

The Gatepost Supplement October 2023



Banners Gate & Parklands Community & Neighbourhood Forum

175th October 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.



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2023

moneysavingcentral.co.uk/kids-eat-free



MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

M&S CAFES

Spend £5 & get one free kid's meal Mon - Fri during the Oct Half term (various dates)

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI

From Monday 16th October - Friday 27th 2023 kids eat free with every £10 adult spend

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

BILLS

2 kids eat FREE Monday - Friday from Monday 23rd October - Friday 3rd November 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

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



Information and Advice

We offer free information and advice to support you and your loved ones in later life.

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

If you or your loved ones are in need of support, information or advice this Christmas, here is a list of useful numbers for you to call:

Ambulance, Fire and Police	999 or 112
NHS Direct (24 hour helpline)	111
Prescription/Shopping Support (NHS)	0808 196 3646
Gas Emergency	0800 111 999

Local services

Birmingham Sandwell

Council Tax	0121 303 1113	0121 368 1155
Benefits (Welfare, Housing etc.)	0121 464 7000	0121 368 1155
Anti-Social Behaviour	0121 303 1111	0121 368 1166
Domestic Violence (non-emergency)	0121 303 0368	0121 552 6448
Emergency Duty Team	0121 675 4806	0121 569 2355
Highway/Flooding/Transportation (out of hours only)	0121 303 4149	0121 368 1177
Adult Out of Hours Home Care Services	0121 464 5001	0121 569 2355
Adults and Communities Access Point	0121 303 1234	0121 569 2200



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



Age UK Birmingham Limited is a registered charity (1138240) and company limited by guarantee. Registered in England and Wales number 7334392. Age UK Sandwell Limited is a registered charity (1080517) and limited company by guarantee, registered in England and Wales number 0393848 and are a subsidiary of Age UK Birmingham. Registered office for both organisations is Age UK Birmingham and Age UK Sandwell, Stratford House, Stratford Place, Birmingham, B12 0HT.

Here at Age UK Birmingham and Age UK Sandwell, we understand how important it is to look after yourself and your loved ones. We offer a wide range of services to help people in later life.

Information and Advice

From claiming benefits to finding the right residential care, our friendly team of dedicated staff and volunteers, provide free, independent advice and support with:

- Welfare Benefits.
- Pension Advice.
- Consumer Problems and Rights.
- Housing Options.
- Residential Care.
- Health Care at Home.
- Family and Personal Matters.
- Accessing Local Services.
- Complete Forms – e.g. Blue Badge, Housing/Council Tax Support etc.
- Make Telephone Calls and Write Letters.



If we are unable to help you, we will put you in touch with someone who can. Contact our information and advice team on 0121 437 0479.

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

Please note that the information and advice service does not open on bank holidays.



Information Guides

Age UK produce free information guides and factsheets on a wide variety of topics including money, legal, health and wellbeing, home, care travel and lifestyle. You can find a complete list of all the guides and factsheets at

www.ageuk.org.uk/services/information-advice/guides-and-factsheets/

Our drop in service is open Monday to Friday 9.30 - 3.30 at Stratford House, Stratford Place. Birmingham B12 0HT.

Or through pre-booked appointments at:

Ann Marie Howes - Every Monday 9.30 - 2.00 (except bank holidays)

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

Are you a carer supporting someone living with dementia? We are here to help.

Come and join us at your local dementia carers hub
support group at Falcon Lodge Community Hub, Church
Hill Rd, B75 7LB, every Wednesday 1pm to 3pm



We know that being a carer can be difficult. However, you are
not alone and this group provides the chance to meet others on
a similar journey, as well as directing you to relevant and
practical support

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

📍 Falcon Lodge Community
Hub, Church Hill Rd, B75 7LB

☎ 0121 437 0033



Support Group
SUTTON COLDFIELD

Delivered by Age UK Birmingham &
Age Concern Birmingham



Carer Support Group Open Day

Are you supporting someone living with dementia
in Sutton Coldfield?

Come along and meet the
team, join in with
activities and receive
information about what
we can do to support you.

Wednesday 13th September
1pm to 3pm

**Falcon Lodge Community
Hub, Churchill Rd, B75 7LB**



For more information, contact us:
0121 437 0033

dementiacarerhub@ageukbirmingham.org.uk

www.birminghamcarershub.org.uk

**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/](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.





Join us for
our next
event


**Mercia Grange care home,
Sutton Coldfield**

**Coffee, cake &
friendship cafe**

**First Tuesday of every month
2pm - 4pm**

Come along to our coffee, cake and friendship café! Meet Alzheimer's Society Dementia Advisors and gain valuable support and advice. Join like-minded members of the community, make new friends and enjoy a selection of home-baked treats in our warm café. We also have a dementia-friendly barbour on hand to provide your loved one with a unique pampering experience.

Experience a tour of our beautiful care home, whilst our friendly team are always on-hand to provide help and guidance.

Trusted to care. 

To attend please call
01214 682 684 or email
rachel.mackay@careuk.com

care UK 



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH
LAUNCHES WEDNESDAY 26TH JULY 2.30- 4.30PM

Join us at Sutton Park Grange for our Dementia Friendly Cinema.

Join us with your carer, partner or friend where you will be welcome to watch an appropriate film and enjoy popcorn and refreshments.

For more information please call please call Karen on **01217 562 174** or email: sutton.enquiries@cinnamoncc.com to reserve your space.



Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham, B72 1LY
www.cinnamoncc.com/suttonparkgrange



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

Sutton Park Grange has been designed with the people we care for in mind – whether it is the personalisation of their care plans, the careful selection of the décor in their room, their dining experience, hobbies or personal preferences...

