



# Banners Gate & Parklands Community & Neighbourhood Forum

147<sup>th</sup> June 2021

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

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

I have given up playing the guessing game of if, when, and for how long the next lockdown will be. Asking people to limit numbers for weddings, funerals or any other occasion when they have the need to have many friends, and relatives around them is absurd when thousands can amass for a game or a race. Not so very long ago, although it seems an age, there was something called the "Cumings Effect", are we now aiming for the "Spectators Effect"? We also expect those who make the rules to abide by the rules. Several people were quite surprised to hear that a Funfair was to be held on King George V Playing Field that runs by the side of Sutton Oak Road. As treasurer of Friends of KGVPF I was one of them, but to leave our local councillors in the dark was much worse. Residents are already concerned about parking problems and the increase in traffic. One resident remembers the last time there was such an event and well remembers the mess that remained when they left..

Read Rob Pocock's view on the this page.

Tony



## Alison Jolley:

**HOT OFF THE PRESS, MAST PLAN NEWS!!**

Great news! I write this following tonight's full Town Council meeting on Wednesday 23<sup>rd</sup> June. Consequently, I am thrilled to announce that the horrendous plans for a twenty metre (65 foot) telecommunication mast have been rejected by Birmingham City Council. It would have been taller than the trees and houses immediately adjacent to the corner of Honiley Drive and Chester Road North, where this mast was envisaged to stand at the behest of Hutchison 3G UK Ltd.



A great many residents knew about these plans as several of you contacted me to voice your

concerns at the scale of the proposal, which would have definitely resulted in the loss of yet more green space. Masts such as these are always accompanied by several unsightly metal cabinets which take up several square metres of ground around these ugly structures. I always say to people, "it's not the mast alone, it's the boxes that go with it."

I was pleased to bring these concerns to the forefront at The Town Council's planning committee meeting at the beginning of this month, where we were unanimous in raising a formal objection to the City Council in rejecting these plans for the instillation. This shows that our Town Council has a voice and makes a difference, particularly when residents and councillors come together and raise concerns regarding issues such as this.

I can always be contacted by email:

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



## Rob Pocock:

No one was more surprised than me to hear that a Family Funfair was arriving on the King George V Playing Fields this month. Councillors and residents' groups are supposed to be informed and consulted before these events are agreed. But for this event neither I nor my colleague Kath Scott had heard a dickie-bird, the

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first we knew of it was when a resident sent an email saying they had spotted a poster advertisement for it a few days ago!

We are pursuing an investigation into how this came to happen. I don't want to sound suspicious but it's almost as if we were all deliberately left in the dark in case we kicked up a fuss about it.....

Anyway for good or ill, it's going ahead and the vital thing is to make sure disruption is kept to a minimum. We have a lot of young families in our area now, and hopefully they will go along and enjoy some family fun as I did when I went to fairgrounds as a little one (long years ago I have to say). The organisers Bob Wilson Funfairs have Site Marshalls and they have the legal duty to keep things under control. I've circulated their contact details to residents living around the site, but email me on [rob.pocock@birmingham.gov.uk](mailto:rob.pocock@birmingham.gov.uk) if you also want their contacts. After it's all over the organisers also have a duty to restore the site to a pristine condition and rectify any damage.

On a positive note, I'm really pleased the City Council have rejected the application from a telecomms company to construct a 'monster mast' at the junction of Honiley Drive and Chester Road North. I collected a petition of around 100 signatures opposing the scheme and thanks to all who have signed, the plan has been rejected. Stopping these mega-masts is very difficult as the companies have been granted a lot of government 'permitted development rights' that restrict the grounds in which Councils can reject these masts. People often ask 'why bother, nobody cares' when these things get raised, but this case shows that a strong community that stands up for itself can challenge these companies and succeed. We all need phone masts, but this was the wrong mast in the wrong place. Hopefully the company will now work with the Council to find a better location for their masts in future!



**Jan Cairns:** Hi All, It has been a few editions of Gatepost since I last wrote in but I am proud to say that I have been very busy back in the NHS for a while and seeing how hard all our NHS staff are working to care for our residents who have been struck by COVID-19 or

who are in need of care in many other ways and how they ensure that all patients get the care they need. Now is a time for recovery and catch up and to be prepared for any further waves of COVID-19 that may come our way and let me assure you that our NHS is prepared.

I am also very very proud of the wonderful success of the COVID-19 Vaccination Hub in our Town Hall. Our local NHS have moved heaven and earth to make it happen and to keep it going and our Sutton Coldfield Town Council Administration Team in particular our Chief Executive Officer have been instrumental in ensuring that the call to arms for our sterling volunteers has been consistent and successful to support the smooth running of the vaccination programme to place Sutton Coldfield at the forefront of the vaccination targets.

In the meantime I am delighted to have been voted in as Deputy Mayor for Sutton Coldfield Town Council supporting our new inspiring Mayor, Cllr Terry Wood who is devoted to the improvement of Sutton Coldfield for all residents and the inclusion of our residents who may have additional needs.

Lastly, I have been working with John Lymn on behalf of Sutton Coldfield Disability Action Group and Sutton Coldfield Neighbourhood Network Scheme to deliver the joint project "Inclusive Sutton Coldfield" to develop a more inclusive Sutton Coldfield and identify where it is we can focus our attention to make this happen in a longer term programme of change.

I am also in support of the plans for Sutton Coldfield Town Council in talks to subsidise car parking charges in the Town Centre to assist Town Centre Retailers and Hospitality venues to get customers back into the Town Centre after they have had an incredibly hard 18 months trying to survive the consequences of COVID-19 on their trade/business. This is an important first and early step for us to increase the footfall through the Town as the Regeneration Plans via the Regeneration Partnership spearheaded by the Town Council takes shape in a long-term

**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.**



strategy for the Town Centre that will inevitably involve many more similar initiatives. For now, this is a great way to make a quick start to make positive changes that we all agree that we need.



**Alison Jolley:** Here's Alison again, she probably came by bicycle!

**TWO WHEELS ON MY WAGON AND I'M STILL ROLLIN' ALONG!**



Distinctive grey and green cycles available to hire are now a hugely and familiar sight in and around the town centre. They are all part of an initiative launched by Transport West Midlands to motivate more people to leave their car at home for short journeys, start enjoying the outdoors by cycling and at the same time becoming healthier and fitter. Sutton Coldfield is the very first of several regions in the West Midlands to enjoy this new venture which now sees many Sutton riders cycling through the park and through the town on a daily basis. Vesey Ward is particularly fortunate as there are two cycle hire points right on the edge of Sutton Park, one at Banners Gate and the other at Boldmere Gate.

#### Key Facts

Sutton riders have so far notched up 20,000 km of riding on these cycles since 8th March this year when the scheme first started! That's the approx. distance of Birmingham to Auckland in New Zealand!!

The cycles are manufactured in the Midlands by Pashley Cycles. Locking and Docking systems are also made around the West Midlands area. Sutton Coldfield Town Council has contributed £61,000 towards the first year of the Sutton Coldfield part of the West Midlands Cycle Hire scheme.

Hire the bikes via an app at any docking point. This scheme has proved to be hugely popular during the last few months due to lockdown. Many residents continue to tell us how vital this facility has become for those who live or visit Sutton Coldfield.

#### Only in Britain ...

... do we use answering machines to screen telephone calls and then have 'call waiting' so we won't miss a call from someone we didn't want to talk to in the first place.

... can a pizza get to your house faster than an ambulance.

