



Community News

The **Community Hotline** continues via Northfield Community Partnership ...

0121 411 2157 (10am – 3pm Monday – Friday)

for help including shopping and picking up medication as well as advice or if you'd just like a friendly phone-call.

Age Concern has launched a new **shopping service** for over 50's. All shopping is done at Asda and delivery is available Tuesdays and Thursdays. Contact Gemma goneill@ageconcernbirmingham.org.uk or call 07535 738116

Households with children under 18 who are struggling with food bills, debt, home education (including 'data allowance' and equipment) or mental wellbeing can access support through '**Northfield Families**', part of the Birmingham City Council Early Help provision. This includes **emergency food and fuel grants** of up to £100, and access to help and advice through many other agencies and partners.

Remember, the earlier you seek help, the easier it is to 'get things sorted'. Self-refer today: ring 07516 918133 (Mon-Wed) / 07951 346327 (Thurs-Fri)

email northfieldfamilies@northfieldcommunity.org

or online at

https://www.birmingham.gov.uk/info/50224/birmingham_children_s_partnership/2156/birmingham_children_s_partnership_-_resources

Also under this project, there's a huge need in the Northfield area for **white goods** (freezers, washing machines etc). If you can help, contact Max Shanahan m.shanahan@northfieldcommunity.org Thank you!

Need help accessing Zoom? Bounce Back (part of MIND) are offering face to face sessions in local community centres to help older people use Zoom. Contact 0121 262 3555 or email help@birminghammind.org

22nd February – 7th March is **Fairtrade Fortnight**. How's your fortnight going? If you need ideas or fancy joining the online festival, have a look at <https://www.fairtrade.org.uk>

And don't forget to order your **Fairtrade Easter Eggs** – contact Revd Theresa.

On your bike! The West Midlands '**Love to Ride**' team are inviting all cyclists to join them for four weeks of advice, tips, fun and prizes. Pedal on over to <https://www.lovetoride.net/westmidlands/prizes> for details ...and remember to have your say on further improvements to **walking and cycling routes** across Birmingham <https://covidmeasuresbirmingham.commonplace.is/overview> (survey runs until 31st March).

Our local Police Community Support Officer, Christian Jones, reminds us of ways to **keep valuables safe** when out shopping:

Do not carry your phone or wallet in your back pocket

Do not leave your purse, wallet, keys or mobile telephone in your shopping trolley or basket

Do not put any valuables down at the checkout when purchasing items

Keep your valuables in an inside coat pocket or zip them in your bag and keep it close.

If you know of anyone struggling to access worship online or in person, **Daily Hope** is a free 24/7 phonenumber of hymns, reflections and prayers, with CofE services updated daily. Tel 0800 804 8044

This week's **Eco Tip**: No compost heap? **How about a worm-farm!** All you need is a container and some worms (somewhere like Wiggly Wigglers can help if you're too squeamish to dig up your own! <https://www.wigglywigglers.co.uk/>). Just add fruit, vegetable and flower waste. After a while you can tap-off 'worm water', which acts like Baby Bio, and eventually 'worm soil', which is a soil improver.

Covid

Whilst we may be (cautiously) rejoicing at the Government' roadmap for easing lockdown, please remember it's still **Hands, Face, Space** (2 metres) for everyone, even if you have had the vaccine. So face masks and social distancing whenever you go out, and wash your hands for at least 20 seconds as soon as you get home.

If you're in a priority groups and **not yet had a vaccine**, please do contact your GP, ring 119 (7am-11pm), book online at www.nhs.uk/covid-vaccination

If you're worried about Covid scams, see <https://www.bsab.org/news/article/45/covid-vaccinations-are-free--be-scam-aware>

If you have symptoms of Covid, book a test online at <https://www.gov.uk/get-coronavirus-test> or by ringing 119.