## STOCKFIELD VILLAGE NEWS



The quarterly Newsletter from Stockfield Community Association

Winter 2022





#### WEST MIDLANDS FIRE SERVICE

Due to the cost of living, families are finding alternate ways of heating and lighting their homes.

Make sure you stay safe this winter and let West Midlands Fire Service carry out a Safe & Well at your property.

This is completely FREE and if needed we will fit smoke alarms and a carbon monoxide alarm in your home to keep you safe.

We also give fire safety advice and explain what to do and advise an escape plan in the event of a fire at your property.

Please call WMFS contact centre to arrange an appointment that's convenient for you and remember its FREE.

Call 0800 389 5525

#### **Forget Me Not TLC**

We here at Forget Me Not TLC are delighted to announce our most recent achievement in successfully securing funding through the Yardley Neighbourhood Network Scheme (YNNS), which will enable us to now do what we do best, in supporting people within the Yardley constituency living with dementia and those affected by it.



With more than 850,000 people living with dementia throughout England and Wales alone, this degenerative health condition continues to grow globally.

Our aim is to alleviate social isolation and loneliness for those living with Alzheimer's/dementia to engage, and where possible, participate in group activities and workshops, such as storytelling, games, poems, music and dance.

We will also be supporting and working with those who are also affected by the condition, such as spouses, partners, families and carers, by encouraging respite and self-care.

One of our main outcomes will include increased access to support services and early diagnosis and to better manage the condition.

We welcome volunteers and group members to our service location in Yardley (venue to be confirmed), which will commence in January 2023.

For further details please contact us on 07754 735 597



Acocks Green Baptist Church 39 Yardley Road Acocks Green Birmingham B27 6HG 0121 708 1545



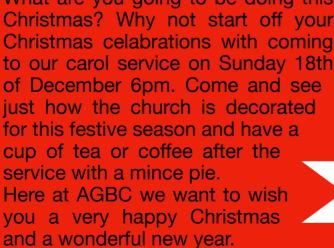
Email enquiries@agbc.org.uk



Here a Acocks Green Baptist Church we are running a warm centre. A warm centre is somewhere to go and keep warm between the hours of 9am-5pm each weekday Monday to Friday. Here you will be able to get tea, coffee and biscuits free of charge. You'll also be able to get toast, or soup and a roll or/and a

light meal for a donation. You will have access to free wifi and the use of computers if required. Easy access into the building and all toilets facilities.

So to help you through this winter period why not come and keep warm in our Glyn Edwards Hall we have room for about 70 people so it will be a first come first served system. All are welcome.







## Renew @ YBC

# A quiet shared space where it's ok not to be ok

#### All are welcome to Renew @ YBC A Well-being Space

Thursdays from 11am to 2pm

A community space for hobbies and activities, with an area for quiet reflection and prayer. Drinks and snacks are provided.

The activities are based around the '5 ways to wellbeing' which promote good mental and emotional health.

Connect
Give
Be Active
Keep Learning
Take Notice

Renew @ YBC is Free

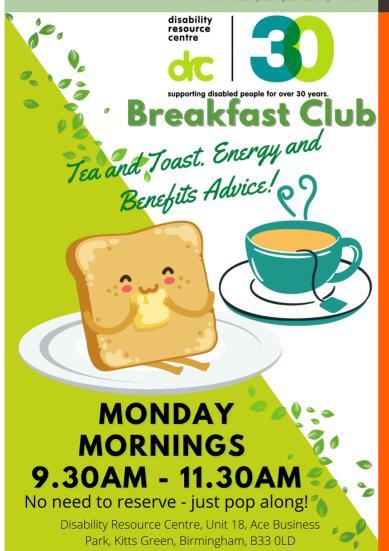


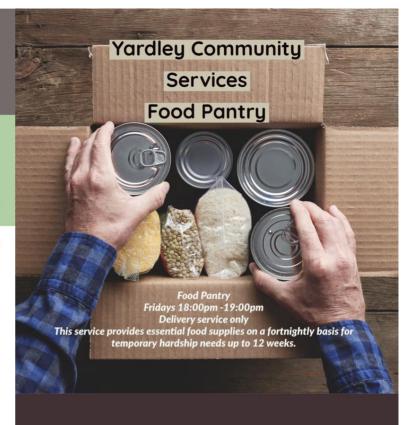
#### Find out more:

www.yardleybaptist.co.uk/whats-on/renew www.renewwellbeing.org.uk



Renew Wellbeing is a registered charity: 1173963





FOR REFERRALS: 0121 753 2498

OR FMAIL YARDI EYCOMMUNITYSERVICES@GMAIL COM





## **The Living Room**



**FREE** 



Monday-Friday 3.30-4.45



Hobmoor Community
Centre

250 Wash Lane B25 8FD

All are welcome to come into the warmth to enjoy family time, a warm drink, and activities in a relaxing atmosphere.

