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**A VERY MERRY CHRISTMAS AND A HAPPY AND HEALTHY NEW YEAR
TO ALL OUR SUPPORTERS, DONORS, DELIVERERS, ADVERTISERS,
COUNCILLORS, CONTRIBUTORS, READERS, MY WIFE HELEN FOR
EVERYTHING, AND ANYONE I MAY HAVE LEFT OUT - THANK YOU ALL.**



Which method do you use for carving the turkey? Which method??!! Try the WHICH? method on page 20. There are lots of other useful ideas there, so check them before you finish your Christmas shopping. Do not forget the usual internet safeguards before you switch on that new computer, if you are lucky.

Please be reminded that this edition of Gatepost is in pdf format. If the text or photos are too small, you can enlarge them at least five times if you use the - & + buttons at the centre of the top of the screen.



Alison Jolley: A local Christmas

On the 1st of December I met up with Mark together with other Vesey residents at the new Bistro in Boldmere, situated at Boldmere Place St Michaels Rd.

It's a deservedly popular venue and one of the newest assets to our community for everyone to enjoy.



Mark and myself meet up regularly throughout the year for general discussion of what's important to many of us, both in the local vicinity and also other areas of Sutton Coldfield. This time we chatted about the

benefits of being able to use our high street right at the heart of Vesey Ward. Mark agrees our local shops need frequent shoppers to ensure that all these businesses continue to thrive and develop.

For him this is particularly important as he lives close enough to walk onto the high street, use the many facilities and shops this area gives us, and also meet up with friends.

Becky, a long standing community based support worker was keen to add; "We are so fortunate in having a vibrant, all inclusive local high street that caters for everyone, particularly those who may have additional needs."

This is definitely the case, we have a great local library, a friendly post office, grocery retailers and of course the benefit of many other varied and much valued independent shops. All this brings a certain uniqueness to a street which is alive and well with these varied traders and businesses.

There's a definite advantage of being able to buy a fresh Christmas tree, visit the green grocers, cross the road and order your turkey, before consuming coffee and cake at one of the many nearby cafe's prior to returning home.

alison.jolley@suttoncoldfieldtowncouncil.gov.uk

AVAILABLE IN LARGE PRINT. TEL: EDITOR AT 605 4947

Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: 605 4947, or bgatepost@gmail.com **Next deadline: Jan. 20th.**

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Pauline and Terry Wood, Town Mayor and Mayoress: We look forward to reading Gatepost every month. It is such an interesting and informative publication. We thank Tony Willis and all his volunteers for all their work in producing and delivering Gatepost. We especially enjoyed attending the Boldmere Christmas Festival this year and meeting so many lovely people. Great credit must go to the organisers of the wonderful event.



May we wish everyone a "Happy Christmas and a healthy and prosperous New Year".



Rob Pocock: Have you noticed the increase in 'maniac drivers' speeding on our roads recently? There is a surge of it nationwide and the Police have put it down to an epidemic of so-called 'Panger' – pandemic anger. Most people drive safely and legally. However there seems to be a fringe of drivers who are going berserk, taking excessive risks, and getting a so-called 'thrill' from the dangers of driving at excessive speeds. The pandemic restrictions have been bad for everyone's mental wellbeing but for some people it seems to have tipped them over the edge.

Queslett Road East, Sutton Oak Road, Bakers Lane, Banners Gate Road, Chester Road North and Monmouth Drive have all been subject to this curse. Kath and I have been pressing the Police for 'mobile speed camera patrols' to counter the problem. And Kath has been upping her campaign for local 'speedwatch' volunteers

to work with the Police. We had a lot of interest at our recent Community Safety Summit public meeting last month, and if you'd like to add your interest just email Kath on kath.scott@birmingham.gov.uk

Finally, with the festive season now upon us, I've dug out my Mum's old 1950s home-made Christmas cake recipe. **See the pics on page 13** for a demonstration of how to spend a recent Sunday evening! The cake is now getting gently nursed in a tin with a decent dob of brandy every few days, and then comes the icing ready for Christmas day itself – the first slice. Can't wait. I will report back next month on how many extra pounds I've added.



Kath Scott:
Merry Christmas Everyone.

I would like to take this opportunity to wish you all a wonderful Christmas and New Year from myself, my husband and my two children (oh and also my two lovely Westies!).



HAPPY CHRISTMAS

Wishing you all a wonderful Christmas and a happy New Year!

Kath Scott & Family

I look forward to doing more for our residents in 2022 and as a final hoorah for 2021, I wish to confirm that, despite certain misinformation that has pervaded our Ward, we WILL be getting a new Police Station, with accessible front-desk, located in Sutton Coldfield and it will continue to house, as a base, all of our neighbourhood officers, as is currently the case.

With fondness, & Season's greetings.

Councillor Kath Scott
kath.scott@birmingham.gov.uk

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.

St Columba's Church Hall

Hall letting for St Columba's Church.

Weekday lettings are available for the large Church Hall which includes a well equipped kitchen.

Entrance to the hall is step free and is suitable for wheel chair access throughout the premises.

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - November Events

Monday, Thursday, Friday - Baby Phonics

Contact email: Jenna@robotreg.co.uk for times and availability

Tuesday and Wednesday - Baby Sensory

Contact Tracy at email: suttoncoldfield@babysensory.co.uk for times and availability

Friday 5th, 12th and 19th for coffee, cake and chat 2:30pm till 5:00pm

Sunday Worship 14th & 28th from 10:30am to 11:45am

The Scout Hut - Coppice View Road - Sutton Coldfield - B73 6UE.

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

The cost is £5 per person. Everyone is welcome and all abilities are catered for in a relaxing and enjoyable environment.

If anyone needs further details, please contact me on

01543 480151



On Saturday 4th December, the 33rd Sutton Coldfield Scout Group, based in Coppice View Road, invested their first group of Squirrels (boys and girls aged 4/5 years) into the Group. Squirrels follow the same scouting structure as the other sections but there are a few things that make Squirrels unique:

- * child led learning
- * focus on participation over achievement
- * organic peer leadership
- * adaptable and flexible sessions
- * stories for each session that link into the activities

The small Squirrels gave their Promise in front of the whole group. They promised to be kind, to do their best and to live by their faith. In the photo, Margaret Drummond, Group Scout Leader congratulates Jasper Dilloway, aged four, on giving his promise and starting his scouting journey.



Emmanuel church have emailed me to ask if anyone could donate unwanted clothing - especially men's and toiletries.

Evidently, Penns Hall Hotel (Ramada) have 290+ refugees and are appealing for clothes. Some of these people only have the clothes they travelled in.

They can be taken to Penns Hall, (Ramada) or I would be willing to deliver them. If anyone wishes to drop off donations, my address is 54 Chester Road North. B73 6SP. I would be happy to deliver them.

Many thanks Val.

If you need anything to be picked up please ring the editor, number on front page. Ed

Birmingham Weekly COVID-19 Statistics

This week, the total number of cases identified in Birmingham was 4,237 cases, compared to 3,714 cases reported in the previous week, an increase of 14.1%.

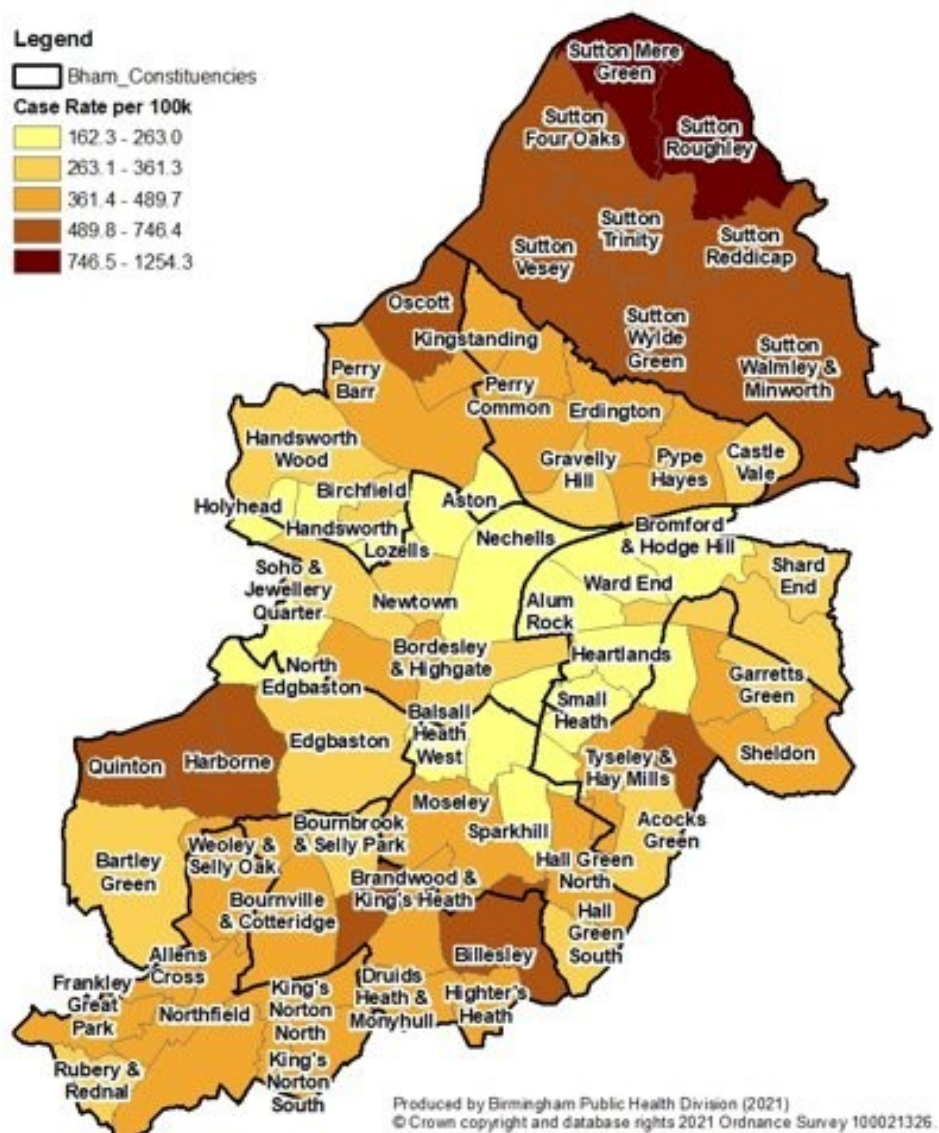
The 10 wards with the highest case rates (cases per 100,000 population) this week are:

- Sutton Mere Green (1254.3)
- Sutton Roughley (997.3)
- Sutton Four Oaks (746.4)
- Sutton Walmley & Minworth (727.7)
- Sutton Trinity (679.4)
- Sutton Wylde Green (643.1)
- Sutton Reddicap (565.9)
- South Yardley (549.7)
- Billesley (537.9)
- Quinton (533.2)

Compared to previous week, cases increased in all age groups this week, except 80+, which decreased by 13%. The 60-79 age group showed the largest increase of 33%, followed by an increase of 28% in the 20-39 age group, 13% in 40-59, and 11% in 0-19.