... do supermarkets make the sick people walk all the way to the back of the store to get their prescription medication while healthy people can buy cigarettes at the front,

... do banks leave both doors open and chain the pens to the counters.

... do we leave expensive cars worth thousands of pounds on the drive and put our junk in the garage.

*It's true, it's true, Thanks Harold*

With only two full weeks of this academic year to go, things are far from slowing down in school!

Staff have been working hard to ensure children still have lots of fun learning and enrichment opportunities despite the restrictions still in place. These have included a virtual safari at Longleat, Bikeability training in years 4 to 6, a whole-school art gallery project and more gardening with our Roots to Fruits sessions.

This week we have been busy recording our new digital prospectus and 360 degree tour to showcase our school to prospective parents. We are hoping these will be ready and on our website in September.

In the meantime, please visit our website [www.suttonparkprimary.co.uk](http://www.suttonparkprimary.co.uk) or follow us on Twitter (@SuttonParkPri) to find out more about the amazing things happening in our school.



Filming our new digital prospectus



Whole-school art gallery project



Mrs. Middleton, Head of School

Bikeability training



Roots to Fruits project





# 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](mailto: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)

## WIDENING DISABILITY ACCESS THROUGHOUT SUTTON COLDFIELD

In the last edition of Gatepost we highlighted the launch of an exciting new project supported by the Sutton Coldfield Neighbourhood Network Scheme and Royal Sutton Coldfield Town Council. We welcome the participation of commercial businesses, local charities, church groups and other support groups and enterprises to participate in the survey, user group and premises access pledge.

There are five Objectives:

1. To establish a **Sutton Coldfield Adult Disability User Group**. The User Group is intended to have diverse members to represent the broader disabilities and support networks within Sutton Coldfield. This will be Chaired by Tony Willis.
2. Local Business Premises Access Pledge and a **Disability Recognition Certificate** for participating businesses
3. A **Sutton Coldfield Disability Access Scoping Questionnaire** in partnership with Sutton Coldfield Neighbourhood Network Scheme with the purpose of increasing the number and variety of local opportunities that Disabled Adults can use
4. Enhancing existing information and online portals enabling those with disabilities and their carers to have confidence to journey outside of their home environments and to be aware of the access available to get to venues, premises, open spaces and events
5. To input into the respective "Strategic Priorities" of Royal Sutton Coldfield Town Council, Birmingham City Council and West Midlands Combined Authority promoting disability independence in large scale projects and the Regeneration of Sutton Coldfield Town Centre and the Transport Hub/Network.

Phase 1 has started with surveys going out to many local businesses and organisations. If you haven't received one, and would like to participate please e-mail [bgatepost@gmail.com](mailto:bgatepost@gmail.com)

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 showcased 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 07801 952343, or e-mail [bgatepost@gmail.com](mailto:bgatepost@gmail.com)



## Boldmere Online

**Boldmere Futures Partnership** are pleased to announce that their website is up and running again. They were the victims of a random hacking attack that has resulted in the website having to be rebuilt. The website can be viewed at [www.boldmere.org](http://www.boldmere.org) Please do report any errors to us at [info@boldmere.org](mailto:info@boldmere.org)



### Commonwealth Games 2022

Boldmere Gate will be hosting the Triathlon for the Birmingham Commonwealth Games 2022.

The triathlon will take place on Friday 29th and Sunday 30th July 2022 at Boldmere Gate with the cycling route incorporating streets throughout Boldmere and Vesey including Boldmere Road.

Boldmere Futures Partnership, Boldmere Neighbourhood Forum, Friends of Boldmere and Banners Gate, Friends of Wylde Green Train Station, and other community groups are working closely with local councillors, Birmingham City Council and Birmingham 2022 to make Boldmere and the Vesey Ward a bright and cheerful place ready for summer 2022.

We have lots of great ideas of how to make Boldmere and other areas in the Vesey Ward look great and would welcome your ideas. Please email [info@boldmere.org](mailto:info@boldmere.org) if you would like to join our Commonwealth 2022 Working Group or have ideas to share.

### Little Boldmere History

Web pages dedicated to the history of Little Boldmere have been put together based on the research and findings of Chris Peers and Pete Try. The pages can be viewed on Boldmere Online at [www.boldmere.org](http://www.boldmere.org).

Pages include Before The Railway, Churches, Highbury Theatre, Little Boldmere Before 1862, Living in Little Boldmere, South Boldmere Shops, Sutton and the Coldfield 'Enclosures', The Ecclesiastical History of Little Boldmere, The Main Roads, and The Railway.

### Boldmere Festivals are Back

Boldmere Futures Partnership have started planning for the Christmas Festival on Sunday 21<sup>st</sup> November 2021 from 1pm to 6pm with Christmas Lights switch-on at 5:30pm. Further details, including how to request a stall, request to perform on stage, or offer to be a volunteer, can be found on Boldmere Online at [www.boldmere.org](http://www.boldmere.org)



Here is Buddy and Laurie Kennedy introducing the Boldmere Christmas Festival.



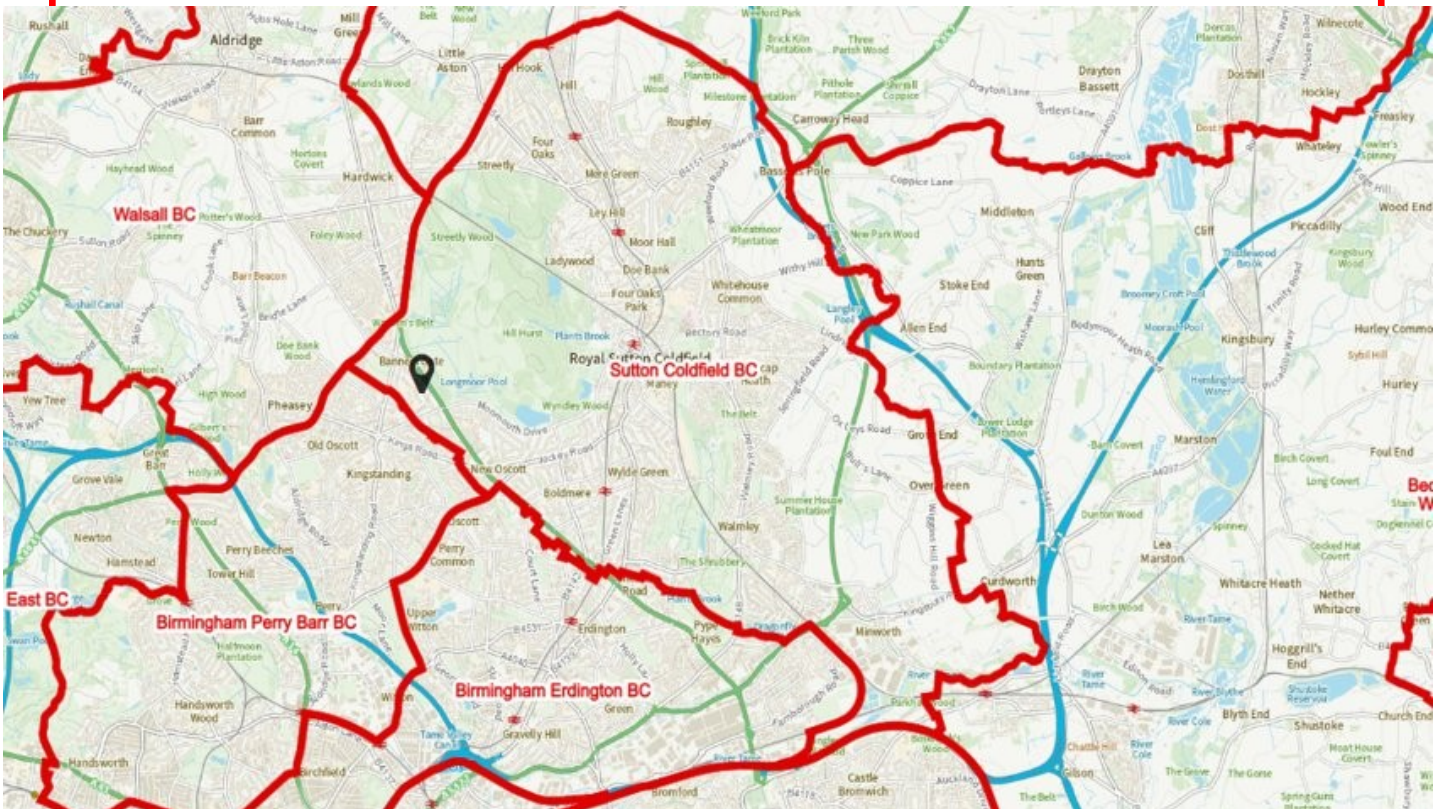
St. Michael's Boldmere is one of the churches that appears in the Boldmere History article on the new [www.boldmere.org](http://www.boldmere.org) website.

