



# Banners Gate & Parklands Community & Neighbourhood Forum

142<sup>nd</sup> January 2021

[bannersgateneighbourhoodforum.com](http://bannersgateneighbourhoodforum.com)

If you want Gatepost emailed to you in full colour every month, (before it is printed, whenever that is, usually in black and white), please send an email by just clicking the link, [bgatepost@gmail.com](mailto:bgatepost@gmail.com) with "Email Gatepost" in the subject line.

Here we are again, lockdown. Anyone confident enough to declare it is the last? If you have not added to YOUR newsletter, whatever you have, be it photos, jokes, short stories, or just something to get off your mind, then please send it to us at [bgatepost@gmail.com](mailto:bgatepost@gmail.com).

Birmingham and Solihull Clinical Commissioning Group (CCG) has launched a COVID-19 vaccination resource website. On it is everything you need to know about the coronavirus vaccines, including their effectiveness, your eligibility and how they are administered. [Here is the link](#) to the website.

The RSPB (Royal Society for the Protection of Birds) is having its Big Garden Birdwatch between 29—31 January. If you are quick you may just make it so click [here](#) for the website. There's more information on page 32. ... and if you are offered a vaccine **TAKE IT for all our sakes.**

Keep safe and sane.

Tony



**Rob Pocock:**

## **LOCKDOWN LATEST**

I didn't expect to be back on this dreadful subject again so quickly, but here we are again. Let's start with the positives.

Vaccines are on their way! By the time you read this, supplies of both the Pfizer vaccine and the Oxford AstraZeneca vaccines will be available for distribution across Sutton and Birmingham. But don't try chasing your doctor or the NHS to get one.

Provided you are registered with a GP, you will get 'called' in order depending on your age and medical history, or occupation. There is a strict 'pecking order' so it's best not to worry if you have not received a call or a letter, it will come when your turn arrives.

New places are being set up daily to issue vaccines but not every GP practice will be doing it, so you might have to go somewhere else. Three pharmacies in Sutton will be doing it too. If you have any queries, you can phone the NHS by dialling '111'. This might be a quicker way to check things than trying to phone your GP practice, a lot of them have huge delays in getting through.

## **FOOD AND SUPPORT**

A lot of older or disabled people are going to have trouble again going out and getting food. In response, my City Council colleague Kath Scott and I have managed to get the Council to allocate another financial grant for the local area. It's to help the Banners Gate Neighbourhood Forum, the Community Centre Coffee Morning Club and other volunteers run a 'food drop' to people who are isolated and having difficulty getting out. This will be

up and running soon, and you can also phone the City Council Covid phoneline 0121 303 1116 for other advice and support.

We all hope everyone will abide by the rules but if you spot any cases of the rules being flouted, you can anonymously report it on the Council hotline number above. Alternatively there's an anonymous reporting form on the Council website [www.birmingham.gov.uk](http://www.birmingham.gov.uk). Let's all stay safe!

## **OTHER COUNCIL SERVICES**

Libraries, leisure centres, golf clubs and gyms etc are all instructed to close under the Government



regulations. The Parks are remaining open and bin collections should carry on as normal. The Council tip sites are also remaining open this time, don't forget you have to book in advance, but

you can usually book on the same day you want to go now. See the City Council website above or phone 0121 303 1112.

**Finally it's the perfect time to try making my Mum's 1950s marmalade recipe.... See the batch I've just made here!**

3lbs fruit (2lbs Seville oranges, plus 2 lemons and 2 sweet oranges)  
6lbs sugar and 3 ½ pts water

**AVAILABLE IN LARGE PRINT. TEL: EDITOR AT 605 4947**

Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: 605 4947, or [bgatepost@gmail.com](mailto:bgatepost@gmail.com) **Next deadline: February 11<sup>th</sup>.**

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

Wash fruit, cut in half, remove pips, put in jam pan with water, measure depth  
 Simmer 1 ½ hours, then leave covered overnight  
 Next day remove fruit, squeeze out flesh back into pan, slice rinds into small strips and return to pan  
 Make up depth with water and bring to heat, warm sugar in oven  
 Add sugar to pan and boil quickly for 25 minutes to setting point  
 Tip into warmed jars, leave to cool with lids off, makes about 11 x 1lb jars.  
 Seal lids when cold next day, and then they're delicious and ready to eat!



**Alison Jolley:** New Town Ranger Service for our Royal Town of Sutton Coldfield! As a member of the Town Council, I am keen to tell you about our new 'clean and green service' that was launched only a month before Christmas.

Solely financed, designed and specifically orchestrated by Sutton Coldfield Town Council, a new Town Ranger service has been implemented to keep our local areas looking clean, smart and well-maintained on a regular and ongoing basis, thus providing a quick and efficient response in dealing with environmental eyesores around the town, for example clearing dumped rubbish, dealing with overgrown vegetation and also tackling graffiti removal in public areas.

This new facility however is in addition to routine and ongoing services already provided by Birmingham City Council. Rangers will target issues such as those already described above, which Birmingham City Council cannot deliver due to budget constraints. I would like to draw your attention to the distinctive van which has become a familiar sight around our town. In vital consideration of the environment and our own



health and well-being the rangers are using these electric vehicles and also specialist tools that prevent harmful pollutant emissions during their day to day working practices. Rubbish, sodden leaves, weeds and overgrown bushes soon make areas look neglected and provide ideal breeding grounds for rodents and other pests.

The rangers have started to tackle public car parks and footpaths around the Town centre and residents are already voicing positive feedback regarding this new and much valued service provided by Royal Sutton Coldfield Town Council. If there is an area you think would benefit from their input, please email either myself or one of the other Town Councillors. With best wishes, Alison Jolley.

[alison.jolley@suttoncoldfieldtowncouncil.gov.uk](mailto:alison.jolley@suttoncoldfieldtowncouncil.gov.uk)



**Kath Scott:**  
**HappY New Year To You All.**

WOW, what a way to start 2021. being in lockdown was not easy last year, and if you're like me, it feels even harder this year.



My life, again, like many parents, is a revolving door of work, home & home schooling. A merry dance & circus juggle of deadlines, meetings, kids, housework, classroom schedules & the need to keep it all in the air & on the move.

But I give thanks to those doing more than me, who risk their lives on the front line, who care for the vulnerable, who stack shelves & deliver food parcels, who stay in school to help piece the front line together.

TOGETHER is where this sits for me, we are all in this together & we will ride this out together until we can see, feel, touch & appreciate our freedoms again.

Keep well everyone, but most of all keep safe.

Cllr Kath Scott.

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.

## New Year, New Challenges.

2021 has not started quite as we had hoped has it? Once again, we are living in 'lockdown'. As a church, we have decided to close our doors, in order to keep everyone safe and to stand with our community and our amazing NHS and other Key Workers. We've stopped meeting in our building, but we haven't stopped being church.

The Church is still in the Christmas season (Tesco might want to get all their Easter Eggs out, but we don't like to rush things!) and I am grateful that we gathered on Christmas Eve and Christmas Day, socially distanced of course, to celebrate the arrival of Jesus into our world. Immanuel, God with us. I find it so helpful to hold onto the hope of Christmas, especially during this January, as we watch the news and see the figures of positive tests, and very sadly, deaths rise.



I don't know about you, but I feel tired and weary. Then, as soon as I acknowledge my tiredness, I feel guilty, because I am well aware of the hours our health professionals and other essential workers are racking up as they work through this pandemic. I am facing none of their challenges, and yet there are still times that I simply feel exhausted ..... by everything.

There is a prophet of God, in the Old Testament called Elijah; you can read more of his story in [1 Kings Chapter 19](#). He is busy trying to do the work of God, which doesn't always prove to be an easy task, and eventually he is so thoroughly exhausted by it all that he collapses under a tree and says very clearly to God, "That's it, I've had enough!"

How does God respond? Well, God doesn't tell Elijah off, or dismiss him as simply not up to the task and then look for others to do the work. No, God sends angels to care for Elijah. Elijah is told to rest, to sleep and then to eat and drink, and then he is told to repeat the pattern until he is ready to face what lies ahead. Not glamorous care perhaps, but a steady, practical and powerful healing all the same.

I wonder if that might be good advice to us all right now. Perhaps we should embrace how we are feeling, without comparing our circumstances to the people around us. It is ok to find life hard right now, and we are each facing different challenges along the way. So why not acknowledge them and let God minister to us, through angels and also through colleagues, through family and our friends.

Vaccines are being distributed and, as I write this, I keep getting texts from members of the church community telling me they've been 'done.' There is light at the end of the tunnel; it might just be that we can't see it too clearly right now. Hope is around the corner, but there is still a way to go yet. We do not do this journey alone. Immanuel: in Jesus, God is with us and we need to care for each other, and ourselves, as He cares for us.

