

The Supplement May 2023



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

171st June 2023

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** with "Email Gatepost" in the subject line. You can cancel at any time by email with "Stop Gatepost" in the subject line.

Chris W has been bombarding me with WhatsApp messages.. Why should I suffer alone, now it is your turn.



1. In which battle did Napoleon die?

His last one

2. Where was the Declaration of Independence signed?

At the bottom of the page

3. The Ravi River flows in which state?

Liquid state

4. What is the main reason for divorce?

MARRIAGE

F

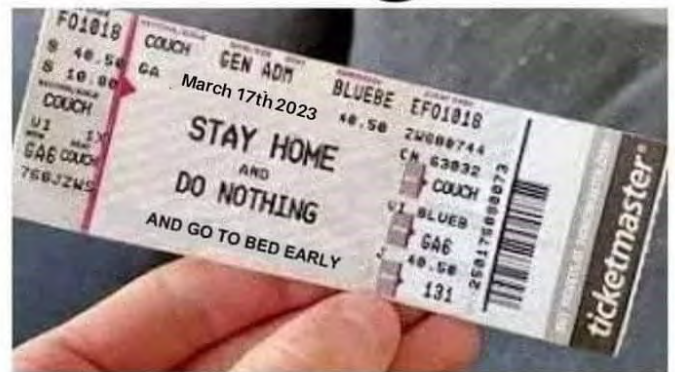


Gardening Tip: When you plant a puppy, make sure you choose a container that can comfortably accommodate the **full-grown dog**.



But no warning about leopards?

Got my ticket for tonight!



The oldest computer can be traced back to Adam and Eve.

Surprise! Surprise!

It was an Apple.

But with extremely limited memory.

Just 1 byte.

Then everything crashed.



At our age, we can hide our own Easter Eggs, wait half an hour, and have no clue where we put them!