At Sutton Park Grange, people will always come first

For more information or to book your personalised tour please call our Team on **01217 562 174** or email sutton.enquiries@cinnamoncc.com to find out more.



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 1LY
www.cinnamoncc.com/suttonparkgrange





British Sign Language (Birmingham)

FREE BSL EVENING CLASSES STARTING SEPT 2023

Banners Gate Community Centre, Sutton Coldfield B73 6UR

The Great Barr Community Hub

*A **10-week** workshops, Virtual learning(online) and face to face(centre) providing you with basic conversational BSL skills to communicate effectively. No experience needed or Level of signing. Come join for some fun learning. Refreshments included. Please phone or email to reserve place **HURRY!** Limited places*

10-week courses delivered by experienced Tutors

Topics such as

- Fingerspelling
- Meeting people
- Questions
- Number/Time/Money
- Weather
- Transport
- Jobs
- Colours
- Family
- And more



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



Calling all cat lovers ..
Can you help?
Can you adopt?
Can you foster?

Lucy

Terence

Polly

Jo Jo

All the cats featured here are now - August 2023 - looking for their forever home - for a host of reasons. Maybe their owner has died as with Lucy, some are in dire straits, having to move into rented, losing their partners or jobs - all sorts of situations and changes of circumstances.

If any one of these lovely cats appeals to you - or if you could foster - contact Lynne of Team Cat Rescue on 0121 373 4596.

Annual health checks for those who are diagnosed with dementia

Information for those who are living with dementia, their families, loved ones and carers

Birmingham and Solihull Integrated Care System
Caring about healthier lives

Are you a person living with dementia or do you care for somebody that is living with a type of dementia? (for example Alzheimer's disease, Vascular Disease, Frontotemporal Dementia).

Did you know that if you are diagnosed with dementia, you are entitled to a free annual health check. It is important to undertake annual health checks and it is a key part to an individual's care and well-being.

What is an Annual Health check?

- An Annual Health Check is a discussion between you and a Health Care Professional (Nurse, Advanced Health Practitioner, GP) to see how things are going and offer local support on matters which you may find challenging.

Why do you need an Annual Health Check?

- The health check will help you keep healthy and get the right support you need if there are any changes to your body or the way you are feeling

How do you get an Annual Health Check?

- Each year the patient will be contacted by their registered GP Practice before their annual health check is due. If you provide support to a person living with dementia, and want to arrange an annual health check, then please contact your GP Practice.

What if you want an Annual Health Check but haven't had one?

- You or a member of your family can contact your GP Practice and ask for an Annual Health Check appointment
- Tell your GP Practice that you have dementia so they can give you the right health check

How long does an Annual Health Appointment last?

- 20-30 mins

What help might you need?

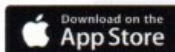
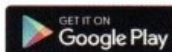
- Ask for help if you feel that you might be distressed about going to the GP Practice by yourself
- If you find it hard to tell the Health Care Professional how you are feeling or are worried about having an health check, you can take a member of your family or someone that knows you well
- Maybe write down a list of questions you might want to ask the Health Care Professional

What happens during the Annual Health Check?

- The Health Care Professional will ask all about you and how things are at home
- Review medication/weight/height and carry out blood tests
- Identify any changes in behaviour and offer some solutions
- Review planning for the future conversations by identifying a person's wishes and preferences
- Offer personalised support by referring the patient or someone who is caring for them to a number of services including: Dementia advisors, Social support, finance support, [Birmingham Carers Hub](#), [Carers Trust Solihull](#), [Alzheimer's Society](#), [Memory Assessment Service](#)

Can you help us save more food?

OLIO
The Food Sharing App



Yes you can!

It's easy to give back to the OLIO community



Spread the word

Tell the next 5 people
you talk to about OLIO.
Go on, don't be shy!



Add to OLIO

Your neighbours will
love your spare food or
household items.



Volunteer

Feel great
& do good
at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO

f @OLIOex i @OLIO_ex t @OLIO_ex

- to ask for help -
- if you can't do it alone -
- if it all feels too much -

It's okay...

- to not know what you need -
- to speak to someone -
- not to feel okay -

We're here to talk, 24/7. Just call us on
0121 262 3555.

NHS

LivingWell
UK

 **mind**
for better mental health
Birmingham

It's okay...

... not to feel okay. If you're worried, anxious, or just a little down, you can talk to us.



Call our helpline, open 24/7:
0121 262 3555



Talk to us online via Live Chat (10am-9pm):
[birminghammind.org](https://www.birminghammind.org)



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -



LivingWell
UK





COULD YOU VOLUNTEER?

Our Volunteers are legends and we are always looking for more. We wouldn't be able to do all that we do without the amazing work and support of our volunteer team. There are different ways in which you can volunteer for us at The gap*. We offer all the training that is required and we put all volunteers through the DBS process.

We would love to welcome you onto our team! If you have a heart for young people and seeing them thrive in life please do get in touch. You can do this by emailing us at or scanning the QR code to go straight to our website!

CONTACT US

Senior youth worker
07565542976
gap.huboffice@gmail.com



gap.huboffice@gmail.com



At The Gap we exist to engage, identify and invest in the lives of marginalised young people in Sutton Coldfield and surrounding areas. We look to step into the gap between exclusion and acceptance, between apathy and hope. We seek to demonstrate that actions really do speak louder than words.

