

## *The Supplement April 2023*



**Banners Gate & Parklands  
Community & Neighbourhood Forum**

**169<sup>th</sup> April 2023**

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

If you want **Gatepost** emailed to you, including cartoons and puzzles, in full colour, wherever you live, **free of charge**, every month, please send an **email to [bgatepost@gmail.com](mailto:bgatepost@gmail.com)** with "Email Gatepost" in the subject line. You can cancel at any time by email with "Stop Gatepost" in the subject line.

Here is the supplement. It contains six related pages that are normally on the main Gatepost.

It also contains a series of photos from this year's Comedy Wildlife Photography Awards. These are followed by examples of French art on buildings. Both sets of photos were sent in by Mike, the second half will be in next month's Gatepost.

Finally, the Doncaster Falls Service, which is on falls prevention and begins with "*Falling can be a common problem but it can often be avoided if some simple advice is followed.*" Harold sent this, he had received it from one of his sons.

I hope you enjoy it.

## Grace Cares is a not-for-profit organisation

which has been set up to support older people, their families and care workers across the UK.

We collect, donate and sell pre-loved care equipment to enhance people's quality of life, support care workers and older people in need with grants and community groups and leave a better planet for future generations.

One of the ways we support our local community of Lichfield is by holding monthly tea parties for the over 75's which provide vital, life-enhancing social connections for older people at a time in their lives when their social circles are diminishing.



**BUY PRE-LOVED  
CARE EQUIPMENT**



**GET HELP &  
SUPPORT**



**DONATE OR GET  
INVOLVED**



### Let's work together





**Birmingham City  
Council are completing  
face to face  
Occupational Therapy  
Assessments  
in your community**

# Occupational Therapy Clinics

Drop-in clinics are running daily  
across Birmingham, from  
9.30am- 2pm.

No need to book.

For more information about  
clinic venues visit:

<https://birmingham.connecttosupport.org/occupational-therapy/occupational-therapy-clinics-in-the-community/>



**Birmingham  
City Council**

Tuesdays: Boldmere Clinic, Newman Community Centre,  
13a Boldmere Road, Sutton Coldfield, B73 5UY. 9.30 - 3pm

## **ERDINGTON WELLBEING HUB**

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

Welcome to a new era of service and support  
for Erdington residents.

**Jordanne Francis**  
Health and Wellbeing  
Officer

T: 0121 320 1930  
T: 0121 827 6295  
M: 07458 130587  
E: [Jordanne.francis@wittonlodge.org.uk](mailto:Jordanne.francis@wittonlodge.org.uk)  
W: [www.wittonlodge.org.uk](http://www.wittonlodge.org.uk)

## **WITTON LAKES ECO HUB**

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

Welcome to a new era of service and support for  
Erdington residents.







**Dementia Connect; a new personalised support service from Alzheimer's Society**

If you need dementia support, we're here for you

 **DEMENTIA CONNECT**



Katherine, aged 60 from South Wales, was recently diagnosed with vascular dementia. Katherine was given information about vascular dementia, support to start attending local groups, advice about council tax reduction and Lasting Power of Attorney.

**'The dementia adviser was lovely and full of information. Without Alzheimer's Society and the dementia adviser we'd have nothing. She is a major networker and knows everything and everyone local, I feel in charge and empowered.'**

Katherine, living with dementia

 **96%** of people who used Dementia Connect felt the dementia advisers provided useful information<sup>2</sup>

If you need dementia support, get in touch today.  
 T: **0333 150 3456**<sup>1</sup>  
 W: [alzheimers.org.uk/support](http://alzheimers.org.uk/support)  
 E:

As Dementia Connect is new, parts of the service may not be available in your area just yet.

Our support services are made possible thanks to generous donations from the public. If you would like to find out more please visit [alzheimers.org.uk](http://alzheimers.org.uk)

<sup>1</sup> Calls charged at standard local rate. <sup>2</sup> Dementia Connect User Survey 2019, 164 respondents in the Birmingham and Solihull pilot area.

  Registered with FUNDRAISING REGULATOR  Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645

**Dementia affects everyone differently. So whether you, a loved one, a friend or neighbour needs dementia support, we're here for you.**

Dementia Connect, from Alzheimer's Society, is a new personalised dementia support service for anyone affected by dementia.

It connects you with a whole range of dementia support, by phone, online and face to face. So, you're one call away from someone who gets it. One click away from answers. One conversation away from help.

It's free, easy to access, and puts you in touch with our dementia advisers. They will connect you to the support you need, from local help to phone and online advice.

**Here are a few examples of the support we provide:**

- emotional support when things get tough
- connecting you to local support groups
- help to understand and live with dementia, including coping techniques
- support with everyday living, such as government benefits.

**'I can contact the service and ask questions, or seek advice and support, whenever needed or when things change'.**

Dementia Connect Service User, Birmingham

 **Phone support**

Our dementia advisers are available on the phone to give you the support you need. They will offer you the option of regular calls so we can keep in touch and help meet your changing support needs.

**Support line opening hours<sup>1</sup>**  
 Monday – Wednesday: 9:00am – 8:00pm  
 Thursday – Friday: 9:00am – 5:00pm  
 Saturday – Sunday: 10:00am – 4:00pm

 **Online support**

Online support is available round the clock through our website. Find relevant information and advice, connect with others in a similar situation on our online community Talking Point, and search for local services through our dementia directory.

 **Face to face support**

Our local dementia advisers can meet you to offer further support, practical advice and information. We can also connect you with other face to face services in your area.