Rev Beccy

Vicar, St Columba's Church

Telephone: 0121 354 5873

Email: [vicar.bannersgate@gmail.com](mailto:vicar.bannersgate@gmail.com)

website: [www.stcolumbasbannersgate.co.uk](http://www.stcolumbasbannersgate.co.uk)



**census**  
2021



# Now hiring for Census 2021

**Apply now for temporary roles**

**People make the census**

**Search 'Census Jobs'**

**[censusjobs.co.uk](https://censusjobs.co.uk)**

 **Office for National Statistics**

Working in partnership with

**Adecco**



# NATIONAL LOCKDOWN STAY AT HOME



<b>SOCIAL CONTACT</b> No household mixing, aside from support bubbles, childcare bubbles, to provide care for vulnerable people, to provide emergency assistance, to attend a support group, or for respite care.	<b>EDUCATION</b> <b>Early year settings are open.</b> All other schools and colleges will learn remotely. Schools will remain open for vulnerable children and the children of critical workers.	<b>SHOPPING &amp; RETAIL</b> <b>Essential shops can open.</b> Non-essential retail must close and can only open for click-and-collect (not alcohol) and delivery.	<b>WORK</b> You can only leave home for work purposes where it is unreasonable for you to do your job from home.
<b>ENTERTAINMENT</b> <b>Closed.</b>	<b>INDOOR</b> <b>Closed.</b>	<b>HOTEL &amp; ACCOMMODATION</b> <b>Closed</b> (with limited exceptions).	<b>PERSONAL CARE</b> <b>Closed.</b>
<b>OVERNIGHT STAYS</b> <b>You must not stay overnight away from home.</b> Limited exceptions apply.	<b>RESIDENTIAL CARE</b> Visits to care homes can take place, but <b>close-contact indoor visits are not allowed.</b> No visits will be permitted in the event of an outbreak.	<b>BARS, PUBS AND RESTAURANTS</b> <b>Hospitality closed.</b> Takeaways can open, but no alcohol can be served.	<b>WORSHIP</b> <b>Open for private prayer and communal worship,</b> but cannot interact with anyone outside household or support bubble.
<b>TRAVEL &amp; TRANSPORT</b> <b>You must stay at home and only travel for work or other legally permitted reasons.</b> If you have to, you should stay local and reduce the number of journeys you make. Do not travel abroad unless an exemption applies.	<b>EXERCISE &amp; OUTDOOR LESURE</b> You can leave your home to exercise by yourself, with your household or support bubble, or with one person from another household once a day only. Organised outdoor sport is closed unless for the disabled.	<b>WEDDINGS &amp; FUNERALS</b> Funerals of up to 30 people permitted. Wakes and other linked ceremonial events can continue in a group of up to six. Weddings of up to six can continue in exceptional circumstances.	<b>CLINICALLY EXTREMELY VULNERABLE</b> <b>If you receive a shielding letter you must shield.</b> Those who are clinically extremely vulnerable should not leave home unless it is for a medical appointments, exercise or if it is essential.

For more information and detailed guidance visit: [gov.uk/coronavirus](https://gov.uk/coronavirus)

## Birmingham Weekly COVID-19 Statistics

Weekly report: 26<sup>th</sup> December 2020 to 1<sup>st</sup> January 2021

Author: Dr Justin Varney (Department of Public Health)

Source: SGSS, NHS Digital

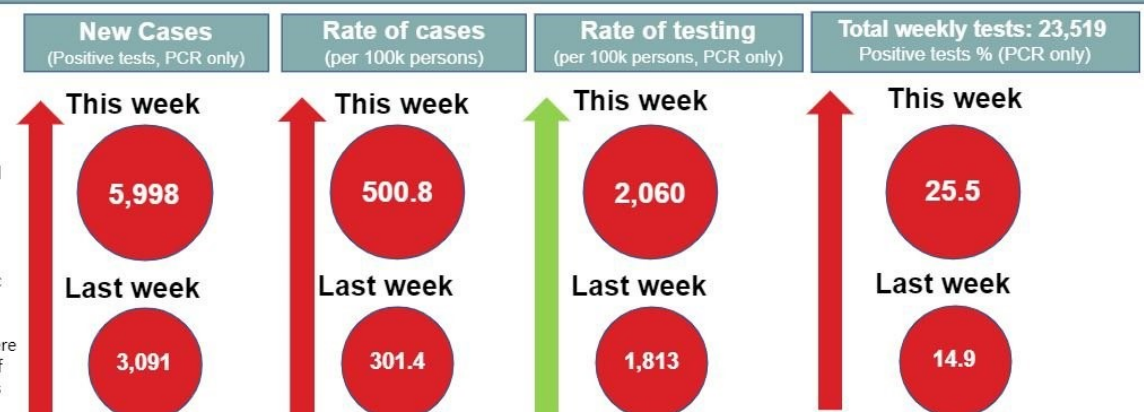
There has been an increase in both the rate of cases and percentage of positive tests in the last week. This is reflective of the concerning increase in cases nationally.

Testing for asymptomatic individuals is now available in the city at the [Utilita Arena \(old NIA\)](#) site and three mobile sites, and we will shortly be extending access through community pharmacies which will roll out from next week.

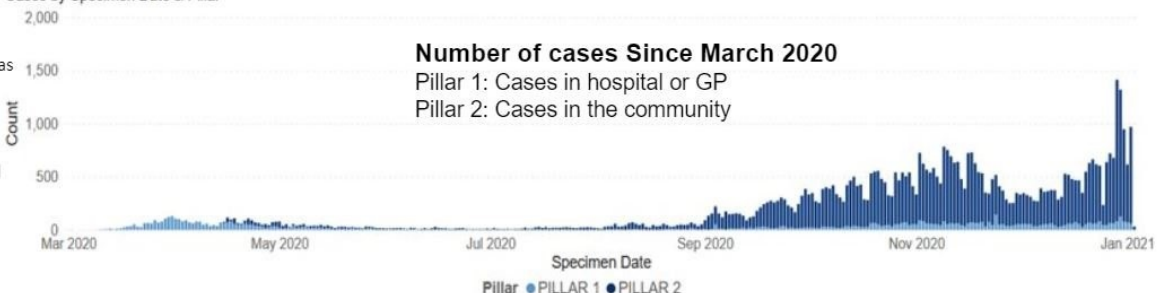
Whilst the number of tests in asymptomatic individuals is increasing, the testing rate among symptomatic people remains relatively flat which is concerning, while there has been a big increase in the percentage of these tests that are positive. There remains plenty of testing capacity for symptomatic people at both drive-through sites and all walk-through sites in the city.

People continue to be admitted to hospital and intensive care, in both under 65yr olds as well as over 65yr olds. Average daily Covid admissions has risen to almost 100 new cases a day across the hospitals.

Spread often happens in the household and we recommend people go to [www.germdefence.org](https://www.germdefence.org) to look at how you can all reduce spread at home.



Cases by Specimen Date & Pillar



# Birmingham Weekly COVID-19 Statistics

Weekly report: 26<sup>th</sup> December 2020 to 1<sup>st</sup> January 2021

All wards in the city have seen case numbers rise between this week and the week before.

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

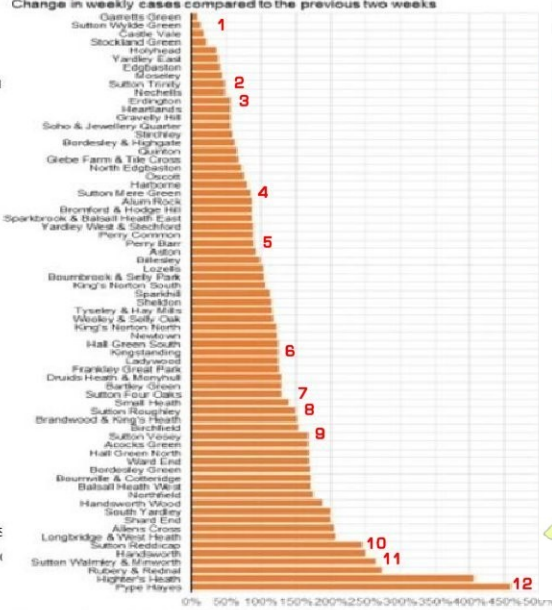
The wards with the highest case rates (cases per 100,000 residents) in the last week are:

- Hall Green North (858)
- Longbridge & West Heath (845)
- Hall Green South (812)
- Highter's Heath (808)
- Newtown (807)
- Lozells (805)
- Handsworth Wood (796)
- Balsall Heath West (777)
- Acocks Green (750)
- Northfield (740)

We are starting to see case rates rise in 5-9yrs and 10-14yrs age groups for the first time, and case rates are rising in all ethnic groups but are highest in our Asian communities.

## Case number change in Birmingham (ward level)

Change in weekly cases compared to the previous two weeks

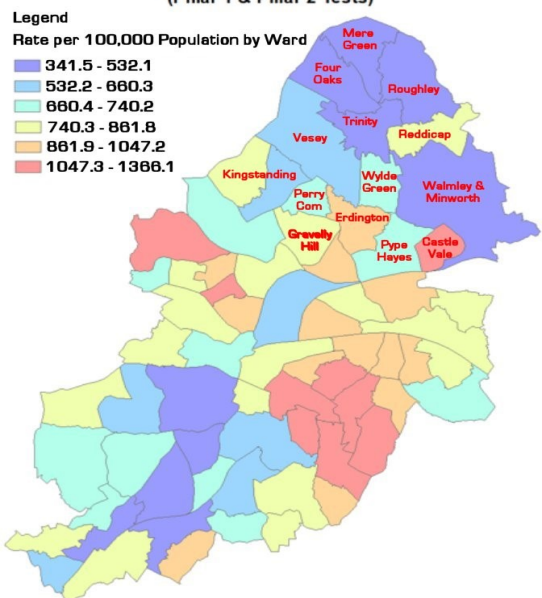


## Confirmed Cases by Ward 2nd to 8th January 2021 (Pillar 1 & Pillar 2 Tests)

Legend

Rate per 100,000 Population by Ward

- 341.5 - 532.1
- 532.2 - 660.3
- 660.4 - 740.2
- 740.3 - 861.8
- 861.9 - 1047.2
- 1047.3 - 1366.1



Comparison of seven-day total cases from 18 Dec to 01 Jan by wards level covering Birmingham.

Source: PHE, updated on 04 Jan 10:35

Source: PHE Covid-19 Situational Awareness Explorer (weekly live listing) produced 4th January 2021. Reduced by Birmingham Public Health Division (2020). © Crown copyright and database rights 2020 Ordnance Survey 100021326.

1-Wylde Green. 2-Trinity. 3-Erdington. 4-Mere Green. 5-Perry Barr. 6-Kingstanding. 7-Four Oaks. 8-Roughley. 9-Vesey. 10-Redditch. 11-Walmley & Minworth. 12-Pype Hayes.

## Key changes between Tier 4 and National Lockdown – 5 January 2021

**1) Schools:** Primary and secondary schools closed and now teaching will occur remotely. Colleges, primary (reception onward) and secondary schools will remain open for vulnerable children and the children of critical workers.