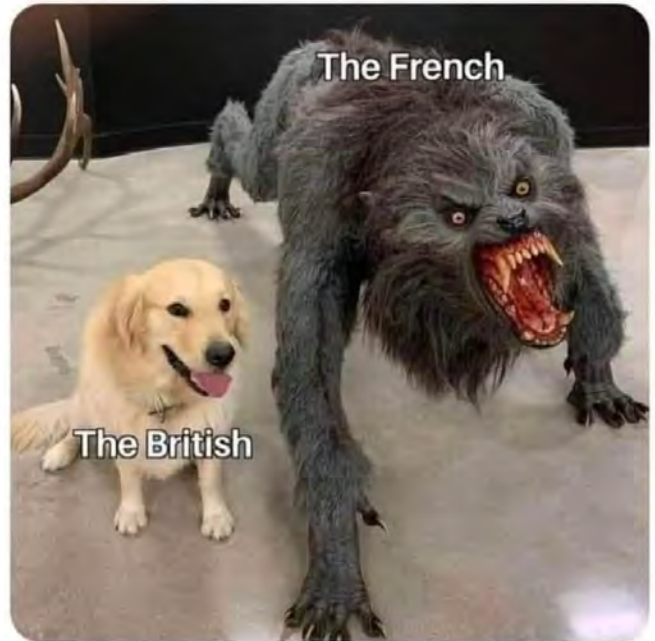
silversurfers.com

www.silversurfers.com



RETIREMENT
AGE RAISED
TO 67

RETIREMENT
AGE RAISED
TO 64

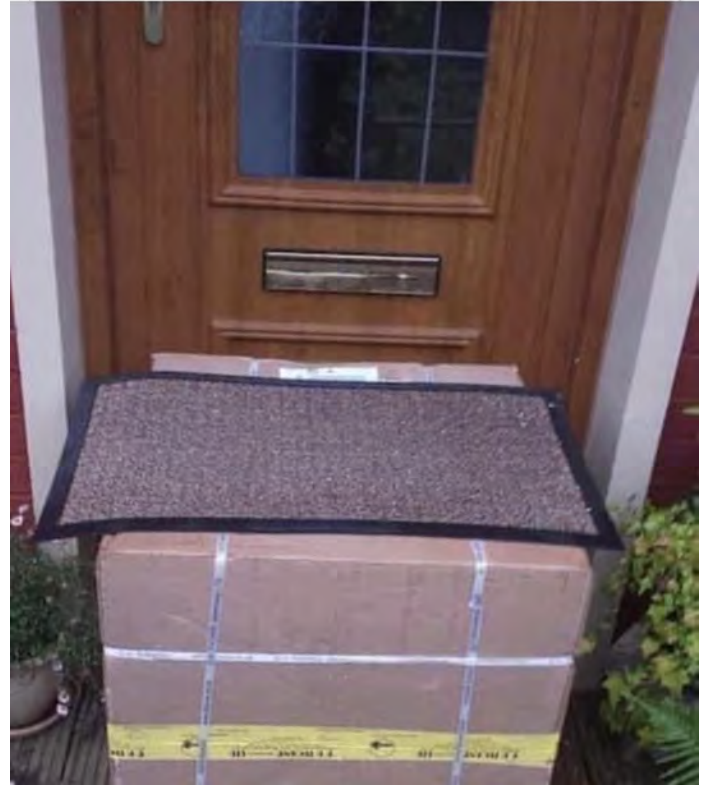


Is this the real life, or just a



Going into a teenager's room is like a trip to IKEA, you pop in for a look and leave with 6 cups, 4 plates, a tea towel and some cutlery!

Delivery driver went to great lengths to hide our parcel .
Much appreciated 🙏



Shoutout to everyone who can still remember their childhood phone number but can't remember the password they created yesterday. You are my people.

Clock for retired people



"You're so vain,
You probably think this sign is about you."



**WHEN YOU CAN'T
DECIDE WHAT TO WEAR**

Today is the day that I do
everything tomorrow !



Find the Frog



lucyupotato



Hard



I Tried



Found it

There'll be more next month

The following advertisements may benefit you, or people you know.

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
W: 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 information²

If you need dementia support, get in touch today.
 T: **0333 150 3456**¹
 W: 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

¹ Calls charged at standard local rate. ² 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 hours¹

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**¹

W: alzheimers.org.uk/support

E:

uk

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.

¹ Calls charged at standard local rate



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
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 07930354885 for more information.

MENOPAUSE

The following are items from the stalls at the Carers event on Friday 9th June at Sutton Coldfield United Reformed Church

Advocacy Matters

VOICE CHOICE INDEPENDENCE


Advocacy Matters Volunteering Roles

Become an Advocacy Matters Volunteer. Keep reading to find out more about our amazing opportunities.

All Volunteer roles involve in depth training and induction to equip for the role, ongoing quality support and the chance to learn many new things!

BE PART OF SOMETHING AMAZING AND LIFE CHANGING!

0121 321 2377
Advocacy Matters operates independently from service providers, the council and the NHS.
 Our Independent Advocacy is free at the point of access



Carers United
Because we are Carers too

CARERS look after family, partners or friends in need of help because they are ill, frail or have a disability and the care they provide is unpaid.


IF YOU LOOK AFTER SOMEONE WITH A DISABILITY OR LONG TERM HEALTH CONDITION AND WOULD LIKE TO MEET OTHERS IN A SIMILAR SITUATION, THEN PLEASE JOIN OUR

CARERS CAFÉ & FLEXI CARERS
11.30am – 1.30pm
(1 hour coffee & 1 hour gentle exercise)
(Every 2nd and 4th Tuesday of month)
Tuesday 13th & 27th June 2023
Tuesday 11th & 25th July 2023
Tuesday 8th & 22nd August 2023
Tuesday 12th & 26th September 2023

UNITED REFORMED CHURCH
1 BRASSINGTON AVENUE
SUTTON COLDFIELD
B73 6AA

£2 per session. Please ring office to book a place. All Carers welcome so please come along in comfy clothes and flat shoes or trainers to enjoy exercise, coffee and a chat.