Cases increased in all ethnic groups this week. The Black ethnic group showed the largest increase of 75%, followed by an increase of 44% in the Mixed/Other ethnic group, 20% in the Asian ethnic group and 7% in the White ethnic group.

**Birmingham Case Rates (Pillar 1 & Pillar 2)
5th to 11th December 2021**



As an ex-teacher, howlers are always good, and believable to read, but the following howlers were written by a headteacher, Vincent Shanley, and are exceptional. This small selection is about Christmas, obviously for this time of year. For excellent 184 pages buy *Classic Classroom Clangers* for a mere £6.99, available in all good bookstores and Amazon - Enjoy.

Christmas

Christmas, so very special for children, figures prominently in humorous stories of life at school.

The seven toddlers playing the dwarfs in St Joseph's primary School pantomime in Washington, County Durham, were told to wear their Newcastle United shirts for the part. It was just too much for one of them, who defiantly arrived in his Sunderland top - and, no, he wasn't playing Dopey.

The teacher asked the class of seven-year-olds to name one of the animals in the stable with Jesus when he was born. "A whale, Miss," said George. "Why is that, then, George?" "Well, Miss," came the reply, "we're always Singing 'A whale in a manger...'"

A seven-year-old boy was told that he was going to be in the Christmas play. A few minutes after he arrived home, the mother of the little lad telephoned the headteacher and said: "Jimmy has just arrived home and he tells me we have to find a costume for him because he's in the school play and he is going to be a book. "The headteacher thought for a moment and said: "No, no ... he's going to be a page."

"Granny," said the six-year-old returning from school one December evening, "you wouldn't believe it, but we're doing one of those Nativity plays again this Christmas - and it's the same story as last time."

Santa was paying his Christmas visit to St Patrick's junior school and the following conversation took place: "That's not Santa - that's Mr Joyce, our headteacher," said one little girl.

"No, Lucy. It just looks like Mr Joyce, but it isn't."

Little girl: "Yes it is Miss. Nobody else has got as big a nose as that."

A mother and her eight-year-old son stood in front of Tintoretto's painting of the Nativity. "What I cannot understand," said the boy, "is why Jesus wasn't born in a proper bed when his father was God." His mother explained patiently that Mary and Joseph were on a long journey, that there was no room at the inn and, anyway they were very poor. "How can they have been very poor when they managed to get themselves painted by a famous painter?"

The teacher had never wanted to use Billy, often a disruptive influence, to entertain the parents in the intermission of the Christmas pantomime. Though he had been desperate to participate, he had been passed over for the more predictably well-behaved John and Sarah. Come the night of the panto, the teacher was obliged to turn to Billy for help when John and Sarah failed to turn up. "Up you get, then, Billy, and do farmyard impressions you said you were good at." Billy got hold of the mike and confidently began: "Hey you, you little *****, get off that *****ing tractor!"

On scattered pages here and there are some photos of Christmas Lights in the area to cheer you up, if you need it, and who doesn't after the recent Covid announcements this week.



Eric Jones Christmas memories.

For me as a child of the early 40's, obviously it was a very different era than children experience now, as post war food and luxuries continued to be rationed and in short supply. Personally, I can only recall happenings from around the age of five onwards. Strange, I have this long-term recollection, but could not tell you what my wife bought me last Christmas, or even what I had for dinner a few days back.

I do recall when I was about 8 my very memorable Christmas present being a white simulated leather six-gun belt, complete with twin holsters all encrusted with multi coloured stones. My Father explained the additional pair of silver colt 45's was extra to the holster. The guns had a roll of firing caps to complete the sound effects. I was over-joyed and made very short work of any boy in the road who was unfortunate to have an Apache outfit for his Christmas, no Apache's in our road left by Boxing day.

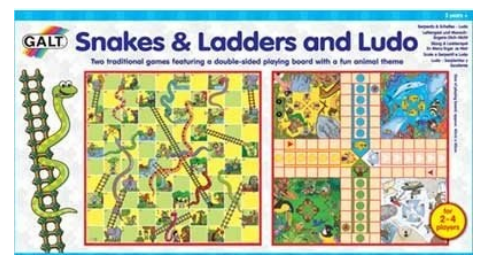


Little did I realise I was setting a later trend with Glenn Campbell singing about a Rhinestone cowboy, even Elvis would emulate my jewel encrusted white belt on a stage outfit I recall.

My sisters and I would wake up in the early hours of Christmas mornings and find a stocking tied to our bedsteads, I was always called upon to untie them.

They would contain the obligatory orange, nuts and gold wrapped chocolate coins and a box of dates. My sister would do some mooching around a week or so before Christmas, she knew all the hiding places my parents utilised, bathroom airing cupboard being a favourite.

I recall one year she found a boxed compendium of games, which we carefully opened and played ludo and snakes and ladders, before carefully replacing it back in the respective hiding place. Over the festive period our Auntie Ivy and Uncle Billy would visit. As children we were not particularly overjoyed because they always came with the same presents, underwear. We would have much preferred toy or sweets.



Festive question - what's the most popular wine at Christmas...*I hate sprouts.*

Finally, a very merry Christmas to you all, and a huge thanks to editor and compiler Tony Willis. He works tirelessly to produce this very informative

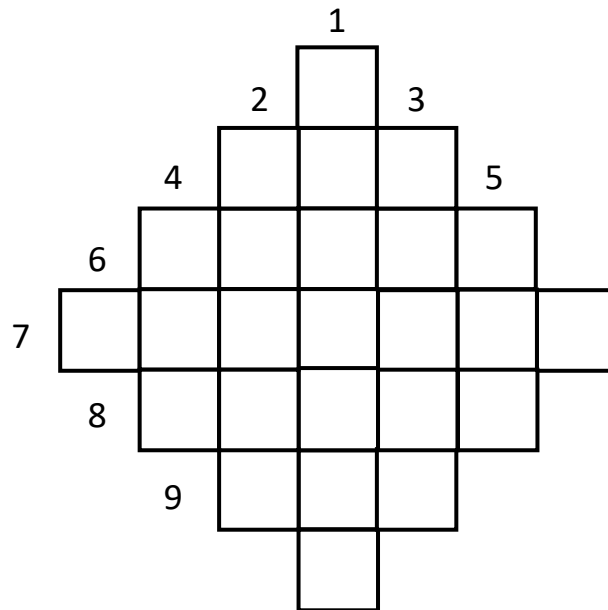
Here is another diamond crossword puzzle for you

ACROSS

- 4. Accomplished
- 6. Evil spirit
- 7. Distribute
- 8. Walked through water
- 9. Agreeable answer

DOWN

- 1. Separated
- 2. Postpone
- 3. Plunges
- 4. Moisture
- 5. Came first



Just because you may never have seen such a problem before, try not to skip it. It is not easy until you stumble on the secret. It looks most confusing because you will solve clues, which will give you some eighteen words containing a total of ninety-two letters, all of which you must fit between the spokes of a wheel with only one letter to each gap. How, you may well wonder, is it possible to fit ninety-two letters into twenty-two spaces, when one letter only is allowed in each space? No letters may be left over.

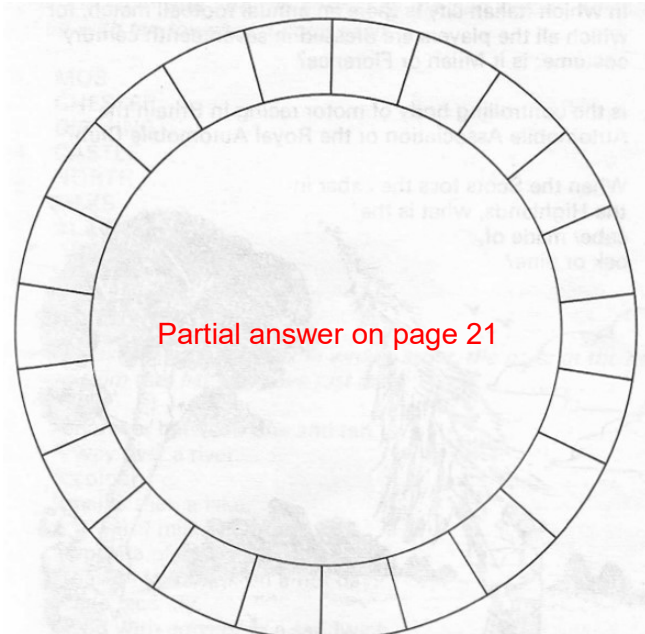
Once you grasp the essentials of the problem you will find it as satisfying as a jigsaw puzzle (if you find a jigsaw satisfying). The only hint you may have is this: first solve as many of the clues as possible. Look at the answers and the solution will come to you. You may even solve the problem after you have found only half the clues. The rest will solve themselves.

