

STOCKFIELD VILLAGE NEWS

The quarterly Newsletter from Stockfield Community Association



Stockfield
Community
Association

Issue 61
Winter 2021



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Men's
Shed

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aged **16 to 19***
and need

Careers Information
Advice
Guidance
Jobs
Apprenticeships

*up to 25 with a learning difficulty or disability

*If you are not in education,
employment or training*

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CAN HELP YOU**

www.birminghamcareersservice.co.uk

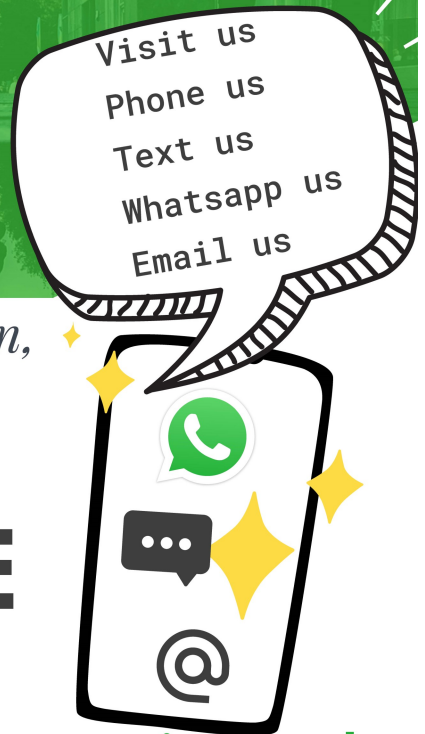


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CAREERS SERVICE**
guiding young people

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 **Birmingham**
City Council



SANTA IS COMING TO SMITHY'S!



Come and join us and Santa on Saturday 11th December – 11-1pm at Smithy's Café. There will be Mince Pies, biscuits and hot drinks for everyone as well as a visit from Santa himself, who might just bring some presents with him! To book your child in to meet Santa please contact Santa's elf administrator, Becky Coley at: becky@bpcn.org.uk

We look forward to seeing you all on the day!
Merry Christmas.

Free Festive Tea Dance!

Its time to get your dancing shoes on and join us for our Free Festive Tea Dance celebration. Come and join us on Monday 13th December-2-3.30pm for our last Tea dance of the year! The dance will be held at Arthur Moore Hall, facilitated by Xpress-Yourself dance, no experience or partner necessary and the dance is followed up with a beautiful afternoon tea made by local business, Smithy's café and a quiz. Booking is essential if you would like to attend please contact Becky Coley at: becky@bpcn.org.uk



Heritage of Play Workshops

Come and join us at South Yardley Library from 25th January 2022-2pm onwards, every Tuesday to reminisce, chat and recollect your memories of play and growing up. Sessions are open to all. For more information or to book your place please contact Becky Coley at becky@bpcn.org.uk



Building Community Together Tea Dance Update

The Building Community Together partnership has now delivered our 4th Tea dance of the year held at Arthur Moore Hall on the 17th November. Attendees participated in dances from the 1950s and had a fabulous time dancing to "Good Golly Miss Molly" and "Tequila" after dancing we enjoyed Afternoon Tea made by Smithy's café and a quiz.

If you would like further information or would like to book a place to attend the December Dance, please contact Becky Coley at: becky@bpcn.org.uk

Free Tai Chi Sessions Westley Vale

Every Monday | 3.15pm – 4:15pm
Every Thursday | 10:00am – 11:00am
All ages and abilities welcome
Please email info@bosf.org.uk for more info



WOOD AND METAL WORK VOLUNTEERS WANTED



Acocks Green Men's Shed is looking forward to opening its doors again to the local community offering a warm welcome to older men and women who are interested in developing their woodworking or metalworking skills, who want to mend things, share their own skills with others, or who simply want somewhere to go to meet up with other like-minded people.