# The first proposal for boundary changes looks good for Banners Gate

In an earlier edition of Gatepost this year I urged residents (particularly Banners Gate residents) to take a look at the Electoral Boundaries for England website as the Boundaries Commission is rejigging the constituency boundaries for the whole country. Banners Gate has always been a rather sensitive area with regard to boundaries, being adjoined to north Birmingham. I have now quickly perused the proposals (only temporary at the moment) and it seems Banners Gate will not be set adrift outside the Sutton Coldfield constituency so far. Indeed, The Rt Hon Andrew Mitchell and Councillor Rob Pocock seem happy with the plans and have pointed out that a little scrap of land between the M6 and the River Tame in the east of the constituency has been added, rather than anything being taken away from Sutton Coldfield. The scrap of land is uninhabited but maybe they think there may be some votes from the squirrels!

Hopefully, most of you will be pleased with this outcome, if it remains permanent, some may not. Whatever your preference, you are urged again to tune into the website and leave a comment. [www.boundariescommissionforengland.independent.gov.uk](http://www.boundariescommissionforengland.independent.gov.uk). Look for the heading in blue on the righthand side 'Initial proposals for the 2023 Boundary Review now published'. This should give you the link to the maps which are most interesting and easy to understand. (Hopefully we will be able to incorporate a copy of the map into Gatepost). Or simply try [www.bcereviews.org.uk](http://www.bcereviews.org.uk) and pop in your postcode.

I have left a comment, as has Tony, the editor of Gatepost, so please do not leave it just to us two! The Commission is always keen to hear from the electorate, especially if it is in agreement with the plans. No doubt they get a fair amount of censure but a little praise is always appreciated – and that goes for our own lives too, don't you think? Councillor Pocock says that contact from



the electorate might ward off any proposed amendments. Of course, you might totally disagree with our remaining in the Sutton Coldfield constituency and that is your prerogative in a democracy so here is your chance to tell the appropriate body just that. I recall the commissioners were quite impressed with the responses from Banners Gate during the Local Government Boundaries Commission review a few years ago (Electoral Boundaries and Local Government Boundaries are different – I know, confusing, isn't it but that's why we need to be aware).

*Hazel Pollock*

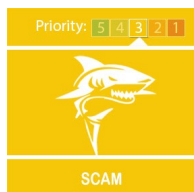


While we are on maps, take a look at  
[BNHS Grab a Grid Reference Duo](#)

it is a very useful side-by-side combination of **grid reference** (postcodes / place names) **and satellite**.







## Scam Advice Session - This Tuesday Morning

Dear resident,

This Tuesday 29th June at 11am Get Safe Online will be holding an exclusive Facebook Live session in collaboration with our partners at Lloyds Banking Group, where we will be providing advice and tips on some of the most commonplace scams.

You and your communities are warmly invited to join us where you can hear advice from our panel of leading fraud prevention experts.

Our Facebook page can be found at <https://www.facebook.com/GetSafeOnline/>. The live event will start streaming on this channel at 11am on Tuesday. Simply access the page at this time to view the session, there is no need to register.

You will also have the opportunity to ask the panel questions during the discussion.

Topics will include:

**Impersonation scams:** including scam calls

**Investment scams:** the different types of investment scams currently circulating, from promises of 'high return, low risk' investments to attractive 'pension pots'.

**Purchase scams:** With many people purchasing more products more frequently online, purchase and delivery scams have become rife in recent months. We'll discuss some of the most commonplace, and how you can avoid them.

Attached is an e-leaflet providing all the details, as well as social media posts that you are able to use to share details of the session, if helpful.

We look forward to seeing you and your communities there!

Many thanks  
the Get Safe Online team

### Attachments

[GSO Lloyds Facebook Live leaflet.pdf](#) - 112.3 KB

[GSO-Lloyds Facebook Live SM post-1.png](#) - 33.6 KB

[GSO-Lloyds Facebook Live SM post-2.png](#) - 35.4 KB

### Message Sent By

Get Safe Online Admin (Get Safe Online, Content Director, National)

## **Strange Signs**

**In a London Department Store:** bargain basement upstairs

**Outside a Secondhand Shop:** we exchange anything - bicycles, washing machines etc. Why not bring your wife along and get a wonderful bargain?

**Notice in the field:** the farmer allows walkers to cross the field for free, but the bull charges.

**Message on a leaflet:** if you cannot read, this leaflet will tell you how to get lessons.

**On a Repair Shop Door:** we can repair anything (please knock hard on the door - the bell doesn't work).

## **Reasons the English Language is hard to learn.**

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full that it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there is no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. I did not object to the object.
10. The insurance was invalid for the invalid.
11. There was a row among the oarsmen about how to row.
12. They were too close to the door to close it.
13. The buck does funny things when the does are present.
14. A seamstress and a sewer fell down into the sewer.
15. To help with planting, the farmer taught his sow to sow.
16. The wind was too strong to wind the sail.
17. After a number of injections my jaw got number.
18. Upon seeing the tear in the painting I shed a tear.
19. I had to subject the subject to a series of tests.
20. How can I intimate this to my most intimate friend.

*Thank you Harold*



## Walk-in vaccinations

Walk-in appointments are taking place at mass vaccination centres across Birmingham and Solihull.

These appointments are for both first doses and those eligible to receive a second dose (following Government guidance, there must be a gap of 8-12 weeks between appointments).

### **Millennium Point (Under 40s only)**

*Curzon St, Birmingham B4 7XG*

Wed 23rd June - Sun 27th June 10:00-16:00

### **Aston Villa Football Club (Under 40s only)**

*Trinity Road, Birmingham, B6 6HE*

Wed 23rd June - Sun 27th June 10:00-16:00

### **Edgbaston Cricket Ground (Over 40s only)**

*Edgbaston Rd, Birmingham, B5 7QU*

Sunday 27th June 10:00-16:00

Everybody must always wear a face covering and follow social distancing guidelines when attending the sites.

Mobile vaccination vans will also be at a variety of locations in the city. However, these locations are subject to change so [please check this webpage](#) on the day you plan to attend.

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## Rehab 4 Addiction

Rehab 4 Addiction is a UK-based addiction and mental health helpline who offer a range of services, and help signpost individuals to the most effective treatment.