A big part of what we do is our drop-in session Venue on Mondays, Wednesdays and Fridays from 3:30-5:30 which is full of fun, games and hot chocolate! We also run The Studio here where we record music or podcasts based on discussion topics the young people are passionate about. Outside of this we do 1-1 mentoring sessions in schools with our project Headspace where we help young people with their mental health. We also have our detached youth work project OutThere!



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

Sutton Coldfield Neighbourhood Network Scheme (SCNNS) are pleased to launch their **new monthly email newsletter**.

Please sign up to the mailing list by emailing nns@ageconcernbirmingham.org.uk to receive updates on newly supported projects, asset news and training opportunities.

To discover everything you need to know about the Sutton Coldfield Neighbourhood Network Scheme as a whole, you can also read our **NNS Handbook** at

<https://www.calameo.com/read/00067546760ea7e9396a0>



<https://www.facebook.com/profile.php?id=100086596932293>

<https://birmingham.connecttosupport.org/>

The following pages are items picked up on a Heritage Day visit to Trinity Church

HOLY TRINITY PARISH CHURCH
ROYAL SUTTON COLDFIELD

BECOME A FRIEND




FRIENDS OF HOLY TRINITY
PARISH CHURCH, ROYAL SUTTON COLDFIELD
htsc.org.uk

MEMBERSHIP FORM

Please complete this membership form and return it to us at the address shown at the bottom of the page, enclosing a self-addressed envelope, and with cheques made payable to 'Friends of Holy Trinity Parish Church'.

Name _____

Address _____

Tel _____

Email _____

PRIVACY NOTICE: Personal data for membership and event ticketing is recorded and stored securely via an encrypted cloud-based membership system. Data is held strictly for the purpose of administering membership, and to send you newsletters about concerts and events at Holy Trinity Parish Church. We do not sell or share your information with any 3rd parties. Please indicate your consent to use your data in this way by ticking one of the boxes below.

Please tick ☐ Yes ☐ No

GIFT AID: I declare that I am a UK taxpayer and that in this tax year and each subsequent tax year, my annual income tax and/or capital gains tax will at least or exceed the amount of any tax reclaimed by this charity and other charities and community amateur sports clubs in respect of gifts that I make. Council Tax and VAT is excluded. I will notify Holy Trinity Parish Church should this status change in the future. I understand that Holy Trinity Parish Church, Sutton Coldfield (Registered Charity: 1133764) will reclaim 25p of tax on every £1 that I have donated. I confirm that this declaration covers this donation and any future donations made in this and subsequent years to this charity.

Please tick ☐ Yes ☐ No

giftaid it

Signature _____

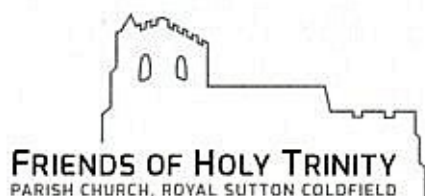
Date _____

Friends of Holy Trinity Parish Church, Church Hill, Mill Street,
Royal Sutton Coldfield, B72 1TF

Telephone: 0121 321 1144

htsc.org.uk

Holy Trinity Parish Church is a Registered Charity - No. 1133764.



JOIN US

Friends of Holy Trinity Parish Church, was launched in September 2013.

Our aim is to deliver an inspiring and engaging programme of concerts and events to ensure that Holy Trinity Parish Church remains at the very heart of the Royal Sutton Coldfield community.

Our fundraising and Friends membership aims strictly to sustain and enhance this historic 750 year old building – the fabric of which currently costs in excess of £25,000 per annum to repair, maintain and improve.

WHAT DO I GET?

Becoming a member of the Friends of Holy Trinity offers you the chance to contribute to Royal Sutton Coldfield's historic parish church, complimentary programmes at events, priority updates and a quarterly newsletter.

Each year, the Friends aim to raise at least £10,000. Since foundation, Friends has contributed to:

- Specialist Cleaning and restoration of the 1914 CE Bateman chancel ceiling
- Improvements to the church sound system and hearing loop
- Additional Dais lighting to enhance worship and to support concerts and events



OUR PATRON

Rt Hon
Andrew Mitchell MP



"I am delighted to be Patron of the Friends of Holy Trinity Parish Church. For over 700 years this building has served the people of Royal Sutton Coldfield. It remains an intrinsic part of our Town's community life hosting major occasions such as the annual Remembrance Service and our Town's Civic Service each year, as well as its significance as the final resting place of Bishop Vesey. I support the Friends in their objectives of presenting a programme of events and concerts which it is hoped will raise essential funds to preserve and improve the building for future generations."

MEMBERSHIP OPTIONS

Adult (annual)	£15	<input type="checkbox"/>
Young Person (annual – 16-17 year old)	£10	<input type="checkbox"/>
Family (annual – up to 2 Adults and 3 Under 18)	£30	<input type="checkbox"/>
Lifetime Individual	£450	<input type="checkbox"/>

[PLEASE TICK YOUR CHOSEN OPTION]

BECOME A FRIEND OF HOLY TRINITY

We offer a secure website to make membership and event payments quick and easy. This is our preferred option and this site accepts all major credit and debit cards and has a current account direct debit facility.

Please visit htsc.org.uk













Alternatively, please complete the membership form overleaf and return it to us at the address shown at the bottom of the page, enclosing a self-addressed envelope, and with cheques made payable to 'Friends of Holy Trinity Parish Church'. Completing the Gift Aid declaration will help us enormously at no extra cost to you.