**2) Universities:** Those students who are undertaking training and study for the following courses should return to face-to-face learning as planned and be tested twice, upon arrival or self-isolate for ten days:

- Medicine & dentistry
- Subjects allied to medicine/health
- Veterinary science
- Education (initial teacher training)
- Social work

Courses which require Professional, Statutory and Regulatory Body (PSRB) assessments and or mandatory activity which is scheduled for January and which cannot be rescheduled (your university will notify you if this applies to you).

Students who do not study these courses should remain where they are wherever possible, and start their term online, as facilitated by their university until at least Mid-February. This includes students on other practical courses not on the list above.

**3) Exercise:** You can exercise once per day, for no more than an hour.

**4) Open public spaces and exercise/sports:** You can exercise in public outdoor places that are open:

- parks, beaches, countryside accessible to the public, forests
- public gardens (whether or not you pay to enter them)
- the grounds of a heritage site
- Playgrounds

Indoor and outdoor sports groups now must close, however organised outdoor sports groups can remain open if they are for the disabled.

**5) Shielding:** Anyone who must shield will receive a letter from the government and they should follow the advice.

**6) Businesses and venues:** The list of allowed to open businesses and venues has changed. [Click here](#) to find the full list.



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

## **Update from the Town Council**

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

## **Sutton Coldfield Together**

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

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

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

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

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

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

## **Festive Lights**

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



## Community Grants

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

## Discover Sutton Coldfield

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



## What's on Sutton Coldfield

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

## Town Council Newsletters

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

## 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.girlsfriendsandsociety.org.uk/bannersgate](http://www.girlsfriendsandsociety.org.uk/bannersgate).







# FOLIO

## FRIENDS OF LIBRARIES IN OUR SUTTON COLDFIELD

[Home](#) [About](#) [News](#) [What's On](#) [Governance](#) [Get Involved](#) [Contact Us](#) [Library Info](#) [Telling Sutton's Stories](#)



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 21 January 2021, 7.30pm

### **The church on the hill – a whistlestop history of Holy Trinity Parish Church Sutton Coldfield by Stella Thebridge**

The story of this Grade I listed building begins uncertainly in the thirteenth century and unfolds over succeeding centuries to reveal a church consistently at the heart of its community adapting to national and local changes, while remaining a place for worship and community activity. Stella Thebridge draws on the rich resources of earlier writers as well as contemporary local historians to highlight this fascinating story, as recounted in two recent complementary publications – a guide book and a church history, both in full colour. The books represent the culmination of a Heritage Lottery funded project at the church which enabled new research to be undertaken to inform these two books which bring the history up to date following a sensitive refurbishment of the church interior in 2016-18.

To book your place at this talk please register here: [https://us02web.zoom.us/webinar/register/9216079590479/WN\\_MOHhSRZ4SMKeywptMm77Mg](https://us02web.zoom.us/webinar/register/9216079590479/WN_MOHhSRZ4SMKeywptMm77Mg)

[Holy Trinity, Sutton Coldfield : the story of a parish church and its people, 1250-2020 Edited by Stella Thebridge is available to borrow from several libraries](#) in Sutton Coldfield and wider Birmingham. [Click here for details on how to purchase your own copy.](#)



Thursday January 28 2021, 7.30pm

### **'Tales yet to be Told,' featuring new strange ghost stories of Sutton Coldfield from Patrick Hayes**

Several books by Patrick are available through the Birmingham Library system, [including Ghost Stories of Sutton Coldfield](#). Patrick will be letting us know how we can purchase his new book during his talk.

To book your place at this event please register here: [https://us02web.zoom.us/webinar/register/WN\\_8a7bQlv5SES0K9IR8k4ShQ](https://us02web.zoom.us/webinar/register/WN_8a7bQlv5SES0K9IR8k4ShQ)



Thursday 4 February 2021, 7.30pm

### **Pugin's Passion – The Legacy of Faith**

A brief overview of the history of St Mary's College, Oscott and the role of the foremost gothic revivalist – Augustus Welby Pugin – had on the college and the legacy that has been left today. This talk will be given by Naomi Johnson, Curator, St Mary's College, Oscott

To book your place at this talk please register here:

[https://us02web.zoom.us/webinar/register/5816079607220/WN\\_kDvZ5\\_cVQai9pe6XWY-J1w](https://us02web.zoom.us/webinar/register/5816079607220/WN_kDvZ5_cVQai9pe6XWY-J1w)

Several books about Oscott College are available through the library service, [including this one at Boldmere Library.](#)



Thursday 18 February 2021, 7.30pm

### **The Archaeology of Sutton Coldfield beyond the Park by Dr Mike Hodder**

From Palaeolithic flints to tree-ring dating 18th century farm buildings, and everything in between.

Booking for this talk will open 18 January 2021



Thursday 4 March 2021, 7.30pm

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

Booking for this talk will open 18 January 2021



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

In writing the following I fully realise that very many members of the forces suffered far greater, and very often under fierce battle conditions, but the army placed us where they wanted us to be. In addition, my unit usually had medical conditions, I had only one eye, that they considered us unfit for front line duties.

### A Journey to India



I had to make my way to the Hotel Great Central, adjacent to Marylebone Station in London. All furnishings had been removed leaving only the bare necessities remaining and as that excluded lifts I had to climb the stairs. I was on the fifth floor in room 508 and I recall there was a song popular at the time that mentioned "Room 504". The food was quite good and included real butter and, fortunately, there were no air raids during my short stay there.

Our next move was on a Saturday evening to Kings Cross station for an overnight journey to Scotland. We were provided with a bag of food each and told that we should be having breakfast on board the troopship. On arrival we left the train and assembled in a large open sided shed near the dockside before boarding the ex-cruise ship P & O Liner SS



Strathaird, (23,500 tons and used in peace time for passengers and mail to India and Australia). We were located on G deck at water level with its final approach down a wide steel staircase.

We found fixed tables, with benches attached either side, projecting from the side of the deck, and in one corner a depth of water in which blankets lay, a right mess and there was no sign of "breakfast". A sergeant major appeared and started to organize the clearing up in no uncertain manner. It was harsh but one realized that, had he not tackled it this way, no one else was likely to have bothered. Hunger was beginning to take hold, but it was mid-afternoon before food became available, stone cold potatoes, greens and cold pork chops. We were told that most of the crew were ashore on leave.

When night came, the tables and benches had to be used for sleeping on, but I managed to quickly get the use of a hammock which also had one of the controllable air vents very close to my head. This later proved to be a great asset. As the crew returned, life on board began to form a pattern and we

eventually started to move down the River Clyde with considerable groups of people on shore waving to us. When we finally anchored again it was in a very vast open area that seemed to have ships as far as the eye could see. 'Was this for an invasion', we thought at first. Lifeboat stations were allocated and the essential drill with the discipline established that, whatever happened, if under attack, we would stay below deck at night until instructed otherwise. In the darkness of the evening of Sunday 26<sup>th</sup> March 1944 (my mother's birthday) we felt the throb of the ships engines and realised, with a strange feeling that our journey into the unknown had started. We did not know where to, how long it would take, or whether we would be sunk on the way. Daylight showed that we were now part of a large convoy. We did learn that we were onboard the commodore's ship and that our speed would be related to that of the slowest ship in the convoy.

Each morning we would assemble at our boat station wearing our life jackets, complete with a red light that we clipped to one of the shoulder points, and battery tucked inside. These were to make us visible in the water if the ship was sunk. Our staff sergeant for this exercise would then come round checking and calling out in his accent "Anybody got two loits?" it seemed that sometimes this essential equipment got mislaid.

Our journey took us out into the Atlantic and it was rough, very rough. This took its toll on the stomachs of many of those around. During one night I went to the toilet, which was on another deck, in what would have been the passenger area in peacetime. What a sight met me! Many men with pyjamas around their ankles were trying to clean up. On my first attempt to use the toilet I was swept aside by someone rushing to 'heave' once more.

The 'troops' main toilet consisted of a galvanized trough with a constant flow of water running along the bottom and the cubicles were basic. They obviously had been fitted when the ship was converted to troop carrying. Occasionally someone would float down a flaming paper boat!

In the corner of our deck area there was an oval shaped galvanized bath which contained cloths soaking in disinfectant, all of which was used for washing utensils after meals. It got used for other things during the night, causing an unpleasant job the following morning before it could be used for its true purpose!

*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.



# BRAIN TEASERS

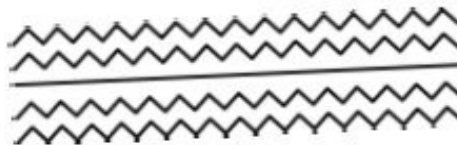
1. Emily loves cats and she keeps some as pets. All but two of them are completely black. All but two of them are completely white. All but two of them are completely ginger.

How many cats does she have in total ?



2. A family of five people drove in a car for 300 miles at an average speed of 50 miles per hour. For the whole journey nobody noticed that the car had a flat tyre.

How come nobody noticed?



3. Try to re-arrange the letters of **NEW DOOR** to make one word.

4. A school orchestra with six musicians can play the first section of Beethoven's 5th symphony in 7 minutes and 23 seconds.



How long would it take to play if they doubled the number of musicians?

5. Tom owns an antique grandfather clock made in the year 1877.

How long is it designed to go without winding?



6. Emma was running in a 5 mile marathon. With the end in sight she sprinted past Chloe who was in second place and triumphantly crossed the finish line.

Why didn't Emma win the marathon?



# Crack the Code

Solve the problems. Fill in the lines at the bottom of the page, with the letters that match the answers, to crack the code.

1.  $3^2 =$  \_\_\_\_\_ y

8.  $3^2 - 2^3 =$  \_\_\_\_\_ e

2.  $30 \div 5 =$  \_\_\_\_\_ h

9.  $4^2 \div 2 =$  \_\_\_\_\_ g

3.  $2^3 - 4 =$  \_\_\_\_\_ b

10.  $18 \div 3^2 =$  \_\_\_\_\_ u

4.  $5^2 - 19 =$  \_\_\_\_\_ l

11.  $2^4 - 10 =$  \_\_\_\_\_ t

5.  $6^2 \div 4 =$  \_\_\_\_\_ d

12.  $3^2 + 1 =$  \_\_\_\_\_ r

6.  $21 \div 7 =$  \_\_\_\_\_ i

13.  $3^3 - 20 =$  \_\_\_\_\_ c

7.  $4^2 - 11 =$  \_\_\_\_\_ s

14.  $\sqrt{81} =$  \_\_\_\_\_ f

What do polar bears eat for lunch?