This includes alcohol rehab, drug rehab, detox services, intervention, aftercare and outpatient counselling.

They are always looking for new ways to build online awareness about how they can help with the issues of mental health and excessive drug/alcohol-use.

To learn more about rehab for addiction, please click [here](#).



Hi Tony.

On a recent Springwatch programme we were told that due to the lack of Oak tree caterpillars, bluetit numbers would be down this year. I photographed and videoed some fledgling yesterday from our tit-box just outside our window. Photo attached.

I also had a racing pigeon stay around for 2 days--I managed to catch it and found a

telephone number on its leg. When I spoke to the owner, he said it was a young 'un and didn't know why it had come down into my loft!! I was amused when he said "Yo don't sound loike a pigeon fancier to me."

Obviously, a black country fella.

John



## 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](mailto: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



## WHAT3WORDS



Welcome to our fortnightly round-up! Check out the very latest news, just for community members.

### Canada's largest municipal police adopts what3words

Following in the footsteps of a number of Canadian emergency responders, Toronto Police is the latest emergency service to use what3words to quickly locate and respond to emergencies.

[Find out more.](#)

### Easily find RSPB nature reserves across the UK

The UK's largest nature conservation charity, the RSPB, has addressed all 186 of its reserves using what3words to tell visitors exactly where to discover the best of UK wildlife.

### Highlights from the Community Hub

[Meet Lottie the Land Rover](#)

[See behind the scenes of our German TV ad shoot](#)

[Hear about our 'Take 3' initiative from Chloe](#)

[How to use what3words](#)





Cartoons from Eric, with what appears to be a slight transatlantic flavour. Thanks Eric.



Everyone was seated around the table as the food was being served. When little Johnny received his plate, he started eating straight away.

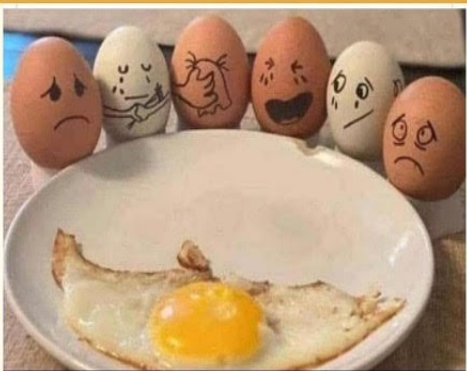
"Jonny, wait until we've said our prayer," his mother reminded him.

"I don't have to." – the little boy replied.

"Of course you do." – his mother insisted. "We say a prayer before eating at our house."

"That's at our house," Johnny explained, "but this is Grandma's house and she knows how to cook."

A pastor giving a children's sermon on vestments asked:  
"Why do you think I wear this collar?"  
One kid answered:  
"Because it kills ticks and fleas up to 30 days?"



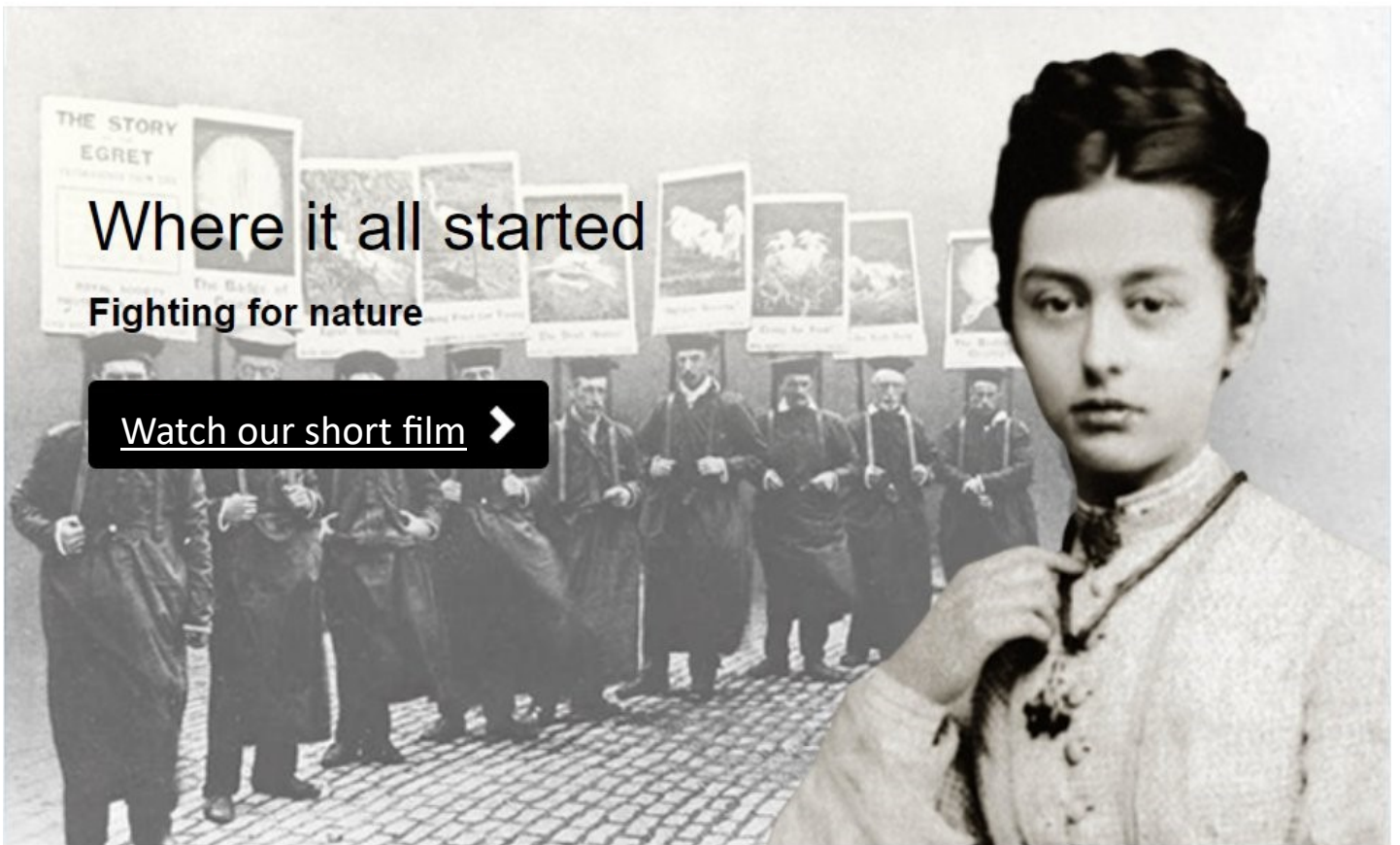
He died last fry day. Thank God he wasn't beaten. Don't worry, he went over easy. He's now on the sunny side. He's definitely in a better plate.

shared by silversurfers.com

EMERGENCY  
EVACUATION  
PLAN

RUN





## Where it all started

Fighting for nature

[Watch our short film](#) ➤

The RSPB was founded in 1889, but our first big success came in 1921 with the introduction of the Plumage (Prohibition) Act. It's hard to overstate the importance of this law, which banned the importation of birds' plumage. At the time, hundreds of thousands of birds, like egrets and hummingbirds, were being killed every year and their feathers used to decorate ladies' hats. The campaign to stop this trade, driven mainly by women (who at the time didn't even have the vote), was at the heart of the RSPB in its earliest days, and campaigning remains a key part of the organisation to this day.

To celebrate this important centenary, take a look at our short film showing how, thanks to people like you, we've been saving nature for over 100 years.

