



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. Also call for face to face appointments or to use a computer in their Hub, 693-695 Bristol Road South, Northfield.

Black History Month continues with a huge and exciting programme of online and in-person events across Birmingham and beyond! Browse the Black History Month website for details... and while you're there, dig deeper for a wealth of inspirational stories and resources to honour the too-often unheralded accomplishments of Black Britons in every area of endeavour throughout history.

<https://www.blackhistorymonth.org.uk/listings/region/west-midlands/birmingham/>

Birmingham Cathedral is hosting an online **Pause for Hope service for all affected by cancer** on Sunday 17th October at 3.00pm. Everyone is welcome to attend this special service of candles, music, and prayer. The service will also be live streamed and available on the Cathedral website

<http://www.birminghamcathedral.com> and YouTube channel <https://www.youtube.com/watch?v=P777G2zhr8g>

The Creative Support/Mind Mental Health and Wellbeing Hub at 888-890 Bristol Road South B31 2NS is offering an exciting and packed timetable of **short face-to-face courses to enhance well-being**, including motivation & self-care, poetry, walking group, coping with low mood, coffee & chat and much more. Telephone 0121 476 4349 for more information or see the full list at

<https://www.birminghammentalhealth.org.uk/hubs/>

Love sport? Fancy working in TV? Applications are open now for the Commonwealth Games TV Bootcamp. Learn the skills to be a Camera Operator, Editing Assistant, Assistant Floor Manager by joining the Birmingham 2022 Commonwealth Games Host Broadcast Training Scheme (HBTI). Applicants must be aged 19+. Find out more from Solihull College <https://www.solihull.ac.uk/sportstvbootcamps/>

Congratulations to Northfield Community Partnership's Digital Literacy Coordinator Pauline Roche, who was a Finalist in the 'Tech for Good' category at the recent Women in Tech Awards. If you're over 50 and would like some **support in getting online**, or even to borrow a tablet pre-loaded with data, give Pauline a call on 0121 411 2157 or email pauline@northfieldcommunity.org

Beyond the Horizon is a local organisation which supports children and young people aged 4-18 years who have been affected by loss, bereavement, divorce, separation and domestic abuse. For more information call 0121 444 5454 or visit <https://beyondthehorizon.org.uk/>

Eco Tip: Whatever your feelings about protesters gluing themselves to roads, home insulation is a serious business to prevent wasting energy, as well as cutting bills and making your home cosier as we head towards winter. According to the Energy Saving Trust, loft insulation is a quick win, cutting down around 15% of heat loss. You can recoup the cost of installation back in less than two years through lower energy bills. And why not also consider using draught-proofing strips around windows, doors and loft hatches, or sealing skirting boards with silicone, all of which may mean you can turn the thermostat down a little.

Covid



The Birmingham City Council Public Health Team has provided the following updates...

- Even if you are vaccinated, testing for everyone remains a priority. That means:
 - Regular lateral flow tests continue to be encouraged
 - If you have any symptoms, even if only mild, book a PCR test. isolate immediately and only leave home to attend a PCR test appointment or to post a PCR test kit.
- Cases of Covid have increased by 11% across Birmingham over the past week.
- These increases have been seen in all ages and ethnic groups.
- Northfield currently has the 7th highest number of cases of all wards. Frankley is 3rd.
- All women who are pregnant or intending to become pregnant are encouraged to have vaccines, for the benefit of both themselves and their baby. For more information, talk to your GP or midwife, or take a look at the leaflets and videos made available on The Royal College of Obstetricians and Gynaecologists website: <https://www.rcog.org.uk>
- The impacts of flu are likely to be greater this winter, so do speak to your GP or local pharmacy about having a flu vaccine (free if you're over 50, have certain conditions, or are a carer, otherwise a small fee may apply).
- The vaccination programme for young people aged 12-15 is ongoing. If you know anyone in this age group, do direct them to the information the Government has made available specifically for them, so they get to know the facts rather than misinformation they may pick up through social media: <https://www.gov.uk/government/publications/covid-19-vaccination-resources-for-children-and-young-people>
- As the chillier weather is driving us back indoors, do continue to remember fresh air, keeping a distance, handwashing and masks, alongside vaccinations and testing, help reduce the spread of Covid.

Let's all do our bit to keep each other safe.