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

"The underlying theme is that everybody appreciates, respects and enjoys what everyone else is doing irrespective of whether it's their type of music or not."
(Ian – Sutton Coldfield)



"The team make every effort to welcome and encourage new members ... everyone, regardless of ability or experience is respected as a player. I've made a number of friends there too!"
(Derek – Sutton Coldfield)

-  Do you enjoy playing or listening to live music?
-  Do you like socialising and meeting friendly people?
-  Are you a beginner or an experienced guitarist?
-  If so, the Sutton Coldfield Acoustic Guitar Club is the place to go.
-  We meet at the Royal British Legion Club, Rectory Road, Sutton Coldfield, B75 7AL on the first Tuesday of every month: 8pm to 10.30pm (Doors open 7.30pm)
-  All guitarists, guitarist/singers, solo performers, duos or ensembles and, of course, listeners are warmly welcomed.
-  Whatever standard you are - the idea is to have a go and enjoy yourself.
-  You'll hear music of many genres from across the ages – classical, jazz, pop, rock, folk and some that defies categorisation!
-  £3.00 entrance fee. Pay at the door (No club membership fee).
-  There is a well-stocked bar and free parking. The club is also easily accessible by public transport.
-  We look forward to seeing you for a great night out.
-  For more details, please visit our Facebook Page – search for The Sutton Coldfield Acoustic Guitar Club

Or contact: Gary on 07799 111843 or Sandra on 07932 395158

SUTTON COLDFIELD ARCHAEOLOGICAL SOCIETY

PROVISIONAL PROGRAMME 2023/2024

<u>Friday 29th September 2023</u>	(7.00 for 7.15)
Professor Richard Thomas	Remains of the Greys. The Archaeology of Bradgate House, Leicestershire
<u>Friday 13th October 2023</u>	(2.00 for 2.15)
Dr Shelagh Norton	Archaeology of New Zealand
<u>Friday 27th October 2023</u>	(2.00 for 2.15)
Peter Shergold	The 6 th Warwickshire (Sutton) Home Guard
<u>Friday 3rd November 2023</u>	(time tba)
Dr Mel Giles	Chariot Burials in Britain Possibly by Zoom or equivalent
<u>Friday 17th November 2023</u>	(2.00 for 2.15)
Dr Mike Hodder	Sutton Park: The medieval Deer Park and beyond
<u>Friday 1st December 2023</u>	(7.00 for 7.15)
Dr Jon Dollery	Mapping the Maps: Exploring our Cartographic Heritage
<u>Friday 12th January 2024</u>	(2.00 for 2.15)
Dr Shane Kelleher	Keeping on Keeping on: Archaeology in Staffordshire during and after the Pandemic
<u>Friday 26th January 2024</u>	(time tbc)
Dr Rachel Crellin	Excavation at Upton Lovell and Stonehenge
<u>Friday 9th February 2024</u>	(2.00 for 2.15)
Dr Tim Cornah	The Uses of Photogrammetry in Archaeology
<u>Friday 23rd February 2024</u>	(2.00 for 2.15 tbc))
AIM Archaeology in Mind	Neolithic to WW2
<u>Friday 8th March 2024</u>	(2.00 for 2.15)
Dr Tim Malim	Old Qswestry Hill Fort : Ancient Past, Uncertain Future.
<u>Friday 22nd March 2014</u>	(2.00 for 2.15 tbc)
	AGM, Speaker and Subject tbc

9/08/23

**Whether you're into machine or
hand embroidery, mixed media
or any other form of textile art,
we are here for you.....!**

We have entertaining and informative speakers, both local and internationally renowned, and hold regular Saturday workshops.



We meet at 7.00, on the first Thursday of every month at:

Trinity Centre, Church Hill, (off Mill Street),
Sutton Coldfield. B72 1TF

Also Tuesday 17 Oct., 21 Nov., 2 - 4pm

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



This month I am introducing, for those who have never heard of them, Sandwell Naturalists (Sandnats). They are a group of amateur and professional naturalists who came together over 40 years ago, originally to survey the Sandwell Valley with the intention of protecting the habitat and biodiversity of this vast area of mainly woodland, wetland and pasture. Their work has enabled the valley to become a precious oasis inside this predominantly industrial area. Many rare and threatened species of insect and invertebrates have been recorded, some found in the area for the first time.

Since then, the group has extended beyond Sandwell and now includes most of the West Midlands. All of the unusual and different plants and creatures not seen or known within our area before are recorded with ECO record. Many new and exciting species have turned up in the West Midlands in recent years. This may be due to climate change so enabling insects, plants and birds to survive longer in the UK. Not all of these migrants are particularly welcome. During the summer months the group has arranged trips to areas such as the Wyre Forest and along the Galton Valley canal. Members can attend these visits for free.

During September the group have been surveying in Sutton Park, along the Tame Valley Canal and water testing in the Swan Pool area of Sandwell Valley. Lightwood House open day was a first for us and we hope to be able to repeat it. During the summer months we also lead nature/fungi walks and Moth/butterfly trapping and Bat nights. We meet from October 4th at the RSPB, B43 5AG at 6.45pm. All are welcome to attend free and become a member. Below are some photos taken on recent outdoor events around the West Midlands. More information can be found via the logo below or look out for our page on Facebook: Sandwell Naturalists.

Valerie Edkins (chair) 09/23

Sandnats 2023



For further information please contact:
Membership Secretary

membership@sandnats.org.uk

Website: sandnats.org.uk



Bee orchid above



Some of the group surveying



Dead man's fingers fungi



**Join us For Our Regular Monthly
Litter Pick
Weather Permitting On**

Sunday 12th November 2023

WE MEET AT 2PM ON THE CHURCH TAVERN CAR PARK.