Children under 11 to be accompanied by an adult

Wifi, Phone charging, Microwave, Kettle Washing machine,

## Building Community Together

**Resident Engagement Officer** 

It's been a few months since I started in my role as Resident Engagement Officer for Building Community Together (BCT) Lottery funded Project. I have really enjoyed being out connecting with residents, finding out their interests, linking them into activities locally whether as participants or as volunteers. I am pleased to say we have been able to restart the Acocks Green library coffee morning with help from great volunteers. This is taking place on Thursday morning 10-12pm.

We have had some interesting activities provided by Usman from Saheli Hub. These include indoor bowling, exercise bikes, board games and more. Acocks Green residents are also able to take advantage of the offer that is free sessions at Fox Hollies Leisure Centre. There's a new coffee morning at Arthur Moore Hall in



Alexander Road on Wednesday mornings 10 -12pm. Free to residents, in the near future we hope to also introduce activities at this location including line dancing, indoor bowling and exercise bikes.

Through the coffee mornings we are able to support residents as they navigate the cost-of-living increases, we will be able to offer referrals to the food bank if that is needed and with your energy bills signpost to the organisations that can offer help. We are always looking for volunteers to help us with our projects. It is a wonderful way to make new friends and get involved in community events. If you would like to find out more about our coffee mornings and you're interested in volunteering, please contact me on **estelledbct@gmail.com**. Or telephone on **07488 332 240**.

Please come along to the coffee mornings, they offer a relaxed space with time to chat and meet new friends.



#### Cottesbrooke Infant & Nursery School



A date for your diary!

Please join us at The Christmas fair on

#### THURSDAY 1st DECEMBER 2022

The fun will be starting at 3.30pm
Yardley Road, Acocks Green B27 6LG
Attractions include
Santa's Grotto
Raffle
Tombola, Games
Refreshments, Facepainting and more

#### **Acocks Green Calendar 2023**

Look out for the limited edition exclusive Acocks Green Calendar 2023 available from Jeffries Hardware and S & H Jewellers in November.

With attractive photos of our area, taken by a variety of local people, it captures Acocks Green through the seasons. Including plenty of space to write important dates, and all public holidays and profits go back to the Village Partnership to spend enhancing Acocks Green. Just £6.50, it makes an ideal Christmas present!



## FREE 07443039458



## health & wellbeing club

säheli hub











ACOCKS GREEN LIBRARY





10-12PM



### Arts In The Yard

After a busy summer Arts In The Yard's Autumn and Winter programme offers residents the chance to get crafty, get involved and get out and about to spot some new art pieces!



In July, lead artist Hasret Brown worked with residents to co-create a Blossom Exhibition. Six blossom trees were created by Acocks Green residents, Kimichi School, a Home-Education group and 3 shadow artists.

Two of the trees can now have a permanent home in the foyer of Acocks Green Library - we hope you enjoy seeing them there as much as we enjoyed making them. The project celebrated 10 years of the Local Arts Forum's across Birmingham whilst marking both the Number 11 Bus Route and Birmingham's Commonwealth Games.



The project was thanks to funding from No 11 Arts, Arts Council England, support from National Express and the National Trust and funding from Birmingham City Council. This Winter the National Trust will be planting over 500 new blossom trees along the Number 11 Bus Route.





We have also marked the Commonwealth Games in Birmingham by commissioning Annatomix to create a new piece of street art. The mural is entitled '3 Little Birds' and you can't miss it! Once you find it, please share your selfies and images on Facebook, Instagram and Twitter using the hashtags #artsintheyard #acocksgreen #annatomix

Our monthly Arts Cafes continue on the second Thursday of each month at Alexander Road, Arthur Moore Hall, Acocks Green Baptist Church from 11am-1pm.

Join us for a free lunch and free arts activities - no experience necessary and we'd love to see you! We also welcome volunteers to help us run this community activity - please get in touch if you would like to lend a hand.

hello@artsintheyard.org



## Building Community Together

The Building Community Together partnership has now delivered our third Tea Dance of the year.

