



Banners Gate & Parklands Community & Neighbourhood Forum

146th May 2021

bannersgateneighbourhoodforum.com

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

I am very glad that we decided, in August last year, that we would forget our usual French holiday and go north to Scotland, at least, that is what we were hoping to do - but who knows? I want to see the Milky Way again and the only way is to avoid light pollution, so a stop-off at Kielder, Northumberland, then on to Galloway Forest Park, the only Dark Sky Park as far as I know, but I am open to suggestions of other locations.

To celebrate the Commonwealth Games next year, Thursday 28th July to Monday 8th August. I thought of maybe an extended, printed Gatepost in full colour, possibly 16 pages, maybe more depending on response, packed with our readers' photographs of memorable moments, on and off the track, as a record and memento of the occasion. If you feel this could work, that there is enough interest in recording the Games in this way, please drop me an email at bgatepost@gmail.com with just *Photo Games* in the subject line, to express your interest, and we'll consider it, with everyone's name under their photo and, possibly, a cash prize.

Thank you to all our readers, regular and otherwise, who send in stories, jokes, information, ideas, etc., without your support there is no Gatepost. If you feel you have something of general interest, please do not hesitate to let us have it, thank you.

Tony



Rob Pocock: Banners Gate and Parklands residents have been concerned for some time about problematic begging and rough sleeping around the Princess Alice

retail park. I have been working with a new policing group for North Birmingham and Sutton, who are dealing with this. The 'usual suspects' have been served with a notice and this can be enforced now. The notice is coupled with a support service which helps people get off drug and alcohol dependency, mental health and addictive behaviour.

Another deeper problem around the Princess Alice site has also come to light. Residents have spotted individuals being dropped off and picked up in flash cars and this is a clear sign that the people doing the begging are in hock to 'traffickers and forced slavery'. Some are clearly from other countries. This happens often when alcohol and drug addicts get sucked into dependency on a dealer gang and end up with debts, the dealers then put their victims out on the streets to beg, and then pocket the takings.

Often the victims are not actually homeless, they are kept in rented accommodation by their villainous 'owners' who exploit and trade them in petty crime and begging.

The West Midlands Police have set up a unit aimed at cracking this kind of criminal ring and helping the victims escape their 'owners' and enter rehab. If you spot any incidents that lead you to believe this trafficking is going on, there is a new Council Officer, Morgan Mead, appointed to contact about this, please email her with any informant information at

morgan.mead@birmingham.gov.uk. The Salvation Army also have a hotline you can call, about this kind of 'modern slavery', it's 0800 808 3733.

This is sheer villainy of the highest order. So let's pull together as a community and help to stamp it out.



Kath Scott: Hi everyone

It's been a busy, busy time of late,

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Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: 605 4947, or bgatepost@gmail.com **Next deadline: June 24th.**

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but, it has been exhilarating. It was an honour to be elected on to Sutton Town Council to represent residents of Vesey Ward alongside Rob Pocock and Manish Puri.

So, I now have two roles, Birmingham City Councillor and Sutton Town Councillor. I have a passion for our Ward, as it's where I live and I am proud of our wonderful, active & passionate community & the commitment we all have to enhancing our area.

This is one of the best jobs in the world, in my humble opinion, and I am going to fight for people's needs to be met at both City & Town Councils whenever you need me to.

With the latter in mind, please get in touch Kath.scott@birmingham.gov.uk

All the very, very best. Kath



Alison Jolley: "Spring showers bring forth summer flowers"!

Britain is on track for its wettest May on record, with further heavy rain forecast as lockdown rules start to lift. However, the Town Council is certainly bringing colour to our local areas again through all the wonderful spring and summer floral displays that are now common place throughout Sutton every year. As a member of the Bloom Working Group, I am pleased to



report we have continued to meet via zoom. Therefore, ensuring flower beds, planters and hanging baskets will perform at their brightest and best, whatever the weather, Covid or not!

For the second year running we have been unable to enter the Heart of England in Bloom competition, due to the difficulties and restrictions surrounding Covid regulations. However, our entry next year will be extra important as 2022 will celebrate The Queen's Platinum Jubilee and also The Commonwealth Games.

This year we have given much thought to the planting of wildflowers throughout the town. Pollinators depend on them in order to feed and there are many grass verges, central reservations and other open areas of ground that can happily and willingly accommodate them. Considering the success of native wildflower sowing in 2019 and the benefits provided to wildlife and the environment, a much larger area of ground is being prepared alongside the gateways and other key locations across the town for this current season.

Gatepost readers in particular will be interested to learn that Monmouth Drive by Banners Gate park entrance and also Chester Road North are hosting some of the wildflower plantings alongside others across the Town.

The Royal Sutton Coldfield Town Council finance all floral displays and plantings throughout Sutton Coldfield.

Alison Jolley
Alison.jolley@suttoncoldfieldtowncouncil.gov.uk



For **Jan Cairns**, see the item on **SCDAG** on page 15. **Jan** is the Chair of **SCDAG** and is the force that helps to drive it, to lessen the obstacles that get in the way of those like me. Thanks Jan. *Tony*

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

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

Life in the St Columba's Church Community:

Hello everyone,

It has been a busy and exciting week at St Columba's Church. Like many communities, we have been waiting for the arrival of May 17 and the lifting of restrictions that came with it, and we are delighted to say that slowly, but surely, we are welcoming groups back into our church hall.

And it is as though the place is waking up. There are squeals of delight as group members meet again for the first time in many months, and these are matched by the loud sighs of relief from group leaders. It is very encouraging to see this being played out in our church hall, just as it was in our church community when we began to be able to meet again. The noise generated in the church hall is full of hope and promise, and I am so thankful for it.

This Sunday we will be celebrating Pentecost, the service where we remember and give thanks for the gift of Holy Spirit, an advocate for us here on earth, and who is the third person of the Trinity: God Himself.

Often, we presume that the holy moments of God in the Bible, were sacred, quiet, structured and reverent moments, picture a large cathedral service with all the proper pomp and circumstance that accompanies something of importance being done properly.

But the holy moment of Pentecost is a riot of noise, colour, and the unexpected. There is a violent wind, tongues of fire, the speaking of new languages and people who appeared drunk. As I read more about Pentecost, I think less of huge cathedral service and more of a rave in a warehouse, where Godly chaos ensues.

There is nothing calm and contained about Pentecost. This should serve as a stark reminder that there is nothing calm and contained about the promised helper, the Holy Spirit.

The past 15 months have left us facing some very difficult and challenging surprises, and of course, we want very much to be able to plan the future, to rediscover old patterns and rhythms of life. That is only natural.

However, Pentecost serves to remind the Church that we must remember to expect the unexpected, and to face uncertainty and confusion, trusting that the Holy Spirit, our advocate, is weaving in and out of all our lives. It is this truth that we celebrate at Pentecost.

If you would like to join us on a Sunday, we meet at 10am. Unless you are exempt, please wear a face mask when you come. You do not need to book. We also continue to meet via Zoom.

Revd Beccy: 0121 354 5873

email: vicar.bannersgate@gmail.com

website: www.stcolumbaschurchbannersgate.co.uk



MEET THE MAGISTRATES



INTERESTED IN BECOMING A MAGISTRATE?

In June 2021 we are recruiting up to 47 Magistrates to sit in the criminal courts in the West Midlands and Warwickshire* **closing date 30th June 2021**

*Courts in Birmingham, Coventry, Dudley, Leamington Spa, Nuneaton, Walsall and Wolverhampton.
For further information please visit the website below or contact wmwjco@justice.gov.uk

We're all ordinary people.
Anyone aged between 18-70
can sit as a magistrate and you
don't need any formal qualifications
as full training is provided.

Travel and subsistence is paid
and if you are employed you are
legally entitled to take time off
for the role.