CHURCH RD B42 2LA.

EQUIPMENT SUPPLIED BUT DO WEAR SUITABLE SHOES AND CLOTHING.

Bring the family enjoy your local

Green Space.

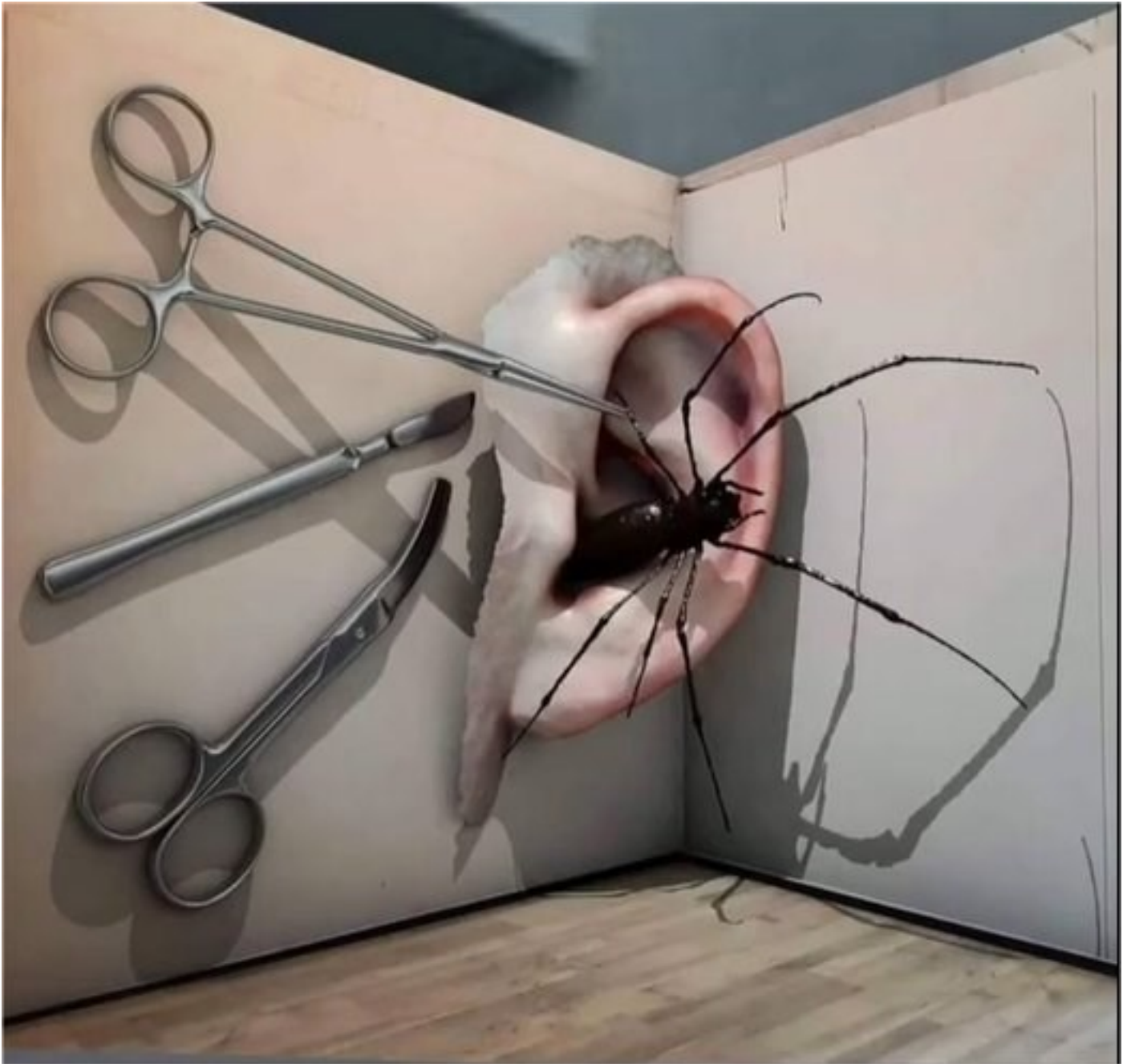
Email FriendsOfPerryPark.org.uk for info.

Here are more amazing examples of street art, sent in by Mike.
Thank you Mike.
They are so good I am dedicating a page to each one.











West Midlands Fire Service - October newsletter

West Midlands Fire Service - October update

Welcome to this West Midlands Fire Service newsletter.

In each issue, we'll be sharing useful safety advice and news to help you keep safe.

Please help us by sharing the information with family and friends.

Thank you.

Halloween



Halloween is nearly here!

If you or someone you know is planning some spooky fun, please take extra care with candles in pumpkin lanterns. Battery-operated LED lights are much safer!

Never leave candles unattended when lit, and keep them away from flammable materials like curtains. Check that children's costumes are fire retardant.

Read more about candle safety [on our website](#)

Bonfire safety



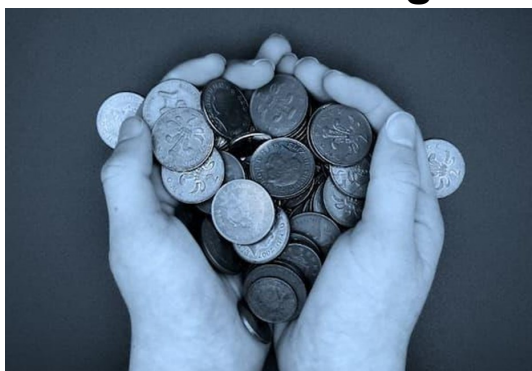
Clearing up the garden for winter?