Clues

- 1. A ghost, or shade. (5)
- 2. Indignation of the mind. (5)
- 3. A genus of 160 species of plant, including the cranesbills. (8)
- 4. Moved swiftly with the legs. (3)
- 5. Tease or play practical jokes upon. (3)
- 6. Boast. (4)
- 7. A period of time (3)
- 8. The same meaning as 7 but a another word. (3)
- 9. A wet cloth left long enough in the sunshine. (5)
- 10. A kitchen grate or cooking stove. (5)
- 11. Fury. (4)
- 12. Offence. (7)
- 13. Old. (4)
- 14. Violently angered (5)
- 15. Experienced drinkers frequently like this type of wine better than any other. (6)
- 16. To keep at a distance. (8)
- 17. A rover. (6)
- 18. One who belongs to another town or country. (8)

Solve these clues, or solve most of them, and you will find you have enough letters to fill the twenty-two spaces between the spokes of the wheel. There will be no spaces or letters over.

Fit the letters of the clues' solutions to the gaps between the spokes. There you will find ALL the clues you solved.



Hope Food North Birmingham's Countdown to Christmas Appeal launched last week and the charity is looking to raise £500 or specific festive food items to be donated in the lead up to Christmas.

'Winter is such an important time for food banks and never more so than in 2021.' said Deb Middleton, Trustee and lead co-ordinator for Hope Food North Birmingham . 'The number of people visiting food banks increases in winter as a result of a family, or individuals ,financial resources becoming more stretched due to increased household costs such as fuel and lighting'. 'And the uncertainty that the pandemic created is an added concern this Winter. We are currently helping on average 230 adults and children each week and we have only been running 5 months so haven't experienced our first winter yet'.

In the run up to Christmas, Hope Food North Birmingham will be asking for individuals, groups, schools, businesses and churches to donate festive themed items that will be passed onto families in need. Items such as: Mince pies and Christmas cake - Festive biscuits and chocolates - Toiletry gift packs for both men and women.

Deb explains 'We hand out food bags that provide around 1 – 2 days worth of meals – so there is something for breakfast, (cereal and long life milk), something for lunch, (baked beans or tinned meat), something for dinner, (pasta and pasta sauce), and something sweet (biscuits). When combined with the fresh fruit, vegetables and bread that visitors to our Hope Food food bank days receive, it really does give a good boost to an individuals or families weekly diet. This really is the basics so in the lead up to Christmas we would like to hand out festive items to add a little bit of cheer to help people celebrate Christmas. What we would really, really like to do is to actually give out an extra parcel containing meat, cheese, eggs and milk - things we rarely get to hand out. Things that actually most of us take for granted when we do our weekly shops.'

Hope Food has a number of drop off points around Sutton Coldfield for individual or small collections of food. These can be found on Hope Food North Birmingham's Facebook and Instagram pages. If you have a large collection of items to donate then please contact Hope Food to arrange collection or delivery, by email to info@hopefood.org.uk.

If anyone would like to make a monetary donation, you can visit our JustGiving page. <https://www.justgiving.com/campaign/hopefoodcountdowntochristmas2021>

Anyone interested in organising a Countdown to Christmas collection for Hope Food should email info@hopefood.org.uk or call 07887 522624 to receive a support pack containing posters

IF YOU WOULD LIKE TO SUPPORT OUR WORK PLEASE MAKE A DONATION USING THIS LINK: https://link.justgiving.com/v1/charity/donate/charityid/3143929?tipScheme=TipJar2.1&reference=givingcheckout_tj21

or this QR link:



Rob's Mum's 1950's home-made Christmas cake recipe.



Before



After

Brussel Sprout Christmas Coleslaw

½ kg clean raw Brussel sprouts
50 gms Parmesan cheese shavings
40gms sliced toasted almonds
40 gms dried cranberries or cherries (chopped)
8 tbs M & S honey and mustard dressing

Method.

Wash and dry the sprouts.
Then slice them very thinly before chopping them up a bit more.
Add the rest of the ingredients and stir well.
Store in the fridge.
The coleslaw will keep for 2-3 days.

Brandy Butter.

| | Metric | Imperial |
|---|---------|-----------|
| Unsalted butter | 100 gms | 4 ozs |
| Icing sugar | 100 gms | 4 ozs |
| Caster sugar | 100 gms | 4 ozs |
| Milk | 15 ml | 1 tblspn |
| Brandy | 30 ml | 2 tblspns |
| Ground almonds | 50 gms | 2 ozs |
| Finely grated rind of a small orange (optional) | | |
| Beat the butter until soft and creamy | | |
| Beat in the sugar alternatively with a little milk and brandy | | |
| Mix until fluffy | | |
| Stir in the almonds and orange rind. | | |
| Can be frozen (thaw for 2-3 hours and then beat to a smooth sauce). | | |

QUICK CHICKPEA CASSEROLE - Serves 2.

2 TABLESPOONS OLIVE OIL
1 LARGE ONION, CHOPPED
1 TABLESPOON GROUND CUMIN
2 GARLIC CLOVES CHOPPED
1 400g CAN CHICKPEAS, RINSED + DRAINED
150ML / ¼ PINT VEGETABLE STOCK.
JUICE OF HALF LEMON
250g SPINACH LEAVES, CHOPPED.
SALT + PEPPER.

- ① HEAT OIL IN A LARGE SAUCEPAN, ADD THE ONIONS + FRY OVER A MEDIUM HEAT UNTIL SOFT. ADD THE CUMIN + GARLIC, STIR + COOK FOR ONE MINUTE.
- ② ADD CHICKPEAS, STOCK AND LEMON JUICE, COVER AND SIMMER FOR 20 MINUTES. ADD THE SPINACH + SEASON WITH SALT + PEPPER. MIX WELL + COOK FOR A FURTHER 7 MINUTES UNTIL SPINACH WILTED.
- ③ SERVE HOT, AT ROOM TEMPERATURE OR COLD. THE FLAVOUR IMPROVES IF THE CASSEROLE IS LEFT OVERNIGHT.

John S

John S

Crushed Pineapple Fruit Cake (Fav. of Alison J)

Ingredients:

One tin crushed pineapple (from Tesco)
4 oz margarine
8 oz sugar
12 oz dried fruit
1 teaspoon mixed spice
1 teaspoon bicarb
2 eggs
8 oz S R flour
½ teaspoon salt



Drain some juice from pineapple.

Empty pineapple into large saucepan with margarine, sugar, mixed fruit, mixed spice and bicarb.

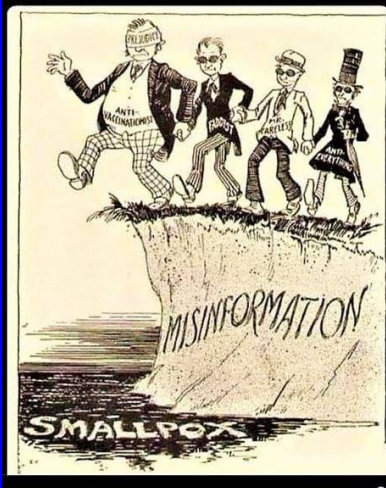
Bring to boil, stirring, and simmer for 3 mins. Leave to cool for about 1 hour.

Add eggs, salt and flour and mix thoroughly.

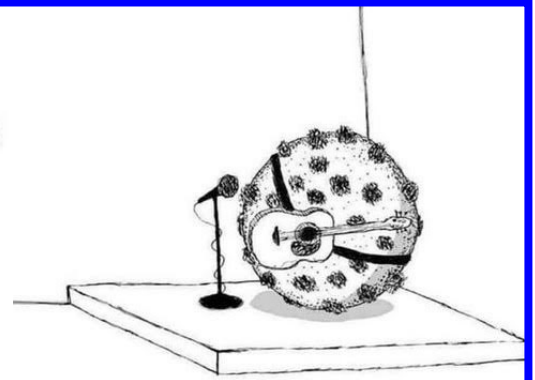
Grease and line 8" square or round cake tin, bake in oven (Gas mk. 3 or 150 deg. electric) for about 1 hour.

Test with skewer to confirm cooked through.

This comic was created around 1930s



The
SCOTTISH VARIANT
At least you can hear it coming.



"This one's dedicated to all the people that didn't believe in me when I was getting started."

**DID YOU GET
THE VACCINE YET?**



**NO, THEY'RE STILL
TESTING IT ON THE HUMANS.**



what if UFOs are just
billionaries from other
planets

**Why is it so
much easier to fall
asleep on the couch
unintentionally than
to fall asleep in bed
intentionally?**

**Be careful what
you do in the
garden.**

**The potatoes have
eyes, the corn has
ears and the
beanstalk.**

You'd think that the part of
the brain that used to
remember phone
numbers would take
over remembering passwords!
But Noooo!!!



**To those who still wear their mask
below the nose, it's been almost a
year now; it takes less time to
potty train a toddler.**



WAITEMATA & KAIPARA GAZETTE.
PRICE—10s per annum in advance
WARKWORTH, WEDNESDAY **AUGUST 14, 1912.**
3d. per Copy.

Science Notes and News.

COAL CONSUMPTION AFFECT- ING CLIMATE.

The furnaces of the world are now burning about 2,000,000,000 tons of coal a year. When this is burned, uniting with oxygen, it adds about 7,000,000,000 tons of carbon dioxide to the atmosphere yearly. This tends to make the air a more effective blanket for the earth and to raise its temperature. The effect may be considerable in a few centuries.



This is a photo from Ed McFadd in Encinitas, California. Ed is responsible for some of the cartoons that find their way into Gatepost. He entitles the photo, *Our cycling group which I refer to as the 'Medicare Six' enjoying another Saturday ride*. I replied that they look more like the Mortuary Six, but that was purely for comic effect as they look quite fit and well for a group celebrating birthdays around the 80s mark.

Ed is the gentleman on the far left, but not politically, as I do not think anyone in America is on the far left, but I may be wrong. I spent a year in Borneo with Ed in 1966-7, he in the Peace Corps (running since 1961) and me in VSO (running since 1958).