Ministry
of Justice



JUDICIAL OFFICE

**Could you offer
14 or more days a year?**

Find out more at
[GOV.UK/become-magistrate](https://gov.uk/become-magistrate)

A comical family story from Eric Jones.

The recent situation and isolation of people, reminds me of a true situation concerning my Mother and Auntie Kitty, who have both long gone now. However back in the mid-nineties and each widowed they decided to get together each day, at my Mother's house and share a meal together. It would make commercial sense to cook for two rather than one whilst also beating loneliness.

Whilst conversing together my Mother would cook lunch and Kitty would either knit or croquet away. The problem was Kitty had an exceptional appetite particularly for potatoes, I used to have to take loads of them in because my Mother could not carry them.

I compiled this little verse at the time entitled:

Two into One

This tale is about two lasses, Kitty and Phyllis by name,
Who reckon it's wartime famine, as makes scoffing taters to blame?
They tell us two can live cheaper than one, including taters and all.
But in time it takes peeling for a meal, Kitty can crochet a shawl.
As their humble tater carrier, I know my place and it's hard satisfying demand.
Cheap spuds best suited for mash, chips or baked, keeps me scouring the land.

I always wondered why they kept the old Anderson shelters down garden for so long after war.

Hitler thought it cover for folk, Phyllis and Kitty knew better than that it's for keeping our tatters in store.

Just received an SOS – short on spuds. So, I am off, must be gone.

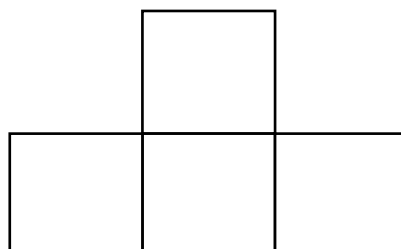
I'm convinced it's a myth not a fact that two can live cheaper than one.

Turn each one into an English town

1. Reset Crow 2. Now Mud 3. Call Rise 4. Gin Pep 5. Get Tinker 6. Grained
7. Hide Flat 8. Tire Age 9. Game Rat 10. Had Rum 11. Castle Ran 12. Store Punch

By simple addition make eight 8s equal 1000.

Remove three matches and rearrange two to make two complete squares.



Answers on page 19

GCSE Exam Howlers

1. Ancient Egypt was inhabited by mummies and they all wrote in hydraulics. They lived in the Sarah Dessert and travelled by Camelot. The climate of the Sarah is such that the inhabitants have to live elsewhere.
2. The Bible is full of interesting caricatures. In the first book of the Bible, Guinnessis, Adam and Eve were created from an apple tree. One of their children, Cain, asked, "Am I my brothers son?"
3. Moses led the Hebrew slaves to the Red Sea, where they made unleavened bread which is bread made without any ingredients. Moses went up on Mount Cyanide to get the ten commandments. He died before they reached Canada.
4. Solomon had three hundred wives and seven hundred porcupines.
5. The Greeks were a highly sculptured people, and without them we wouldn't have history. The Greeks also had myths. A myth is a female moth.
6. Actually, Homer was not written by Homer but by another man of that name.
7. Socrates was a famous Greek teacher who went around giving people advice. They killed him. Socrates died from an overdose of wedlock. After his death, his career suffered a dramatic decline.
8. In the Olympic Games, Greeks ran races, jumped, hurled biscuits, and threw the java.
9. Eventually the Romans conquered the Greeks. History calls people Romans because they never stayed in one place for very long.
10. Julius Caesar extinguished himself on the battlefields of Gaul. The Ides of March murdered him because they thought he was going to be made king. Dying he gasped out: "Tee hee Brutus."
11. Nero was a cruel tyranny who would torture his subjects by playing the violin to them.
12. Joan of Arc was burnt to a steak and was cannonized by Bernard Shaw. Finally, Magna Carta provided that no man should be hanged twice for the same offense.
13. In midevil times most people were alliterate. The greatest writer of the futile ages was Chaucer, who wrote many poems and verses and also wrote literature.
14. Another story was William Tell, who shot an arrow through an apple while standing on his son's head.
15. Queen Elizabej was the "Virgin Queen." As a queen she was a success. When she exposed herself before her troops they all shouted "hurrah."
16. The greatest writer of the Renaissance was William Shakespeare. He was born in the year 1564, supposedly on his birthday. He never made much money and is famous only because of his plays. He wrote tragedies, comedies, and hysterectomies, all in Islamic pentameter. Romeo and Juliet are an example of a heroic couplet. Romeo's last wish was to be laid by Juliet.

Thank you, Harold

Protect Your Pooch - A New Dog Theft Campaign Launched By Neighbourhood Watch

In response to the increased fear of pet theft, Neighbourhood Watch has launched our PROTECT YOUR POOCH campaign.

The campaign will run on social media from 17th – 30th May but those who do not use social media can support the campaign by displaying [this poster](#) in their community, or attending our online Dog Theft webinar on the 27th May at 5pm. The webinar will be led by Neighbourhood Watch Network with speakers from the Met Police and Crimestoppers, as well as special guest speaker Katy Bourne, PCC for Sussex. To book your place, click [here](#).

The PROTECT YOUR POOCH campaign encourages people to keep their pets SECURE, IN SIGHT and SEARCHABLE, and to HELP MAKE PET THEFT A SPECIFIC CRIMINAL OFFENCE. The Met Police and Crimestoppers are backing our SECURE, IN SIGHT and SEARCHABLE message. More information on the campaign can be found on www.ourwatch.org.uk/protectyourpooch.

You can support the campaign by acting on our advice and sharing our messages in the following ways:

Follow us on [Facebook](#) / [Twitter](#) / [Instagram](#) / [LinkedIn](#) and share our campaign posts

Print [this poster](#) and display it in your community

Share this [campaign image](#) on your local Whatsapp groups

Help make pet theft a specific criminal offence by signing a petition or writing to your MP. Find out more on www.ourwatch.org.uk/protectyourpooch

Attend our online Dog Theft webinar on 27th May, 5pm. Book your place [here](#).

About guest speaker Katy Bourne, PCC for Sussex

Katy Bourne is in her third term as Police and Crime Commissioner (PCC) for Sussex. She was first elected in 2012, re-elected in 2016 and again in 2021. The PCC's role is to hold the Chief Constable to account for the performance of the Force; effectively making the police answerable to the communities they serve.

Katy is responsible for setting the strategic direction and priorities for Sussex Police through the Police & Crime Plan. This includes setting the police budget and local police precept – the amount residents pay for policing in their council tax. She also has a statutory duty to deliver community safety initiatives including Restorative Justice and crime reduction grants, along with commissioning support services for victims of crime.