$\frac{\quad}{3} \frac{\quad}{7} \frac{\quad}{1}$ 
 $\frac{\quad}{4} \frac{\quad}{2} \frac{\quad}{10} \frac{\quad}{8}$ 
 $-$ 
 $\frac{\quad}{1} \frac{\quad}{10} \frac{\quad}{5}$

Here's the quiz, the answers are on page 31.

1. Who is the main character in the film 'The Raiders Of The Lost Ark'?
2. Complete the name of this Scottish football club.... PARTICK \_\_\_\_\_?
3. Which Port is capital of the Falkland Islands?
4. What alternative name was given to German Shepherd Dogs after World War 1 because of the German part of their name?
5. What species of ape has a natural copper tinge to its hair or fur?
6. Kim Jong-Un is leader of which country?
7. In 69BC the Romans invaded Crete, which modern day city on the island was the first to fall?
8. According to the Beatles, who 'Picks up the rice in the church where a wedding has been'?
9. Which poem by Rudyard Kipling ends with the line 'And which is more, you'll be a man my son'?
10. Which Norfolk city was the first in the UK to adopt the postcode system?
11. In what film does John Hurt die in a gruesome chest bursting scene?
12. William H Bonney is one of the aliases of which cowboy bank robber?
13. What was Tarzans main item of clothing?
14. Which actress emerged from the sea in Dr No wearing a white bikini?
15. What is the full name of the first man to climb the Matterhorn?
16. Which British crooner sang, 'From Russia with love', 'Born Free' and 'The Impossible Dream'?
17. In the Star Wars films what is the real name of Ben Kenobi played by Alec Guinness and Ewan Macgregor?
18. What does the Greek word 'Portokali' mean in English?
19. Which Labour leader was filmed falling into the sea at Brighton beach in 1983?
20. The point directly above an earthquake's focal point is called what?
21. What is the first name of Posh Spice, married to David Beckham?
22. Which ground is home to the Warwickshire County Cricket Club?
23. Where in the USA would you find, La Guardia, JFK and Newark airports?
24. What is the surname of the person who will lose their job on January 20th?
25. BONUS QUESTION - WHAT DOES THE FIRST LETTER OF EACH ANSWER SPELL OUT?



If you do not know her, please allow us to introduce you to  
Petra Röhr-Rouendaal.

Petra used to live in Sutton Vesey but she now lives in Sutton Trinity, and all without moving house. Someone with a red pen, probably in an office in London, drew a new boundary line on a map, probably in red ink and, without the help of Pickfords, moved Petra to Sutton Trinity.

Petra is an artist - sculptures, African paintings, portraits, photography, what have you? We are very happy to have a very small taste of Petra's art in Gatepost, by way of photography - a set of photographs, and a single photograph. In the middle of a pandemic they are relevant.

Look at more of her work [here](#).



March 23, 2020

*This is clearly not a Christmas tree,  
only an ordinary tree in the park  
which lived like us through a difficult time  
experiencing sunny, rainy, cloudy and stormy days.  
We wish you all a very happy and safe Christmas,  
and let us all hope next year will  
be full of blue skies and sunshine. Petra & John*



April



May



June



July



August



September



October

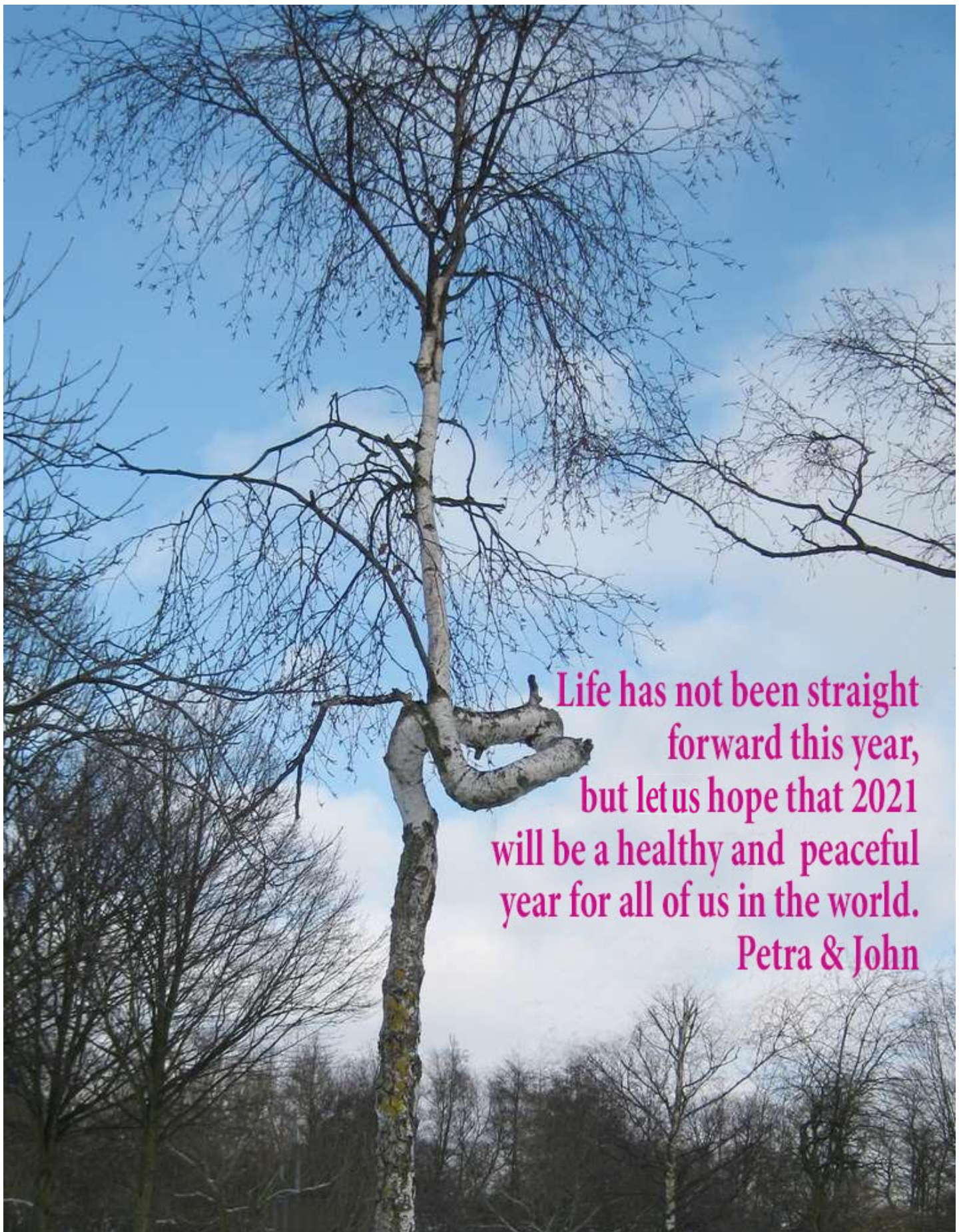


November



December





Life has not been straight  
forward this year,  
but let us hope that 2021  
will be a healthy and peaceful  
year for all of us in the world.  
Petra & John



## Weekly Covid -19 Update

We've set up our weekly Coronavirus updates again packed full with all the latest information from your local police.

Please feel free to help us spread the word by sharing these messages, our video and the information we issue through our social media channels.

Watch our latest video which shows how our officers are policing the new lockdown:

<https://youtu.be/M-mPjGzMjUQ>

### Changes to our service

Although we are now in our third lockdown we want to reassure you that we're still here to protect you and keep you safe.

Thank you for working with us during these difficult times. We do not underestimate the impact the previous lockdowns have had on you.

We're doing all we can to protect our staff and minimise the spread of the virus. This means at times we may have fewer team members in our contact centres. Our staff are helping out as much as they can by working from home, but at busy times, you may find it takes a little longer to get in touch, especially if you try to call us.

### How you can help

It's really important we keep our emergency 999 phone lines free to help those most in need.

So here are some other ways you can help us to help you: <https://west-midlands.police.uk/>

We find that many of the calls we receive can be resolved online. So for all non-emergencies please try visiting our website first.

### Here you can:

Search for advice on a range of issues; Report crime such as theft, criminal damage or burglary; Speak to us on live chat between 8am to midnight; Report potential COVID-19 breaches.

You'll find that everything you can do by calling 101, you can also do on our website and Live Chat.

You can contact us on Live Chat where specially trained officers can provide support and help keep you safe. Remember, in an emergency always call 999.

Thank you for continuing to follow the government advice by staying at home and only going outside for essential food, health, work and education.

### If home doesn't feel safe

We know that home is not the safest place for everyone right now. If you feel frightened by the person you live with, you are allowed to leave your home. Local refuges are open and are taking people in.

You can contact us on Live Chat where specially trained officers can provide support and help keep you safe. Remember, in an emergency always call 999.

### Thank you for your support

The great relationship between police and communities has never been brought more sharply into focus than it has in recent months. Moving into a third lockdown has been tough for all of us, but what's shone through is the way you continue to co-operate with us and we can't thank you enough for that.

We do not underestimate the impact the lockdowns have had on you, but we know through everyone's co-operation, we can once again reduce the spread of the virus and protect the NHS from being overwhelmed.

You'll have seen stories in the news about people who have flouted the rules, and times we've needed to clamp down.

Please bear in mind, they are only a tiny minority of people and the majority of us here in Birmingham are doing everything we can to help, by making personal sacrifices and sticking to the rules. We're using our powers to stop significant breaches and are continuing to educate the minority who put others at risk.

Visit our <https://west-midlands.police.uk/coronavirus> help page to see how we're supporting you through this health emergency and how to report anyone not following the guidelines.