The Shed at Fox Hollies Forum are restricted in the number of people we can accommodate at any one time. More volunteers means more sessions per week to help us ensure a safe working environment.

If you have woodworking or metalworking skills, time on your hands and would like to help out we look forward to hearing from you!

If you think this could be you, please get in touch on

0121 706 0652

ptlptlptl@yahoo.co.uk

Acocks Green & South Birmingham Carers Group

We welcome new members to this friendly supportive group if people who are or have cared for family members, friends, or neighbours. We meet monthly on the first Tuesday of each month from 12 30 - 3pm at the Acocks Green Baptist Church Yardley Road, Acocks Green B27 6HG.

We offer a drink a biscuit and friendship plus information activities and social outings. This year we have had walks in local park we even enjoyed a garden party there (during times when large groups were not able to meet indoors)

We have reminisced and talked about the 60's and Mary Quant, an afternoon of favourite songs/music, a talk by police on scans and keeping safe at home and a lovely Diwali party with food dancing and learning how to wear a sari.

If you would like more information or a copy of our latest newsletter, please contact Pat Marsan on 07976807981 or Veronica Wilkes on 0121 706 4841.

KEEPING YOU SAFE AND WELL

LET US HELP!

ASK STAFF OR 0800 389 5525

For further information:
www.wmfs.net  WestMidsFire  WestMidsFire

Making West Midlands Safer
www.wmfs.net

West Midlands Fire Service

West Midlands Fire and Rescue service are able to carry out Safe and Wells at your property. Our aim is the make you safer, stronger and healthier.

We can visit your house to fit FREE smoke alarms, we also discuss fire safety within the home and can design you an escape plan to help you exit your property safely in the event of a fire. If you have Covid concerns, we can also carry this out remotely.

Just call the free phone number 0800 309 5525 or visit www.wmfs.net and book your free Safe and Well appointment today.

Acocks Green Village Partnership has produced a colourful calendar for 2022. The photos are all taken by local people who have captured scenic, seasonal views and landmark buildings of our area. The calendar has plenty of space to write appointments and includes notable dates. Also each calendar sold raises money for our local community.

Exclusive Limited Edition Acocks Green Village Partnership **Acocks Green Calendar 2022**



Available at Jeffries Hardware, S&H Jewellers and Beads & Bobbins
All profits support Acocks Green Village projects

A big thank you goes out to the many people who submitted photos for inclusion, we had so many to choose from. It was great to see so many lovely photos people have taken while they have been out and about this year.



People must think that at this time of the year, we would put everything to bed ready for the Winter. No, there's no rest for your local Bloom team. During the last month, we have been clearing the beds, cutting down perennials and carrying out much needed weeding.

I am sure that you have been doing the same in your garden. Now the garden is looking bare, let's think of ways to cheer it up. Some of you may have been preparing your pots for next Spring and adding some annual colour to them.

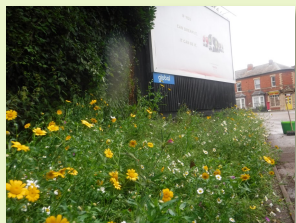


If you want to tackle a bulb lasagne, you take a large terracotta pot placing some broken crocks in the bottom to let the water out but to retain the soil and then add a little compost. I use some general purpose plus some John Innes Number 3 for its loam and nutrient content. You then place in some tulip bulbs and then cover them with compost. Next you add some daffodil bulbs, with more compost on top and then the last bulbs to go in are some Iris reticulata. So to sum up, the Iris flowers first in February, the daffodil second March and then the tulips in April so its last at the bottom, second at the middle and first on the top. These are all good for pollinators in the Spring. You could place on top some Winter annuals including the delightful viola to bring some life and colour into your garden until the bulbs come through.



