisations, registered charities, not-for-profit companies or community interest companies.

If you'd like to apply for a grant or talk to us about one please contact us at:

**nns@ageconcernbirmingham.org.uk, subject: Emergency Food Grant**



**AGEconcern**  
Birmingham

Welcome the new year and join us for our quiz on Wednesday 3rd March 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](http://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.



# Bounce Back

Helping you to re-connect with community services in Birmingham

T: 0121 262 3555

E: [help@birminghammind.org](mailto:help@birminghammind.org)

Have you lost connection with community support groups or mental health support since the Coronavirus lockdown?



## We can help with...

- Personalised Wellbeing Plan
- Telephone and online support to help you re-connect with services (*whichever is preferred*)
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- Gateway to local information



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**AGE concern**  
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](mailto:NNS@ageconcernbirmingham.org.uk)

For a searchable list of community assets in Sutton Coldfield, and the wider Birmingham area, please visit:  
[Birmingham.connecttosupport.org](http://Birmingham.connecttosupport.org)





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AGEconcern  
Birmingham



### Do you need a gardener?

Spring will soon be approaching and our gardeners are continuing to work following COVID19 guidelines.

Whatever your garden needs we have vetted and DBS checked gardeners. Call one of the team on 0121 362 3650 to find out more.





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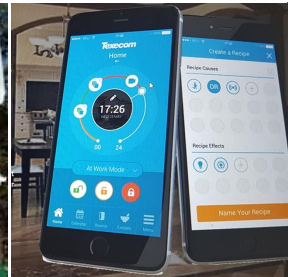
Contact Steve on 07738 917 821 or Gary on 07921 132 860  
or email [chong.fouroaks@gmail.com](mailto:chong.fouroaks@gmail.com)



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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Phone no. 0121 386 2639

Email: [info@cw-sec.co.uk](mailto:info@cw-sec.co.uk) Website: [www.cw-sec.co.uk](http://www.cw-sec.co.uk)



## MOVE AGAINST CANCER 5K YOUR WAY

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

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

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

**Where:**

Walsall Arboretum Visitor Centre steps  
(meet at 8.45am)

**Ambassador:** Anne Kelsall, Wendy Cole & Sarah Hinkley

**It's Free!**

Get in touch and let us know you will be coming.

5k your way: move against cancer | [@cancer5kYourWay](https://www.facebook.com/cancer5kYourWay)  
[info@5kyourway.org](mailto:info@5kyourway.org) | [www.5kyourway.org](http://www.5kyourway.org)

[www.5kyourway.org/register](http://www.5kyourway.org/register)

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



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# Sutton Park Surgery

0121 353 2586

See front page

## STEPH LEES

O S T E O P A T H Y

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- Neuralgia
- Sports injuries



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



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## IMPACT Workplace Wellbeing for Young People and Adults

Teach people simple, effective techniques to help them manage stress and improve wellbeing. Give skills for life to:

- Young people in schools, colleges and youth groups
- Adults in the workplace and at home
- People involved in giving and receiving care and support



"It helps you take your mind off a lot of things."  
Year 11 student

### KIND HANDS

IMPACT activities use positive and nurturing touch for early years children, their parents and carers.

Children learn through play to form positive relationships and develop respect for others.

- Children's centres
- Family centres
- Nurseries
- Playgroups
- The home

"The way in which our individual setting's needs were considered was impressive." Nursery Head, Bristol



Contact:

Loretto Cattell MSc, MEd, P.A.

07732 474 470

loretto.cattell@virginmedia.com

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Christian Fellowship (Pheasey)

Worship and Communion Service  
Sunday 10:00am

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

Please look for the Beacon Room – Everyone welcome

The Chemist, M.W. Phillips, at Sutton Park Surgery – 0121 353 9027



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ERDINGTON OPERATIC SOCIETY  
Presents  
Gilbert and Sullivan's  
**IOLANTHE**

**CANCELLED**

This very popular show is being presented next Autumn at Sutton Coldfield Town Hall and the Society needs new members of all voices to join us. The Society meets each Wednesday evening at Blackwood Road Methodist Church in Streetly. We do not hold auditions. All we ask is commitment and enthusiasm. If you are interested in having a good sing and being involved in a first-rate production, telephone 355 2542 or visit our website (www.erdington-operatic.co.uk) for further information.

## CREATE at the Gate with K & S

We are a small group of crafters who meet on the first Sunday of every month, between 11.30am and 2.30pm. If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us. There is a wealth of knowledge between us and we usually learn something new each month from each other at Banners Gate Community Hall. There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do.