The dance was held at Arthur Moore Hall on the 19th of October.

The dance was Movie themed with participants taking part in famous dances from Mary Poppins and Chicago! Everyone then tucked into a beautiful lunch followed with popcorn, scones and profiteroles for dessert!

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



## The Building Community Together Project invites you to

A Free Festive Tea Dance

Acocks Green Baptist Church
Arthur Moore Hall
entrance on Alexander Road



Join us as we take you through a fun and festive afternoon of dancing! If you would like to attend please contact Becky Coley at: becky@bpcn.org.uk For more information and to book your place. Afternoon Tea will be provided. Booking is essential.

Wednesday 14th December- 1.00-2.30pm Hosted by Xpress-Yourself Dance No partner or experience necessary









#### ...And one last dance before Christmas

It's time to get your dancing shoes on and join us for our Free Festive Tea Dance celebration.

Come and join us on Wednesday 14th December-1-2.30pm 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 and quiz to finish the day!

Booking is essential and places book up fast, if you would like to attend, please contact Becky Coley at:

becky@bpcn.org.uk



## Building Community Together



During the last 2 weeks of the School Summer Holidays Birmingham PlayCare Network in partnership with the Building Community Together project delivered Play in Parks on Stockfield Park.

Birmingham PlayCare Network faciliated play activities and opportunities to encourage children to use their park space. There were activities for the children to get active and play, from Sports and games to cookery; alongside Arts and Craft activities, with the children leaving the park at the end of the day dirty, happy and full of enthusiasm to come back tomorrow.

Playworkers supported the children in their play as they experienced things that can only happen during playful moments. We met so many wonderful families who joined us over our 2 weeks. The project ended with a fantastic party afternoon, working alongside Stockfield Community Association and Arts in the Yard which celebrated food and countries of the Commonwealth.

We will be back in 2023 for the last 2 weeks of the School Summer holidays, please come and join us. Residents over 14 years of age can also apply to Volunteer on the project. If you are interested in supporting us please contact: becky@bpcn.org.uk



## Energy saving tips How to save energy at home – Adapted from the Martin Lewis – Money Saving Expert Website

These figures are largely based on calculations from the Energy Saving Trust, and have been updated them to reflect the energy price cap guarantee rate that came in on 1 October (savings are based on a typical three-bedroom household with a family of four).

#### 1. Turn your thermostat down

This is one of the easiest things to do on this list. For each degree you cut the thermostat, expect to cut bills by 4%-ish, or about £100 a year on average for a typical home.

The World Health Organisation says that 18 degrees is enough for healthy adults, with slightly higher temperatures needed for the very old or young. So, consider popping on a jumper at home and seeing what temperature your household is comfortable at.

And while we're talking heating, a common debate is whether it is cheaper to leave the heating on low all day, rather than just turning it on when you need it. The Energy Saving Trust is adamant you should only have your heating on when required.

#### 2. Water saving

Reducing your water usage can cut bills for those on water meters, help the environment, and reduce energy costs too, as when you use less water, you usually heat less water. Cut your shower time - Cutting just a minute off your shower time could save £207 a year in energy bills, and a further £105 a year in water bills if you have a meter - £312 a year for an average four-person household.

#### 3. Don't assume all energy-saving light bulbs are equal

LED uses about half the energy of the bigger fluorescent spiral 'energy-saving bulbs'. Obviously turning them off when you're not in the room helps too. There will be an initial outlay, but you should recoup it fairly quickly.

Some worry that constantly turning lights on and off wastes energy but, according to the Energy Saving Trust, you're better off turning them off when you leave the room, no matter how long for. It reckons you could save £27 a year doing this.

#### 4. Turn draught detective

Walk round your home spotting window and door draughts. You can even make your own sausage dog draught excluder. Decent draught-proofing can cut 2% off energy bills, so about £50 a year on average for a typical home.

#### 5. Wash more clothes less - and try a cooler setting

Try to do one fewer load of washing a week and make sure you fill up the machine each time. The savings aren't huge, around £19 a year for modern machines, but can be much more with old ones.

You could also try doing your washing on a colder setting. By washing your clothes at 30 degrees, you could save £54 a year, leading to a £73 overall saving.

#### 6. Think 'How many cuppas am I making?'

The more water you boil, the more energy you use. Be conscious about this when filling the kettle, so you don't overfill. Simple, but effective, with a saving of £16 a year possible.