If you burn your rubbish, do it well away from bushes, fences and property that can easily catch fire.

If you're being bothered by garden fires and smoke, [visit our website](#) to find out how to report them.

Planning a fireworks party? We strongly recommend going to an organised event. But if you still want to have your own Bonfire Night celebration, check out our [safety advice](#).

Cost of Living



As the colder months arrive, lots of us will be trying to reduce the cost of heating, lighting or cooking.

There are safe ways to do this, and steps you can take to avoid accidental fires and carbon monoxide poisoning.

[Read more here.](#)

Be safe, be seen!



British Summer Time ends at 2am on Sunday 29 October, when the clocks go back one hour.

Whether you're a pedestrian, cyclist or car driver, please 'Be safe, be seen'.

Coming soon!

Data drives more and more of our work. It helps us to manage risks in the areas we serve.

If you've got a West Midlands postcode, our new 'Risk Explorer' has your area covered!

The new tool will let you search for incidents that we've attended in your area, and lots more.

We'll be sharing the link in a later newsletter



Message Sent By
West Midlands Fire
Service

Here is something a little different. I hope you enjoy it.

HOW TO ACCESS

BIRMINGHAM ARCHIVES & COLLECTIONS



ABOUT SAMPAD

Sampad are passionate about promoting South Asian Arts and Heritage in the UK; from dance and music to film and theatre, they showcase South Asia's rich and diverse culture to audiences across the country. You can find out more about Sampad at sampad.org.uk

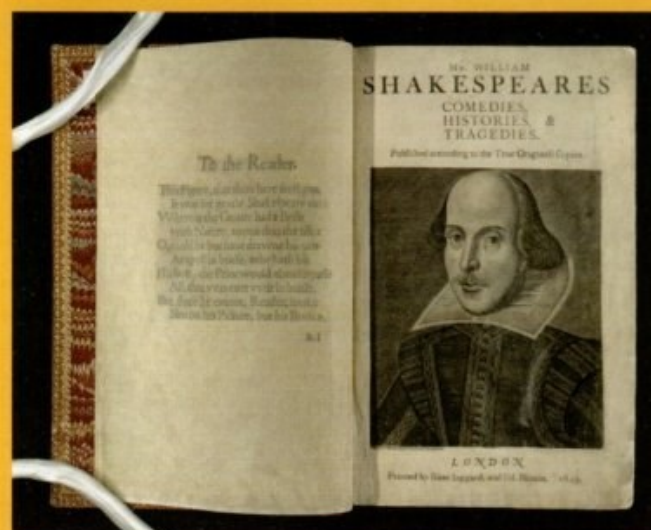
You can also view records on Sampad's *My Route* project in Birmingham Archives & Collections. *My Route* identified changes in the population, landscape and culture of the Stratford Road from the 1940s to the present day, with the settlement and migration of new communities along the road.



**YOU CAN LEARN SO MUCH
MORE THAN THE HISTORY OF
OUR CITY IN THE BIRMINGHAM
ARCHIVES & COLLECTIONS.**

**THEY'RE A PLACE TO
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AND YOUR HISTORY —
THEY BELONG TO THE
PEOPLE WHO MADE
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IS TODAY...INCLUDING YOU!**

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Frontispiece of Mr. William Shakespeares comedies, histories & tragedies: published according to the true original copies [Colophon: Printed at the Charges of W. Jaggard, Ed. Blount, I. Smithweeke, and W. Aspley, 1623] [Shakespeare's First Folio, from Library of Birmingham Shakespeare Collection]

HOW DO I ACCESS THEM?

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The Dyche Collection is one of Birmingham Archives & Collections' biggest collections and features photographs by self-taught photographer Ernest Dyche and his son Malcolm. In the 1950s, the studio photographed the first wave of migrants arriving in Birmingham and because of this, Dyche inadvertently told the story of migration to the city and recorded an important phase in Birmingham's history.

Thanks to funding from the National Lottery Heritage Fund, Library of Birmingham and University of Birmingham, the *From City of Empire to City of Diversity (2020-23) project*, led by Sampad South Asian Arts and Heritage has resulted in the collection of approximately 10,000 Dyche photos, props and records being catalogued and preserved, making it more accessible than it had been previously.