If you fancy spreading your skills around a small part of a developing country and, hopefully, leaving a good mark, look at [the VSO website](http://theVSOwebsite.com), or [the Peace Corps](http://thePeaceCorps.com) if you are American.

Below are a few of the cartoons Ed sent me, that I can just about include in Gatepost.

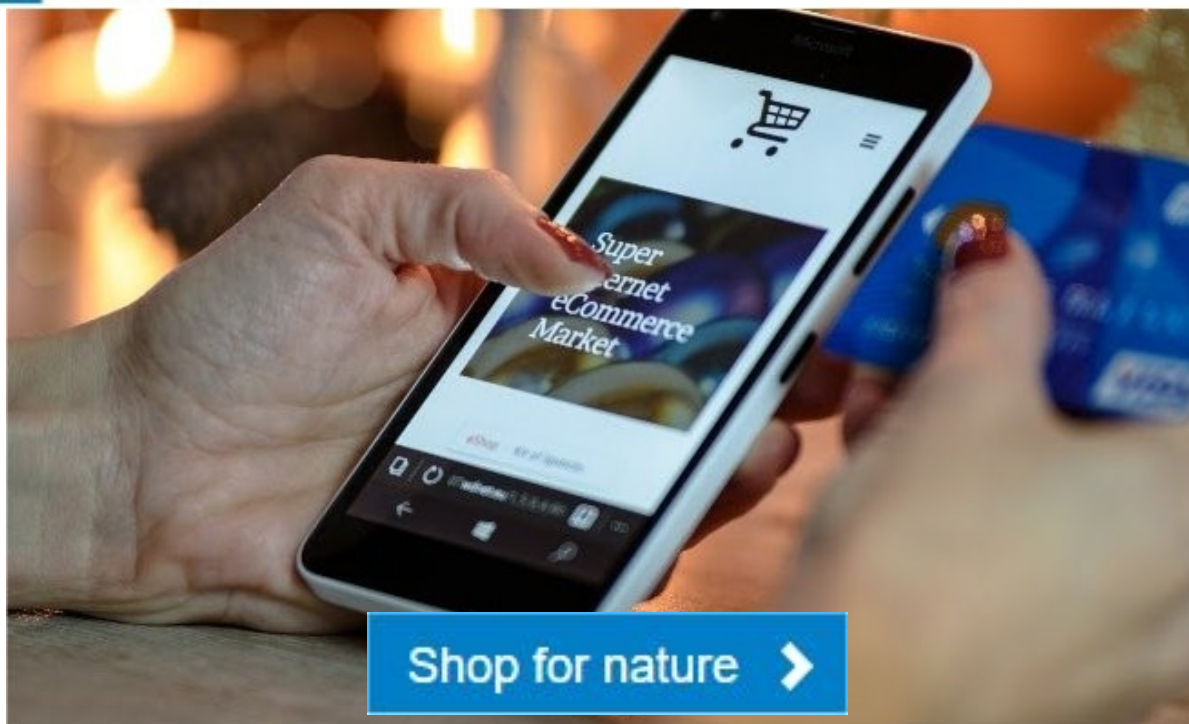


WENDY GETS PRIVACY BY
CREATING HER OWN BOOK COVERS

Pre-Internet Chat Room using
Windows.



Get signed Loose Parts books now at LoosePartsComic.com
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Save nature while you shop

Did you know that you could fundraise for the RSPB while doing your Christmas shopping, at no extra cost to you? Take a look at our how-to guide and start raising money for nature when you shop at hundreds of retailers, including John Lewis, Boots and Argos.

Big Garden Birdwatch 2022: the launch!

Everyone can take part from 28 to 30
January 2022

[Sign up now](#)



This week, the RSPB published the latest [Birds of Conservation Concern](#) report, alongside our partners, and it's safe to say that it makes for worrying reading.

Eleven new species have been added to the 'Red List' of birds that are most at risk, including greenfinches, swifts and house martins. They join puffins, skylarks and 57 other birds that are now in desperate need of help

It's easy to feel disheartened when faced with such bad news, but what the report also shows is that we can turn the fortunes

Saving nature starts at home

Will you make swifts welcome?

[Find out how](#) ➔

of struggling species around. For example, white-tailed eagles have moved from the Red List to the Amber List thanks to conservation efforts made possible by supporters like you.

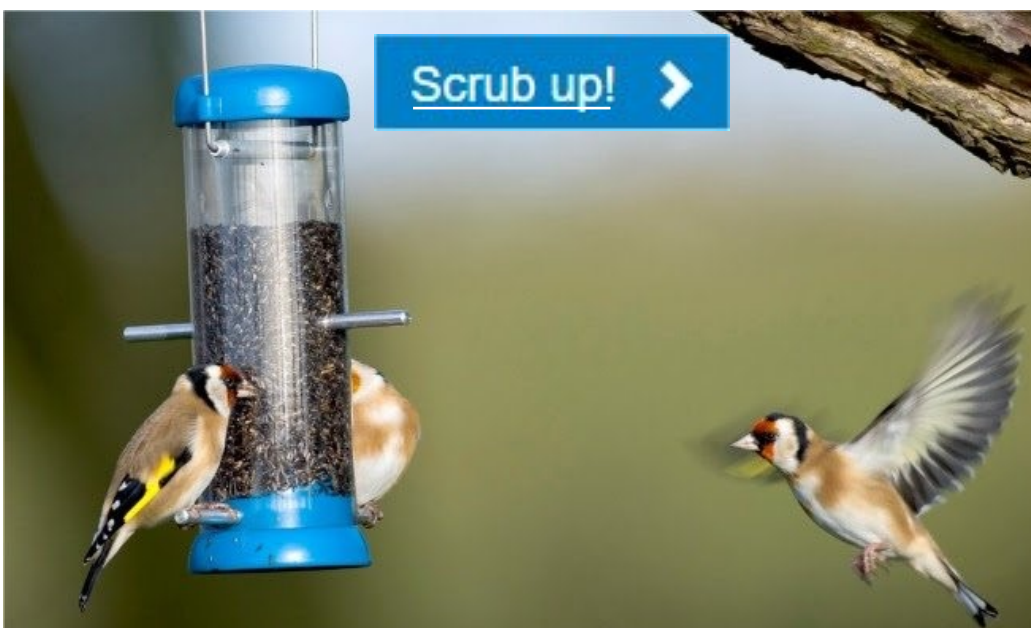
Saving nature together

We know that together we can make a real difference and thanks to your support we're working hard to protect struggling species such as puffins and swifts.

We also know that many of you will be keen to take action yourselves. One way you can help is by putting up a swift nest box, ready for when these migrant birds return in spring. With nesting sites in short supply, providing a much-needed home could make a big difference.

Keeping your garden birds healthy

Nothing beats the sight of birds flocking to feast on your feeders. But without regular cleaning, feeding stations can rapidly become hotspots for disease. By following our top tips, you can ensure your feeders are hygienic and safe for the birds you love



Over-70s should not be penalised for running red lights, experts say

Older drivers should be spared prosecution if they run red lights, drive too slowly or go in the wrong motorway lane, a government-funded road safety report has recommended.

The Older Drivers Task Force says assessments of driving skills should be offered to all [motorists aged 70 and above](#) in the UK who are caught committing offences – instead of facing legal penalties.



Fitness to Drive evaluations are currently only run by a handful of police forces, such as Hampshire Constabulary. Drivers' abilities are assessed by specially qualified occupational therapists and driving instructors. If a driver is found unfit to get behind the wheel, the Driver and Vehicle Licensing Agency (DVLA) is notified, and considers whether or not to remove their licence. In some instances, drivers are referred for more lessons and offered a reassessment within three months.

Those offered an assessment as the first port of call for careless driving, or driving without due care and attention, would then avoid the

usual £100 fine and three penalty points for this offence.

The report highlighted that rolling out Fitness to Drive assessments nationally would help to reduce deaths and serious injuries among older drivers. It said the government should aim to halve the number of car crash deaths in over-70s by 2030.

Steve Gooding, director of the RAC Foundation, said: "Allowing older drivers to remain mobile is critical to their mental and physical wellbeing, but so is safety.

"A system which helps people address their shortcomings rather than simply penalises them could help maintain this balance."

Mr Gooding pointed out that most older drivers are very safe and self-regulate their driving, avoiding travelling at night or during rush hour, for example.

He added: "But any encouragement we can all be given to reassess our ability to drive safely should be welcomed, not just after an incident but throughout our driving lives."

Other recommendations made by the Older Drivers Task Force include mandatory [sight tests](#) at licence renewals from the age of 70, a programme to make T junctions safer and research into the causes of pedal confusion.

The Task Force report states that older drivers do not pose a "significant risk" to other road users but their "relative frailty" means they are over-represented in serious crashes.

There are 5.7 million people in the UK aged 70 and over with a full driving licence, including 489 who are at least 100, latest Department for Transport (DfT) figures show.

Annual car driver fatalities among the 70-79 age group are forecast to surge by 40% over the next 20 years due to the country's ageing population.

[Dangerous driving](#) – what it is and how to report it

[Health conditions and driving](#) – all you need to know

[Traffic light cameras](#) – what you need to know

The Task Force was led by the Road Safety Foundation (RSF) which published the report. Dr Suzy Charman, its executive director said: "We want to increase the pace of progress to ensure that we do not see the expected rise in the number of older drivers killed or seriously injured in road crashes.

"Key recommendations such as introducing mandatory eye tests at licence renewal at age 70 are considered essential and lifesaving.

"We hope the Department for Transport welcomes the report and can provide the leadership necessary to ensure these recommendations are taken forward.


"Not only will this make driving safer for older drivers, but it will also provide a legacy of safer roads for generations to come."

A Department for Transport spokesperson said: "Safety remains our top priority and we will continue to ensure we strike the right balance between keeping the roads safe and maintaining people's personal mobility into old age.

"We keep all measures under review and will consider the wider outcomes of this report."