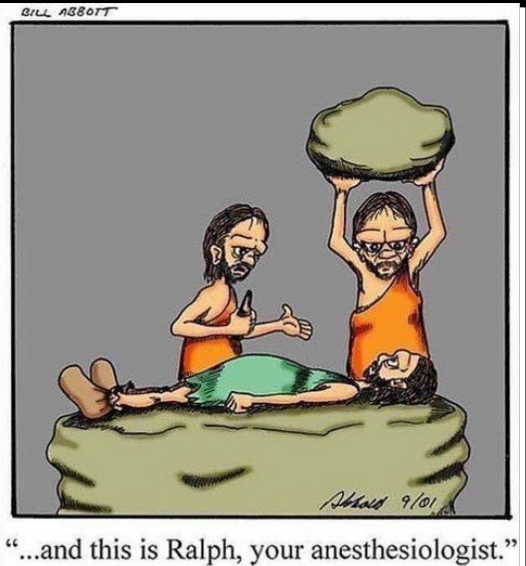
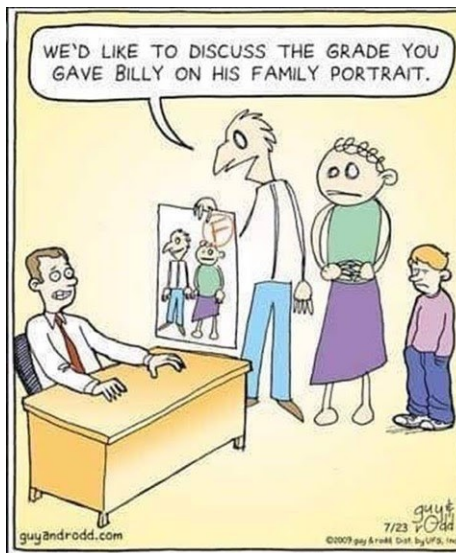
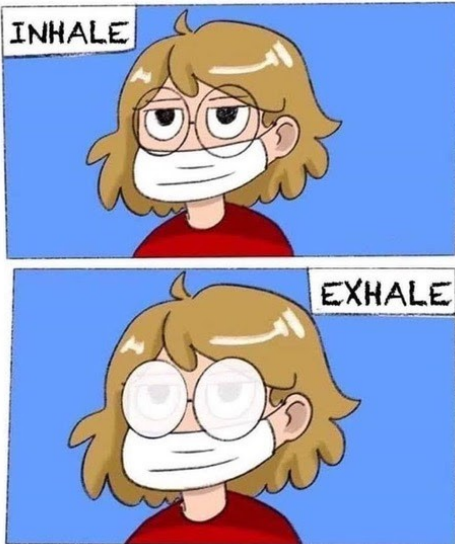
Her genuine passion and commitment to making a difference has won her praise from successive Home Secretaries and Prime Ministers and in June 2019 she was awarded an OBE in the Queen's Birthday Honours.

For anybody who wishes to have a PROTECT YOUR POOCH campaign pack, please email Deborah.waller@ourwatch.org.uk.

Keep safe,
NEIGHBOURHOOD WATCH NETWORK, Central Support Team

Message Sent By

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



People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.



...and the wisdom to know the difference



GFS Banners Gate is an after-school club for girls based in Banners Gate Community Hall. The group is part of national charity GFS, whose aim is to provide safe spaces where girls can make friends, try new things and be themselves. However, after a year of closure due to the pandemic, the group is in need of new volunteers.



GFS
• est 1875 •

**FOR GIRLS
FOR FRIENDSHIP
FOR SOCIETY**

**We need volunteers like
you at GFS Banners Gate**

**Help us create places where every
girl can feel valued for who she is**

If you think you could give some of your time to running this group and supporting girls in our community, you can go to:

girlsfriendlysociety.org.uk/volunteer to find out more.



FOLIO

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All our talks take place online, using Zoom. Please book your place in good time; we do not plan to share recordings of these talks after the event. Go to <http://foliosuttoncoldfield.org.uk/tss-events/> for events below, and more.



Coventry Evening Telegraph – Friday 27 October 1978. Newspaper image © Reach Plc. All rights reserved.

With thanks to the British Newspaper Archive
Wednesday 2 June, 19.30-20.30, Online

Telling Sutton's Stories – FOOD & DRINK in Sutton's history
Booking for this workshop will open 1 May 2021

<http://foliosuttoncoldfield.org.uk/tss-events/> (you'll need to scroll down)

Aris's Birmingham Gazette – Monday 26 January 1846.

Newspaper image © The British Library Board.

With thanks to The British Newspaper Archive

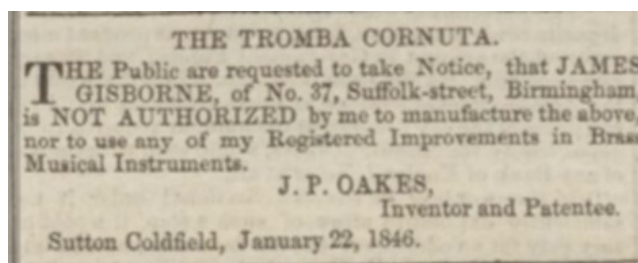
Thursday 17 June, 19.30-20.30, Online

Telling Sutton's Stories – MUSIC in Sutton's history

Booking for this workshop will open 1 June 2021

(Online) talks about Sutton's food and drink history and

music history - <http://foliosuttoncoldfield.org.uk/tss-events/> (you'll need to scroll down a little)



An online talk about James Speight, photographer who had a studio on the Parade from 1902:

<http://foliosuttoncoldfield.org.uk/online-local-interest-talks-2021/>

Thursday 24 June 2021, 7.30pm (part 1) and Thursday 1 July 2021, 7.30pm (part 2)



James Speight's Studio. Photo courtesy of John Frearson

James Speight of Sutton Coldfield and his family of photographers by John Frearson

James Speight was a well-known photographer in Sutton Coldfield with a studio on The Parade which opened in 1908. He took many photos of Sutton residents as well as lots of views around Sutton Coldfield. The studio closed when James retired in 1950. James came from a family of photographers who worked in various towns across the Midlands and John Frearson has been researching the Speight family for many years, with the support of the family's descendants. James Speight's story will be told over two talks. The first will focus on setting the scene and exploring his family background, whilst the second will focus on James's later career.

To register for part 1 (June 24) please sign up here:

https://us02web.zoom.us/webinar/register/WN_ByZazRHhTruIWstcGyiXeg

To register for part 2 (July 1) please sign up here:

https://us02web.zoom.us/webinar/register/WN_dPLxdUmAQn-qjxoODQGEhg

May sees the launch of a new FOLIO initiative - **a Shared Reading group.**

The group will offer a fortnightly opportunity to get together, open to anyone who might enjoy listening to or reading stories and poems with others. Everyone is welcome and there's no pressure to take part or do any reading between sessions – you can just come along and listen. To begin with the group will meet online (via Zoom), but we hope that later in the year the group will be able to meet in person in Sutton Library.

The first meeting was on May 13, and you'll need to register by emailing Leader Reader and FOLIO volunteer Sally on sharedreading@foliosuttoncoldfield.org.uk.

More details here: <http://foliosuttoncoldfield.org.uk/sharedreading/>

This new activity is made possible thanks to support from [The Reader](#), funding from [NISA](#), via their charity [Making a Difference Locally](#), and - crucially - thanks to volunteer Sally.

Getting Together with The Reader and FOLIO Sutton Coldfield



E-mail! Hi Tony,

I thought of you yesterday. A friend told me how she came across a cycle accident in Sutton Park. The rider had fallen from the bike, hit his head & was unconscious. My friend called an ambulance but found it difficult to describe exactly where in the park she was (not a main path and no obvious landmark). But she had the What 3 Words app & was able to give the 999 controller the words and the ambulance found them.

I downloaded the app when you told us about it at the Forum but have never had cause to use it. Hopefully I won't need it in the future.

The cyclist was checked over in hospital & went home the same day.

Hope all is well with you & Helen.

Sally



To use what3words click [HERE](#).





Worried About Getting Hacked? ICYMI

Over 15,000 hacked email and social media accounts reported in one year.

If a hacker got into your email or social media account, what would they find? Health and banking information? Names and contact details for your friends and family? Private photos and messages? For most people, it's at least one of those.

Your email and social media accounts contain a wealth of personal information about you, which makes them a lucrative target for cyber criminals. **Between February 2020 and February 2021, Action Fraud received 15,214 reports about email and social media account hacking.** The majority of reports (88%) were made by individuals, with 12% of reports being made by businesses. Analysis of the crime reports revealed that Facebook, Instagram and Snapchat were the most affected social media accounts, with phishing messages being the most common tactic used by cyber criminals to lure unsuspecting victims.

The motivation behind the hacks are varied and can range from financial gain, to revenge or personal amusement. Some victims are extorted for money, whilst others have their accounts used to send malicious links to their contacts. One victim who had multiple email and social media accounts hacked paid over £2,000 to regain access to them. Another victim reported that her hacked Facebook account was used to trick her friends into sending money into a PayPal account they thought belonged to her.