CALL 0121 355 1006
FOR MORE INFORMATION
AND BOOK YOUR PLACE



OUR PLACE
Carers United is a charity registered in England and Wales (1165802).
 Registered office: Our Place Community Hub, Farthing Lane, Sutton Coldfield, West Midlands B72 3AN Tel 0121 355 1006

Finding the right care

FREE and independent advice to service users and their families



CHS Healthcare
 Part of Acacium Group

Live-In Care

Bringing health and social care together

Why choose Live-In Care?

Live in care is a **comforting alternative option** to residential care homes for those in later life. It ensures the individual receives **high quality care** 24 hours/day.

This option of Live-In Care is **becoming increasingly popular** in the UK as it provides the highest quality care in the comfort of your own home.

What are the benefits?

How can it help?

-  **Independence**
Stay in the comfort of your own home
-  **Independence**
One-to-one support 24/7
-  **Independence**
Prevent loneliness and isolation with a tailored care plan
-  **Independence**
More economical than many other care options



CHS Healthcare

Email Us: Midlandsplacements@chshealthcare.co.uk
 Or Call: 0800 210 0357

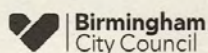
An introduction on how to receive financial support to purchase the best daily living care and support for you.

DIRECT PAYMENTS

You know the best way to meet your needs



BE BOLD
BE BIRMINGHAM



Where can I get more information?

The easiest way to find information and advice about Direct Payments is by visiting Birmingham City Council's website at birmingham.gov.uk/ and searching for 'Direct Payments'. You can also contact:

Direct Payments Finance Team:

Email: AdultsDirectPayments@birmingham.gov.uk
Telephone: 0121 303 2665

Birmingham City Council

CS Adult Social Care:

Email: CSAdultSocialCare@birmingham.gov.uk
Telephone: 0121 303 1234
Text Relay: Dial 18001 followed by the full national phone number.

Birmingham Connect to Support

birmingham.connecttosupport.org/

How do I ask for a Direct Payment?

You can contact your Social Care Worker or, if you do not have one, contact the team at: Email: CSAdultSocialCare@birmingham.gov.uk
Telephone: 0121 303 1234

If you have a hearing impairment you can contact us by using the Text Relay service. Details of this service can be found on the Text Relay website at: relayuk.bt.com/



7

**Personal and Professional
footcare in the comfort of your
own home**



**Julie Evans DipCFHP, MPSPract.
Mobile Foot Health Practitioner**

- Home visits available for:
- Toenail trimming
- Hard skin reduction/ Cracked heels
- Fungal nail Treatment
- Verrucas
- Ingrowing toenail
- Diabetic footcare

Appointments 07514 555782

Registered, Insured, DBS checked

BEARFEET

Email: info@bearfeet.co.uk



Helping You At Home Service

JCUK is a registered local charity working in partnership with Age Concern Birmingham to provide quality care and support within the home in and around the following areas:

Sutton Coldfield, Kingstanding, Erdington, Castle Vale, Great Barr



Wellbeing Support Services

Competitive Rates

Personal Care Service

Competitive Rates

We are registered with the Care Quality Commission and offer individually tailored high quality person centred personal care and support within the home.

Our wellbeing team are fully trained and supervised so you can be confident your care is in good hands.

Call us on **0121 362 3650** to request a free home visit to discuss your needs with a view to developing a personalised support plan just for you.

Age Concern Birmingham & Jubilee Citizens UK Registered Office: 76-78 Boldmere Rd, Sutton Coldfield, B73 5TJ.
Registered Charity Numbers: 518610 & 1096555

The Sutton Coldfield NNS is a local project that aims to support community based organisations and activities, and identify gaps in the community offer with a focus on supporting people aged 50+ or adults with additional needs.



We can offer a range of support around issues such as marketing and promotion, volunteering, governance and fundraising.

The Sutton Coldfield NNS also has grants available of up to £10,000 to help support existing activities or develop new ones.