Kind regards,

**Message Sent By:** Stefanie Sadler (Police, Engagement & Consultation officer, Birmingham Partnerships)

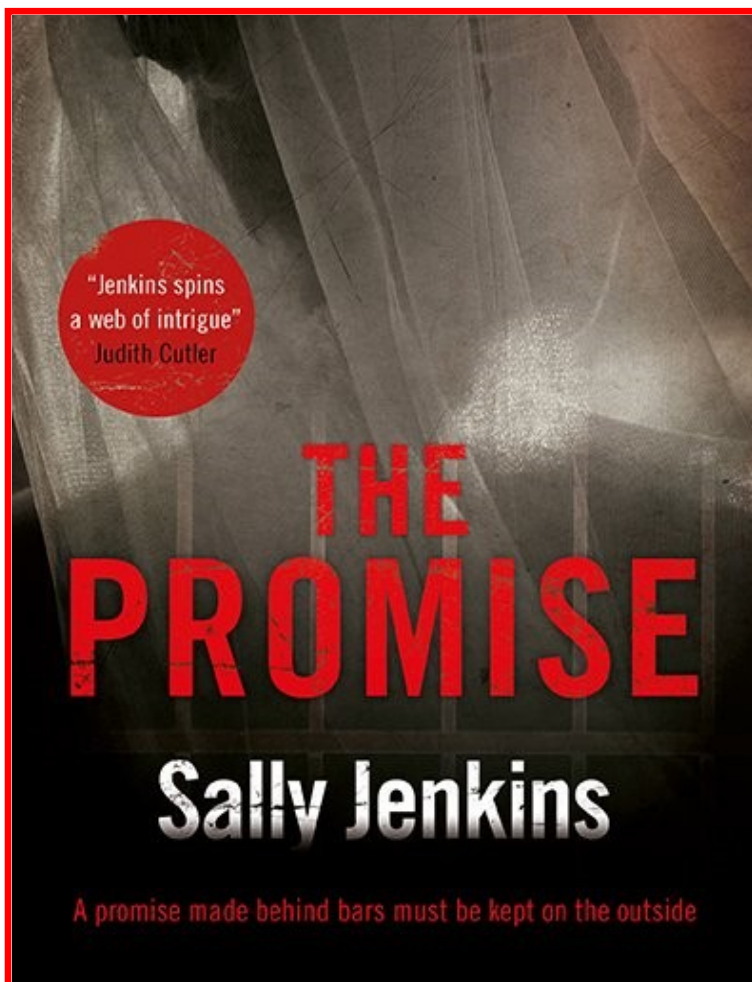


Sutton Coldfield means different things to different people – even different things at different times – and all sort of associations, memories and experiences affect how we identify with our town.

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

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

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



#### Lockdown 3 - Book Special Offer!

It's Lockdown 3 and any distraction is welcome! Treat yourself, or a loved one, to a copy of *The Promise*, loosely set in Sutton Coldfield.

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

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

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

**The reviews:** "Realistic characters, good dialogue & a great plot." "Unexpected events all the way through."

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

For further details or to purchase, please email Sally at [sallysjenkins7@gmail.com](mailto:sallysjenkins7@gmail.com).

The Mirthy speakers' platform has a free recorded talk available to watch on Thursday afternoons. There are also some paid for talks. Both have to be booked in advance. The details are here: <https://mirthy.co.uk/talks/>



## Ford Kuga - Theft of Motor Vehicle - Keyless Theft

A vehicle was stolen without keys on ROSSLYN ROAD, WALMLEY.

The vehicle is a Grey/Brown FORD KUGA, KW61 ADA

Stolen at around 00:34hrs early hours of this morning, 3rd January 2021.

Two offenders have initially walked past the property, a short time later they have returned and it seems they have used a scanner/reader to start the engine to the vehicle and made off.

Have you seen this car or a car similar driving through? Did you see anybody acting suspicious, or any suspicious vehicles around this area?

### How are vehicles taken without keys?

Newer vehicles often which are keyless entry and keyless start are susceptible to keyless theft. This is where offenders use a device which enhances the signal of your key to start your car, or they use a device to start your car by plugging it in. It can take less than a minute for them to exploit this vulnerability.

Below are some helpful tips which could help you secure your car, and arm it against these types of theft.

Keeping your vehicle safe

- ☐ Check with your main dealer that - regardless of the age of the vehicle - it has had all its recalls completed and software updated.
- ☐ Check with your main dealer what latest security measures can be retrofitted to older vehicles. This can cost less than the excess on your insurance, in the event of a claim.
- ☐ To protect your Passive Entry Vehicle against a Relay Attack then go to [www.securedbydesign.com](http://www.securedbydesign.com) search for products using key word search 'shielding for car keys'.
- ☐ To explore what aftermarket security products are available from third parties. Thatcham is a source of tested products.
- ☐ Consider using a Thatcham tested and approved steering wheel lock that provides full coverage of the wheel.
- ☐ Keep full control of your keys. Valet parking, car washes, and even some garages have been found to copy keys.
- ☐ Make sure 'your fob has done the job', and that passengers haven't left a window or door open, even slightly.
- ☐ Don't leave anything visible in the vehicle. Sat navs / dash cams, loose change, and bags are all attractive to thieves.
- ☐ When parking, always choose a well-lit location with natural or electronic surveillance. Use a car park, whenever possible, which has been awarded the 'Park Mark'.
- ☐ At home, if you have a garage, use it. Consider installing security lights or CCTV to improve the deterrent.
- ☐ Park in a well-lit area or car park or if possible find a car park displaying the 'Park Mark' sign which shows it's been approved under the safer parking scheme.
- ☐ Lock your car as soon as you get inside.
- ☐ Keep your doors locked while driving. If your car has a self-locking facility - a lot have these days - make sure it's active.
- ☐ Try to leave a sufficient gap between your vehicle and the car in front when stopped at traffic lights or in traffic, but not so much another car can get between your vehicle and the one in front. This is so you can manoeuvre safely out of danger. (If you're approached by anyone suspicious on foot, being too close to the vehicle in front will prevent you from manoeuvring out of danger.)
- ☐ If your car's in collision with another vehicle and you're suspicious of the driver's intention, if you can, drive to a well-lit and populated area and summon help.
- ☐ Sounding the vehicles horn is a good way of drawing attention in an emergency.
- ☐ Do not open a window fully to speak to someone who approaches your vehicle, or unlock and open the door.
- ☐ Always take your car keys out of the vehicle if you are going into shops or a petrol station, even if someone is left in the car. Similarly, keep windows closed if possible.
- ☐ In an emergency dial 999.

Kind Regards,  
PCSO French 31559  
Sutton Newhall Neighbourhood Team

### Message Sent By

Rachel French (Police,PCSO,Birmingham East)



# A Proposal to Build a Cycle Superhighway along Monmouth Drive

A proposal from Luc Hubert – founder of [www.peacemakerfoundation.com](http://www.peacemakerfoundation.com)

## Our current situation

Starting around March, 2020 the pollution levels in Sutton Coldfield, UK, went down considerably during the first lockdown and many of us started to appreciate cleaner air and birdsong as the noise levels went down. But with the dangers of public transport well documented many have resorted to their cars pushing pollution levels back up to where they were before and possibly beyond. Many drive alone which is hopelessly inefficient and wasteful. Some drive together with others in the vehicle which as of January, 2021 is still often unsafe health wise (even though masks and open windows can help mitigate the risk).

The pollution problem in and around Birmingham has become steadily worse over many years with increased traffic anyway so we really do have a traffic and pollution crisis.

## The solutions

In the long term we need more electric and hybrid vehicles as well as improved public transport such as trams or light railways. For now though, we also need awareness campaigns to remind people to turn off their engines when parked and waiting and we need the legalization of electric scooters including personally owned ones. But perhaps most importantly we need better cycling infrastructure.

## A cycle superhighway along Monmouth drive



*Monmouth Drive cycle-superhighway*

I have written about transport for a number of years and have never seen a more ideal location for a cycle superhighway (henceforth CSH). The wide grassy verge on the park side is almost entirely unused. The potential usefulness is shown by the sheer amount of traffic along this road. The traffic is unsurprising given that it connects Sutton with the highly populated area around Kingstanding and reaches out towards Walsall and Wolverhampton.