It is that time of the year again when the leaves fall not so good, but prior to this turn lovely colours which is very good. Gather them up to make leaf mould which is good to mix with homemade compost to use as a mulch. They have to rot down first so place them either into black plastic bags punching holes in them for air or alternative make a wire mesh pen in which to store them. You have to leave them for a year or two before using them, but it is well worth the wait and if you do this every year, you will eventually have a continuous supply.

Perhaps you do not want to just use again and again a terracotta pot for planting up, then use something different, perhaps an old watering can or even a wheelbarrow. I did just this at a 'Grow Social' session at the allotment. This is an initiative from the Rh's and also from Yardley Neighbourhood Network Scheme which encourages those people over 50 to go out into the fresh air, for exercise, and meet people. Even younger people may need this type of scheme after Covid lockdowns.



I planted the wheelbarrow with the help of Jamie, John and Andrew. We used some of the pretty hesperantha, using their tall willowy stems and pink flowers in the centre. They were flanked by the hellebore, some of which flower now and some later in February, again very good for pollinators in the cold months. We then edged with viola, a mix of yellow and blue and some yellow primroses.

The wildflower bed on Yardley Road under the billboards turned out well with predominantly yellow flowers but brightened up a previous weedy dumping ground. We went back there on **Sunday 28th** November for digging over and weed removal ready for re-sowing next year. We have also planted the round planters in front of Marshalls coffee shop. This was financed by Khawateen Creative Minds and Bano, their organiser came along to help.

This is just the start of an initiative by Building Communities Together (BCT) which is a combination of Arts in the Yard, Birmingham PlayCare Network and Stockfield Community Association working with Acocks Green Village in Bloom to improve the ambience of Yardley Road, concentrating on the section from the cemetery to Acocks Green Railway Station.



Volunteers Required

We are calling on the council for their much-needed input, but we require volunteers to carry out some of the jobs which will further enhance the area. It has some good shops but to thrive, people need to enjoy the experience of visiting them. People mention that it used to be a very pleasant area and with your help we can make it great again!

We do much of this in Acocks Green Village and on 7th November we will be preparing the War Memorial for the service on the 11th. We also planting around 1600 tulip bulbs in all of our beds stretching from St. Mary's Church to the Triabout, the area which forms the entrance into Acocks Green from Olton. This is happened on **Sunday 21st November**. We were assisted by the 260th Scout members plus the Acocks Green Lions and other volunteers who help every year.

Wishing you all a happy festive season.

Fran Lee – Co-ordinator Acocks Green Village in Bloom
Contact: 0121 706 0076 or fran.lee47@yahoo.co.uk

Acocks Green Village in Bloom

Grow Social!

Village in Bloom has a large allotment on Woodcock Lane and invites locals to come along and garden together -

- Learn new skills
- Grow flowers or fruit and vegetables
- Make new friends
- Get exercise and fresh air!

Interested? Contact Fran - VIB Co-ordinator for more information
Fran.lee47@yahoo.co.uk tel : 0121 706 0076

DISABILITY RESOURCE CENTRE

presents

Tea & Chat Wednesdays

FOR TEA, TALK AND MORE

Sharing hobbies, quizzes, activities or just relax and unwind...

On ZOOM Every Wednesday 10am - 12pm

Contact Manjeet Birdi on

07799 904 269

mbirdi@disability.co.uk



DRC, Unit 18 Ace Business Park, Mackadown Lane, Birmingham B33 0LD Website: www.disability.co.uk
Main switchboard: 03030 40 20 40

Registered Charity no. 1034581 Company limited by guarantee no. 2897250



[FACEBOOK.COM/YARDLEYWALKINGFOOTBALL](https://www.facebook.com/YARDLEYWALKINGFOOTBALL)

YARDLEY WALKING FOOTBALL



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MALES AND FEMALES WELCOME
€5 PER SESSION (1ST SESSION FREE)

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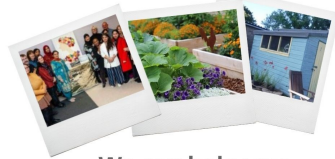
SEDGEMERE SPORTS & SOCIAL CLUB, 21-25 SEDGEMERE RD, BIRMINGHAM B26 2AX