Secure your email and social media accounts in just a few minutes. Here's what you need to do:

- 1: Use a strong and separate password for your email,** as well as other important accounts, such as your banking or social media accounts.
- 2: Enable two-factor authentication (2FA).** It will help to stop hackers from getting into your online accounts, even if they have your password.
- 3: If you can't access your account,** search the company's online support or help pages. You'll find information about how to recover your account.

For detailed instructions on how to reset your password or enable 2FA on your accounts, visit: <https://www.actionfraud.police.uk/secureyouraccounts>

(Please forward this email to any friends, family members or colleagues that may find this information useful)

Message Sent By

Action Fraud (Action Fraud, Administrator, National)

Here's this month's quiz. The answers are on one of the following pages, perhaps!

1. How were Bill Oddie, Tim Brooke-Taylor and Graeme Garden collectively known?
2. For which country did the Welshman, Michael Owen, play international football?
3. Which actor played Neil in 'The Young Ones'?
4. If you are getting off a train at Waverly station, in which UK city would you be?
5. Which country did Ceaucescau rule from 1965-1989?
6. In the theatre what name is given to the part of the stage that projects out into the audience?
7. What animal is associated with the beginning of an MGM film?
8. What is the highest mountain in the Karakorum range of mountains?
9. If you suffer from 'gymnophobia', what are you most afraid of?
10. What was the name of Keith Harris' bird?
11. What does an archerfish shoot at its prey?
12. Which occupation would you associate with Perry Mason?
13. In American football what is the scoring area of the field called?
14. What creature appears on the flag of Wales?
15. What mythical animal had the head and body of a lion and the wings and talons of an eagle?
16. What company of the 101st Airborne Division did the book/TV show, 'Band of Brothers' follow?
17. What can be a slight movement or a container for arrows?
18. What was the world's first nuclear powered aircraft carrier, still in use today?
19. Which Alanis Morissette single features 'a black fly in your chardonnay', and 'rain on your wedding day'?
20. What has the chemical symbol Zn?

BONUS QUESTION - WHAT DOES THE FIRST LETTER OF EACH ANSWER SPELL OUT?

Welcome to Notes on Nature

Last Sunday marked International Dawn Chorus Day and we were delighted that so many of you joined us online to enjoy birdsong. At this time of year birdsong is at its loudest as birds compete for territory and a mate. But did you know that the dawn chorus is not as strong as it once was?

Tragically, in the last 50 years, the UK has lost a staggering 40 million birds. We can't go on like this.

We're determined to bring nature back, to protect birds and other animals, and to restore the habitats needed so wildlife can thrive once more.

Right now, we have a unique opportunity to better protect our wildlife by setting targets for nature's recovery in law. In this special blog from our campaigns team, we look at why the Environment Bill is crucial in our fight to save nature and how you can help.

Jamie Wyver
Notes on Nature Editor

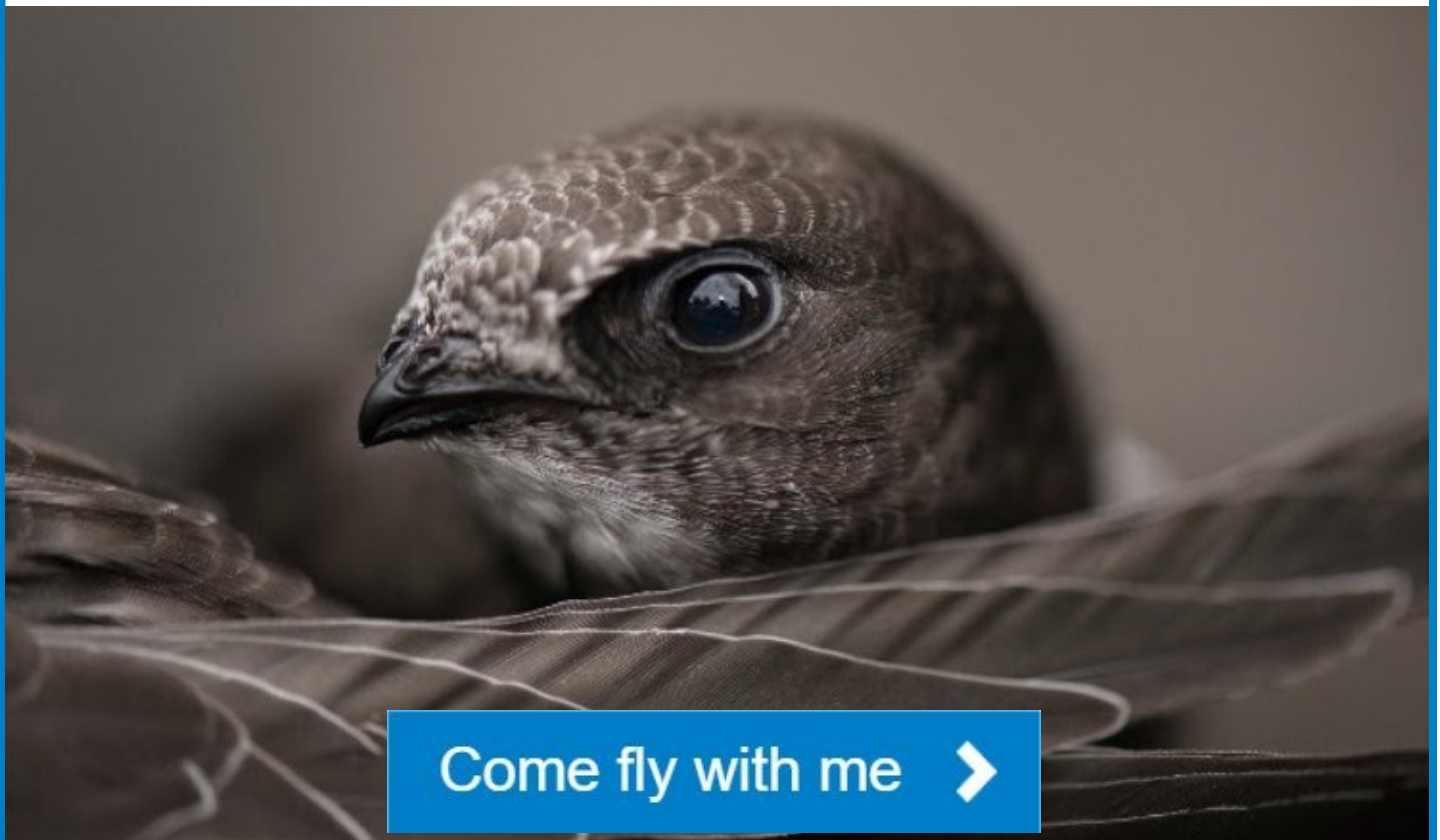
State of Nature

There are a million urgent environmental causes to fight. So when organisations come together on just one, you know it's crucial.

Alongside over 70 organisations, we are calling on the Prime Minister to amend the Environment Bill to include a legally binding State of Nature target for nature's recovery in England by 2030. If you are one of the 145,000 people who have already signed the [petition](#), thank you! If not, you can sign it [here](#).

Experience a swift adventure.

Join our plucky swift heroine as she flies from her wintering grounds in Africa back to the UK to nest and raise a family.



Come fly with me >



Disability Recognition Certificate Project launch

We are delighted to announce the launch of the new Disability Recognition Certificate, a project to help local businesses and organisations to be more disability aware and provide better access and facilities opening up a greater customer support base from disabled communities within Sutton Coldfield. We offer practical, free advice and support from The Sutton Coldfield Disability Action Group (SCDAG), a local Charitable Incorporated Organisation whose members and Trustees are highly skilled and experienced community leaders and professionals committed to improving the lives of Disabled People.

The project is funded by Sutton Coldfield Neighbourhood Network Scheme and will enable us to further develop existing services and resources enabling greater access for businesses to become a valued local resource for the disabled. This is the start of a broader project aims with long-term partnership objectives for Sutton Coldfield.