#### 7. Don't leave your devices on standby (though it's not the problem it used to be)

Switching off your devices is better than leaving them on standby, of course, as otherwise you're using energy for something you're not making use of. But it's nowhere near the problem it once was.

The Energy Saving Trust says you can save £28 a year by switching devices off standby, while British Gas says it could be £77 a year, but we reckon either figure is a bit overblown. It's EU law that TVs and other devices made since 2013 can't use more than 0.5 watts in standby mode. To show the scale of it, a TV watched four hours a day and left on standby the rest of the time would cost £1.24 a year for the time it's on standby.

#### 8. Use radiator thermostats

Don't heat the whole house when you're spending all day in one room. Thermostatic radiator valves are an extra control which you can use to set the temperature of each individual room (other than where your main thermostat is). When the temperature in that room rises above what's set on the radiator valve, it will stop water flowing through that particular radiator – the boiler will still be on to heat other rooms, but it will use less energy.

Installing them and using them with your thermostat allows you to control the temperature room by room, and could save you almost 6%, so about £150 a year on average for a typical home, although an initial outlay is needed.

#### 9. Use 'eco' mode on appliances where possible

Many appliances have modes which make them operate at different speeds, temperatures and levels of power. Often, they have an 'eco' mode, which is marketed as being more environmentally friendly.

For most appliances, 'eco' mode means operating at a lower speed, and often, heat. It's frequently an option on washing machines and dishwashers. Using these modes will use less energy, in some cases even less than washing on a short cycle, and therefore will save you money on your energy bills. According to Curry's, up to 90% of the energy a washing machine uses is to heat the water. So, the lower temperature eco wash can use far less energy, sometimes up to 59%.

Be warned, though, these modes are likely to struggle with, for example, really messy dishes or very dirty clothes. They're also not ideal if you're in a rush, as eco mode cycles typically take a lot longer.

#### 10. Use the microwave instead of the oven

If you can use your microwave instead of the oven to cook certain foods, do. They use less energy than ovens because they only heat the food, not the air around it.

To take the example of a jacket potato, we calculated that cooking it in the microwave uses 25% of the energy it takes to cook it in the oven.

#### 11. Know how much energy your appliances are using

To save energy, it can help to know just how much each appliance is costing. We've crunched some numbers for you, using standard appliances and the upcoming 1 October 2022 energy price guarantee charges for electricity (34p/kWh). These are ballpark figures as different models use different amounts of power, but it should give you a rough idea. (1) kWh (Kilowatt hours) are the units used to measure how much power is used by an appliance. It works out as the watt power of an appliance divided by 1,000 (when used for one hour). (2) Prices based on 1 October 2022 price guarantee rate of 34p/kWh.

Appliance	kWh (1)	Cost per hour (2)
Tumble dryer (3,000 watts)	3	£1.02
Oven (2,000W)	2	68p
Kettle (1,800W)	1.8	61p
Electric hob (1,700W)	1.7	58p
Vacuum cleaner (1,400W)	1.4	48p
Microwave (1,200W)	1.2	41p
Toaster (1,200W)	1.2	41p
Dishwasher (1,200W)	1.2	41p
Iron (1,100W)	1.1	37p
Air fryer (1,000W)	1	34p
Washer (700W)	0.7	24p
Slow cooker (225W)	0.225	8p
Electric blanket (100W)	0.1	3.4p
TV (30W)	0.03	1.02p
Fridge (28W)	0.028	0.95p
Light bulb (10W)	0.01	0.34p
Microwave (standby) (7W)	0.007	0.24p
Phone charger (5W)	0.005	0.17p

# COMMUNITY CAFE

OFFERING A WARM SPACE TO COME TOGETHER AND GRAB SOME FOOD WITH INTERNET ACCESS.







AND FEE

EAKFAST MFNU

ALL FOOD AND DRINKS ARE PAY AS YOU FEEL

#### **MONDAYS 9AM-2PM**

FOX HOLLIES FORUM GREENWOOD AVE, ACOCKS GREEN. B27 7RA

FOX HOLLIES
ASSOCIATION
CIO.