Have a good week,

Jamie Wyver  
Notes on Nature Editor

## What do volunteers do?

The answer is anything and everything.

Volunteers are out on our nature reserves undertaking practical conservation work, they protect rare nest sites from egg thieves, they run social media accounts, help with administration, attend events, speak to the public, show people birds, take photos, organise filing and generally do whatever's needed.

The RSPB has an incredible 12,000 volunteers – they account for 85% of our workforce – and we couldn't do our work without them. Between them, they do around a million hours of incredible work for us.

Over the past year, the pandemic has meant they've had to adapt, shift, pause their work and perhaps stand down. But we're still in a climate and ecological emergency, and volunteer work is needed more than ever.

## A big thank you for your time and skills

Thank you so much for donating your time and skills to save nature. We couldn't do the work we do without you, and nature thanks you too.

This Volunteers' Week, we thank you for your incredible work and celebrate everything you've done to help us further our cause to save nature.

Whether you donated a few hours or many weeks of your time, it's all incredibly valuable and all helps the future of birds and other wildlife.



During lockdown, many people felt a new or renewed connection to nature. You're giving it a future – thank you.

## It doesn't just benefit wildlife

Volunteering doesn't just help the RSPB – it directly benefits you, too!

You'll meet new people, have new experiences, and learn new skills. Volunteering could be a way of getting the skills and experience to launch a new career, or as a way of getting active (more fun than a gym). It could help you gain valuable experience to take into other areas of your life, or a way of dipping your toe in, to see if conservation is the sector for you.



Through volunteering with us, you're not just joining an organisation, you're joining a movement for nature, and working collaboratively towards a common cause.

It's also a fun and valuable way to spend your time, whatever you end up doing.

## Come and join us!

Are you a helper? An administrator? A social media manager? An organiser? A tidier? An outdoors person? A birder? A people person? A gardener? There are hundreds of ways to volunteer with us. Take a look at our current vacancies – and don't forget, if you can't find anything that suits you right now, talk to us and we'll see if we can help.

[Start volunteering](#)



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](https://girlsfriendlysociety.org.uk/volunteer) to find out more.



### More Memories of India and a Special Holiday in Kashmir, *by Harold*

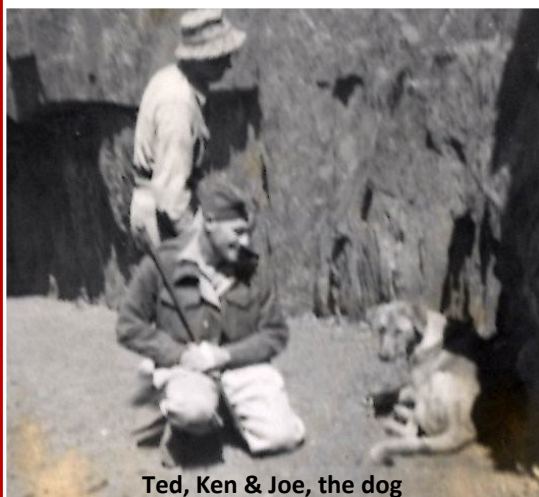
On VE Day 1945 I was on the move to Meerut and as the weeks passed the heat there seemed at times to be more difficult to cope with than in Allahabad. When you got out of bed in the morning there was an outline of yourself, through perspiration, on the sheet. Then standing in the queue for breakfast, less than twenty percent awake, was always the time I used to tell myself that I did not want another summer on the plains in India. By August, the humidity was building up prior to the monsoon and I recall a bazaar shopkeeper saying to me late one evening, "It must rain tonight sahib." but it didn't, the humidity just increased.

With the war over in Europe we could not foresee the end of the Japanese war, then 6<sup>th</sup> August 1945 there was the historic event. As I stood in the dark outside our single storey barrack room, I heard on the radio that a type of bomb I had never heard of before, an Atom Bomb, had been dropped on Hiroshima in Japan and it was equivalent to 12-15,000 tons of TNT. I tried to imagine the effect that would have compared with the largest bombs dropped at home. Then a few days later, on 9<sup>th</sup> August 1945, an even larger bomb had been dropped on Nagasaki resulting in the Emperor of Japan announcing their unconditional surrender on 15<sup>th</sup> August 1945.

However, this did not result in us being able to return home soon; far from it. In the November I was advised that I was being moved. My wish not to spend another summer on the plains of India was granted, I was going to the humidity of Burma instead!



Harold in 1945



Ted, Ken & Joe, the dog

Very fortunately, together with two friends, Ted and Ken, the time had come, at the end of August, for us to take our leave that had accumulated, it amounted to three weeks plus travelling time and we had decided to go to Kashmir. The journey involved over 400 miles by rail to Rawalpindi and then 200 miles in converted lorries to Srinagar.

We stayed on a houseboat for one week, before being taken, on 1<sup>st</sup> September, by an old bus to embark on a long trek - complete with a cook/guide, three coolies, and pack ponies to carry equipment such as tents and camp beds etc. One of the



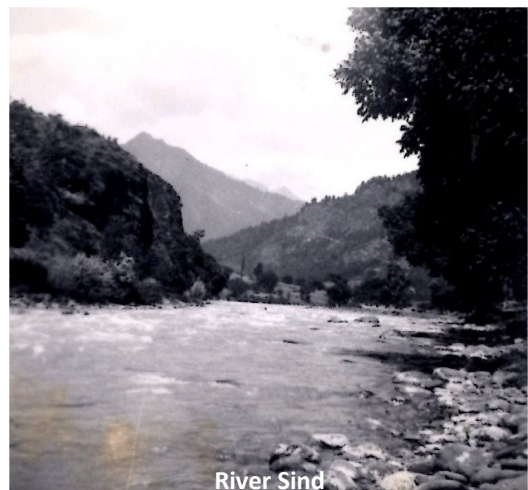
Our transport

coolies had to leave us after the second day as he had a large blister on the heel of one foot. To hopefully help him, I left him with a tin of 'Cuti-Cura' ointment.

After meeting up with the guide, the first day involved the shortest distance we had to cover, however, before we had finished, my pace was getting slower and slower, and it seemed that I had not fully recovered from several weeks in hospital with diphtheria a few months earlier.

The awful thought was in my mind that I would have to give up and the implications it would have for my two colleagues. We retired early that night, eventually slept well and when we started off next morning it was at a gingerly steady pace. I wondered how I would cope, but it went well, and I soon started to feel more confident and didn't look back from there onwards.

Our journey followed the River Sind from which you could safely take a mug of cold refreshing water without any risk and during short breaks; we also dangled our feet in to cool them down. The camping was good as we rested in the evening. Our guide would cook the meal which was often a chicken that had been



River Sind



Ted, Ken & Joe on the Zojila Pass

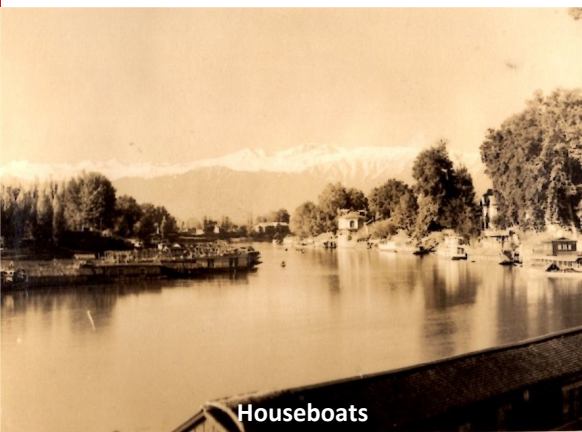


running around earlier. Occasionally we would meet a man with a Yak loaded with goods and after a greeting they would ask, in Urdu, for the time and sometimes for matches. We never passed through any villages or saw other people.