Businesses and organisations who participate will benefit from free help and advice, be show-cased in future accessibility information resources and be promoted as Disability Recognised Businesses via a range of publications and online portals.

For more information or to register interest please contact Cllr. Jan Cairns on 07970 428934 or John Lymn on 07801952343 or e-mail info@scdag.org.uk



1. Dad, are we pyromaniacs? Yes, we arson.
2. What do you call a pig with laryngitis? Disgruntled.
3. Writing my name in cursive is my signature move.
4. Why do bees stay in their hives during winter? Swarm.
5. If you're bad at haggling, you'll end up paying the price.
6. Just so everyone's clear, I'm going to put my glasses on.
7. A commander walks into a bar and orders everyone around.
8. I lost my job as a stage designer. I left without making a scene.
9. Never buy flowers from a monk. Only you can prevent florist friars.
10. How much did the pirate pay to get his ears pierced? A buccaneer.
11. I once worked at a cheap pizza shop to get by. I kneaded the dough.
12. My friends and I have named our band 'Duvet'. It's a cover band.
13. I lost my girlfriend's audiobook, and now I'll never hear the end of it.
14. Why is 'dark' spelled with a k and not c? Because you can't see in the dark.
15. Why is it unwise to share your secrets with a clock? Well, time will tell.
16. When I told my contractor I didn't want carpeted steps, they gave me a blank stare.
17. Bono and The Edge walk into a Dublin bar and the bartender says,
"Oh no, not U2 again."
18. Prison is just one word to you, but for some people, it's a whole sentence.
19. Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.
20. I'm trying to organize a hide and seek tournament, but good players are really hard to find.
21. I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.
22. What do you say to comfort a friend who's struggling with grammar? There, their, they're.
23. I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."
24. What did the surgeon say to the patient who insisted on closing up their own incision?
Suture self.
25. I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness

Thank you, Eric

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

Thanks Hazel

‘FluBot’ malware scam delivery message

Scam package delivery messages containing dangerous malware have been on the rise. This malware or FluBot contains a harmful link to download an app that can infect your phone, harvest passwords and personal info, as well as access your contacts. This is just one type of text message scam.

[We explain more about this specific scam, what text and messaging scams are and how to spot them.](#)

Appliance cover con

Ever received unexpected calls telling you that cover for your washing machine, oven, dishwasher or other home appliance cover is due for renewal?

Unfortunately, widespread cold calling and sharp sales tactics with fraudsters and firms masquerading as established brands surged in 2020, and we’ve been receiving an increase in reports of these types of cold callers.

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

Fraud on PayPal

While PayPal has policies in place to help bring scammers to justice, it’s often a target for fraudsters looking for quick access to customer’s money and their tactics are becoming trickier to spot.

In this instance, PayPal misunderstood the tactic of remote access software increasingly being used to access its site, leading to it contradicting its buyer policy that says it will investigate fraud on its platform and that customers aren’t liable for unauthorised purchases.

[Here’s what one customer experienced after losing £5,000 to a PayPal scammer and how the matter was resolved.](#)

Fraud is on the rise

According to the latest ONS data, it’s the crime that adults in the UK are most likely to fall victim to. Scams cause devastating financial and emotional harm, and with most of us spending more time online over the past year, fraudsters have been able to target even more victims via online scams.

But it doesn’t have to be like this. We believe more can and must be done to tackle online scams. [That’s why we’ve partnered with 16 other organisations to champion consumers and call on the government to act now.](#)

Insights from our Scam Sharer tool

Last month, we launched our Scam Sharer tool. We had an amazing response with many of you informing us about your experiences of phishing emails, fake texts, cold calls and other types of fraud, so thank you.

[What does the data show so far?](#) We reveal which scams are rife, ones that you reported to us and which brands are impersonated the most.

Scams and the Online Safety Bill

Following the Queen’s speech on 11 May, measures to tackle user-generated fraud will be included in the new Online Safety Bill. But does this truly stamp out criminal content and activity online?

We explain exactly why scams must be considered as part of the Bill in order to ensure people’s safety online.

We want the government to bring in **new laws to protect people from an avalanche of online scams** – it must not miss the opportunity to do this in the upcoming Online Safety Bill.

Online platforms, including search engines and social media sites, must be made legally responsible for protecting their users from fake and fraudulent content on their sites.

Are you with us? [Please tweet your support](#) for including scams in the new laws and show the government just how important it is to tackle the harm they cause.

Which?

How investment scammers are operating nowadays

Scammers can easily use paid-for adverts on search engines such as Google and Microsoft's Bing to target victims. They also repeatedly pose as legitimate companies, creating convincing websites and application forms to trick investors.

[The latest financial firms being spoofed](#) include online investment platform Interactive Investor and global bank ING.

Update: National Insurance number phishing emails

A few weeks ago we informed you about fraudsters pretending to be from the National Crime Agency or 'National Office for Serious Crimes' cold calling members of the public trying to convince them that their National Insurance number has been compromised. This time it's in the form of phishing. [Here's an example of the email](#), how fraudsters may pressure you into giving up your details and how you can protect yourself.

Important cybersecurity tips from AVG

UK-based phishing scams with scammers posing as reputable delivery companies are on the rise. Keeping you safe is our #1 priority, so here are some tips on how to avoid these types of scams.

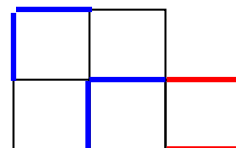
4 things you need to know about 🇬🇧 UK delivery scams



1. Hermes, Royal Mail, and DPD have all reported a sharp rise in scam texts and emails. Always triple check the sender details before responding.
2. Remember that the amount requested is often very small. The scammers are after your credit card details and personal info, so don't be lured in by the low fee.
3. Never send information, such as your credit card details or passwords, in reply to a text or email. Legitimate companies will never ask for this.
4. Remember to always think twice before responding. If in doubt, get in touch with the sender through a number or email address directly from their website.

1. Worcester 2. Dunmow 3. Carlisle 4. Epping 5. Kettering 6. Reading 7. Hatfield 8. Reigate 9. Margate 10. Durham 11. Lancaster 12. Scunthorpe

8+8+8+88+888



1. The Goodies 2. England 3. Nigel Planer 4. Edinburgh 5. Romania 6. Apron 7. Lion 8. K2 9. Nudity/Nakedness/No clothing 10. Orville the duck 11. Water 12. Lawyer 13. End Zone 14. Dragon 15. Gryphon/Griffin 16. Easy Company 17. Quiver 18. USS Enterprise 19. Ironic 20. Zinc BONUS ANSWER - GENERAL KNOWLEDGE QUIZ



stay updated
get involved



**WEST
MIDLANDS
POLICE**

<https://www.gov.uk/guidance/covid-19-coronavirus-restrictions-what-you-can-and-cannot-do>

Step 3: Since 17 May

- People can meet in groups of up to 30 outdoors.
- Six people or two households can meet indoors.
- Domestic overnight stays can take place.
- Up to 30 people can attend weddings, receptions and other life events.
- The number of people who can attend a funeral is no longer capped but determined by the size of the venue.
- Care home residents can have up to five named visitors, and more freedom for visits out of the home.
- Pubs, bars, cafes and restaurants allowed to serve customers indoors.
- Indoor entertainment such as museums, cinemas and children's play areas can open.
- Theatres, concert halls, conference centres and sports stadiums can all reopen.
- Organised adult sports and exercise classes can restart indoors.
- Hotels, hostels and B&Bs can reopen.

West
Midlands
POLICE





'Suspension-destroying' potholes are plaguing heavily damaged UK roads

Increased funding for highway maintenance isn't enough to help local authorities in England and Wales reach target conditions, with more than £10 billion needed to get roads back in shape, a new Asphalt Industry Alliance (AIA) report reveals.

