

**31th July & 7th August 2022
7th & 8th 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

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

Don't forget **the Beach and a huge variety of entertainments** are coming to Northfield from Thursday 28th to Sunday 31st July, and Kings Norton Thursday 11th to Sunday 14th August...newly announced, Friendly Fire Band will be singing the soundtrack of the BBC's coverage of the Commonwealth Games, 'It's a Brum ting', at Northfield Beach on Saturday 30th July – go to YouTube for a video of the song and see what local landmarks you can spot! <https://www.youtube.com/watch?v=Fbdt-S8ms9A>

Get into the spirit of the Commonwealth Games with **Cook the Commonwealth**, a collection of simple recipes from the 72 Commonwealth countries. From Anguilla to Zambia, why not try something new for tea every day of the games – there's even a recipe from Birmingham!

Download the free Whisk app from your Appstore, follow #cookthecommonwealth or visit the Whisk website: <https://my.whisk.com/community/c006f6902de1450eb0047a14c44f7bee>

There's lots going on at **Northfield Library** over the summer, including... take a look at the display of masks from Commonwealth Countries in the Americas (from now until 13th August) and then make your own at the Marvellous Masks workshop on 1st August 11am! Plenty of arts and crafts events as well as story-telling. More information on Facebook or just pop in.

If you haven't already experienced the tranquillity of the **Greenhouse at Barnes Close**, why not find out more at their Open Day on Saturday 6th August, 11am-2pm. Includes house and grounds tours, plant sale, children's trail, alpaca walking, prayer walk, and more. Becoming known for their pay as you can retreats, also keep an eye out for upcoming events to learn, grow and rest.

Find out more at greenhouseatbarnesclose.org.uk, on Facebook, or by ringing 01562 710278. Find them at the Chadwich Manor Estate B61 0RA, just five minutes from the Lydiat Ash island.

Did you work at Cadbury's between 1940 and the early 1960's? Author Annie Murray would love to hear your stories (maybe they'll even feature in one of her upcoming novels...!). Go along to Northfield Library 10.30am-midday on Tuesday 16th August, no booking required.

It can be particularly difficult **accessing the support you need** over the summer holiday period. Northfield Community Partnership is great at connecting local people and organisations, including advertising social activities to keep people connected, championing local events, carer support, and help with accessing food banks and additional financial support.

Follow them on Facebook or Twitter @NorthfieldPship, call 0121 411 2157 or call in to the NCP Hub opposite Northfield Shopping Centre.

Eco Tip: One of the priorities on the Commonwealth Games' sustainability agenda is their "zero waste to landfill" ambition. So why not join in, and see how far you can go over the next couple of weeks in reusing, recycling, and not using single-use items such as plastic wrapping.

Covid: Covid is still on the rise, albeit perhaps more slowly than in recent weeks. Official guidance is to stay at home if you have any of the 'classic' symptoms or symptoms of respiratory illness. For help on any aspect of Covid, call 119 or visit the NHS website: <https://www.nhs.uk/conditions/coronavirus-covid-19/>
A new NHS website offers advice about recovering from Covid: <https://www.yourcovidrecovery.nhs.uk/>