CHARITY NUMBER: 1174330







# STOCKFIELD YOUTH LED YOUTH CLUB

For kids aged 9 - 16

INCLUDES ACTIVITYS SUCH AS FOOTBALL

Every Thursday from 4:00pm - 6:00pm

FOOTBALL
DODGE BALL
TABLE TENNIS
BASKETBALL
BOARD GAMES
ARTS AND CRAFTS
AND MORE

Venue: Arthur Moore Hall - Acocks Green Baptist
Church 39 Yardley Rd, Birmingham B27 6HG
Sessions have already started
contact Callam Dunne for more information on:
Email:callam.dunne@sportbirmingham.org





# WEEKLY' ACTIVITIES

MULTI-SPORTS

MULTI-SPORTS

GIRL'S ONLY

SESSIONS

HOMEWORK

CLUB



CHECK OUT WWW.FITCAP.CO.UK
FOR TIMES & VENUES



#### Merry Christmas from Yardley Early Help Team

Yardley Early Help Team is working Monday – Friday (except Bank holidays) 9.00 am – 5.00 pm. You can connect families into Early Help by completing

a Family Connect Form. We can connect children, young people, and families with wider support around holiday activities, SEND, housing advice, warm spaces, benefits/money advice, domestic abuse links, mental health support links, under 5s support, parenting advice, employment, and training support etc.

We encourage professionals to continue to link families into Early Help while they are supporting them in crisis or urgent support. Early Help can be offered in tandem to your service.



Christmas should be a magical time for children, but for millions, it's a time of hunger, cold and dread. The cost-of-living crisis is getting worse and more frightening every day, but millions of children now live without stable access to food, warmth, or safety. Right now, roughly 8 children in every classroom\* across the UK are living in poverty, and many are facing a cold and hungry Christmas. Families in poverty have to make tough choices between paying their heating bills or buying food. When times are hard, it's always children who struggle the most. They'll need our help this Christmas.

Sign up for Barnardo's UK wide campaign on tackling child hunger and impact of costof-living crisis here

\* Based on a classroom of 30 children





#### **Young People Achievements**

Two of our young people Hermaan and Zain have attended the FITCAP Multisport Programme for many years. Within the FITCAP Multisport Programme, they have gained a FA Level 1 coaching and a Sports Leadership Leve 2 in Community qualifications and. They have taken part as volunteers in FITCAP and Make A Difference (MAD) Birmingham, half term and school holidays sports camps in various local communities, whilst being mentored by FITCAP and MAD staff that has them to improve their employability and life skills.

Through gained qualifications, Hermaan and Zain have improved the five key skills areas: communication, self-belief, teamwork, self-management and problem solving. As the result of Hermaan and Zain outstanding hard work, they have developed from being participant in multisport programme to volunteers and employments by MAD Birmingham and FITCAP school holidays sports camps staff coaches.

As coaches, Hermaan and Zain have exhibited their sports leadership skills by planning, leading and delivering sport/physical activities sessions and events, and managing participant's behaviours. As well as working as part of staff, coaches' team to deliver regularly successful enjoyable sport/physical activities sessions and events for young people. These two young people are truly a positive role model in their community.

Stockfield Community Association and FITCAP has been a positive life-changing experience Hermaan and Zain. This has provided opportunities for them to develop as a person, a leader and a coach, as well as helping them to come out of their shell, and realise their potentials.

## Stockfield Community Association and FITCAP Multisport Programme Location: Stockfield Park

Stockfield Community Association and FITCAP work with local young people aged 7-18 and aim to do the following

- Providing a safe and welcoming space for young people to make constructive use of their free time and access a variety of activities
- A place for young people to access support, information, advice and guidance
- To provide formal, informal and non-formal education to young people, including qualifications, personal development, and employability and life skills
- To help young people to become established members of society and positive citizens in their community

#### **FITCAP Multisport Programme**

By providing a welcoming and relaxed environment we develop good relationships with our young people. They have a safe space where they are able to discuss issues openly with staff and volunteers. Staff are able to identify those most at risk of disengagement or who may have additional requirements, and if necessary, signpost to other appropriate organisations programme or project.

The multisport programme works for continued periods openly with local primary and secondary schools to support young people towards employment, further education and training. Stockfield Community Association and FITCAP aims to provide alternatives opportunity for young people who have become or are at risk of becoming NEET, assisting them work towards tangible outcomes and accreditation.

Why not join us at Stockfield Park, on Wednesday and Saturdays



#### **Village in Bloom Updates**

It has been a busy year – even more so than usual. We celebrated the Commonwealth Games being held in Birmingham and we held a special event to commemorate the Queen's Platinum Jubilee.