Despite a 15% increase in highway maintenance budgets, partly due to Government funding to repair potholes and support active travel, budgets are still lower than they were two years ago and road conditions have not significantly improved, the Annual Local Authority Road Maintenance (ALARM) survey highlights.

Between October and December last year, RAC patrols attended more than 1,400 breakdowns in the UK where potholes were most likely to be the cause.

[Report a pothole and find out how to claim for damage](#)

[How to check your tyre pressure](#) | [Video guide](#)

[20 ways to make your car last longer](#)

While there has been an increase in the number of potholes filled over the last 12 months – the equivalent of one every 19 seconds – the AIA states this shouldn't necessarily be seen as a positive.

AIA chair Rick Green welcomed the increase in funding but said “using it to repeatedly fill in potholes is essentially a failure as it does nothing to improve the resilience of the network”. The average frequency of road surfacing is now once every 68 years and it would take £10.24 billion over a decade to clear the backlog of maintenance on local roads in England and Wales.

Mr Green called for a longer-term approach to local road funding, similar to the five-year commitment given to motorways and major A roads.

This would allow local authority highway engineers to “plan ahead and implement a more proactive, sustainable and cost-effective whole life approach to maintaining the network”, he said.

“This commitment is vital to the nation's post-pandemic reset in which we will rely on our local road network to support recovery and underpin active travel and levelling-up goals.”

Nicholas Lyes, RAC head of roads policy, said: “The AIA's report lays bare the pressure on local authorities who are grappling with crumbling road surfaces. On the one hand additional money allows them to fix potholes but the inconsistent nature of this funding often means they focus on short-term quick fixes rather than preventing them from occurring in the first place.

“Potholes are a nuisance and not only cause expensive vehicle damage but can also lead to serious injury or even worse. Without a long-term approach to local road maintenance funding, similar to what we already have for strategic roads, we face our roads remaining in a perpetually poor state.

“The Government must now change tack and ring-fence a small proportion of existing fuel duty revenues over a five-year period so that local authorities are able to plan routine maintenance properly and get our local roads up to a fit and proper standard.”

Secure [breakdown cover](#) so you can plan the best UK [road trips](#) and [holiday destinations](#) this summer with peace of mind.



SLOW WAYS

We're creating a network of walking routes that connect all of Great Britain's towns and cities.



...continued from last page

Slow Ways is a project to create a network of walking routes that connect all of Great Britain's towns and cities as well as thousands of villages.

Using existing footpaths, people will be able to use the Slow Ways routes to walk between neighbouring settlements or combine routes for long distance journeys.

During lockdown 700 volunteers from across the country collaborated to produce a first draft of the Slow Ways network, creating a stunning Slow Ways map in the process. This incredible effort has led to the creation of 7,500 routes that collectively stretch for over 110,000km. While COVID-19 has forced millions of us to stay at home and indoors, that hasn't stopped us from being collaborative, imaginative, creative and productive.

All of the routes information that we collate will always be free to browse, search, view, share, download and enjoy.

Why it matters?

This is an important, positive and timely project. Walking can improve health and wellbeing, tackle the climate and ecological emergencies, save people money, improve our environment and bring joy to people's lives.

While there are thousands of miles of paths linking places across the country, there isn't a comprehensive network designed to help people walk off-road between all towns and cities. That's what the Slow Ways project aims to do.

The Slow Ways distinctive geometric network will make it easier for people to see, imagine, plan, navigate and share journeys. With each route starting and finishing in populated places, the Slow Ways will make it easier and more affordable for people to go on short, medium and long-distance journeys too.

Get involved

Slow Ways is a collaborative effort. Over a year of time has already been volunteered on the project.

We're now looking for 10,000 people from across Great Britain to help walk, test, record and review all of the routes that have been drafted. In some cases we'll need to design new routes too.

Up for helping? Please sign-up for the newsletter and we'll update you as soon as we're ready to get going!

Website: <https://slowways.uk/>

Twitter: @SlowWaysUK

Instagram: @slowwaysuk

Email: hello@slowways.uk

Healthy Start Vouchers

Website: <https://www.healthystart.nhs.uk/>

What is Healthy Start?

If you're pregnant or have children under the age of 4 you can get free vouchers or payments every 4 weeks to spend on:

- cow's milk
 - fresh, frozen or tinned fruit and vegetables
 - infant formula milk
 - fresh, dried, and tinned pulses
- You can also get free Healthy Start vitamins.



About your Healthy Start benefit

If you're pregnant or have a child under 4, you could get help to buy some basic foods and milk.

You'll get:

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
 - £8.50 each week for children from birth to 1 year old
 - £4.25 each week for children between 1 and 4 years old
- Your money will stop after your child's 4th birthday, or if you no longer receive benefits.

You can also get free Healthy Start vitamins.

How to apply

Eligibility: You'll qualify for the Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child that's under 4.

In addition, you must be receiving any of the following:

Child Tax Credit (only if your family's annual income is £16,190 or less)

Income Support

Income-based Jobseeker's Allowance

Pension Credit (which includes the child addition)

Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits.

- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant.

- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the 4 weeks immediately after you have stopped working for 16 hours or more per week)

To find out if your family earns £408 or less per month from employment whilst claiming Universal Credit, look at your 'take-home pay for this period' on your monthly Universal Credit award notice.

How to apply

You can apply for Healthy Start vouchers using a paper form. To apply for Healthy Start vouchers you should:

Download the Healthy Start application form (PDF: 86KB) (opens in a new tab). Use link at the top of this page and click on How to Apply (second line down from the top)

Print out the form.

Complete the form.

Post the form to us at:

Freepost RRTR-SYAE-JKCR

Healthy Start Issuing Unit

PO Box 1067

Warrington

WA55 1EG

You can also call the Healthy Start helpline on 0345 607 6823 and ask them to send one to you by post.

COMMUNITY GARDENING OPPORTUNITY

Planting beds at Sunnybank Road and
Sheffield Road Allotments in Boldmere



Available to be used by Sutton Coldfield
Community & Social groups



Community Activity Opportunity

- Age Concern Birmingham have a plot at Sunnybank Road/Sheffield Road Allotments, Boldmere – available to be used by Sutton Coldfield Community/Social groups.
- With indoor social gatherings restricted, the NNS would like to encourage groups to offer their members a new outdoor activity.
- We would like to offer 6 Community groups the opportunity, to (once a week) use one of our raised planting beds - to get outdoors, socialise and grow together.
- Parking and toilet facilities are available onsite.
- Contact - Suzy Summerfield 07940 709314
email: s.summerfield@ageconcernbirmingham.org.uk



Community Impact 2020- 2021

The Sutton Coldfield NNS team had its busiest year yet in 2020 despite the challenges that came with COVID-19, national lockdowns and the additional pressure it brought to many organisations – we managed to invest almost £100,000 back into community assets, create new activities, start new projects and ensure the most vulnerable people in Sutton Coldfield were given the support they needed.

To give you an idea of what we achieved, we've crunched the numbers and this is what we accomplished in 2020:

COVID-19

The Coronavirus pandemic created challenges that many organisations weren't prepared for, and the one of the biggest issues local assets faced was ensuring they had enough PPE to protect themselves and others as they continued to provide vital support to the community. The NNS funded over £35,000 worth of PPE to help keep our residents, assets and communities as safe as possible.

Food

COVID-19 also meant that accessing food, especially for those who were shielding, became a serious struggle. Sutton Coldfield has a number of amazing organisations that took that challenge head on and made sure that food was available to anyone that needed it. Thanks to NNS funding and support, we've helped community assets...