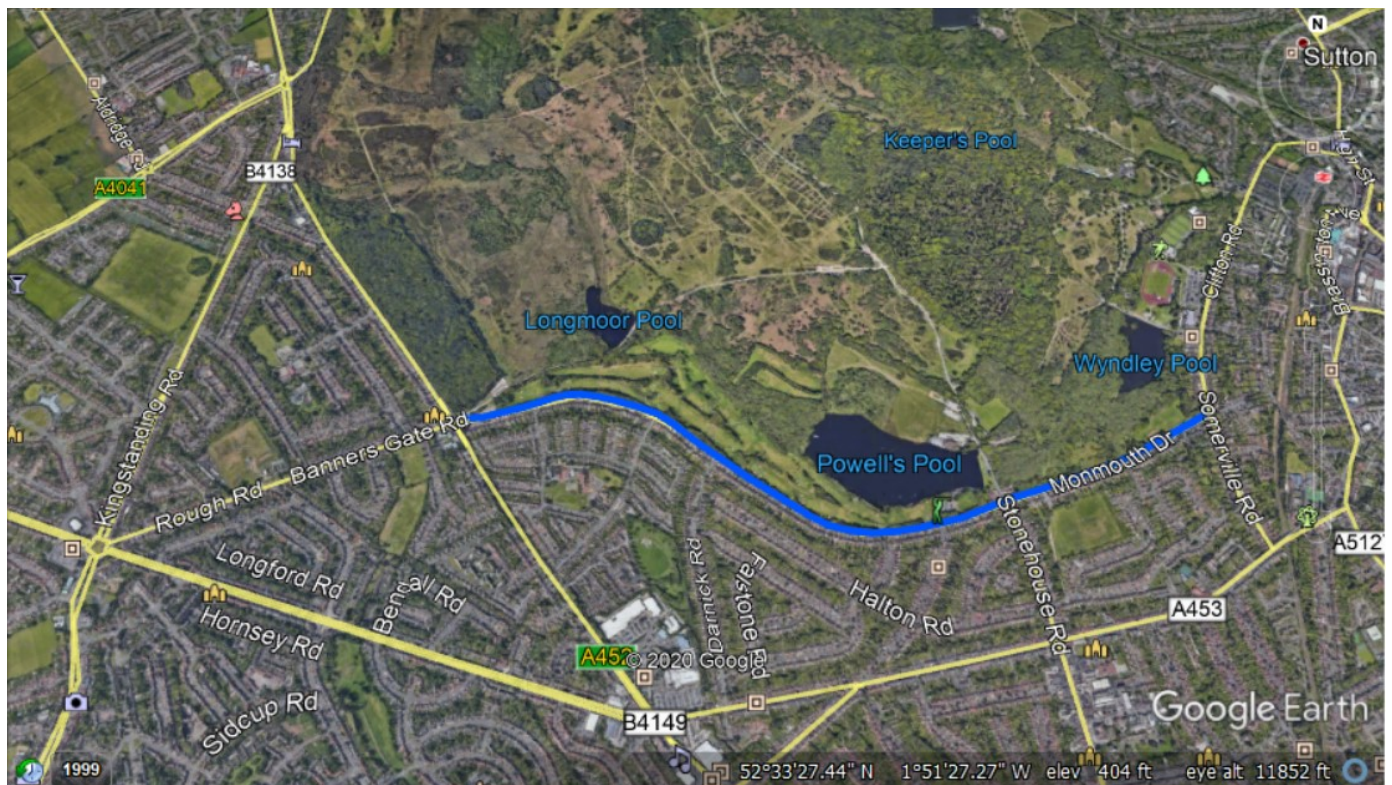


Monmouth Drive as of January 2021

At least some of these drivers would sometimes cycle if this CSH were created therefore reducing pollution and noise for residents. The main benefit though would be **vastly** improved safety for cyclists compared to going on the road.

The one obvious question is "Why bother? People can cycle in the park." Taking a bike through the park to get to Sutton would be a detour for anyone going from some areas around Kingstanding and West of Wyld Green. Obviously, those coming from Streetly and surroundings will likely still cycle

through the park, but congestion in the park would be reduced enhancing safety and healthy distancing. Importantly it would also provide a safe night-time cycling alternative to going through the park.



**Map above showing the proposed route in blue**

(All map images from Map data ©2020 Google Earth - used according to attribution guidelines)

### ***The bigger picture***

This simple proposal would also create almost zero interference to drivers. Between Banners Gate and Somerville Rd there are literally only two places where cars would have to pull out – the entrance to the Sailing club and golf club and then Stonehouse Rd. Drivers would likely be happier with many cyclists off the road altogether. This is in contrast to the hastily removed Brassington avenue cycle lane which stopped drivers from taking a left turn along Park Road.

*To be continued next month ...*



Last month I wrote about the different kinds of beans, and the roasting and grinding. This month we will look at the coffee in the cup

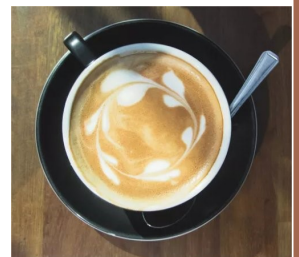
Below I have put together a brief definition of the basic types of coffees. (we will save the cortados, piccolos, macchiatos for another time!) Hopefully, these definitions will enable you to know exactly what each of these coffees are and what you are looking for when ordering your next coffee. P.S. did you know asking for your coffee extra hot can actually ruin the taste of the coffee and burn it and make it bitter!

**CAPPUCCINO** – espresso with steamed frothy milk. Usually topped with chocolate or cinnamon sprinkles (old school cappuccino should have a gorgeous white top with espresso ring around it) to test a good cappuccino you should rest your teaspoon on the top and if it rests and sits nicely milk is perfect! If it sinks there has not been enough steaming to get that ‘frothy’ texture.



**LATTE** – espresso based with steamed textured milk. This milk should not be frothy, should be smooth (which means less air has been put into the steaming of the milk) baristas can get highly creative with lattes as ‘latte art’ can be created.

**FLAT WHITE** – espresso based which is always a double shot of coffee and in a smaller cup. Basically, a small stronger coffee with steamed milk which should be even smoother than latte milk and should be really glossy and when in the milk jug should almost resemble white paint.



**MOCHA** – The best of both worlds! This is espresso coffee with chocolate powder with steamed milk (similar textured milk to latte milk ... nice and smooth)

**AMERICANO** – espresso with hot water which is usually served black or with milk on the side. (for a good americano keep an eye out for the crema on top of the coffee!)



**ESPRESSO** – comes as a single or double and is literally just the espresso of coffee with no added water or milk ... and comes in a tiny little cup (I think of this as the coffee equivalent of a shot of tequila ... only for the brave and is sure to perk you up!)

So, there we have it! Some coffee knowledge that makes coffee more than just coffee! I hope this has been of some interest to you, and hopefully will encourage you to think about the quality of your coffee the next time you enjoy one! Don't forget to try something different and with the wide range of different milks available now there is something for everyone! My personal favourite is a one-shot cappuccino with coconut milk, naturally sweet and very delicious!

I have attached some pictures of some coffees I have created myself and also a link to [a video](#) where you can watch the milk being poured (this was not me but my very talented barista friend Bethany who can create a swan using steamed milk... how incredible!?)

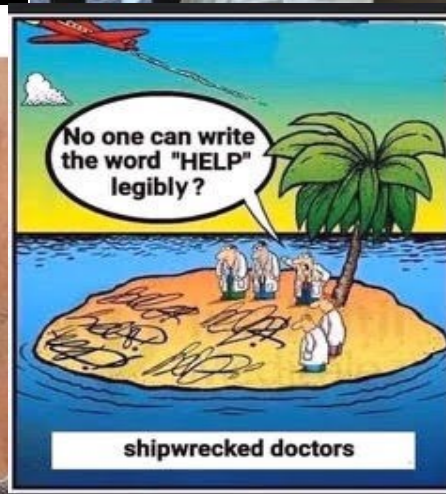
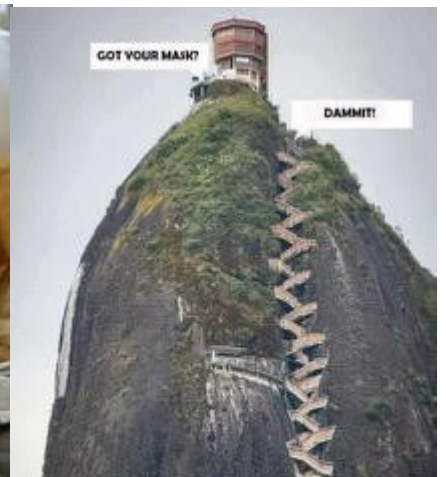
*Rosie Pointon*

Answers from the quiz on page 14.

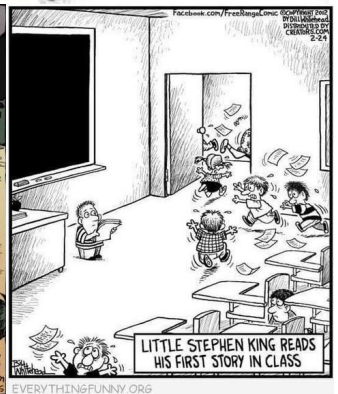
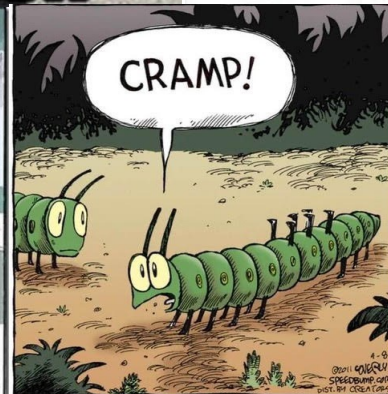
1. She has three cats. 2. It was the spare tyre. 3. NEW DOOR rearranges to make ONE WORD. 4. The same time. The number of musicians will not change the length of the piece of music. 5. It is not designed to go without winding. 6. She was still in second place.



**I never thought  
I'd be the kind of  
person who'd  
wake up early in  
the morning to  
exercise ...  
  
And I was right.**



**Does anyone  
know how long  
toilet paper  
will last if you  
freeze it?**





## 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.](#)

## The strangest scams of 2020

While many of the fraud attempts we've seen this year have been devastating, targeting those made especially vulnerable by the pandemic, others have been downright ludicrous. Whatever new con arises, we're committed to helping you and many other consumers to arm yourself with the knowledge and tools to stay protected. (Because looking back at this year, anything is possible.)

[Here's a roundup of some of the more eyebrow-raising scams in 2020, the key traits that gave them away and how you can stay safe.](#)

Here's the link to the warning from Which? And below, the Police warning. [https://conversation.which.co.uk/scams/scam-nhs-covid-vaccine-text-message/?=email&utm\\_campaign=scamalert301220](https://conversation.which.co.uk/scams/scam-nhs-covid-vaccine-text-message/?=email&utm_campaign=scamalert301220)



Stay alert: watch out for a fake text message claiming to be from the NHS claiming you are eligible to apply for the vaccine and will include a link 'to apply'.

The link takes you to a fake NHS website and asks you for payment and other personal details

Remember to remain vigilant and remember that the NHS will never ask for payment for the vaccine.

Do not respond to the text message or click on any links.

Suspicious text messages should be forwarded to 7726. This free-of-charge short code enables your provider to investigate the origin of the text and take action, if found to be malicious.

If you have been a victim of fraud then please contact Action Fraud 0300 123 2040 or on their website at [actionfraud.police.uk](https://actionfraud.police.uk)

Please share this message with your family and friends so we can prevent as many people as possible from falling victim.

Thank you & stay safe.