To find out more, and have a friendly chat with one of the team, please get in touch!

nns@ageconcernbirmingham.org.uk
0121 362 3663

AGEconcern
Birmingham

Compass Support
Making lives and communities better



Advice Service

FREE ADVICE ON:

BENEFITS

HOUSING

EMPLOYMENT SUPPORT



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

DEBT ADVICE

LEGAL ADVICE

For more information contact us on: **0121 354 4080**

Email: **advice@ourplacesupport.org**

www.ourplacesupport.org

Facebook, Twitter, Instagram
@OurPlaceSupport

Supported By
COMMUNITY FUND



Are you aged 18-25 and caring for someone?



YMCA SUTTON COLDFIELD

Our Young Adult Carers Service (YAC) can offer you free help and advice.

If you support a family member with a disability, illness or addiction, we can help you reach your full potential. We offer;

- Information and advice to support you and your family
- An assessment of your needs
- Regular groups and drop-ins
- Individual life coaching to achieve your work or education goals

0121 354 5614

YAC@birminghamcarershush.org.uk

birminghamcarershush.org.uk/YAC



Birmingham City Council

NHS Birmingham and Solihull
Local Commissioning Group

BIRMINGHAM CHILDREN'S TRUST

Voluntary Care

YMCA

PARKINSON'S^{UK}



WALK FOR PARKINSON'S

Sutton Park, Birmingham B74 2YT

Saturday 22 July 2023

[events.parkinsons.org.uk/](https://events.parkinsons.org.uk/walkbirmingham)

[walkbirmingham](https://events.parkinsons.org.uk/walkbirmingham)

0800 138 6593

#WalkforParkinsons



Useful Contacts

HELP for people with Parkinson's & carers on 0808 800 0303 Mon-Fri 9am-7pm, Sat 10am-2pm. Check the website www.parkinsons.org.uk

Parkinson's Support Jackie Conn	0300 123 3673 Int 3973
E mail: jconn@parkinsons.org.uk	
Specialist Nurses	0121 466 6183
Designated Protection Officer	0344 225 9853
E mail: safeguarding@parkinsons.org.uk	
Parkinson's Advisor Hermina Roberts	0344 225 3763
Branch Chairman: John	0121 308 7826
Email: chairsuttonparkinsons@gmail.com	
Branch Secretary: Kathy	0121 241 3212
Email: sectparkinsons@gmail.com	
Branch Programme Co-ordinator: Alan	0121 605 4355

Parkinson's Café Communita Café, Age Concern, 76-78 Boldmere Rd, Sutton Coldfield, B73 5TJ; 10am – 12 noon every 1st and 3rd Thursday		
5	19	January 2023
2	16	February 2023
2	16	March 2023
6	20	April 2023
4	18	May 2023
1	15	June 2023
6	20	July 2023
United Reformed Church, Gracechurch Centre, 10am – 12 noon every 2nd Tuesday		
10		January 2023
14		February 2023
14		March 2023
11		April 2023
9		May 2023
13		June 2023
11		July 2023

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Patron: Rt Hon Andrew Mitchell, MP

ROYAL SUTTON COLDFIELD

and

NORTH BIRMINGHAM BRANCH

PROGRAMME JANUARY – JULY 2023

Registered Charity No. 258197

Branch Meetings are held at

South Parade Methodist Church, Sutton Coldfield, B72 1QY
 (for satnav use B72 1RB)

Thursdays 1.45.–3.45.pm. Please arrive promptly

The Society/Branch provides support and help to anyone "touched" with Parkinson's, to provide information, to sponsor research and help those with welfare problems. A warm welcome is extended to all people with Parkinson's, their relatives and friends