- Provide 1,488 meals
- 45 Christmas dinners
- Deliver 302 food parcels
- Create an affordable food pantry, serving more than 2,600 local residents
- Spread the festive feeling to 75 lonely or vulnerable residents with Christmas gifts



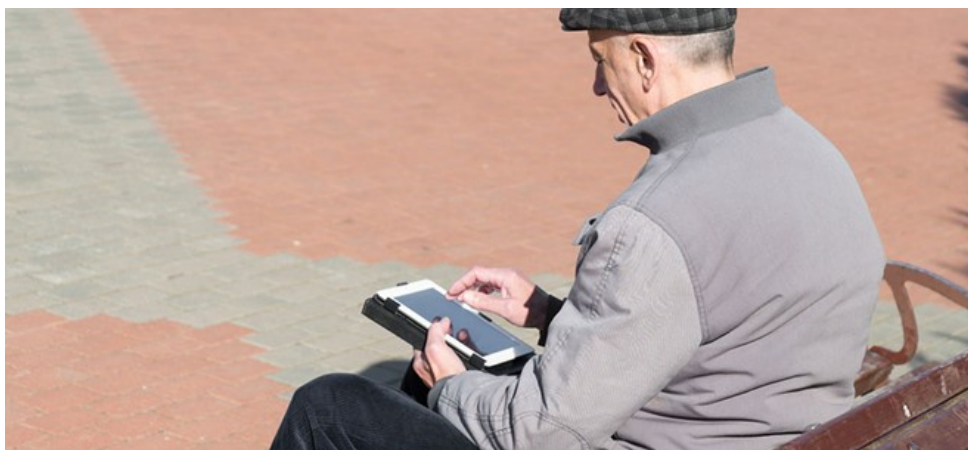
Digital Inclusion

We also kick-started a more comprehensive Digital Inclusion plan for Sutton Coldfield, which includes purchasing 30 tablets, 18 laptops, 15 computer monitors and recruiting a dedicated Digital Inclusion NNS worker as well as creating a digital device lending library, to ensure Sutton Coldfield stays connected despite COVID-19.

Continued on next page ...

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Digital



Inclusion

Support Worker Hours

Whilst COVID-19 shifted our support priorities, we were mindful that it didn't mean all other means of community support had stopped or was no longer an issue; we continued to welcome funding applications for non-COVID related issues and acted as a lifeline to assets who's usual funding income had been suspended. Through this we've provided:

- 352 Parish Nurse hours
- 180 Expert Benefit Advisor hours
- 5 new Volunteer Benefit Advisors
- 272 Community Development hours to help restart local activities for older adults

Health Related Support

2020 also saw the NNS fund a diverse range of new projects and activities – and we're looking forward to seeing the positive impact they have on the community over the next 12 months and beyond!

- Supporting 20 community assets in becoming more accessible through the 'Premises Access Pledge'
- Helping with the development of a Day Out Disability User Guide (DOUG) for Sutton Coldfield
- Those affected by ileostomy issues can now access regular support sessions
- We helped provide Yoga Sessions for those who may suffer with limited mobility, using 'Chair Yoga'
- There will be 48 Mental Health and Wellbeing workshops being run for the local community, in multiple languages
- Residents who suffer from Chronic Fatigue can access any of the 26 new online support sessions to help manage their symptoms
- We also funded 20 Telling Sutton's Stories workshops, so residents can share their memories of Sutton Coldfield and connect with their community

And finally, we supplied Sutton Coldfield's Vaccination Hub with 2 Wheelchairs to help the fight against COVID-19

The NNS are extremely grateful and humbled by work our community assets do in Sutton Coldfield, and we're proud to work in partnership with them and support them in making a difference in the community. We're excited to see what fantastic things we can achieve in the coming year, and remain dedicated to helping those who make our neighbourhoods a better place.

Special Thanks to:

Sutton Coldfield United Reform Church
Boldmere St Michaels Football Club
Sutton Coldfield Methodist Church
Sutton Coldfield Disability Action Group
FOLIO
Birmingham Ileostomy Association

Successful Ageing

Salus Fatigue Foundation
Sutton Coldfield Town Hall
Our Place Support
Chester Road Jobs Club
Age Concern Birmingham
Falcon Lodge Food Club

Entertainment returns to Highbury again

We were delighted to hear the government's recent confirmation that we can all move to step 3 of the road map on 17 May. We've got several events planned between now and the end of July. Details of the first events are below and look out for further announcements about other events on our [website](#), via Facebook and our emailed newsletters. For any assistance, just email:

boxoffice@highburytheatre.co.uk

Obviously, our plans will be dependent on there being no changes to the Covid arrangements in this period and we'll let you know if we need to alter anything. Information on our Covid-secure measures can be found via our website.



Book tickets at £5 per person plus £2 if you're not already a member for the season:

[Snapshots 2 - 7.30pm 27 May](#)
[Snapshots 2 - 7.30pm 28 May](#)
[Snapshots 2 - 7.30pm 29 May](#)

Yes! More **Snapshots!**

Snapshots 1 was entertaining and amusing, but Snapshots 2 is amusing and entertaining.

It is full of proposals. Proposals of Marriage. True stories. Scarcely believable stories. Proposals from literature. Musical proposals and a poem from Ken Simpson.

Congreve, Wilde, Shakespeare, Dickens, Wodehouse all feature, as does Jane Austen.

You are enthusiastically invited back to Highbury for three evenings of rehearsed and polished readings.

Laughter guaranteed!



The first Highbury film out of lockdown is **The Personal History of David Copperfield** (2019)

This wonderful comedy (119 minutes, Certificate PG), written and directed by Armando Iannucci, is the first theatrical film production of Dickens' novel in 50 years. It stars Dev Patel together with Peter Capaldi, Hugh Laurie, Tilda Swinton, Ben Whishaw and Paul Whitehouse.

Book tickets at £5 per person plus £2 if you're not already a member for the season:

[The Personal History of David Copperfield - 7.30pm 5 June](#)

Save the dates! Other events until the end of July are planned to be held on 11 & 12 June, 19 June, 29 June to 3 July, 9 July, 10 July, and 12 to 17 July. Phew!



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for 0-5 year olds**

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sarah.stephen@musicbus.com

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Whittington

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Sutton

Friday AM
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Community Centre
35 Reay Nadin Dr
B73 6UR

<https://www.facebook.com/musicbuslichfieldandsuttoncoldfield>



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**WHEN ONE DOOR SHUTS,
ANOTHER ONE OPENS**

**OTHER THAN THAT,
IT'S A PRETTY GOOD CAR**



**MAYBE WHEN SOCIAL DISTANCING IS A
THING OF THE PAST, WE'LL HUG A
LITTLE HARDER, HOLD ON A LITTLE
LONGER, AND REMEMBER THAT
NOTHING MATTERS MORE THAN THE
TIME WE SPEND WITH THE PEOPLE WE
LOVE.**

**It's been a bit of a
strange day!
First I found a hat
full of money.
Then I was
chased by an
angry man with a
guitar...**



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

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

Age Concern Birmingham run the Carer's Contact Centre as part of the Birmingham Carers Hub partnership. Our advisors are available to help carers with help, advice and information, we register carers and also offer a Statutory Carer's Assessment, wellbeing payments if eligible and information on a wide range of wellbeing services. We also provide advice on welfare benefits and can link carers to information about grants, legal advice on wills and power of attorney and other one to one support.

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

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

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

Saturday: 10am – 12.30pm

Email us at info@birminghamcarershub.org.uk

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

Birmingham Carers Hub Specialist Dementia Service

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

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

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



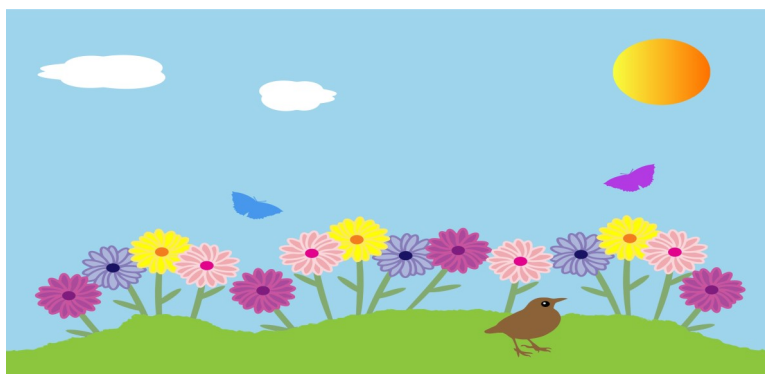
Do you have any jobs around the home that need some attention?