1. Where in the world would you expect to find a car with the vehicle registration code 'V'?
2. In which children's book did a spider called Charlotte and a pig called Wilbur appear?
3. Which Mexican artist produced works entitled 'The Broken Column' and 'Diego and I'?
4. How many sides has a heptadecagon?
5. What was the name of the character played by John Travolta in the film 'Pulp Fiction'?
6. Which was the first James Bond film to feature Roger Moore in the title role?
7. 'Suncrisp', 'Golden Russet' and 'Braeburn' are all varieties of which fruit?
8. In which country would you find the coastal resort of Lara Beach?
9. In which century was the first 'Grand National' horse race?
10. The letters of the word 'allergy' can be rearranged to form three other seven-letter words. Can you find all three of them?
11. Herb Alpert's famous album cover Whipped Cream and other delights. Technically, if one is a stickler for details, the album title should have been called what ?
- 12 Name the three men in the post war era (1945) who have lost 4 Wimbledon singles finals.
13. Steve Marriott left The Small Faces in 1969 and formed along with Peter Frampton which difficult to swallow super group?
14. What is the mountain range running north of Port Augusta through South Australia, and what is the great freshwater feature to the north of that range?
15. Which sporting superstar's real first name is Eldrick?
16. Which East Coast North American Indian tribe allied with Britain against the French-Huron compact?

Answers on page 22



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Locksmiths Birmingham

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Children and adults

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Beauty Therapist in Sutton Coldfield
Fully qualified and insured

Eliza Hardy | 07568381321

Which?

[Christmas gift guide for every budget](#)



The big day is fast approaching, but there's still time to find inspiration and the perfect presents for friends and family. To get you started, experts from across Which? have rounded up their top picks to suit all budgets. From headphones and phones to blenders and coffee machines, there's sure to be something for everyone on your list.

[Tried and tested ideas](#)

[Ultimate guide to supermarket festive food](#)



To help you plan your shopping for the holidays this year, we've pulled together the festive food offerings from Aldi, Lidl, M&S, Sainsbury's and more. From indulgent showstoppers to full menus and party pieces, there are plenty of options to enjoy, whether you're after classic flavours or feeling a little more adventurous.

[See our picks here](#)

[Pre-departure Covid tests Q&A](#)



The rules for UK travellers have changed again, meaning everyone must take pre-departure tests before arriving in the UK. We cover everything you need to know about the latest testing requirements if you're planning to travel, plus find out where to buy a cheap test and the rules on travelling with children.

[Your questions answered](#)

Which?

Six ways to make the most of your new TV



If you've recently bought a new set or want to know how to get the most from one you already have, our experts have put together top tips on maximising performance. Whether its pinpointing the perfect positioning or ensuring you're connected correctly, we have you covered.

[Make the most of yours](#)

Update: Fake NHS Covid pass email and texts

Scammers are still hoping to cash in on any confusion around the end of pandemic restrictions by sending out lookalike NHS-branded emails and texts that invite you to apply – and pay – for a NHS Covid pass.

The messages attempt to get you to click through on a suspicious link that's posing as the NHS via a subdomain. We show you [examples of the latest messages](#) and explain how to deal with NHS-related phishing so you don't get caught out.

The new 159 anti-fraud hotline Stopping impersonation scams

Stop Scams UK and the Global Cyber Alliance have launched the '159' pilot scheme to disrupt impersonation scammers who pose as banks or other firms to trick customers into sending them money (i.e., bank transfer or authorised push payment scams).

A dedicated phone number for anti-fraud checks could be effective because it allows you to check whether a call from your bank is genuine. But will banks use this to justify even lower reimbursement rates?

[Here's how the scheme works.](#)

Big news

The government has committed to make it **mandatory** for banks to reimburse victims of bank transfer scams.

This is a [huge win for our campaign](#). Currently, only banks signed up to a voluntary code must give victims their money back – but even then, the majority are doing a shoddy job.

This legislative change will force the banks to do more to protect their customers from fraud, or rightfully return the victim's money when they fail to do so.

Thank you so much for your continued support. Whether you signed our petition, called out the banks publicly or shared a personal experience of being scammed, with people like you by our side we can achieve these huge wins for UK consumers.

Please share the good news with your family and friends (clicking the image will take you to Facebook).

Which?



[Watch: how to carve a turkey](#)

Toby Carvery gives us a video masterclass on how to carve a turkey, we pick the best subscription boxes and find out how smart tech can help this Christmas.

Watch our video to find out how the experts at Toby Carvery recommend slicing a whole bird and a crown for Christmas. You can also read our top three tips for preparing and cooking your turkey, and find out roughly how much food you'll need in order to keep your family fed. [Check out our top tips](#)



[Best subscription boxes for gifting](#)

A great subscription service can be the gift that keeps on giving. From beer and wine boxes to beauty gifts and annual passes for national parks, there's no shortage of choices available. Find out what our experts make of some popular offerings and whether you should treat yourself or someone else to a subscription this year. [See our top picks](#)



[Stress-free festive clean-up tips](#)

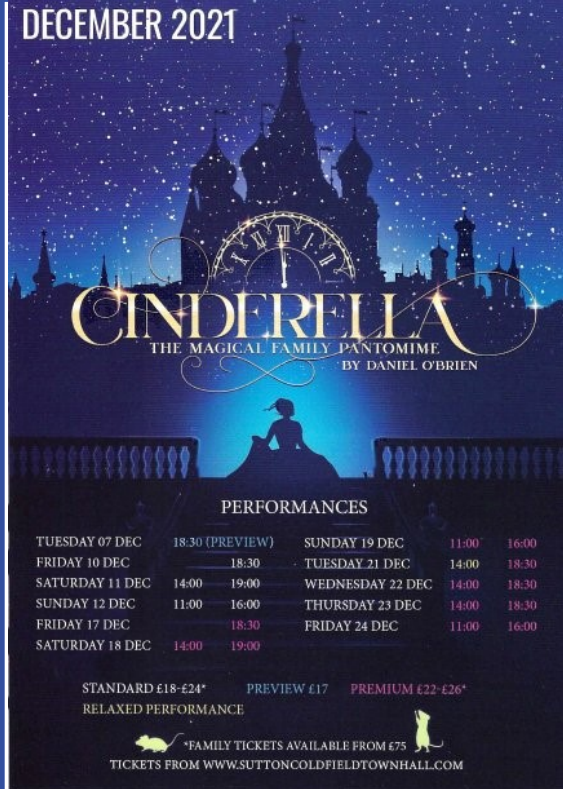
Take the hassle out of cleaning over the holidays and cut through the chores with our tips. From how to make the most of your dishwasher to tackling stains around the house, our experts have the know-how to help speed things up. Plus, our tests reveal the best products to use to help keep your home tidy with minimum effort. [Simple cleaning advice](#)



[Which? Investigates podcast](#)

In the final investigation of our tech and security season, we turn our attention to our own digital lives and ask: how much is too much tech? Listen now to find out how to handle your personal data and whether tech giants would ever allow us to start a 'digital detox'. [Tune in now](#)

DECEMBER 2021



CINDERELLA
THE MAGICAL FAMILY PANTOMIME
BY DANIEL O'BRIEN

PERFORMANCES

| | | | | |
|-----------------|-----------------|------------------|-------|-------|
| TUESDAY 07 DEC | 18:30 (PREVIEW) | SUNDAY 19 DEC | 11:00 | 16:00 |
| FRIDAY 10 DEC | 18:30 | TUESDAY 21 DEC | 14:00 | 18:30 |
| SATURDAY 11 DEC | 14:00 | WEDNESDAY 22 DEC | 14:00 | 18:30 |
| SUNDAY 12 DEC | 11:00 | THURSDAY 23 DEC | 14:00 | 18:30 |
| FRIDAY 17 DEC | 18:30 | FRIDAY 24 DEC | 11:00 | 16:00 |
| SATURDAY 18 DEC | 14:00 | | | |

STANDARD £18-£24* PREVIEW £17 PREMIUM £22-£26*
RELAXED PERFORMANCE

*FAMILY TICKETS AVAILABLE FROM £75
TICKETS FROM WWW.SUTTONCOLDFIELDTOWNHALL.COM

Welcome to Russia, the setting of Sutton Coldfield's 2021 Pantomime spectacular... Cinderella! Imagine a time of ice-cold winters with the snow laying deep on the frozen hard ground.... Imagine a palace where the fountains spouted icicles and Russian bears hibernated in the forests... Now imagine a draughty old country house with the only warmth from a sooty fireplace ... and that it was your job to keep the fire burning! Out in all weathers collecting wood and sleeping in the cinders of the fireplace, because your wicked stepmother and your ugly stepsisters were too mean to let you sleep in a bed. That's what happened to poor Cinderella and this is the story of how she dreamed of escape, of being warm and of meeting a handsome Prince who could save her from this miserable life.

After the huge success of Aladdin in 2019, the Production Exchange comes back to the Town Hall with a great cast of actor musicians, beautiful scenery, stunning costumes and a talented young ensemble to

perform the ultimate family classic.

With support from the government's Cultural Recovery Fund, Sutton Coldfield Town Hall is excited to welcome the cast and crew to the Royal Town for a limited run before Christmas and a thrilling return to traditional family entertainment.

enquiries@suttoncoldfieldtownhall.com

[Cinderella Trailer Sutton Coldfield Town Hall](#)

NHS

VACCINATION INFORMATION

Sutton Coldfield Town Hall is the NHS vaccination centre in Sutton Coldfield.