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THE BOOK
BIRMINGHAM

UNIVERSITY OF
BIRMINGHAM

Birmingham
City Council

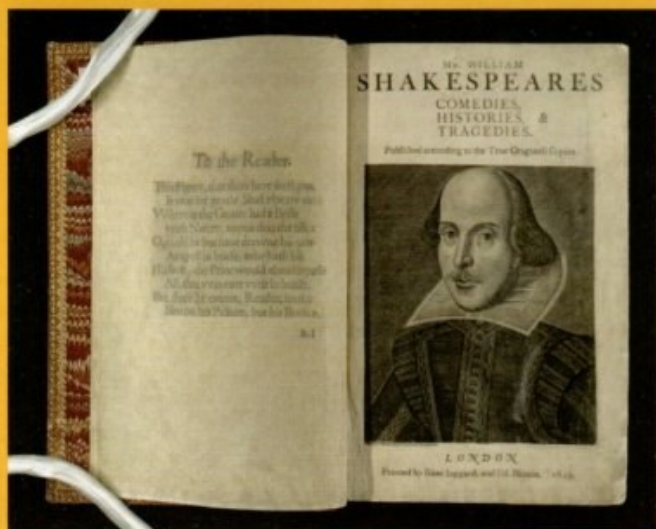
Sampad
south asian arts & heritage

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THE LIBRARY OF



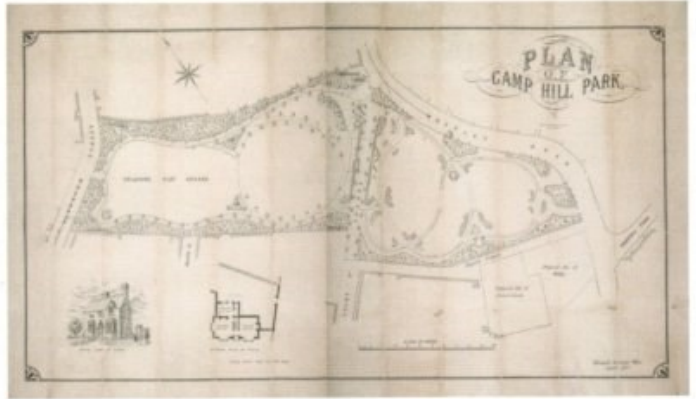
Dyche Collection



Jaskirt Boora

BIRMINGHAM ARCHIVES & COLLECTIONS

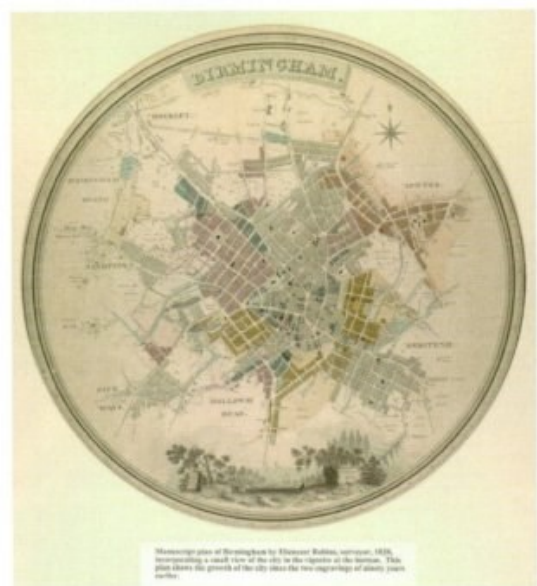
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Camp Hill Park plan. Borough Surveyor's office, 1875



Dyche Collection



Circular plan of the city of Birmingham by Ebenezer Robins, 1820. From a collection of documents deposited at Central Reference Library by Mr Zimmerman in 1930



Jaskirt Boora



Dyche Collection



Traveller site, Upper Ryland Road, Lee Bank, 18 August 1955



Dyche Collection



A.B. Row, Birmingham. Taken by William A. Clark for the Warwickshire Photographic Survey, 12 August 1932



Dyche Collection

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Here's something different from Mike that may be of interest to many of our readers, not that I am suggesting for a moment that all our readers are of the 1%.

1% ers99% of those born between 1930 and 1946 (worldwide) are now dead.

If you were born in this time span, you are one of the rare surviving one percenters of this special group.

Their ages range is between 77 and 93 years old, a 16-year age span.

INTERESTING FACTS ABOUT THE 1% ERS:

You are the smallest group of children born since the early 1900's.

You are the last generation, climbing out of the depression, who can remember the winds of war and the impact of a world at war that rattled the structure of our daily lives for years.

You are the last to remember ration books for everything from gas to sugar to shoes to stoves.

You saved tin foil and poured fried meat fat into tin cans.

You can remember milk being delivered to your house early in the morning and placed in the "milk box" on the porch.

Discipline was enforced by parents and teachers.

You are the last generation who spent childhood without television; instead, you "imagined" what you heard on the radio.

With no TV, you spent your childhood "playing outside".

There was no Little League.

There was no city playground for kids.

The lack of television in your early years meant that you had little real understanding of what the world was like.

We got "black-and-white" TV in the late 40s that had 3 stations and no remote.

Telephones were one to a house, often shared (party lines), and hung on the wall in the kitchen (no cares about privacy).

Computers were called calculators; they were hand-cranked.

Typewriters were driven by pounding fingers, throwing the carriage, and changing the ribbon.

'INTERNET' and 'GOOGLE' were words that did not exist.

Newspapers and magazines were written for adults and the news was broadcast on your radio in the evening (your dad would give you the comic pages when he read the news).

New highways would bring jobs and mobility. Most highways were 2 lanes (no interstates).

You went downtown to shop. You walked to school.

The radio network expanded from 3 stations to thousands.

Your parents were suddenly free from the confines of the depression and the war, and they threw themselves into working hard to make a living for their families.

You weren't neglected, but you weren't today's all-consuming family focus.

They were glad you played by yourselves.

They were busy discovering the postwar world.

You entered a world of overflowing plenty and opportunity; a world where you were welcomed, enjoyed yourselves.

You felt secure in your future, although the depression and poverty were deeply remembered.

Polio was still acrippler. Everyone knew someone who had it.

You came of age in the '50s and '60s.

You are the last generation to experience an interlude when there were no threats to our homeland.

World War 2 was over, and the cold war, terrorism, global warming, and perpetual economic insecurity had yet to haunt life.

Only your generation can remember a time after WW2 when our world was secure and full of bright promise and plenty.

You grew up at the best possible time, a time when the world was getting better.

More than 99% of you are retired now, and you should feel privileged to have "lived in the best of times!"

Here's a few contentious items from Eric in the ever-waging battle of the sexes. I know which side I'm on.

'Cash, cheque or charge?' I asked, after folding items the woman wished to purchase.