Summer is the perfect time to get the little jobs done.

Our Trusted Tradesperson Scheme has the right trade, whatever your job. From builders to plumbers and electricians all of our tradespeople are vetted, DBS checked and working to current guidelines.

We also work with many partners including legal and independent financial advice and are a Stannah Stairlift demonstration centre.

So whatever your need, call the team on 0121 362 3650 to find out more.



commonitea cafe



CHEESE AND POTATO PIE WITH BAKED BEANS

COTTAGE PIE WITH VEGETABLES

CHICKEN CASSEROLE

ROAST VEGETABLE PASTA BAKE

ROAST DINNER OF THE DAY

(Please note meals are subject to change)

Meals £4.00 / Puddings £2.00

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

A selection of puddings are also available

Call us on **07432739017** for more details

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

0121 362 3650

Email: info@ageconcernbirmingham.org.uk

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2021 commonitea 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
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& fun and it's
given me my
life back!”

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and friendly exercise classes to
improve your

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- ✓ mobility & flexibility
- ✓ strength & independence



Banners Gate Community Hall, 35 Reay Nadin Drive. B73 6UR.
Fridays at 1:30—2:30pm. Commencing 28th of May 2021.
£4 per session (First session FREE) Booking Essential!
Contact katie.evans@moveitorloseit.co.uk or call
07592071889 for more info or to book a space.

AGE concern

Birmingham

Welcome the new year and join us for our quiz on Wednesday 2nd June at 8.00pm.

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

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

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

Have fun and raise some funds for Age Concern Birmingham.






Our Cook and Collect takeaway service means you can collect a nutritious, vegetarian and...

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Every Saturday
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www.foodcycle.org.uk



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Supporting the Sutton Coldfield Community since 2010



**3 meals for £10
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Menu changes weekly!
Delivery Tuesday or Friday

For more information and to register:
Call: 07593 718785 E-mail: cafe.oasis@scurc.org.uk
or find us on Facebook

Free delivery by volunteer drivers. Food is frozen and ready to store or reheat and eat. Full instructions provided.

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Sutton Coldfield,
B73 6AA
07593 718785
cafe.oasis@scurc.org.uk



Supported by the
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

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



Firstly the United Reformed Church and Café Oasis would like to extend a massive thank-you to everybody that provided support in the planning of the funeral for John Rawlings which took place on 7th May. John was well known to many people throughout Sutton Coldfield, an especially jovial presence at the local Food Banks – he will be sorely missed by those that got to know him well over the years.

A big thanks to and blessings go to Sandra Anthony – our Parish Nurse; Hazel Riggall -of Food4U, Zoe Toft – from Sutton Coldfield Library and Donald Campbell – of Sutton Baptist church who all shared memories of their times with John. We would also like to say Thank-you to those of you who kindly contributed to the cost of his funeral by donating to the URC Community Fund – we managed to raise over £3000!

United Reformed Church services are resuming on 23rd May but numbers are limited and spaces need to be booked.

The Church hall is reopening for room hire with some restrictions in place to adhere to COVID-19 regulations.

Café Oasis successfully reopened on Monday 17th with a one-way system and limited spaces. It has been a long time coming and we are being tentative in our approach but having said that – it has been an absolute pleasure to welcome back our volunteers (COVID tested) and see some familiar faces again. We hope to continue in this positive way.



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or email chong.fouroaks@gmail.com



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

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

Where: Walsall Arboretum Visitor Centre steps
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Get in touch and let us know you will be coming.

5k your way: move against cancer | www.5kyourway.org
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The hall is approx. 38' x 21'
(11.6m x 6.4m)

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

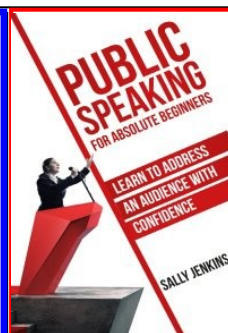
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Banners Gate

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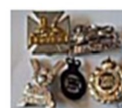
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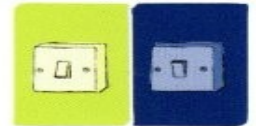
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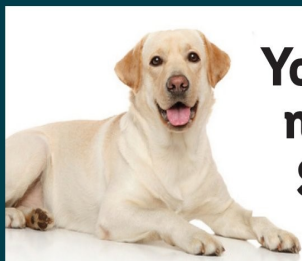
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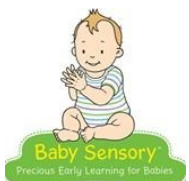


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Sun (1st) 11.00 – 2.00 pm (1st) 4 – 7 pm (1st) 7.00pm – 8.00pm 10.00 am 10.00 am – 12.00am 10.30 am 11.00 am	Create at Gate with K & S Global Communion Soul Yoga Family Communion For details see website at www.stcolumbasbannersgate.co.uk Loveworld Church Family Worship www.bannersgatechurch.com 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 4.15 – 5.15pm 5.30 - 7.00pm 7.30 – 8.30 pm	Stay in Focus Fitness Dementia Care Teachitright The Girls' Society Line Dancing	Community Hall Community Hall Community Hall Community Hall Community Hall	Barbara H-Walker 07809 07872 98 76 10 Diane Pursall	553 6483 61 43 10 747 4659	BANNERS GATE COUNSELLING CENTRE Accessible and Affordable Counselling to Adults in the Community. The Upper Room St. Michael's House 198 Boldmere Road Sutton Coldfield Tel : 0121 354 6544 For information or an appointment please ring after 10 a.m. daily, except Wednesday
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 4.15 – 5.30 6 pm - 7 pm 7.15 – 8.15	Baby Sensory Guide Dog Training Teachitright Mid-week Service Bible Study I Yoga. Midlands	Banners Gate CC Community Hall Community Hall Community Hall Community Hall	Tracy Jones 0775 Madge Nightingale 07809 Ola Samuel 07565 Angela Brookes 07939	82 56 22 360 0286 61 43 10 65 27 62 54 73 92	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, when we are back to normal (whatever that turns out to be).
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	
Friday 10.00 – noon 1.15 – 2.45 pm 6.00 – 8.00pm	Music Bus Move it or Lose it Make It Happen Dance Co	Community Hall Community Hall Community Hall	Mario Ferko 07908	51 76 84	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, when we are back to normal (whatever that turns out to be).
Sat 10.30 – 1.30pm 2.30 – 4.45pm	IKA Sutton Kick Boxing Teachitright	Community Hall Community Hall	Joe 07864 07809	84 22 99 61 43 10	
BOOKING SECRETARIES: Community Hall mobile: 075 65 54 68 21 Banners Gate CC - June Dadd 07443 22 65 30 St. Columba's - Sallyanne Rowley 693 0084 Scout Hall - A & R Talliss 353 8166		UNIFORMED ORGANISATIONS: Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191			



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.



Worship WITH US EVERY WEDNESDAY & SUNDAY

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

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

Wanted, a Vice-Chair for the Forum

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

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

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

Monday	Beavers	5.30 p.m. – 6.45 p.m.	ages 6 – 8 years
	Scouts	7.00 p.m. – 9.00 p.m.	ages 10 ½ – 14 years
Tuesday	Beavers	5.40 p.m. – 6.40 p.m.	ages 6 – 8 years
	Cubs	7.00 p.m. – 8.30 p.m.	ages 8 – 10 ½ years
Thursday	Cubs	7.00 p.m. – 8.30 p.m.	ages 8 – 10 ½ years

Contact 0121 353 5203
 Email: margaretdrummond1@btinternet.com



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

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

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

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