We've compiled some information & FAQ's on our [Vaccination](#)

Answers from page 19

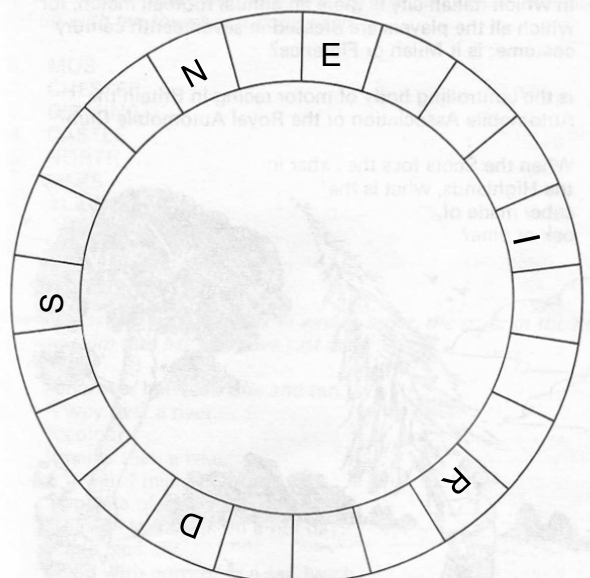
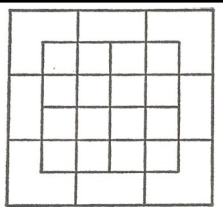
1. Vatican City, 2. Charlotte's Web – E.B. White, 3. Frida Kahlo, 4. 17, 5. Vincent Vega, 6. Live and Let Die (1973), 7. Apple, 8. Turkey, 9. 19th century (1839) 10. Gallery, largely and regally, 11. Shaving Cream and other delights. The whipped cream kept melting under the lights, so they used shaving cream, 12. Ken Rosewall, Jimmy Connors and Boris Becker, 13. Humble Pie, 14. Flinders Range and Lake Eyre, 15. Tiger Woods, 16. Iroquois.

One answer from diamond puzzle on page 11: Divided.

Some answers from circle puzzle page 11.

Ran,
Rag,
Brag,
Age,
Era,
Aged.

While you are here,
how many squares
are there in this
diagram? Will you get
it first time? It is odd.
Answer next month.



**GLYNNIS &
ALLAN BRISCOE**
as
"DANDY"
in another
**BLACK COUNTRY
EVENING**
**SATURDAY 22ND
JANUARY 2022**
8pm Start



[Book online](#) or Box Office 0121 355 5355. Mon, Tues, Thursday, Fri. 7:30 - 9:00.

Below are two of Sue Atkin's
neighbour's lights displays



**KATHRYN
SAWBRIDGE**

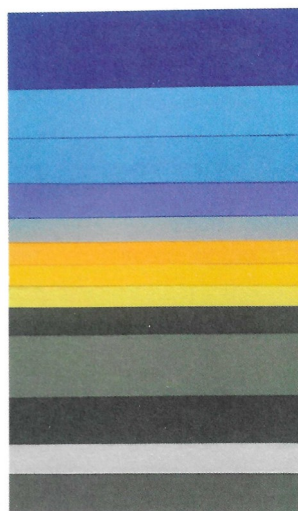
BA (HONS) MA ARPS NWA BAC

07818599340

kathryn.e.sawbridge@hotmail.com

INSTAGRAM: @KATE3S

WWW.SAATCHIART.COM/K.E.S



Kathryn Sawbridge is a multi-disciplinary artist. Her work explores various landscapes and scenes, stripping them back to their basic colour palettes without the details of a realistic image. Her pieces aim to encourage the viewer to look beyond the details and explore their environment on a deeper level, without the everyday distractions.

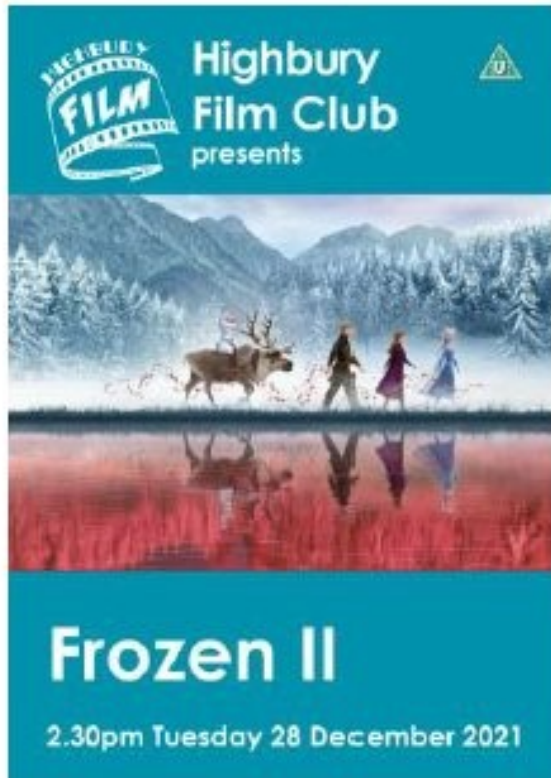
Kathryn is currently helping residents around Antrobus Road with their project to enhance the alleyway between Antrobus Road and Mossy Bank and volunteers are needed (ring editor for details). Coincidentally, Kathryn walked the route many times from home to school.

<https://www.saatchiart.com/K.E.S>

<https://www.rbsa.org.uk/members/kathryn-sawbridge>



What's on next at Highbury Theatre?



Frozen II

28 December Start time 2.30pm

Released 2020, duration 1h 43m
certificate U.

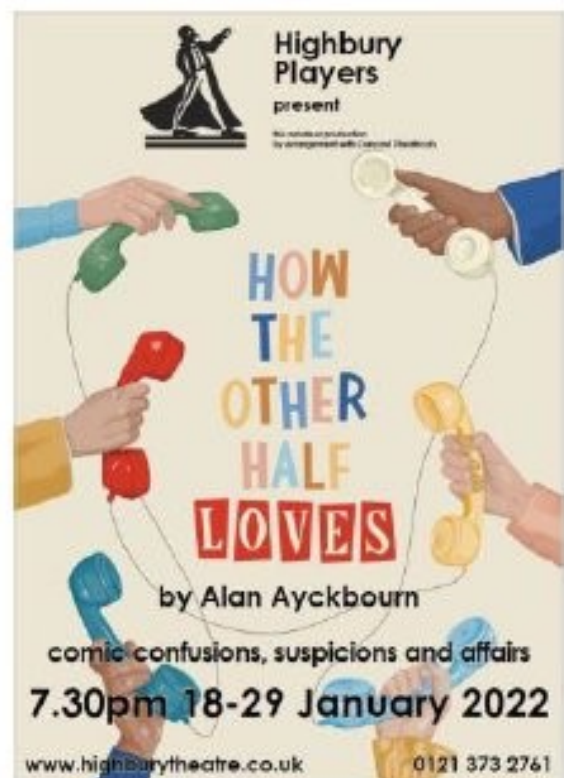
Breathtaking, stunning animated fantasy with plenty of humour and an avalanche of new songs. Anna, Elsa and friends set out to find the origins of Elsa's powers in a quest to save the kingdom of Arendelle.

How the Other Half Loves

18-22 & 25-29 January 2022

Start time 7.30pm

Possibly Ayckbourn's funniest play.
Three couples: Frank and Fiona, posh; Bob and Teresa, socially a notch below them; William, wanting to better himself, and Mary, humble and nervous.



Tickets available from Highbury Theatre Box Office, Sheffield Road, Sutton Coldfield, B73 5HD
tel: 0121 373 2761 or book online via [TicketSource](https://www.ticketsource.co.uk)

<http://highburytheatre.co.uk/>

Follow us on Facebook,
Instagram, Twitter

What's on next at Highbury Theatre?



Three Billboards Outside Ebbing, Missouri

23 January Start time 7pm

Released 2017, duration 1h 55m
certificate 15.

Acclaimed black comedy with electrifying performance from Frances McDormand seeking justice for the murder of her daughter.

I, Daniel Blake

12 February Start time 7pm

Released 2016, duration 1h 40m
certificate 15.

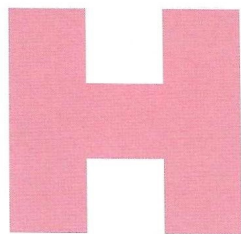
Classic social drama from Ken Loach. 59 year old carpenter Daniel fights for benefits after a devastating heart attack.



Tickets available from Highbury Theatre Box Office, Sheffield Road, Sutton Coldfield, B73 5HD
tel: 0121 373 2761 or book online via [TicketSource](https://www.ticketsource.co.uk/)

<http://highburytheatre.co.uk/>

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ANDREW RYAN
ALEXIA MCINTOSH
SAMANTHA DORRANCE**

WITH
THE MAGIC OF PHIL HITCHCOCK
PETER PAVLOV AND THE GLOBE OF SPEED
THE DEATH DEFYING GEMINI SISTERS
AND INTERNATIONAL CIRCUS ARTIST
PIERRE MARCHAND

THE NATIONAL LOTTERY SUPPORTING LOCAL PANTO

| Day | Date | Time | Price |
|-----|--------|--------|-------|
| Sat | 18 Dec | 2.30pm | 7.15 |
| Sun | 19 Dec | 1pm | 5.15 |
| Tue | 21 Dec | 2.30pm | 7.15 |
| Wed | 22 Dec | 2.30pm | 7.15 |
| Thu | 23 Dec | 2.30pm | 7.15 |
| Fri | 24 Dec | 1pm | 5.15 |
| Sun | 26 Dec | 1pm | 5.15 |
| Mon | 27 Dec | 2.30pm | 7.15 |
| Tue | 28 Dec | 2.30pm | 7.15 |
| Wed | 29 Dec | 2.30pm | 7.15 |
| Thu | 30 Dec | 2.30pm | 7.15 |
| Fri | 31 Dec | 1pm | 5.15 |
| Sun | 2 Jan | 1pm | 5.15 |
| Mon | 3 Jan | 2.30pm | 7.15 |
| Wed | 5 Jan | 2pm | 7.15 |
| Thu | 6 Jan | 2pm | 7.15 |
| Fri | 7 Jan | 2pm | 7.15 |
| Sat | 8 Jan | 2.30pm | 7.15 |
| Sun | 9 Jan | 1pm | 5.15 |

Goldilocks and the T

A stellar cast, led by actor singer and much-loved personality **Jason Donovan** and Hippodrome panto favourite **Matt Slack**, assemble at Birmingham Hippodrome to take you on the ultimate panto adventure.