Growing and developing health and wellbeing activities for over 50s in Yardley and the surrounding areas

Start a community group in your local area

Sheldon
Garretts Green
Stechford
Glebe Farm
Yardley
Small Heath
Acocks Green
Tyseley
Hay Mills



We can help you

- Get your group up and running
- Access local grants to develop your activity
- Introduce you to other local people who can help you connect with Adult Social Workers and other professionals

How it works

1

Get in touch and let us know your idea

2

We will help you get started

3

Your community will thank you for your great work

Get in touch today:

Doreen - dwiffenjones@disability.co.uk - 07377 264 104
Michael - msummers@disability.co.uk - 07887 426947

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Fit 4 Life

Improving the health and wellbeing of disabled people, older adults and people with long term health conditions and their carers.



Fit for Life is a series of free, weekly workshops to help you make the most of life, whatever your condition. This 10 – week programme is designed to help you manage your disability and live life to the full.

you'll meet new people and learn about how making simple changes can have a big impact on your health.

Workshops last between one and two hours and are held at the same time each week. Covering subjects such as healthy eating, falls prevention and condition management.

If you would like to take part in a course, or are interested in DRC delivering a 10 week programme free of charge at a venue near you, please contact Roy, DRC's Fit for Life Coordinator.

Roy Kimberley

rkimberley@disability.co.uk | 03030 40 20 40 Ext. 403 | 07799 904 256
www.disability.co.uk

Birmingham Disability Resource Centre is a registered charity in England and Wales no. 1034581 and company limited by guarantee no. 2897250

Fit for Life workshops include:

- Health Checks
- Yoga
- Seated exercise sessions
- Free prize draw to win a healthy hamper
- Relaxation
- Managing your mental health
- Wellbeing Checks
- Taster exercise sessions
- Healthy Eating
- Condition Management

Citizen Community Support

Do you need support, help or advice?

We are here to help you with.....

- **Benefits Advice**
- **Debt Advice**
- **Bills/Energy Advice**
- **Internet Skills**
- **Form Filling**
- **Befriending**
- **Social Activities**
- **Feeling lonely, Isolated**
- **Setting up a Social Group**
- **Advice/Groups/Activitie**
- **Employment/Volunteering**
- **Other**



Supporting the Community in Partnership



Contact Manjeet Birdi on
07799 904 269
mbirdi@disability.co.uk



Criteria:

- 18yrs plus and older adults
- Living in the the Yardley Constituency (Yardley, Sheldon, Stechford, Acocks Green, Small Heath, Hay Mills, Tyseley & Glebe Farm).

Address: Disability Resource Centre, Unit 18 Ace Business Park, Mackadown Lane, Birmingham B33 0LD Main Switchboard 0303 402040 Option 6 Website: www.disability.co.uk



Do you look at computers, laptops, tablets and smartphones like this? But you what to be more like this?



Technology Course



Learn how to use your equipment correctly and efficiently – our FREE course will help you use and get the most out of your devices, whether it's your phone, laptop or another device. You will receive 4 bespoke sessions on subjects you need or want to learn – these can include a selection of the following:

- Using Office programs such as Word and Excel;
- Using the internet;
- Sending and receiving emails;
- Completing online forms;
- Using Social Media (Facebook etc.);
- Video Calling (Zoom, WhatsApp and Microsoft Teams);
- Searching for Jobs online.
- We will also cover online safety (including email and Internet scams) to ensure you feel safe when using your device.

We have limited spaces available, so contact us today to reserve your place. Contact Robert Chattin on 07909331241 or at: rchattin@disability.co.uk to find out more and sign up!

