

## **We all need a little extra help sometimes....**

Do you need your eyes testing but are unable to get to an optician? Age Concern Birmingham have Partnered with First Care Optical so you can **have your eyes tested in the comfort of your own home**. Find out more by calling 0121 362 3650.

Have you been to the **Northfield Community Café** yet? Every Thursday, 4-7pm (food served 5-6pm), at Northfield Baptist Church, 789 Bristol Road South. Everyone welcome for a cup of tea, a sit down dinner, or just pop in for a takeaway. There are no set prices, just pay as you feel - and if you can't afford to pay, that's fine too!

If you **struggle with day to day activities**, an Occupational Therapy assessment can be really useful in helping find solutions to help you stay safe and keep your independence for longer. If you or someone you know might benefit from such an assessment, Northfield Community Partnership is hosting face to face sessions on Wednesdays, 9am-3pm at St Nicholas Place, 81 The Green, Kings Norton. Ring 0121 675 6906 to find out more and book an assessment.

If you have limited ability or opportunity to get out and about, Age UK Birmingham has organised lots of **activities you can join in with for free on the telephone**.

Mondays 2-4pm Weekly Chat

Tuesdays 5.30-6.30pm Book Club

Wednesdays 2-3pm Quiz 1

5-6pm Sing-A-Long

Thursdays 2-3pm Quiz 2

5-6pm Gardening Club

Sundays 4-5pm Sunday Chat

For full details, just call Davinder on 0121 437 0033 ext 1403 or Siobhan on 0121 437 0033 ext 1401.

Don't forget you can also contact Age UK for advice on all sorts of issues, from saving money on your energy bills to living independently. Just call 0121 437 0033.

Do you like the idea of **getting online** so you can find out information, be entertained, have shopping delivered, share photos or communicate by email....but it all seems a bit too scary? Don't be put off! Join local Digital Drop-in Sessions with other people just like you, or request one-to-one support from the friendly Digital Literacy Project team. Call Pauline, the digital lead at Northfield Community Hub on 0121 411 2157 for information about what they can do specifically to help you!

## The Ukraine Crisis

Many people are wondering what they can do to support the people of Ukraine. Here are a few suggestions from the Archbishop of York, Stephen Cottrell:

### 1. Pray

Pray for peace.

As you pray the Lord's prayer, perhaps give extra thought to the words 'Your kingdom come': what does God's kingdom look like? How is that different from the sort of kingdoms dictators and oppressors try to build? How does that turn your heart towards Ukraine and other places of war and oppression?

### 2. Make sacrifices

Sanctions imposed on Russia will affect us, practically and financially, so we must be prepared to pay a price.

### 3. Offer generous humanitarian aid

Several charities have launched appeals for those who wish to respond through making a financial donation:

- **UNICEF** is especially concerned for the safety and wellbeing of children who have become separated from their families. Donate via the website <https://www.unicef.org.uk/donate/> or call the Supporter Care Team on 0300 330 5580.
- **The Red Cross** has established a Ukraine Crisis Appeal to provide food, water, first aid, medicine, warm clothes, and shelter. Donate online at <https://donate.redcross.org.uk/> or by ringing 0300 023 0820. If you prefer to donate by post, either download a form from the website or ring them and ask for a form to be posted to you.
- **Christian Aid** is working with partner organisations in the ACT Alliance (a global faith-based coalition), to provide food supplies and other lifesaving essentials to people on the Ukrainian borders fleeing the violence. To donate online <https://www.christianaid.org.uk/> or call 020 7523 2493.

### 4. Be welcoming

Make it as easy as possible for Ukrainian refugees to come into our country and start rebuilding their lives.

Maybe considering becoming a Befriender through an organisation such as Restore, a project of Birmingham Churches Together, working with refugees and asylum seekers of all nationalities across Birmingham and Solihull. Find out more from their website <https://www.restore-uk.org/> or by calling 0121 661 4275.