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

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

17th March, 21 April and 19th May

## Hall's Gardens Garden Maintenance Services

### Gary Hall

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

garyhall7@blueyonder.co.uk



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site [www.newhorizonscounselling.org](http://www.newhorizonscounselling.org).

The Banners Gate Community Hall is available at times during the week, including weekends, when we are able to re-open.

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

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

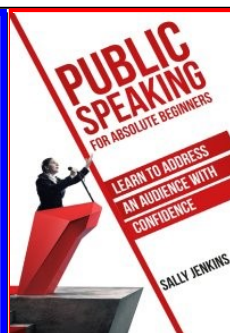
The Jarrett room is approx. 13' x 8'  
(4m x 2.5m)

The ladies has 2 cubicles and a nappy changing table. There is a gents/disabled toilet.

The building is step-free.

For further booking information go to:

[www.bannersgatecommunityassociation.org](http://www.bannersgatecommunityassociation.org)



## Public Speaking for Absolute Beginners by Sally Jenkins

Tips on constructing and presenting  
all types of speeches.

Available on Amazon or direct from  
the author:

sallysjenkins@btinternet.com 0121



0777 333 9214

[admin@luckybuntys.co.uk](mailto:admin@luckybuntys.co.uk)



## HATHA YOGA



Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.

Do you have any of these items?



Coins



Medals



Postcards



Badges/Tokens

Stamps - Books

Free evaluations.

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



Cigarette cards

Joe Dyke

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

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

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All of our Entertainers are Enhanced DBS checked and we have full liability insurance 0777 333 9214 admin@luckybuntys.co.uk

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0121 769 2706 07724 212204  
West Midlands North Branch

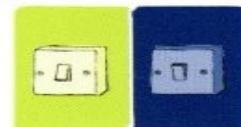
## Paul White Electrical

No Job too small

Paul Andrew White  
Electrician

111 Wandsworth Road  
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B44 9LY  
07403445651

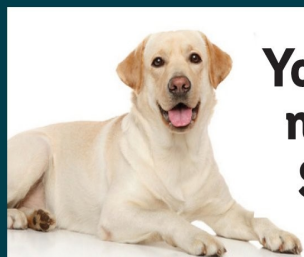
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Part P reg 58023 PAT Testing



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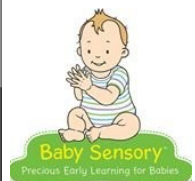
89 Blackwood Road, Sutton Coldfield B74 3PW  
Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets



## SWIMMING LESSONS

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

Local Pools ~ All Abilities  
Badge Work ~ Qualified Instructors  
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## 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](mailto:suttoncoldfield@babysensory.co.uk)

Plastering internal & external specialist  
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## Lee Nugent

36 Banners Gate Road  
Sutton Coldfield B73 6RX  
Office: 0121 354 5446  
Mobile: 07934 15 19 20  
[Lee.nugent1@virginmedia.com](mailto: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](mailto:kiltrfitness@outlook.com)  
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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!

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Amy Johnson (Bsc). Recommended since 2014.  
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Tracy: 0780 329 3351





DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.	<b>Useful telephone numbers</b>  Sutton and Kingstanding <b>Police: 101</b>  Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7 Citizens Advice 03444 111 444
Sun (1st) 11.00 –2.00 pm (1st) 4 – 7pm (1st) 7.00pm—8.00pm 10.00 am  9.00 am - 11.00am 10.30 am  11.00 am	Create at Gate with K & S Global Communion Soul Yoga Family Communion  For details see website at <a href="http://www.stcolumbasbannersgate.co.uk">www.stcolumbasbannersgate.co.uk</a> Loveworld Church Family Worship <a href="http://www.bannersgatechurch.com">www.bannersgatechurch.com</a> Chikara Karate Kai	Community Hall Community Hall Community Hall St. Columba's Community Hall Banners Gate CC Scout Hall	Kathy Weston Pastor Chris 07565   Ola Samuel 07565 Nigel Willis Paul Murphy 07837	628 6651 65 27 62  354 5873  65 27 62 353 0230  39 57 89	
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	
Thurs 6.15am - 7.15am 10.00 am 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	<b>BANNERS GATE COUNSELLING CENTRE</b>  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
<b>BOOKING SECRETARIES:</b> 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		<b>UNIFORMED ORGANISATIONS:</b> Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191			<b>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.</b>

**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

**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

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

Contact Details: 07565652762  
loveworldsuttoncoldfield@gmail.com

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

**33<sup>rd</sup> 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	