### Message Sent By

Kloe Burrows (Police, Coordinator, Birmingham West, Perry Barr ECU )

Wednesday, 30 December 2020

A NHS: We have identified that your are eligible to apply for your vaccine. For more information and to apply, follow here : [uk-application-form.com](https://uk-application-form.com)

11:18

This warning has come from several sources so please be alert to the danger.

Tony

It is the turn of horse-lovers. All I know about horses is that some people give lots of money to other people when the horse they fancy does not win a race. For more information on horses - not how to pick the ones likely to win - go to **COUNTRY LIFE** at <https://www.countrylife.co.uk/out-and-about/sporting-country-pursuits/shetlands-shires-native-horse-breeds-britain-91125> Now name the breeds and match the numbers to the letters. You will find the answers on page 29, or, if you want more information, go to **COUNTRY LIFE** using the link above.

1



2



3



4



5



6



7



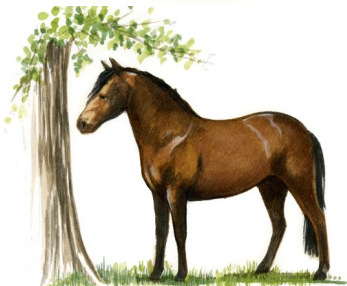
8



9



10



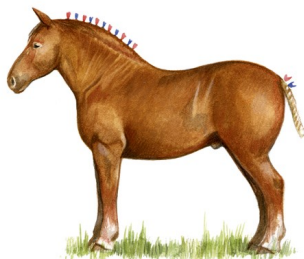
11



12



13



14



15



16



Who is the gentleman on the left, you may ask? He is Dr E. Wynne Davies, one of the world's leading authorities on Welsh ponies and cobs. Not only that, but he had the misfortune of being employed to teach me Chemistry at the Rhondda County Grammar School for boys, Porth, many, many years ago, which is probably why he moved to horses because he found them easier to teach and

handle. My lack of expertise with Chemistry was not a barrier between us because, due to his habit of courting misfortune, he was put in charge of the cross-country team, and what I lacked in Chemistry I made up for in distance running.

A Shetland. B Eriskay. C Highland. D Clydesdale. E Fell & Dales. F Cleveland Bay. G English Thoroughbred. H Hackney. I Suffolk Punch. J Shire. K Welsh Mountain Pony. L Welsh Cob. M Exmoor. N Dartmoor. O New Forest. P Connemara.



## Welcome to an update from Highbury Theatre

So what's changed since the last edition of Gatepost? On the bad news side, we've moved from tier 3 to tier 4 to Lockdown III but on the good news side, we've now got three vaccines approved in the UK and we hope that you or your family members will start receiving your vaccinations soon.

The Sutton Arts Forum, which provides a focus for local arts, took over Highbury Theatre on 13 December and used it to record some local professional musicians. Their sessions are all available on the Active Arts YouTube channel which is here <https://www.youtube.com/channel/UCEuezDd0lokjQ60QAV7oHQw>. You'll find very different sets from Ashley Allen & Ava Mannings, Christie Reeves, Ruby & Edd, and the Smoking Tones. Have a look and enjoy!

We also produced a bumper crop of recordings as part of our Christmas Highbury Flyer, which can still be found on our YouTube channel, Highbury Stories, here <https://www.youtube.com/channel/UC8CipRhweuy9L24fHa8dQlg>. As well as The Mince Pie of Zoom, the most recent addition to the increasingly misnamed Mince Pie of Doom trilogy, there are readings, music, a review of 10 recent Christmassy Highbury productions in photos.

You might be aware that Holocaust Memorial Day is on 27 January and this year's theme is 'be the light in the darkness'. As part of a programme of events, FOLIO Sutton Coldfield, the charity that supports our local public libraries, hosted an online question and answer session with Agnes Kaposi. Agnes was born in Hungary at about the time that Hitler came to power and then, having survived the holocaust, lived under the Soviet regime, until moving to the UK in 1956. If you're interested in watching the interview, it's on Echo Eternal's YouTube channel here <https://youtu.be/y46lF2Ctpwc>.

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. If you're not already receiving it, you can join our mailing list by emailing [boxoffice@highburytheatre.co.uk](mailto:boxoffice@highburytheatre.co.uk).



**That's our first trip booked  
for 2021!!**

**We're hopefully off to  
Iceland in February ❤️  
If that goes well, we'll  
probably look at going to  
Sainsbury's in March.**



## Scam Email Alert

Dear residents,

Even members of your Neighbourhood Policing Team are subject to receiving Scam Emails. Today, PCSO Willetts received an email purporting to come from the Government that a grant of £7500 was available to him and to click on the link.

As the email address was from South Africa (!)

PCSO Willetts did not click the link.

Instead, he forwarded the National Cyber Security Centre [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

We recommend that if you receive an email you believe to be a scam that you send it to the above email

Kind regards

Vesey Neighbourhood Policing Team

**Message Sent By**

Ian Willetts (Police, PCSO, Sutton Coldfield)

1st day back to school after lockdown



**Education is  
important but  
opening the  
pubs is  
importanter.**

**Just seen a  
dyslexic  
Yorkshireman  
wearing a cat flap**

**FOLLOWING RECENT  
EVENTS MEXICO SAY  
THEY WILL PAY FOR THE  
WALL**

**AND NOW CANADA  
WANT ONE TOO**



## 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)



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

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

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

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

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

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



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



CHEESE AND POTATO PIE WITH BAKED BEANS

COTTAGE PIE WITH VEGETABLES

CHICKEN CASSEROLE

ROAST VEGETABLE PASTA BAKE

ROAST DINNER OF THE DAY

(Please note meals are subject to change)

**Meals £4.00 / Puddings £2.00**

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

A selection of puddings are also available

Call us on **07432739017** for more details

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

**0121 362 3650**

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

## Edmaurs

*Where reputation and satisfaction matters*

*A reliable, and professional fully insured service, offering free no obligation domestic or commercial quotes.*

**Garden Maintenance**

**Green Waste Clearance**

**Driveway and Patio Cleaning**

**Handyperson Service**

**Decorating inside and outside**

**Flat Pack Furniture**

**Key Safes and Grab / Hand Rails**

**Tel: 07305 931199**

**Email: [edmaurs@aol.com](mailto:edmaurs@aol.com)**

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

ANSWERS from page 16. 1. Indiana Jones 2. Thistle 3. Stanley 4. Alsatian 5. Orangutan 6. North Korea 7. Chania 8. Eleanor Rigby 9. If 10. Norwich 11. Alien 12. Billy the kid 13. Loincloth 14. Ursula Andress 15. Edward Whymper 16. Matt Monroe 17. Obi Wan Kenobi 18. Orange 19. Neil Kinnock 20. Epicentre 21. Victoria 22. Edgbaston 23. New York 24. Trump, Donald 25. BONUS - ITS A ONCE IN A BLUE MOON EVENT.





## What will you see? 29-31 January 2021

Enjoy an hour watching nature and count the birds in your garden, local park or from your balcony.

Please write **the highest number of each bird species that you see at any one time in the boxes below**. So, if you see a group of eight starlings together, and towards the end of your hour you see six together, please write eight down as your final count. Where we don't show male and female birds, the sexes look similar, but not always identical.



☐ Blackbird (your number should combine males and females)



☐ Blue tit



☐ Chaffinch (your number should combine males and females)



☐ Coal tit



☐ Collared dove



☐ Dunnock



☐ Goldfinch



☐ Great tit



☐ House sparrow (your number should combine males and females)



☐ Greenfinch



☐ Long-tailed tit



☐ Magpie



☐ Robin



☐ Starling



☐ Woodpigeon

## AGEconcern Birmingham

Welcome the new year and join us for our quiz on Wednesday 3rd February 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.





## Sutton Arts Theatre

We are in desperate need of jigsaws.

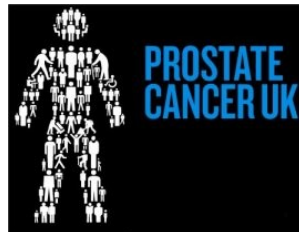
We raise money for [Sutton Arts Theatre](#) and [Prostate Cancer](#) and need jigsaws as we have done very well with these during Lockdown. If anybody has any to donate, (or anything else that we can sell to raise money) we would be very grateful and will collect if necessary. Will donors please contact



Sue on 07796 906602.

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

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



*Sue Atkins and Joe Dyke*

## CAFE OASIS

# Food Delivery

3 meals £10  
or 3 meals + 3 puddings  
£15

Delicious homecooked meals delivered free to your door.

For details Phone: 07593 718785

E-mail: [cafe.oasis@scurc.org.uk](mailto:cafe.oasis@scurc.org.uk)

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

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

**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)





**LARGE WHITE TIN, GRANARY OR TIGER BLOOMER    £2.00**

**SMALL WHITE OR GRANARY TIN    £1.20**

## **commonitea cafe**

*CRAFT BAKERY PRODUCTS*

*HERE EVERY*

*TUESDAY FROM 9.30AM*

*BREAD AND CAKES*

*AVAILABLE TO ORDER*

*PLEASE ASK FOR MORE DETAILS*

**WHITE SOFT BAPS X 6    £2.00**

**WHITE CRUSTY COBS X 6    £2.00**

**PINEAPPLE OR BAKEWELL TART    £0.80**

**DELUXE BELGIAN BUN    £1.00**

**SYNTHETIC CREAM ÉCLAIR    £1.00**

**CREAM OR CUSTARD DOUGHNUT    £1.00**

**MILLIONAIRES CARAMEL SLICE    £1.00**



For sprouts left over from Christmas, or you have not had enough!



### **Brussel Sprouts Coleslaw**



½ kg clean raw Brussel sprouts

50g Parmesan cheese shavings

40g sliced toasted almonds

40g dried cranberries or cherries (chopped)

8tbs M & S honey and mustard dressing

### **Method**

Wash and dry the sprouts.

Then slice them very thinly before chopping them up a bit more.

Add the rest of the ingredients and stir well.

Store in the fridge.