Unit 18, ACE Business Park, Mackadown Lane, Kitts Green, Birmingham B33 0LD
Telephone: 0303 040 20 40 Email: drc@disability.co.uk
Opening hours: Monday to Thursday: 8.45am to 5.00pm Friday: 8.45am to 4.30pm

www.disability.co.uk

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Think about what might be difficult about Christmas for you, and if there's anything that might help you cope. It might be useful to write this down. For example:

- If you sometimes experience flashbacks, panic attacks or dissociation, make a note of what helps during these moments, and keep it with you.
- If you're going to be somewhere unfamiliar for Christmas, think about what you need to help you cope. Are there things you can bring to make you feel more comfortable? Or is there somewhere you can go to take a break?
- Certain places may feel very uncomfortable for you, for example if they bring back difficult memories. Could you plan to spend less time in difficult places, or not go at all? Are there any reasonable excuses for you to stay away?
- Think about whether you really need to do things if you're not looking forward to them. Can you do them differently or for less time?
- Set a 'start' and 'finish' time for what you count as Christmas. Remind yourself that it won't last forever.
- Set your boundaries. Say no to things that aren't helpful for you.
- Let yourself experience your own feelings. Even if they don't match what's going on around you, they're still real and valid.
- Take time out. Do something to forget that it's Christmas or distract yourself. For example, you could watch a film or read a book that's set in the summer. Or you could try learning a new skill.
- Let yourself have the things you need. For example, if you need to take time out instead of doing an activity.
- If you can't avoid something difficult, plan something for yourself afterwards to help reduce the stress or distress you might feel.
- Tell people what they can stop, start or continue doing to help you. For example, you could let them know any activities you'd like to be involved in, and what they can do to support you during Christmas. Or you could tell them any questions or topics that you find hard to discuss, so they can avoid asking about them.
- You don't have to justify yourself to others. But you might feel pressured to, especially if someone asks a lot of questions. It could help to let them know that certain situations are difficult for you, and tell them what they can do to help. It might also help to tell them that you understand they may see things in a different way.

- You might not be able to make others understand. That's OK. It's not your responsibility to convince other people, or get their permission to look after yourself.

Think about how some of the following are affecting how you feel and whether you can do anything to change them:

- Try to get enough sleep. Getting too little or too much sleep can have a big impact on how you feel.
- Think about your diet. Eating regularly and keeping your blood sugar stable can make a difference to your mood and energy levels.
- Try to do some physical activity. Exercise can be really helpful for your mental wellbeing, and some people find it helps improve their self-esteem.
- Spend time outside. Spending time in green space can help your wellbeing.
- Spend time with animals. Some people find spending time around animals can help with feelings of loneliness, whether through owning a pet or spending time around animals in their natural environment. If it is possible where you live, you could try visiting a local community or city farm - the organisation Social Farms and Gardens has [a list of outdoor community projects across the UK](#), many of which have animals available to the public.
- Avoid drugs and alcohol. While you might want to use drugs and alcohol to cope with difficult feelings about yourself, in the long run they can make you feel worse and can prevent you from dealing with underlying problems.

Mindfulness Breathing Exercises

[An Introduction To Mindfulness - YouTube](#)

If you are struggling over Christmas and need support you can ring Birmingham Mind Helpline

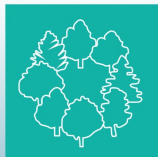




Hi my name is Natalia Duffus and I will be the new Neighbourhood Coach for Bromford and Stockfield Community Association. I am looking forward to meeting and getting to know all my customers in the coming months. If you have any queries you can contact me by phone or by email.

07779 430254

natalie.duffus@bromford.co.uk



Stockfield
Community
Association

The Board of Stockfield Community Association would like to wish all residents a Happy Christmas and a Peaceful New Year

Some useful information for the holiday season

Number for reporting day to day routine and urgent repairs - **0300 561 0040**

Out of Hours Emergency - **0300 790 6533**

When you call please give relevant information so that the contact centre can pass your repair request with the minimum of delay.

THANK YOU