As she fumbled for her wallet, I noticed a remote control for a television set in her purse.

'So, do you always carry your TV remote?' I asked.

'No,' she replied, 'but my husband refused to come shopping with me,

And I figured this was the most evil thing I could do to him legally.'

WIFE VS. HUSBAND

A couple drove down a country road for
several miles, not saying a word.

An earlier discussion had led to an argument
and

Neither of them wanted to concede their
position.

As they passed a barnyard of mules, goats,
and pigs,

The husband asked sarcastically, 'Relatives of
yours?'

'Yep,' the wife replied, 'in-laws'

WORDS

A husband read an article to his wife about
how many words women use a day
30,000 to a man's 15,000.

The wife replied, 'The reason has to be
because we have to repeat everything to men..
The husband then turned to his wife and
asked, 'What?'

CREATION

A man said to his wife one day, 'I don't know how you can be
So stupid and so beautiful all at the same time.

'The wife responded, 'Allow me to explain.

God made me beautiful so you would be attracted to me;
God made me stupid so I would be attracted to you!

WHO DOES WHAT

A man and his wife were having an argument about who
Should brew the coffee each morning.

The wife said, 'You should do it because you get up first,
And then we don't have to wait as long to get our coffee.

The husband said, 'You are in charge of cooking around here
and

You should do it, because that is your job, and I can just wait
for my coffee.'

Wife replies, 'No, you should do it, and besides, it is in the Bible
that the man should do the coffee.'

Husband replies, 'I can't believe that, show me.'

So she fetched the Bible, and opened the New Testament and
showed him at the top of several pages, that it indeed says

'HEBREWS'

The Silent Treatment

A man and his wife were having some problems at home
And were giving each other the silent treatment.
Suddenly, the man realized that the next day, he would need
his wife to wake him

At 5:00 AM for an early morning business flight.
Not wanting to be the first to break the silence (and LOSE), he
wrote on a piece of paper,

'Please wake me at 5:00 AM. He left it where he knew she
would find it.

The next morning, the man woke up, only to discover it was
9:00 AM and he had missed his flight

Furious, he was about to go and see why his wife hadn't
wakened him,

When he noticed a piece of paper by the bed.

The paper said, 'It is 5:00 AM. Wake up.'

Men are not equipped for these kinds of contests.

God may have created man before woman,
but there is always a rough draft before the
masterpiece

SEND THIS TO SMART WOMEN WHO NEED A LAUGH
AND TO MEN YOU THINK CAN HANDLE IT!

The Boldmere Christmas Festival 2023 with Christmas Lights Switch on is scheduled to take place on Sunday 19th November from 1pm to 6pm with Christmas Lights Switch on at approximately 5:15pm

If you would like to volunteer for any of our festivals, please visit www.boldmere.org/volunteer

All you want to know is at <https://www.boldmere.org/community-festivals/christmas-2023/>

Brought to you by



With financial help from



Finally, here's something just sent in, made the West Midlands and as we all have a mobile and occasionally we put it down ...

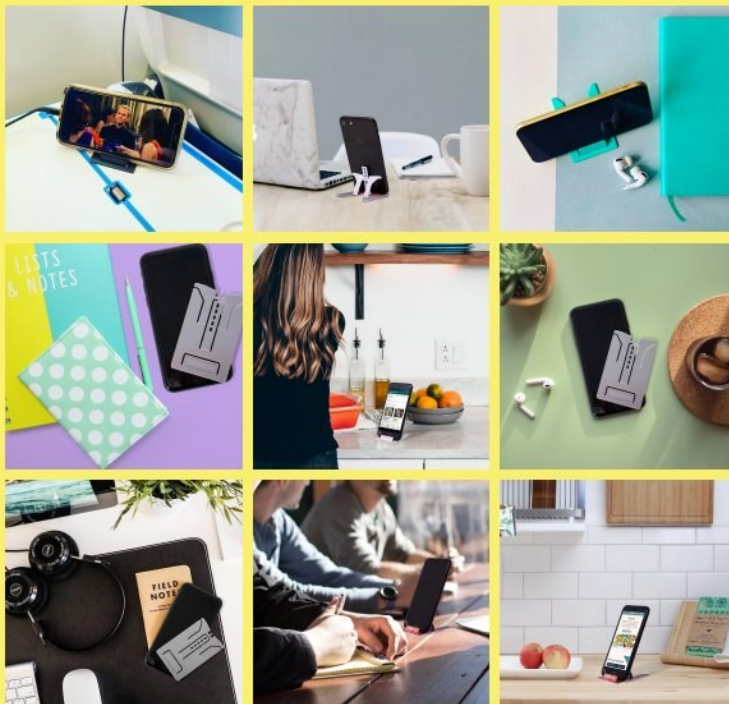
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THE STAND FOR LIFE

Travel. Work. Play. Relax.

Hands-free with Standeazy, the clever credit card sized phone stand that folds flat and goes everywhere you go! Two materials. Countless uses.



Made with  in the West Midlands.



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for more info on how
and where to use it

standeazy.com

THE PERFECT STOCKING FILLER!

Get 10% off the Standeazy Ultra or the Original
when you order online with code **Stocking23**



STOP PRESS



Come alone to the Banners Gate Community Hall for free tea and coffee and a nice warm space. Maybe surprise yourself with how creative you are, or just come for a laugh and a natter.

We are all set for Friday 10th, 17th, and 24th November, from 1 o'clock to 3 o'clock for card making and knit & natter sessions.

Just turn up or give Val a ring on 0121 353 6616.