Some nights we stayed in a Dak Bungalow, a small building with basic bed frames, a bit larger than our camp ones, onto which our own bedding rolls were unfolded. A dog joined us from somewhere at the last of these along the valley and stayed with us

as we climbed the narrow path to our extreme point, the top of the Zojila Pass at 11,649 feet. This included the crossing of a glacier. It is fascinating to now see on the Internet, under 'Zojila Pass', how this road has developed and how the crazy traffic copes.

The height at which we were climbing very noticeably restricted our breathing and even the dog, that had joined us the previous day, seemed to be ready for the frequent breaks we had to have. Although the path continued as a main route to some settlement, the top of the pass was the end of our outward journey and we returned, back along our outward route. The scenery changed as we now saw it from a different direction, and it could never be forgotten. With our limited travel at home, we had never seen anything so beautiful before. We were told by our guide that the route would be closed in early October because the snow would make it impassable. The total distance we walked in the nine days was just over 90 miles and, in contrast with when we started, we were feeling very fit indeed.



worked out, plus the very smooth finish and polishing with the limited tools they had, I will never know and that makes it so valuable. It is now 75 years old and still looks modern!

I have no regrets about having had to serve in India and Burma for it took me to amazing places, meeting so many people and discovering the most wonderful friends. One of these resulted in a friendship that brought our families together almost as one, and mine moving from West Bromwich to Erdington and subsequently to Sutton.

Yes, great memories.

Dak Bungalow



The Zojila Pass

After the trek we returned to the houseboat to complete our holiday. Traders used to come along the river and wanted to take us to their 'factory' that turned out to be a warehouse of goods from which they were able to ship home your purchases. I bought an exceptionally fine rug but more importantly, a table lamp in gunstock walnut with an octagonal base. The lamp, which I still have, is from a single piece of timber cut in diamond shapes. How the pattern was mathematically







### **Insurance fraud: ‘crash for cash’ hotspots**

The Insurance Fraud Bureau (IFB) has released a [list of postcode areas](#) that it believes to be the worst affected by crash for cash insurance scams.

We explain how crash for cash works, the 30 most affected areas and how to avoid the scam.

### **Census 2021 phishing**

Scammers are continuing to tell people through fake texts that their Census submission either hasn't been received or that information is missing, and because of this they risk being fined £1,000.

It essentially tries to panic you into proving you've already taken part in order to extract your personal information and target you with further scams.

[Here's how to deal with the fake messages.](#)

### **Is your bank protecting you from number spoofing scams?**

Number spoofing is a valuable tool for scammers, and it makes consumers more vulnerable when phone numbers and caller ID can be manipulated to match the one on the back of someone's debit card.

Ofcom worked with the banking industry body UK Finance to identify a list of Do Not Originate (DNO) numbers so fraudsters can't copy banks' outbound numbers, but [not all are signed up to the scheme](#).

### **Marcus by Goldman Sachs clone site**

A very convincing clone site of Marcus by Goldman Sachs has recently been taken down. It's one of many cloned financial websites the Financial Conduct Authority (FCA) has issued warnings on this year – having already issued 721 specific warnings so far in 2021.

We show [how similar the clone site was to the real thing](#), what to do if you think you were taken in by the scam and how to keep safe from other clone site fraud.

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

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### **The Co-operative Bank phishing email**

We show a real scam email pretending to be from The Co-operative Bank that's doing the rounds at the moment. The most dangerous fakes can even replicate the sender email address so the message appears to come from a trusted source such as a bank or government domain.

In this video, we reveal all the [tell-tale signs](#) to spot fake emails and how to avoid being scammed.

### **Fake Hermes parcel delivery texts**

Scam texts claiming to be from delivery company Hermes have been circulating for a long time, but recently the scammers behind them have been trying to make their attempts to con you even more convincing by luring you into a bank transfer scam.

We show you various [examples of the texts](#) and explain how fraudsters have been changing their tactics to try and catch you out.

### **Citizens Advice shares its learnings about the world of scams**

Citizens Advice says many often assume that it's older, less 'digitally savvy' people that get scammed. But that couldn't be further from the truth. Fraudsters have adapted their techniques whenever there's been a new development in the pandemic, and they are taking advantage of the financial pressures people are under.

Every year, Citizens Advice runs [Scams Awareness Fortnight](#) with the Consumer Protection Partnership. Here, it explains what it has learnt about scams in the past year.

### **Online dating fraud**

Romance fraud has boomed during the UK's lockdowns, with reports to Action Fraud up 40% in the year to April 2021. Fake profiles on dating sites and social media platforms are so prevalent that TV producers have commissioned a new UK spin-off of the popular US reality show 'Catfish'.

Here, victims of romance fraud tell us about their experiences in their own words, and we speak to a forensic linguist to lift the lid on [tactics used by these masters of manipulation](#).

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



## Birmingham is UK's 'crash for cash' hotspot



Criminals who stage road traffic collisions in order to make fraudulent insurance claims are operating in several hotspots across the UK, data shows.

In a new list of so-called 'crash for cash' hotspots, areas of Birmingham and Bradford make up the five worst offending postcodes, with others across Walsall, Blackburn and Romford featuring in the top 10.

The Insurance Fraud Bureau (IFB), which released the figures, says single gangs can be behind thousands of orchestrated collisions in some areas, with the combined value of fraudulent claims running into millions.

Of the 2.7 million motor insurance claims made across the UK between October 2019 and December 2020, IFB identified more than 170,000 potentially linked to 'crash for cash' networks.

Postcodes B25, B34 and B8 in Birmingham are the three areas most affected by this type of scam, while BD7 and BD3 in Bradford follow as the most at-risk locales.

Parts of Wakefield, Oldham, Halifax, Manchester, Leeds, London, Luton, High Wycombe and Ilford also feature as prominent areas in the list of 30.

Other Birmingham postcodes affected are B27 (9<sup>th</sup>), B33 (11<sup>th</sup>), B11 (24<sup>th</sup>) and B28 (26<sup>th</sup>).

Walsall postcodes affected are WS1 (6<sup>th</sup>) and WS2 (21<sup>st</sup>).

Ben Fletcher, director at the IFB, said: "Crash for cash' fraudsters bring devastation to countless victims and increase motor insurance costs for us all.

"The IFB's hotspot analysis is a stark reminder that although great strides have been taken in tackling the problem, these car crash scams are all too common.

"As traffic levels return to normal following the national lockdown, 'crash for cash' fraudsters may look to make up for lost time. It is hoped that by shining a spotlight on the issue we will encourage road users to be alert and report any suspicious activity to the IFB's Cheatline."

In Birmingham, the Bureau said it had recently worked with City of London Police's Insurance Fraud Enforcement Department (IFED) to convict a serial crash for cash fraudster, who had spent more than two years luring innocent people into crashes.

**Car insurance scams and frauds**

**Car insurance ghost brokers**

**Dangerous driving – what is it and how to report it**

The IFB says all drivers should be aware of suspicious driving behaviour, such as motorists who slam on their brakes on busy junctions and roundabouts.

Motorists should always keep a good distance from the vehicle in front, stay alert for any potential hazards in the road, and know the signs that could accompany a staged crash, such as a driver or passengers who may appear unfazed.