PARKINSON'S UK - ROYAL SUTTON COLDFIELD AND NORTH BIRMINGHAM BRANCH PROGRAMME JANUARY – JULY 2023

January 2023	5	Yoga	May 2023	4	Yoga
	12	Pantomime – "Dick Whittington" The Hippodrome		11	Extend
	19	Tai chi		18	Tai chi
	26	Annual General Meeting		25	Singing to beat Parkinson's
February 2023	2	Yoga	June 2023	1	Yoga
	9	Extend		8	Extend
	16	Tai chi		15	Tai chi
	23	Singing to beat Parkinson's		22	Singing to beat Parkinson's
March 2023	2	Yoga		29	Holiday Week; Cricket St Thomas, Somerset, 26 – 30 June 2023
	9	Games	July 2023	6	Yoga
	16	Extend		13	Extend
	23	Tai chi		20	Tai chi
	30	Singing to beat Parkinson's		27	Singing to beat Parkinson's
April 2023	6	Yoga	Forthcoming Events		
	10-16	Parkinson's Awareness Week	"The Lion King", The Hippodrome, Thursday 13 September 2023		
	13	Extend	Parkinson's Cafés – see Boldmere and Sutton Town Centre overleaf		
	20	Tai chi	Nordic Pole walking in Sutton Park every Tuesday 11.00.a.m.–12noon. Contact Kathy Busk: 0121 241 3212		
	27	Singing to beat Parkinson's			

Memory Cafes

Do you know someone living with Memory Loss?

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.

**Every Monday
10am - 1pm**

Erdington Methodist Church
Wesley Road (off Station Rd)
Erdington
B23 6TX

**Every Tuesday
10am - 1pm**

All Saints Church Centre
Belwell Lane
Four Oaks
B74 4TR

**Friends on Fridays
10am - 1pm**

Sutton Coldfield
Methodist Church
South Parade
B72 1QY



For further information please contact Sue
07422 406168
sue.bevington@suttoncoldfield.homeinstead.co.uk

Home Instead
Plantsbrook House
94 The Parade
Sutton Coldfield
B72 1PH
0121 323 4200

Paying for care – Self Funders

- Your questions answered
- Where to get further information



Where can I get more information?

The fastest way you can get information and advice about adult social care, how to care for yourself by looking at your needs, how you can meet them, and to find the services you need online, you should visit www.birmingham.gov.uk/adultsocialcare

Or, you can contact your social worker or if you do not have one, contact the team below:

Adults and Communities Access Point (ACAP)

Email ACAP@birmingham.gov.uk
Phone 0121 303 1234
Text phone 0121 303 6230

For lots of financial information visit: www.birmingham.gov.uk/helpayingforcare

Leaflets in this series:

- Deferred Payments
- Direct Payments
- Top-up Payments
- How much will you have to pay?
- Self-funders

Further information:

You can also get information from the following organisations:

Citizens Advice
www.citizensadvice.org.uk

Money Advice Service
www.moneyadviceservice.org.uk
Freephone: 0300 500 5000

Age UK
www.ageuk.org.uk
Freephone: 0800 169 6565

If you would like a copy of this booklet in another language, in large print, in Braille or on audio tape or CD, please phone 0121 464 3123 or email peoplescommunications@birmingham.gov.uk



68.32 / DECEMBER 2017

Your social care and support – **how much** will you have to pay?



Information about your financial assessment, how much you will pay, and where to get further information

Further information:

Financial assessments

Email clientfinancialservices@birmingham.gov.uk
Phone 0121 303 2976

You can also get information from the following organisations:

Citizens Advice
www.citizensadvice.org.uk

Money Advice Service
www.moneyadviceservice.org.uk
Freephone: 0300 500 5000

Age UK
www.ageuk.org.uk
Freephone: 0800 169 6565

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- How much will you have to pay?
- Self-funders

Care Act details can be found at www.gov.uk (search Care Act).

If you use an organisation or individual that carries out regulated financial service activities in the UK, you are advised to check that they are authorised by the Financial Conduct Authority. You can check this by visiting www.fca.org.uk/firms/systems-reporting/register

If you would like a copy of this booklet in another language, in large print, in Braille or on audio tape or CD, please phone 0121 464 3123 or email peoplescommunications@birmingham.gov.uk



62.32 / FEBRUARY 2019

Thank you Mike R, for the following photos

As always...

Do Not Leave
Home without
Your Camera