If you or someone you care for needs support, get in touch.  
 T: **0333 150 3456**<sup>1</sup>  
 W: [alzheimers.org.uk/support](http://alzheimers.org.uk/support)  
 E:

**What happens next?**

A dementia adviser will talk to you about what you need and connect you to the right support for you. And you'll only need to tell your story to us once.

<sup>1</sup> Calls charged at standard local rate



# DEMENTIA ACTION WEEK



## DEMENTIA AWARENESS AFTERNOON

Wednesday 17th May

**12:30PM-2:00PM**

**Sutton Coldfield United Reformed Church, B73 6AA**

From **dementia cafés** and **choirs**, to **talking safety with the police** and **self-assessment hearing tests** – the afternoon will help you learn more about dementia as well as the **local support services** available to you



For more information:



Email: [enquiries@suttoncoldfieldtowncouncil.gov.uk](mailto:enquiries@suttoncoldfieldtowncouncil.gov.uk)

Tel: **0121 663 1765**



You can help create a  
Dementia Friendly Community!





## DO YOU NEED MOBILE DATA?

Mobile Data and Wi-Fi are expensive and more and more people are being digitally excluded because of it

Age Concern Birmingham and Good Things Foundation are teaming up to provide free data for local residents

If you are over 18 and live in a low income household then you could be eligible for free data courtesy of the National Databank



To find out more contact us at:  
[joe.millington@ageconcernbirmingham.org.uk](mailto:joe.millington@ageconcernbirmingham.org.uk)  
or  
07432739018



Here at **Age Concern Birmingham** – and funded through **The Armed Forces Covenant Trust Fund** - we have been running a Birmingham and Sandwell “Friends for Life” project for ex-service men and women since May last year. We started out with a group of 4 and now have 40+ who are aware of our project. Our weekly Tues meetings can see between 15-25 people attend on a drop in basis and have representation across all services. (Army, Navy and RAF) our oldest member being Joan who is 101 and was one of the first women to service in the WAF.

The aim of the project is to bring like-minded people together, to expand social opportunities and promote supportive interactions. Over the months we are proud to report that many friendships have formed, respect and strong values bring this group together resulting in a community of support outside of the weekly meet. Many of our veterans have also gone on to fulfil a volunteer role within our organization, giving a real sense of purpose and increased self-esteem.

The project has many options to combat isolation - not everyone may be comfortable with a group setting, so where possible we can facilitate phone calls, 1-1 meets and in some cases home visits if all parties are happy.

If you have served or know someone who has and would benefit from this project – please contact Claire on 07930354885 for more information



**WE NEED YOU!**

Calling all Ex Service Men and Women  
Across Birmingham and Sandwell

Did you serve?  
Do you know someone who served?

Lets get together to reduce  
isolation, promote social  
interaction and make new friends  
with people from similar  
backgrounds.

For more information on our  
groups and opportunities  
contact Claire on 07930354885

AGE concern  
Birmingham

THE ARMED FORCES  
COVENANT FUND TRUST

**no men.... just pause**

Here at Communita we are looking to start a  
no men.. just pause group.  
to SHARE, SUPPORT,  
ASK and UNDERSTAND  
all things menopause.

You might be feeling  
overwhelmed? and not yourself?  
It's OK! So... #letstalk about you!

Ring Claire on 07930 354 885 for more information.

**MENOPAUSE**

**An owl dangling precariously from a branch has scooped the overall prize of this year's Comedy Wildlife Photography Awards.** Out of the 3,500 entries, Tibor Kercz won the overall prize with his series of images showing an owl

Tibor Kercz's photo of an undignified owl was the overall winner



**Take a look at the rest of the winning photos from the competition.** Andrea Zampatti won the Land category with a photograph of a dormouse





Troy Mayne won Under The Sea category with a photobombing sea turtle



John Threlfall won the “In The Air” category with a bird and an ominous vapour trail



## 'Highly Commended' photos

Daisy Gilardini photographed a polar bear clinging on to its mother



Penny Palmer caught a sea otter reaching for the sky





Carl Henry's was highly commended for his photo entitled All Dressed And Ready For Church



Olivier Colle spotted a hare munching on grass



...and now for something different.  
French Street-Art with a brush instead of a camera.

*Street-Art et immeubles peints*

riquet77570 



Girl sleeping





Boy on drainpipe



Boy on ladder





Boy running up wall



Boy top of stairs  
16





Boy with magnifier glass





Boy with pie





Car park



Charlie





End wall peeling



Girl holding hand





Girl on tree





Girl watering tree



Having set up the first two parts, rather than enter each page of the Doncaster Falls Service separately, I have decided to attach it as a pdf, so just click on it.

If your emails fail, just click on [bannersgateneighbourhoodforum.com](http://bannersgateneighbourhoodforum.com) and when it opens you will see all three, Gatepost April 2023, The Supplement April 2023 and Doncaster Falls Service. Just click on the one you want to read.

Thank you, I hope you enjoy them.

## Stop press

I could not include a photo of the moth that was mentioned in Rob Pocock's account of the meeting at the Harvester on Wednesday, 19th April because it would have taken me over the top, so here it is.

It is variously described as a Hawkmoth, Hawk Moth and Hawk-moth so take your pick. There is also the Hummingbird-Hawkmoth, so called for obvious reasons. The Hawkmoth wing span is approximately 2 inches/5centimetres.

Here are a few photos. taken at random to whet your appetite (and fill the page!).