Dame Betty Barnum and her daughter Goldilocks circus is under threat from a new rival circus owner and, with the help of their madcap circus friends, they're set to rescue their Big Top from ruin. Will they succeed? All eyes are on the ultimate panto adventure.

Featuring sets and costumes direct from The London Palladium, Goldilocks and the Three Bears will be packed with riotous comedy, extraordinary special effects, hair-raising stunts and international circus acts.

STREETLY FLOWER ARRANGERS' CLUB

We meet monthly 2nd Tuesday 2.30pm
at Streetly Community Centre, Foley Rd. East B74 3HR

Why not join us - we are a friendly, enthusiastic Club 'Bringing People & Flowers Together'.

Next meeting Tuesday 11th January 2022

Demonstration - Linda Seabrook
'Twm Sion Cati' (Welsh Highwayman)

Further details : Chris Reeves tel: 0121 354 6264

The Sutton Coldfield Fuchsia & Gardening Guild



We were delighted to welcome our mayor Terry Wood and councillor Alison Jolley to our Christmas meeting last week. They gave a very interesting talk and slide show on Sutton in Bloom, an event that our society has been pleased to be involved with since it started. So much planning goes in to making our town look as beautiful as possible, and getting as many community groups involved as possible.

The rest of the evening was filled with a welcome buffet and social evening, a great opportunity for our newer members to get to know people. I am happy to report that Christmas jumpers were worn with style!!

We don't hold a meeting in January, so our next meeting will be February 10th. If you would like any information on our group, have a look at our Facebook group, or give Gail, our secretary a call on 0121 353 3373.

From all of us, we wish you all a Merry Christmas and a peaceful New Year, and we look forward to seeing more of you in 2022.



Supporting carers through loss and bereavement



Therapeutic gardening For bereaved Carers

THURSDAYS 10.30 – 12.00
Sunnybank Road Allotments,
Boldmere

For more information

Call: 0121 809 5902

Email: caringforcarers@communitiesinsync.info



COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

Join our friendly gardening group - enjoy gentle gardening and a good chat - and help support our café.

Meet at the green allotment gate at 10am – Sunnybank Road, B73 5RJ. Call to enroll before your first visit.

Our Neighbourhood Networker will be available to advise about community groups and services in the area. Also providing a drop in for community assets to discuss NNS support and funding opportunities.



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the café

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



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Working together to get you back into WORK

Just drop in

Contact - 07918 299826

Location:

Chester Road Baptist Church B73 5HU
Six Ways Erdington Baptist Church B24 8AD
George Road Baptist Church B23 7YR

When:

Thursdays - 10am – 12pm
Wednesdays - 10am – 12pm
Tuesdays - 12pm – 2pm

Supported by:



Welcome to



Hope Food operates 3 weekly food banks across Sutton Coldfield and North Birmingham for anyone experiencing hardship. No referral or voucher is required you just turn up. You will be given a standard food bag containing 1-2 days worth of long life food such as milk, cereal, pasta, tins and you can then help yourself to bread, fresh fruit and vegetables that we have collected from local supermarkets.

WHERE YOU WILL FIND OUR WEEKLY FOOD BANKS

Erdington

Tuesday 10.00 am - 10.30 am
Stockland Green Methodist Church,
Slade Road, B23 7JH

we do not currently offer food bags here but are hoping to change this in the future

Falcon Lodge

Wednesday 2pm - 3 pm
the rear of Falcon Lodge Methodist Church,
Lingard Road, B75 7LB

Mere Green

Friday 12 - 1pm
Ark Community Church Centre,
St James Road, B75 5EH

T: 07869 820025
E: info@hopefood.org.uk
Charity reg 1195019



Supported by Royal Sutton Coldfield Town Council's Community Grant Programme

Pregnant? Children under four?

Don't miss out on **HEALTHY START**
food and vitamin vouchers worth
over £900 per child*

FREE
fruit, veg, milk
and vitamins for
you and your family.
Worth up to
£8.50
per week**



You may qualify for Healthy Start vouchers if you're **at least 10 weeks pregnant** or have a **child under four years old**. Your family must also receive one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month)

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.



Sign up today www.healthystart.nhs.uk
or telephone 0345 607 6823

* If you sign up at the first opportunity, when you are ten weeks pregnant.
** If your child is under one, you'll receive two £4.25 vouchers per week.
If your child is 1-4 years old, you will receive one £4.25 voucher per week.

Healthy Start

Give your family a Healthy Start



Birmingham City Council

HEALTHY START NHS

Welcome to Hope Food
the newest food bank in your area!

Falcon Lodge



Welcome to Hope Food
the newest food bank in your area!

Mere Green



What we offer... Come along and collect a free bag of essential food and then help yourselves to a selection of fresh fruit and vegetables. Some days we'll even have bread and cakes. You're welcome to stay for a hot drink and a chat... whether in Falcon Lodge or Mere Green.

Where are we in Falcon Lodge?

Every Wednesday, we will be at Falcon Lodge Methodist Church Hall. (rear entrance in Lingard Road) Falcon Lodge. B75 7LB

Opening times... Pop in between 2-3pm we'll be here.

The church is on the X14 bus route. This is what the front of the church looks like. Go to the rear entrance in Lingard Road.



Where are we in Mere Green?

Every Friday, we will be at Ark Community Church Centre, St James Road, Mere Green B75 5EH

Opening times... Pop in between 12 noon-1pm we'll be here.

From the centre of Mere Green, pass Lidl opposite Sainsbury's and turn left into St James's Road. Bus routes X3, X5 & 604 This is what the church looks like.



Email: info@hopefood.org.uk



**Music and Sensory Play
for 0-5 year olds**

COME AND JOIN THE FUN!!

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07979 755548

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Music & movement, percussion,
baby signing and rhyme to develop
confidence, co-ordination, speech,
numeracy, language & social skills.



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so many parents make Music Bus their
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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>



Independent Early Years Music-Play classes for children aged 0 - 5 years

All our classes are delivered by qualified and
experienced early years music practitioners.



We sing, we move, we play, we explore
instruments and sounds, and we give each child
the freedom to express themselves musically.
At Kiddibops we're passionate about music and
supporting the innate musicality every child is
born with.



Our Classes September '21

Walmley Community Hall
Mondays

Babies 9:45am & 11:35am
Mixed Age 10:40am & 12:30pm

Great Barr Community Hub

Wednesdays
Babies 9:45am
Mixed Age 10:40am

Banners Gate Community Hall

Thursdays
Babies 1pm
Mixed Age 1:55pm

Aldridge Community Centre

Tuesdays
Babies 1:15pm
Mixed Age 2:05pm

St. John's Church Hall, Shenstone

Thursdays
Babies 9:45am
Mixed Age 10:40am

Streety Classes coming soon...

To book your place go to:

<https://kiddibops.class4kids.co.uk>

or contact us at:

info@kiddibops.co.uk or 07807 551661

All our classes are continuing to operate with social
distancing measures for the safety of our families.

www.kiddibops.co.uk

www.facebook.com/kiddibops

5 KEYS

Choosing the Best Nursery
Care for Your Child



KAYLEIGH HARPER JONES

[View more](#)

Pregnant? Children under four?

Don't miss out on **HEALTHY START**
food and vitamin vouchers worth
over £900 per child*

FREE

fruit, veg, milk
and vitamins for
you and your family.
Worth up to
£8.50
per week**

You may qualify for Healthy Start vouchers if
you're **at least 10 weeks pregnant** or have
a child under four years old. Your family
must also receive one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month).



You also qualify if you are
under 18 and pregnant, even
if you don't get any of
the above benefits.



Sign up today www.healthystart.nhs.uk
or telephone 0345 607 6823

Healthy Start

Give your family a Healthy Start

* If you sign up at the first opportunity, when you are ten weeks pregnant
** If your child is under one, you'll receive two £4.25 vouchers per week.
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**Birmingham
City Council**

**HEALTHY
START**

NHS



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

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- Gardening
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- Glazing repairs
- Handyperson repairs
- Electrician
- Gas fitter
- Plumber

For more information contact one of our team on 0121 362 3650





Quiz Night



Welcome to Autumn

We have a quiz night on Wednesday 1st December at 8pm

For just £3 you and your family can join our 20-minute quiz.

The top 3 winners will win a cash prize, so the more people who play the more money you win

To enter 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 our team on 0121 362 3650 to find out more.

AGE concern
Birmingham

commonitea cafe

Open for takeaway hot and cold drinks, cakes, breakfast, jackets, and much more



Monday to Saturday 9.00am till 4.30pm
Support your local charity in Boldmere

LEGAL SERVICES

Legal appointments are now available in our Boldmere office on a Tuesday and Thursday.

We have opening offers until 31st December

Services offered include

- Lasting Power of Attorney
- Wills

If you would like to know more about the legal services we offer, please call one of our team on 0121 362 3650



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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.



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Memory Cafes

Do you know someone living with memory loss?

Every Monday

10am—12noon

Wyld Green URC
Britwell Road
Sutton Coldfield, B73 5SW

Every Monday

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist
Church
South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre
Belwell Lane
Four Oaks, B74 4TR

Join us at one of our memory cafes
- a safe place where people living
with dementia, along with their
family member / friend / carer
can meet, make friends, have fun,
interact and be stimulated.

All attendees must show proof
of both covid vaccinations

Every Thursday

10am - 12noon

Streetly Methodist Church
Thornhill Road
Streetly, B74 3EH

"Friends on Fridays"

10.30am - 12.30pm

Supported by
Sutton Coldfield Methodist
Church,
South Parade, B72 1QY

To book your place at any of our cafes or
for further information please contact Sue
07422 406168
sue.bevington@suttoncoldfield.homeinstead.co.uk

Home Instead
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Sutton Coldfield
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Activities and advice for un-paid Dementia Carers and their cared for.
Come along, socialize and join in stimulating activities whilst also being able to access support and advice from our friendly advisors.