Road users can report suspicious activity to the IFB's Cheatline on 0800 422 0421 or at [www.insurancefraudbureau.org/cheatline](http://www.insurancefraudbureau.org/cheatline).

The Grim Reaper came for me last night, and I beat him off with a vacuum cleaner. Talk about Dyson with death.

A mate of mine recently admitted to being addicted to brake fluid. When I quizzed him on it he reckoned he could stop any time...

I went to the cemetery yesterday to lay some flowers on a grave. As I was standing there I noticed 4 grave diggers walking about with a coffin, 3 hours later and they're still walking about with it. I thought to myself, they've lost the plot!!

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70!!! Blow this, I thought, I can get one cheaper off the web.

I was at an ATM yesterday when a little old lady asked if I could check her balance, so I pushed her over.

I start a new job in Seoul next week. I thought it was a good Korea move.

I was driving this morning when I saw an AA van parked up. The driver was sobbing uncontrollably and looked very miserable. I thought to myself that guy's heading for a breakdown.

Statistically, 6 out of 7 dwarves are not Happy.

My neighbour knocked on my door at 2:30am this morning, can you believe that 2:30am? Luckily for him I was still up playing my Bagpipes.

I saw a poor old lady fall over today on the ice!! At least I presume she was poor - she only had £1.20 in her purse.

I woke up last night to find the ghost of Gloria Gaynor standing at the foot of my bed. At first I was afraid.....then I was petrified.

A wife says to her husband you're always pushing me around and talking behind my back. He says what do you expect? You're in a wheelchair.

I was explaining to my wife last night that when you die you get reincarnated but must come back as a different creature. She said I would like to come back as a cow. I said you're obviously not listening.

The wife has been missing a week now. Police said to prepare for the worst. So I have been to the charity shop to get all her clothes back.

The wife was counting all the 1ps and 2ps out on the kitchen table when she suddenly got very angry and started shouting and crying for no reason. I thought to myself, "She's going through the change."

When I was in the pub, I heard a couple of plonkers saying that they wouldn't feel safe on an aircraft if they knew the pilot was a woman. What a pair of sexist pigs. I mean, it's not as if she'd have to reverse the thing.

Local Police hunting the 'knitting needle nutter', who has stabbed six people in the village in the last 48 hours, believe the attacker could be following some kind of pattern.

Bought some 'rocket salad' yesterday but it went off before I could eat it!

A teddy bear is working on a building site. He goes for a tea break and when he returns he notices his pick has been stolen. The bear is angry and reports the theft to the foreman. The foreman grins at the bear and says "Oh, I forgot to tell you, today's the day the teddy bears have their picks nicked.

Just got back from my mate's funeral. He died after being hit on the head with a tennis ball. It was a lovely service.

*Thanks Gerry*

## ICYMI

**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](mailto:hello@slowways.uk)



### Highbury Players are building momentum

Undaunted by the delay to step 4 of the road map, we are continuing with our plans for the rest of our unusual 2020/21 season.



#### Lockdown in Little Grimley by David Tristram

They're back ... and now they're taking on Covid!

As long ago as 2007, Highbury audiences were in hysterics watching the four hapless members of the Little Grimley Amateur Dramatic Society attempt to stage 'The Last Tango', 'The Last Panto' and 'The Fat Lady Sings'.

Now, with the onset of a global pandemic, they attempt to support themselves and the wider community with yet another doomed production. The original Highbury cast (maybe a bit creaky now) bring the four am-dram characters back to life in a laugh-out-loud one hour(ish) play set at the beginning of the first lockdown and designed around Covid-secure social distancing ... There's nothing to fear here, we're all sanitised! Fun for those who remember these characters and hysterical for those who didn't see their last outing.

Book your tickets [here](#) for 7.30pm on any date between 29 June and 3 July for the welcome back price of £7 per person plus £2 if you're not already a member for the season.



At 7.30pm on Saturday 10 July, our Film Club is showing **Mission: Impossible - Fallout** (2018), the sixth of the franchise (duration 147 minutes, certificate 12). Directed by Christopher McQuarrie and starring Tom Cruise, it's a breathtaking mega stunt-fest of a race against time after a mission goes wrong.

It received critical acclaim for its direction, screenplay, cinematography, action sequences, stunts, musical score, and acting, and is considered by many critics to be the best instalment in the franchise.

'Fast, sleek, and fun, Mission: Impossible – Fallout lives up to the 'impossible''

Tickets will be available via our [website](#) at £5 per person plus £2 if you're not already a member for the season

*Continued on next page...*



Highbury  
..... Theatre Centre



**Disturbing & Delightful** is a double bill running from 12 to 17 July to get us all in the mood for the new season.

The disturbing element is an adaptation of 'The Turn of the Screw' by Henry James. Are we concerned with figures from beyond the grave or with a woman, paranoid, hallucinating, disturbed and dangerous?



The delightful element is 'What Happened to Algy?' an amusing tongue in cheek sequel to 'The Importance of Being Earnest' where Gwendolen and Cecily venture forth in search of Algernon who has mysteriously disappeared!

Tickets will be available via our [website](#) at the welcome back price of £7 per person plus £2 if you're not already a member for the season.

If the national situation changes, we may need to alter our plans and possibly at short notice, so please keep an eye on our [website](#) or our social media accounts. For any assistance, just email: [boxoffice@highburytheatre.co.uk](mailto:boxoffice@highburytheatre.co.uk)

## 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](mailto:s.summerfield@ageconcernbirmingham.org.uk)





## **Birmingham's Neighbourhood Network Schemes**

### **What are the Neighbourhood Network Schemes?**

The NNS are constituency-based networks, set up to develop community-based activities and support, and connect citizens and professionals to groups, organisations, activities, services and places in their local neighbourhoods.

They bring together voluntary organisations and community groups, social work teams, other health and social professionals and statutory agencies to support citizens and make their local neighbourhood a better place to live. They are an integral part of Birmingham City Council's strength-based community social work model.

### **Extending support to younger disabled adults**

Currently all Neighbourhood Network Schemes across the city have a focus of adults over 50. The City Council is piloting extending the model to support younger adults with additional needs, aged 18 to 50 years, who have a long-term disability or are likely to have a care or support need in the future. In particular this will include people with autism, learning disabilities, physical disabilities, mental ill-health, and sensory loss or impairment.

The two pilot areas are Hodge Hill and Sutton Coldfield.

The focus of the NNSs is supporting community activities which help people live healthy and independent lives, staying active and connected to others in their community. The aim of the pilots is to learn about what support is needed by citizens with these additional needs, which community organisations or assets are providing support and how the NNS model will need to be adjusted to meet these needs. We are aiming to extend the NNS for a further 5 years and the plan, subject to budgetary approval, is to extend this to all areas of the City.

These are just a few examples of community based activity and services currently running across the city: an inter-generational art project for the Deaf community; discos for young adults with learning disabilities; support groups

run by and for citizens with particular disabilities; befriending and sailing for people who are blind and visually impaired; and production of a Covid-19 "soothing pack" for those suffering anxiety.

Hodge Hill and Sutton Coldfield are currently mapping community activities in their areas which support these groups of citizens. They will identify gaps and set key priorities with their Social Work teams and Constituency Steering Groups. Grant-funding and capacity building will be available to support community organisations develop activities to meet them.

### **We need your help!**

Both NNSs would love to hear from you if you run an organisation that supports citizens with these disabilities or if you would like to do more to include them. Sutton Coldfield are keen to hear from citywide organisations looking to reach out to Sutton Coldfield residents as well as local specialist organisations.

We are also hoping to talk to citizens with disabilities to better understand what else is needed locally.

