

12th June 2022 Trinity Sunday



Community News

Northfield Community Partnership Hub is open Monday - Friday 9am-5pm for any advice or support:

0121 411 2157

email info@northfieldcommunity.org

or just drop in at the NCP Hub, 693 Bristol Road South, Northfield, B31 2JT

Huge congratulations to **Jackie Careless**, EcoBirmingham's Community Learning Program Manager, for being awarded the British Empire Medal (BEM) in the **Queen's Jubilee Honours** for services to the community in Northfield. Jackie is part of the team at Allen's Cross Community Garden which grows produce and supplies fresh vegetables to the local community. During covid, Jackie donated over 300 growing packs to enable people to grow their own food. Well done to Jackie and the team of volunteers! There's lots of information about events held at the garden on their website, as well as tips for successful eco-gardening in your own garden. <https://allenscrossgarden.co.uk/>

They would currently welcome donations of good quality wood and hand tools - if you can help, do get in touch! email allenscrosscommunitygarden@gmail.com or call in!

Are you feeling anxious, need to relax or de-stress? Why not **connect to others through the new Well-being Chats**, every Wednesday, 1-3pm, at Hawkesley Community Centre, 51 Edgwood Road, B38 9RN. Just turn up! More information from: tel 07856 277028 or email info@springtolife.org Run by Northfield Neighbourhood Network Scheme and Heart of England Community Foundation.

Would you like to raise money for local children with life-limiting illnesses whilst having lots of bubble-fun? Acorns Children's Hospice invites you to **Bubble Rush**, a fun run with a difference! Run, walk, jog, skip or toddle your way around a family-friendly foamy bubble course. No age limit, the course is pushchair and wheelchair friendly. Book your place now for Sunday 17th July at Sandwell Valley Country Park <https://www.acorns.org.uk/event/bubble-rush-2022/>

Over the last couple of years, we've been able to keep up to date with the facts on Covid because of Canon Janet's and Revd Theresa's dialogue with Birmingham Public Health Team in their role as Covid Champions. The Public Health Team are now extending this role, and looking for people to become **Wellbeing Champions**. These are voluntary positions (though some support with expenses is available) and they don't need to take up much time but are important in Birmingham's plan to help improve the health and wellbeing of local communities. If you'd like to find out more, have a chat with Revd Theresa.

Eco Tip: In celebration of Jackie Careless's British Empire Medal, a tip on companion planting from the Community Garden for those who are currently planting out their edible crops: plant lavender near carrots and leeks to keep pests away and encourage pollinators such as butterflies and bees; borage flowers (which are edible) refill with nectar every two minutes so are fantastic for attracting pollinators, as well as repelling pests from tomatoes - and are said to improve the flavour of strawberries when planted amongst strawberry plants; marigolds act as a natural weed suppressant when planted between crops, and deter aphids and whitefly from beans and tomatoes.

Covid: Birmingham City Council's Public Health team reminds us that Covid continues to circulate throughout the city, and so we should continue to remain cautious by: having vaccines and boosters; wearing face coverings in busy places; social distancing; maintaining air flow; and staying at home if you have symptoms of a respiratory infection and a high temperature, or feel unwell. Call free on 119 with any Covid questions.