10am-11:30am every Tuesday
Commencing 23rd November 2021

Communita Café
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Tel: 07876 826006
Email: dementiacarers@birminghamcarershub.org.uk





Digital Skills Job Club & Employment Support

Are you unemployed and looking for work?

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Weekly face to face I.T and Job Clubs at the Birmingham Settlement Aston
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www.birminghamsettlement.org.uk
Charity no.: 517303


Job Club offers:

- Career information, advice & guidance
- Employability skills workshops
- Job search support
- CVs, cover letters & job applications
- Interview skills
- Computer skills & internet search techniques
- Resources & ongoing support

Finding work can be difficult on your own, Birmingham Settlement offer welcoming support which is currently available face to face and through Zoom & WhatsApp. We'd love to hear from you - please get in touch to find out more!

Find us here:

610 Community Centre
610 Kingstanding Road
Birmingham
B44 9SH





Cafe Oasis

We are now OPEN !!

**Monday, Tuesday,
Thursday & Friday**

10.00am - 2pm

Main course 12.00 - 2.00

Drinks, snacks and sandwiches
and Hot meals from 12pm

Find us in Sutton Coldfield United Reformed Church

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




Cafe Oasis Christmas Menu

Celebrate Christmas with us at
Cafe Oasis.

Our special Christmas Menu is
available on Friday 17th, Sunday
19th, Monday 20th & Tuesday
21st December 2021

Traditional roast turkey dinner served with all the trimmings.
(Sliced turkey breast, stuffing, pig in blanket, creamed mashed potatoes, roasted
potatoes, selection of seasonal vegetables with a rich gravy)

Duck and pork meatloaf, strips of duck breast mixed with seasoned pork,
wrapped in smoked bacon, served with creamed mashed potatoes, seasonal
vegetables with plum and red wine sauce.

Seasonal vegetable gratin
A selection of vegetables slow roasted with a crispy potato top in a creamy
cheese sauce.
Served with vishy carrots roasted potatoes and creamed sprouts.

Traditional Christmas pudding
Christmas Crumble
Sherry trifle

Two Course Lunch with all the
trimmings £13.00



VOLUNTEERS NEEDED



**Volunteers needed to help our community café at
Sutton Coldfield United Reformed Church.**

Monday 10.00am – 2pm Tuesday 10.00am – 2pm Thursday 10.00 – 2pm Friday 10.00am – 2pm

FLEXIBLE SHIFTS – ANY TIME, ANY SHIFT

POSITIONS INCLUDE: Front of House/Reception. Waiter/Waitress **Cashier**

Volunteer drivers needed for deliveries — Expenses covered

For more information, contact: **Call: 07593 718785**

Email: cafe.oasis@scurc.org.uk **Website:** <https://scurc.org.uk/cafe-oasis/> **OR** find us on Facebook



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- French to GCSE and A-level

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NEW Do you want to learn Mandarin Chinese? **NEW**

Specialist Mandarin Teacher Available online (or in the Sutton Coldfield area)

| *Private 1-to-1 classes | | |
|-------------------------|---|---|
| 1 hour session £30 | 1.5 hour session £35 (£23.3 per hour) | 2 hour session £40 (£20 per hour) |

| *Small groups (2 to 4 people) | | |
|-------------------------------|---|---|
| 1 hour session £35 | 1.5 hour session £40 (Under £27 per hour) | 2 hour session £50 (£25 per hour) |

| *Groups (5 to 10 people) | | |
|--------------------------|---|---|
| 1 hour session £40 | 1.5 hour session £45 (£30 per hour) | 2 hour session £55 (£27.5 per hour) |

*5% discount for advance payment of five or more sessions
*10% for advance payment of 10 or more sessions

Happy to do exam preparation classes such as GCSE for an extra £5 per hour

Reliable, diligent & highly experienced teacher with background in memory, learning methods, learning technology & languages. Fluent in Mandarin & English with Masters degree in Applied Linguistics (distinction) & a PCET level 5 teaching Qualification. Various certificates including a full enhanced DBS available upon request. All levels & all ages are all welcome!

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NEW Email Luc at luchubbard@hotmail.com **NEW**



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or email: chong.fouroaks@gmail.com



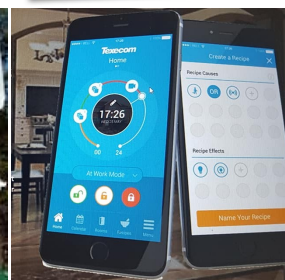
Mondays & Wednesdays

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Adults 7.00pm - 8.30pm

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Email: info@cw-sec.co.uk Website: www.cw-sec.co.uk



5K YOUR WAY MOVE AGAINST CANCER

We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

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

Do as little or as much as you want. There is no need to walk the whole 5k.

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

Where: Walsall Arboretum Visitor Centre steps
(meet at 8.45am)

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

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

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

Don't forget to register with us here:

www.5kyourway.org/register

And register with parkrun to get your barcode



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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.

CREATE at the Gate with K & S

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

Banners Gate Community Hall

Coffee Mornings will resume when it is safe to do so.

Dave will do the rounds to let you know. Meanwhile, have the best Christmas you're allowed to have.

Hall's Gardens Garden Maintenance Services

Gary Hall

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07833720015

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we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site www.newhorizonscounselling.org.

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

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

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

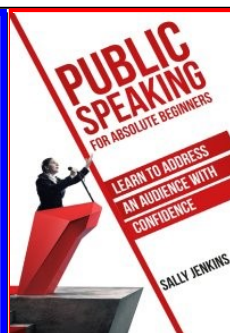
The Jarrett room is approx. 13' x 8'
(4m x 2.5m)

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

The building is step-free.

For further booking information go to:

www.bannersgatecommunityassociation.org



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HATHA YOGA



Banners Gate

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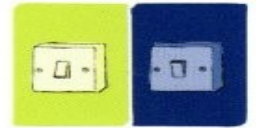
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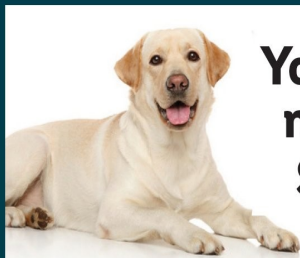
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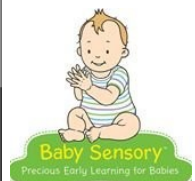
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|---|--|--|---|--|---|
| Sun (1st) 11.00 – 2.00 pm 3 - 7pm (1st) 7.30pm – 8.30pm 10.00 am 1st Sunday of month 10.00-12 am 10.30 am 11.00 am 3.00 – 7.00 pm | Create at Gate with K & S Global Communion Soul Yoga Family Communion For details see website at www.stcolumbasbannersgate.co.uk Loveworld Church Family Worship www.bannersgatechurch.com Chikara Karate Kai Love world Church | Community Hall Banners Gate CC Community Hall St. Columba's Community Hall Banners Gate CC Scout Hall Community Hall | Kathy Weston Pastor Chris 07565 Ola Samuel 07565 Nigel Willis Paul Murphy 07837 Ola Samuel 07565 | 628 6651 65 27 62 354 5873 65 27 62 353 0230 39 57 89 65 27 62 | |
| Mon 6.15am - 7.15am 11am - 1.00pm 7.30 - 9.00 pm | Stay in Focus Fitness Dementia Care Line Dancing | Community Hall Community Hall Community Hall | Barbara H-Walker Diane Pursall | 553 6483 747 4659 | |
| Tues 6.15 am – 7.15am 1st Tuesday in month 9 - 1.00 3rd in month 9.15 - 12.00pm 6.30 - 7.30 & 7.30 - 9.00 7.45 pm | Stay in Focus Fitness Mess around Coffee Morning 3rd Tuesdays Line Dancing Chikara Karate Kai | Community Hall Community Hall Community Hall Community Hall St. Columba's | When they restart Diane Pursall Paul Murphy 07837 | 747 4659 39 57 89 | |
| Wed 9.30, 11.00 & 12 10.30 - 12.30 6 pm - 7pm 7.15 – 8.15 | Baby Sensory Guide Dog Training Mid-week Service Bible Study Yoga. Midlands | Banners Gate CC Community Hall Community Hall Community Hall | Tracy Jones 0775 Madge Nightingale Ola Samuel 07565 Angela Brookes 07939 | 82 56 22 360 0286 65 27 62 54 73 92 | |
| Thurs 6.15 am - 7.15am 10.00 am 10.30 – 11.00 am 12.45 - 2.45 4.30 – 6.30 6.30 - 9.45 pm 7.15 - 10.15 pm (3rd of each month) 7.30 pm | Stay in Focus Fitness Holy Communion Yoga Kiddibops Teachitright Zig Zag Dance Studio Bridge Townswomen's Guild | Community Hall St. Columba's Community Hall Community Hall Community Hall St. Columba's Community Hall Banners Gate CC | Tricia 07954 Rachel 07807 07809 Warren 01902 Sylvia Cunnington 07870 Josie Orme | 354 5873 40 39 43 61 43 10 55 16 61 897 900 352 1042 | 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 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). |
| Friday 10.30 - noon | Music Bus | Community Hall | Sarah Stephen 07979 | 755548 | |
| <div> <div>Updated on Saturday 2021 12 11</div> </div> | | | | | |
| 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 Girguiding: Carol Gardner, Vesey West District Commissioner 350 7191 | | | |

 **The Townswomen's Guild**
 Patron HRH The Princess Royal GCVO

2022
Thurs. 20th January - Bingo, Fish & Chips
Thurs. 17th February T B A
Thurs. 17th March AGM & Alison Jolley
 - Sutton in Bloom
 Our vibrant Guild meets on the 3rd
 Thursday of the month in the Westwood
 Hall, Banners Gate Community Church at
 7.30pm.
 Contact Sue nation on 353 4114

**Coffee, Cake and Carols @
 Banners Gate Community
 Church,
 Westwood Road, on
 Friday December 17th on
 From 2:30pm to 5:00pm**


**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



Girguiding 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.

|  Girguiding UK | 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 |