The coleslaw will keep for 2-3 days.

Enjoy.



## Teachitright

Learn. Develop. Succeed.

We specialise in 11+ tuition, which also includes English and Maths for children aged 8 to 11 years old. Our lessons are engaging, focused and interactive, recognising that the children do not want 'just more school'. A key to our success is having small group sizes and extraordinary qualified teachers who can individualise the support, whilst still creating a fun learning environment.

Even if sitting the 11+ exam is not the end goal for you and your child, then our courses will still complement your child's school work, boost their confidence and inspire them to work to the absolute best of their abilities.



### Banners Gate Tuition Centre:

(Reay Nadin Drive, Sutton Coldfield, B73 6UR)

Year 4 Mondays 4:15—5:15pm

Year 4 Wednesdays 4:15—5:30pm

Year 5 Saturdays 2:30—4:45pm



### Rushall Hall Tuition Centre:

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

Year 4 Thursdays 4:15—5:15pm

Year 5 Thursdays 5:20—7:20pm

Qualified teachers

### FREE trial lessons available

\*Online classes available\*

Excellent pass rates of over 80%

Max 10 pupils per class

Progress reports every 6 weeks

Publish our own material through Galore Park

Competitive pricing

Ofsted Registered & Childcare vouchers accepted!

To book your place on a FREE Trial lesson

call: 01922 863104/07809 614310

or Email: [info.birmingham1@teachitright.com](mailto:info.birmingham1@teachitright.com)

[www.teachitright.com](http://www.teachitright.com)

Registered Trade Marks are used under license



## IGNITIO EDUCATION

[www.ignitio.co.uk](http://www.ignitio.co.uk)

Recent research demonstrates that up to five months' additional progress can be achieved from personal tuition:

Why not try bespoke home tuition from a local, experienced, DBS-checked tutor and get ahead for September? Sessions from £30.00 to £50.00.

- Key Stage One catch-up: Years 1 ~ 2
- Key Stage Two catch-up: Years 3 ~ 6
- SATs and Eleven Plus preparation
- Reading, Writing, EGPS / SPaG focus
- English Grammar support: any level
- Spanish to GCSE and A-level
- French to GCSE and A-level

0780 329 3351

## Maths Tuition

- Online with zoom (face-to-face if CV19 allows)
- Years 9, 10 and 11. GCSE Maths
- Year 12 A-level Maths
- Semi-retired maths teacher
- Edexcel/Pearson examiner
- Taking on students for Sept 2020
- [jsw7fr@hotmail.co.uk](mailto:jsw7fr@hotmail.co.uk)

## G. Rogers

Painting and Decorating  
Interior & Exterior  
High Class Service  
Free Quotations

Tel: 0121 355 0226  
Mob: 07879 020 204

GR

Watertight guarantee's & fully insured

## Stormproof Roofers

For ALL TYPES OF ROOFING WORK:

- New Roofs
- GRP Roofs
- Felt Roofs
- Rubber Roofs
- Slating
- Tiling
- Maintenance
- Ridge Tiles Rebedding
- Chimney Pointing
- Chimney Flashings
- Fascia Soffits & Guttering

t: 0121 605 1758  
m: 07922 532 354

e: [info@stormproofroofers.co.uk](mailto:info@stormproofroofers.co.uk)  
w: [www.stormproofroofers.co.uk](http://www.stormproofroofers.co.uk)

104 Endhill Road • B44 9RP







## Chongshin Do Academy of Martial Arts



Kickboxing \* Jujitsu \* Self-Defence \* Fitness



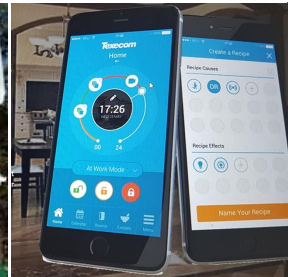
- Established in the area for over 20 years •
- Multi-style martial arts club welcomes students of all ages and abilities •
- 5 lessons per week at 4 different venues •
- Enthusiastic and experienced instructors •
- Four chances to grade a year for lower grades •
- Local and national kickboxing and jujitsu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

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



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

## COUNTRYWIDE SECURITY SYSTEMS MIDLANDS



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

Phone no. 0121 386 2639

Email: [info@cw-sec.co.uk](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



## BERT & GERT'S

MARK WILKES 07917 765238  
JASON WILKES 07411 251964

[INFO@BERTANDGERTS.CO.UK](mailto:INFO@BERTANDGERTS.CO.UK)  
PROUD INDEPENDENT SMALL BUSINESS  
[WWW.BERTANDGERTS.CO.UK](http://WWW.BERTANDGERTS.CO.UK)

<https://bertandgerts.co.uk/>



### Tailored Print

We print and supply the following items at very competitive prices

**Banners** - Business Cards - Compliment Slips

Correx Boards - Envelopes - Flyers

Leaflets - Letterheads - NCR Products

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

T: 07706236527

E: [contactus@tailoredprint.co.uk](mailto:contactus@tailoredprint.co.uk) W:



# Sutton Park Surgery

0121 353 2586

See front page

## STEPH LEES

O S T E O P A T H Y

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

Osteopathic Treatment can help with the following;

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



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



The Clarence Spa, 312 Clarence Road, B74 4LT

## 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

loretto.cattell@virginmedia.com

www.touchlinetraining.co.uk

© Touchline Training Limited. Registered in England No: 08346041

## KN LOCKS & MAINTENANCE

TEL 0121 353 2214 / MOBILE 07971375080

DOUBLE GLAZING REPAIRS AND LOCKSMITH SERVICES

EMERGENCY CALL OUT

ALL TYPES OF LOCKS FITTED INCLUDING ANTI-SNAP

CYLINDERS

MISTED UNITS REPLACED

UPVC DOOR ADJUSTMENT/ REPAIR

HANDLES / HINGES/ LETTERBOXES REPLACED



## LL Aesthetics

LISA LANCASTER

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

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

Free Consultations Available



LISA LANCASTER  
MOBILE PRACTITIONER

07944005867

llaesthetics@outlook.com

@ ll\_aesthetics

f llaesthetic



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



## WDC Service Solutions Ltd


### Complete Door Security and Access Solutions

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

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

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

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



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

## CREATE at the Gate with K & S

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

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

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

17th March, 21 April and 19th May

## Hall's Gardens Garden Maintenance Services

Gary Hall

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

garyhall7@blueyonder.co.uk



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

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

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

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

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

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

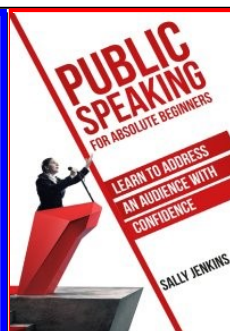
The ladies has 2 cubicles and a nappy changing table.

There is a gents/disabled toilet.

The building is step-free.

For further booking information go to:

[www.bannersgatecommunityassociation.org](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

## Sutton Coldfield Speakers' Club at New Venue

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

Build Confidence - Make New Friends, Have Fun.

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



0777 333 9214

[admin@luckybuntys.co.uk](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.



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

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

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

[www.gcdtec.co.uk](http://www.gcdtec.co.uk) help@gcdtec.co.uk

Do you have any of these items?



Coins



Medals



Postcards



Badges/Tokens

Stamps - Books

Free evaluations.

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



Cigarette cards

Joe Dyke

0121 686 6491



## Create the best party possible for your little ones

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

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

Facebook: Lucky Buntys Twitter: @LuckyBuntys



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

## PetStay

Home Dog Boarders since 2005

Would you like to be one of our dog carers?

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



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

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

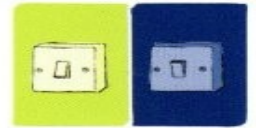
## Paul White Electrical

No Job too small

Paul Andrew White  
Electrician

111 Wandsworth Road  
Birmingham  
B44 9LY  
07403445651

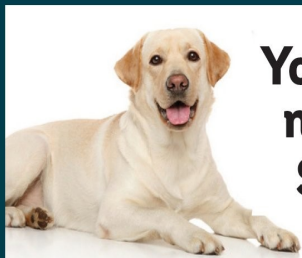
p.white.electrical@gmail.com  
Part P reg 58023 PAT Testing



Give your little Mozart  
a musical head-start

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

[www.rhythmcircle.co.uk](http://www.rhythmcircle.co.uk)



You'd be barking  
not to come to  
Streetly Vets



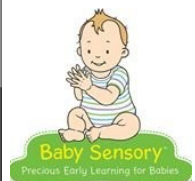
89 Blackwood Road, Sutton Coldfield B74 3PW  
Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets



## SWIMMING LESSONS

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

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



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

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

Call Tracy Jones on 07753 82 56 22

Email: [suttoncoldfield@babysensory.co.uk](mailto:suttoncoldfield@babysensory.co.uk)

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

Lee Nugent

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

IG: @kiltrfitness

FB: kiltrfitness

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

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



Sports  
Massage 360

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



## HOME TUITION

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

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

Tracy: 0780 329 3351





DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.	<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>Gatepost always needs volunteers,</b> <b>to cover illness and holidays, for</b> <b>deliveries of Gatepost - just 20</b> <b>minutes every other month. Please</b> <b>call 605 4947 for further details if</b> <b>you think you can help us.</b>
<b>BOOKING SECRETARIES:</b> <b>Community Hall mobile:</b> 075 65 54 68 21 <b>Banners Gate CC</b> - June Dadd 07443 22 65 30 <b>St. Columba's</b> - Sallyanne Rowley 693 0084 <b>Scout Hall</b> - A & R Talliss 353 8166		<b>UNIFORMED ORGANISATIONS:</b> <b>Scouts:</b> Margaret Drummond, 33rd GSL 353 5203 <b>Girlguiding:</b> Carol Gardner, Vesey West District Commissioner 350 7191			

**Gatepost always needs volunteers, to cover illness and holidays, for deliveries of Gatepost - just 20 minutes every other month. Please call 605 4947 for further details if you think you can help us.**



Patron HRH The Princess Royal GCVO

**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	