

3<sup>rd</sup> July 2022 3<sup>rd</sup> Sunday After Trinity



## Community News

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

**0121 411 2157**

email [info@northfieldcommunity.org](mailto:info@northfieldcommunity.org)

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

Don't forget the famous **St Laurence Car Boot Sale** will be held in the Pastoral Centre this Saturday (2<sup>nd</sup> July) 9am-midday!

The Friends of **St Laurence Junior School** would appreciate your support in receiving up to a £500 donation in the Asda Green Tokens Scheme. All you need to do is vote for them online at [www.asda.com/green-tokens/store?store=4376](http://www.asda.com/green-tokens/store?store=4376) (the Barnes Hill store). Only one vote per device is allowed, but you can vote from multiple devices – phones, tablets, laptops, desktops...the competition is fierce, so every vote counts!

Wavelength is a **free music-making project for young people aged 12-18 with mental health conditions**, to offer support, encourage emotional literacy and help them connect with others with similar experiences and interests. Working with professional musicians to play, write and record music, all abilities are welcome. Young people can self-refer with the support of their parent/keyworker. For information, call 07716 362478 or email [info@quench-arts.co.uk](mailto:info@quench-arts.co.uk)

If you're free for a few hours on Friday 8<sup>th</sup> or Saturday 9<sup>th</sup> July, **St Mary's Hospice** is looking for people to 'shake a bucket' in Northfield Shopping Centre (and other local locations) to raise vital funds for hospice patients as part of Big Brum Bucket, their biggest collection of the year. If you can help, register at [www.birminghamhospice.org.uk/big-brum-bucket-2022](http://www.birminghamhospice.org.uk/big-brum-bucket-2022) or call the fundraising team on 0121 752 8776.

New **Functional Fitness sessions are being offered to over 50's**, focussing on everyday movements and balance to improve daily life. £3.50 per session (first session free): Tuesdays St John the Baptist Church Hall, Longbridge; Wednesdays Ascension Church Hall, Stirchley; Fridays West Heath Community Centre; Saturdays St Church the Baptist Church Hall, Longbridge. More information by ringing 0744 918 1189.

**Eco Tip:** Would you like to connect with other local people and businesses to ensure **surplus food** is shared rather than thrown away? Why not use the **Olio** app to let others know what food you have to share, or find free surplus food others are offering. Download from your app store, or find out more online at [www.olioex.com](http://www.olioex.com)

Many thanks to Leanne for this tip...if you have any green ideas you'd like to share, please let Revd Theresa know, thank you!

**Covid:** Covid cases appear to be rising across Birmingham, in line with the national increase. It is estimated that approximately 1 in 35 people are currently infected. This is likely to be due to two new sub-variants of Omicron, which can be caught even if a person has recently had Covid.

Vaccines continue to be extremely important in preventing serious illness, so Birmingham City Council's Public Health Team reminds everyone to take up boosters as you become eligible, Also, to use your judgement when around large numbers of people you wouldn't usually be in contact with as to wearing face coverings, social distancing and maintaining air flow. It is recommended that anyone with symptoms of a respiratory infection and a high temperature, or who feels unwell, should try stay at home and avoid contact with other people.

If you have any questions or need help with anything to do with Covid, ring 119 for free.