Acocks Green Village in Bloom organised a Commonwealth Flags Trail competition. Entrants had to hunt for the 54 Commonwealth Country flags that had been displayed in shops and businesses in the village, and mark down where they had seen them. Amazingly, some people managed to track down all 54 flags! This both raised awareness of the Commonwealth and ensured that people entering the competition were introduced to all that our local shopkeepers have to offer. Commemorative badges were given to all those who took part and one family, picked out of the draw, won a voucher for Acocks Green Bowling Alley.



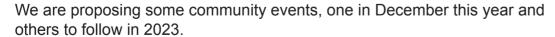
We were very happy that we commemorated the Queen's Platinum Jubilee in the village, especially in view of her death, which followed so soon afterwards. There were lots of stalls and live music from Canoe and the Kimichi Quartet.



I was invited, once again, to judge the Stockfield Garden competition. What a wonderful array of gardens there were to see! With water features in every garden that we visited, wonderful perennial and annual plants on display and many seating areas for comfort, with one arranged like a stage setting for a play.

Another garden displayed figures of a man and woman sitting on a bench — what originality and creativity you have in your area! I would suggest that you hold an open garden event or maybe you should consider Stockfield entering the 'Britain in Bloom Neighbourhood' campaign.

In July, we were visited by the R.H.S. Judges, for the first time in two years because of the pandemic. Our hard work paid off once again, when we found out in September that we received GOLD award once more for Acocks Green.





The first event will be held on Saturday **10th December**, a delightful **Candlelit Musical Evening at St. Mary's Church** featuring professional musicians connected to Kimichi school, playing seasonal music.

Tickets will be available for purchase soon, as well as at the door on the night of the concert. Mince pies, mulled wine and more will be offered, together with the opportunity to interact with the musicians, which should put all who attend into the mood for Christmas.

Let me remind you about our Christmas Lights Appeal organised by Mick Panesar. We are working with the Acocks Green Village Partnership to try and raise funds for displaying lights in the village. At the time of writing this, we are two-thirds of the way to raising the money needed from the 'GoFundMe' initiative and direct contributions. With all the doom and gloom around us, we hope that this will bring a 'feel good' factor to our High Street. If you can spare any amount, no matter what it is, it would be appreciated.

We sadly lost our Business Improvement District organisation, who used to pay for the lights and, as usual, we are intent on constantly striving to enhance our village. Other events which we hope to bring to you soon:

**Friday 10th March 2023** – 'Another Bloomin' Good Night' – this time being held at Holy Souls Social Club in the centre of the village. Live music, a buffet meal, a generous

raffle and a quiz have been our winning formula in the past and we intend to offer a similar fare that evening. We will have less space than at previous 'Good Nights,' so best to snap tickets up as soon as they are available.



Late April 2023 - By the time that this newsletter has been printed and circulated, we hope to have already planted well over 1500 tulip bulbs at all of the places where we garden in the village. We are proposing to hold an Acocks Green Tulip Festival, with stalls, music, food, raffle and many other interesting ingredients, such as tours of the tulip beds. We have yet to decide upon the location for the event, whether indoors or outdoors, depending upon the weather at the time.

#### Fran Lee - Acocks Green Village in Bloom

Telephone: 0121 706 0076 email: fran.lee47@yahoo.co.uk

www.acocks-green-neighbourhood-forum.org/villageinbloom





## Bromford.

#### **Dear Residents**

With Christmas fast-approaching, I felt it may be helpful to provide you with some links and contacts that you may find useful during these difficult times that we are all facing.

Get Government cost of living support – Help is available for every household search for: Help for Households

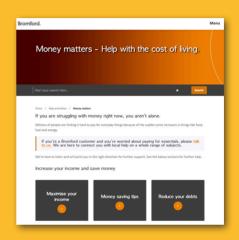


Grants, benefits and other support, including Warm Home Discount, Winter Fuel Payment and Cold Weather Payment -

search for Citizens Advice Grants and Benefits



Get support with the Cost of Living - search for **Bromford My Money** 



Visit the Act on Energy website - www.actonenergy.org.uk/project

Visit the Fuelbank Foundation website - www.fuelbankfoundation.org





\*For any issues with repairs, Citizen will be operating their normal hours of 8am – 6pm Monday -Friday over the Christmas period and can be contacted on 0300 561 0040

\*For any queries regarding rent, please call Bromford on 0330 123 4034

\*For any housing issues, please contact your Housing Manager Natalia on 07779 430 254