Please get in touch with:

**Hodge Hill: Natalie Swain**

**Neighbourhood Network Scheme Development Worker**

**Email: [N.Swain@pohwer.net](mailto:N.Swain@pohwer.net)**

**Telephone: 0300 456 2370 Minicom: 0300 456 2364**

**Sutton Coldfield NNS: Miriam Aslam**

**Sutton Coldfield Neighbourhood Network Scheme Manager**

**Email: Miriam Aslam <[M.Aslam@ageconcernbirmingham.org.uk](mailto:M.Aslam@ageconcernbirmingham.org.uk)>**

**[www.ageconcernbirmingham.org.uk](http://www.ageconcernbirmingham.org.uk) T**

**Telephone: 07852 577255**

Good at anagrams, try these without a clue.

Want ugly mail  
Told true girl  
File brief soon  
Stack teapot joe  
Real lucky  
Calmer camera  
Drink same doses  
Slice of fraud queen

This is a list of colours where numbers have replaced letters.

54310  
974330  
58268  
347068  
64880  
79584



# Healthy Start Vouchers ICYMI

**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.



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for 0-5 year olds**

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07979 755548

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numeracy, language & social skills.



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deserve. Come and see for yourself why  
so many parents make Music Bus their  
first choice!



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Monday AM  
St Chad's  
Church Hall,  
5 Gifford's Croft,  
WS13 7HG

### Whittington

Thursday AM  
Thomas Spencer  
Church Hall,  
Church Street,  
WS14 9JX

### Sutton

Friday AM  
Banners Gate  
Community Centre  
35 Reay Nadin Dr  
B73 6UR

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



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E: norburymaintenance@gmail.com

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For more information:

**Call:** 07593 718785 **Email:** cafe.oasis@scurc.org.uk  
or find us on Facebook

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







## 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)



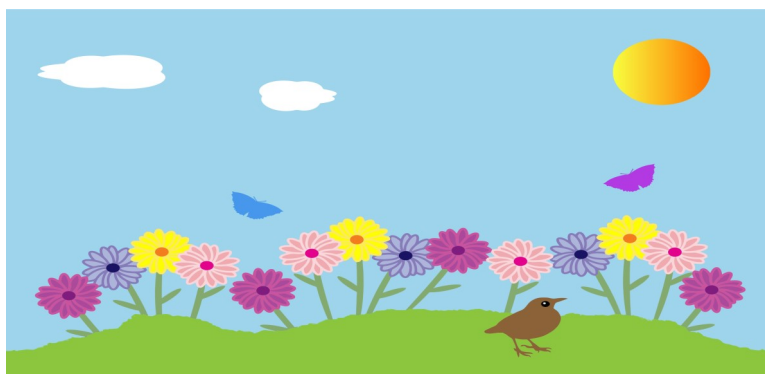
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**So whatever your need, call the team on 0121 362 3650 to find out more.**



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

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# 2021 commonitea cafe



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## AGE concern Birmingham

Welcome the new year and join us for our quiz on Wednesday 7th July 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](http://www.virtualquizevents.com) or call one of the team on 0121 362 3650 to find out more.

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**AGE concern**  
Birmingham

**Compass Support**  
Part of The Pioneer Group

## Sutton Coldfield Neighbourhood Network Scheme

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

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

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

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

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

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





## Café Oasis Update from Laura



As you know the United Reformed Church has been closed throughout the whole of lockdown which has meant that our community café has also been closed to the public. We have, however, been providing a Home Food Delivery Service to those that are isolated in the community and need a bit of extra support.

But things have changed for the better and it has been absolutely lovely to see people back in Café Oasis – conversation, laughter, friendship – all of things we have been missing. We tentatively opened our doors on 17<sup>th</sup> May – each Monday, Tuesday and Friday – with some mitigation measures in place such as one-way systems, hand sanitising stations, table service and track and trace. We have an incredible group of Café volunteers that welcome our visitors and the team in the kitchen cook all our lovely food. It has been especially lovely to be able to bring back our kitchen volunteers – all of whom are adults with learning difficulties and special needs – and support them through all of the changes we have had to make. The amiable weather has also meant that we can place tables and chairs outside for people to enjoy their coffee and cake.

The Church itself continues with booked bi-weekly services and began to hire the rooms out again to local groups. Our Foodbank/Food4U (held each Tuesday) is still providing a much needed resource to the community – their difficult fight to end food poverty is on-going and they completely appreciate all the support and donations from the wider community.

What's next for us? We are working with Governmental COVID guidelines and restrictions and will continue to provide a much needed community oasis in the heart of Sutton Coldfield., our Home Food Delivery Service will continue, we hope within the next month to start providing a minibus transport service to people that cannot make it to the café without extra assistance – watch this space for more details regarding this.

We are always looking for volunteers that can dedicate a bit of time and as we get busier we would appreciate some help with 'front of house' duties, 'waiter/waitressing' and someone to work the 'till' – if you might be interested in this then please don't hesitate to get in contact – we are a fab bunch of people.



## AGE concern Birmingham

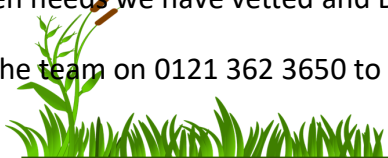


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Monday & Wednesday	Tuesday	Wednesday	Thursday
Blue Coats School Gym WS1 2ND Kids: 6.00pm—7.00pm	Mere Green Community Centre Adults & Juniors: 7.00pm—8.30pm	Sutton Girls' School (Dance Studio at the Back of the building) Adults & Juniors (12+): 7.00pm—8.30pm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

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- 5k your way: move against cancer | [www.5kyourway.org](https://www.5kyourway.org)
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[www.5kyourway.org/register](http://www.5kyourway.org/register)

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The hall is approx. 38' x 21'  
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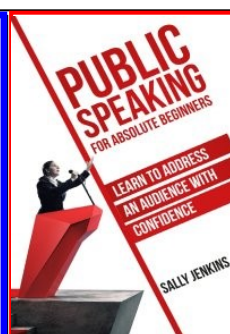
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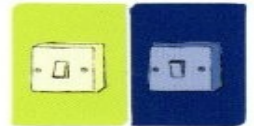
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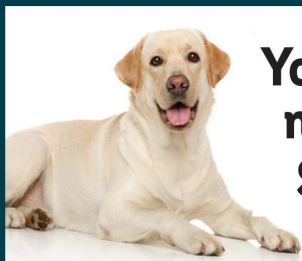
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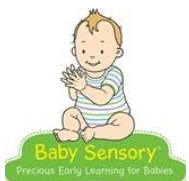
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10 Jevons Road, B73 6QP 0770 7006802



## 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 10.00 am 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 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	
Tues 9.15 - 12.00pm 6.15 am - 7.15 am 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 - 7pm 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	
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	
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	
<b>BOOKING SECRETARIES:</b> Community Hall mobile: 075 65 54 68 21 Banners Gate CC - June Dadd 07443 22 65 30 St. Columba's - Sallyanne Rowley 693 0084 Scout Hall - A & R Talliss 353 8166		<b>UNIFORMED ORGANISATIONS:</b> Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191			

<b>BANNERS GATE COUNSELLING CENTRE</b>  Accessible and Affordable Counselling to Adults in the Community. The Upper Room St. Michael's House 198 Boldmere Road Sutton Coldfield Tel : 0121 354 6544 For information or an appointment please ring after 10 a.m. daily, except Wednesday
<b>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).</b>



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

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