

Birchfield Big Local News

Spring 2018 / Newsletter 13

Bringing together the gifts, passions, aspirations, skills and energy of local people to make Birchfield an even better place to live and work

Staff changes

Suki Sohi, Volunteer Coordinator for the past three-years, left in December for a post with Focus Birmingham — a charity providing expert support, advice and information to people affected by sight loss or other disabilities.

Suki recruited many volunteers and guided and supported them in their various roles with Birchfield Big Local. She will be greatly missed by all. We wish her all the best in her new role with Focus Birmingham.

Staff and volunteers organised a leaving do at Grosvenor Road Studios where volunteers and

residents spoke movingly of how Suki had touched their lives and presented cards, flowers and gifts.

It was an opportunity for everyone to thank Suki, celebrate her contribution to Birchfield Big Local, and wish her well for the future.



Suki (on left) with Rhona and Sarah



Tippa Naphtali

We welcome Tippa Naphtali who will be joining Birchfield Big Local as the new Volunteer Coordinator.

"I am delighted to have secured the post of Volunteer Coordinator at Birchfield Big Local, and look forward to working with the community and building upon current and past successes.

I am both passionate about and dedicated to community development having spent my entire adult life setting up and participating in a range of charities, groups and enterprises."

Re-imagining Birchfield

Re-imagining Birchfield is an Arts Project for young people in the Birchfield area. Starting with a 3-day half-term programme followed by regular Saturday afternoon sessions the project will culminate in performances and exhibitions as part of this year's Birchfield Jazz Festival.

If you are aged between 8-16 years and interested in visual art, drama, music, film or photography, there will be opportunities to create your own work and work with professional Artists.

To find out more please contact: iycatuk@gmail.com



The Birchfield Jazz Festival 2018 will take place at St Mary's Church, Handsworth on 27th and 28th July this year.

If you would like to get involved in any way (volunteering or as a musician/band) please get in touch with Kate: iycatuk@gmail.com

www.ifayorubacontemporaryarts.co.uk

Furnace Community Theatre Project 2018

Caroline and I were over the moon to be asked by the Birmingham REP Theatre, to be part of their 'Furnace' programme. Five theatre

performance'. Also, the REP will be arranging backstage tours and theatre trips for our participants.

We strongly believe in the importance of storytelling, shared experiences and giving unheard voices a platform. We will meet



makers are working with community groups across Birmingham, to create original pieces of performance, which will be shared in July this year.

roughly once a fortnight and very much look forward to meeting you all. This project is accessible to all women regardless of experience.

Rachael Mainwaring, Women in Theatre

This exciting project hopes to build long lasting relationships between Birmingham REP Theatre and communities who have previously not had much experience with the theatre.

Next dates for the Furnace workshops at Grosvenor Road Studios are 10.30—12noon, Thursday 19th April and 10th May.

Our project will be a collaboration with the women of Birchfield Big Local and two other hubs in Ward End. We want to create a safe place to come together with other women, to find new ways of sharing our stories. Through spoken word, art, voiceovers and music we will work together over the months to create a 'sharing



Support for Social Entrepreneurs

Do you have a great idea for a venture that could benefit people in Birchfield? Can you help transform your community?

Birchfield Big Local is one of 19 Big Locals selected to take part in a new three-way partnership with UnLtd and Local Trust to support and strengthen social enterprise in the area. Social entrepreneurs are well-placed to create change because they understand the challenges facing their communities and also the opportunities.

With support from UnLtd each Big Local area will be able to:

- Access an annual grant fund of more than £16,000 in each area;
- Get dedicated help and support from UnLtd staff to unlock people's potential and support the growth of social ventures;
- Forge new connections to create a culture where social entrepreneurs can thrive.

UnLtd Award Manager, Louise Cannon, will be working with Birchfield Big Local over the next three years to support local people wishing to set up social ventures in the area.

If you would like to talk through your idea with Louise please contact:

LouiseCannon@unltd.org.uk



How to contact Birchfield Big Local

Grosvenor Road Studios, 16 Grosvenor Road B20 3NP Tel: 0121 448 5594

Email (General enquiries): info@birchfieldbiglocal.org

Community Development Worker: Andrew Simons—andrew@birchfieldbiglocal.org (07421 994752)

Volunteer Co-ordinator: Tippa Naphtali—tippa@birchfieldbiglocal.org (07421 994753)

Youth Worker: Russell Green—russell@birchfieldbiglocal.org (07419 213430)

Website: www.birchfieldbiglocal.org

Twitter: @BirchfieldBigL



Dorrette Hanson—Editor

First an apology for the delay in this edition. We aim to produce four newsletters a year and this depends on contributions from residents, volunteers and local projects—so please do keep those articles coming!

Suki's announcement she was leaving was truly a bombshell. I assisted in the preparation of her leaving do. It was especially sad for me as I was on her interview panel—three years certainly have flown by. She truly was a gem and helped volunteers develop their confidence and skills, including many who went on to secure permanent employment.

I also had the privilege to sit in on Tippa's interview and I welcome him on board. He brings with him an ocean of experience that will enhance those he will be working with.

The elders group has begun to flourish and we currently have another female who attends regularly. She was very much an apprentice and has learnt the game of dominoes quite quickly—on more than one occasion she's been able to give six love! In January we visited Summerfield elders club and a good time was had by all. Hopefully I will be able to plan a round-robin tournament, so watch this space.

As the year unfolds I am looking forward to upcoming events and am especially excited to be working more closely with UnLtd to promote the entrepreneurial skills of the talented people in Birchfield.

The Birchfield Big Local partnership is always looking for new members to join, there are lots of opportunities to work with partner organisations and develop new skills.

New Planters for Bloom in Birchfield

For Bloom in Birchfield 2017 Birchfield Residents Action Group and Birchfield Neighbourhood Forum agreed to share the cost of four new barrier baskets or planters for the railings at the junction of Calthorpe and Grosvenor Roads.

Geraniums, Begonias and Petunias were planted for the summer months. In the autumn Barbara Petris (BRAG Chair) and Lurlyn Salmon transferred these tender plants to the polytunnel at Livingstone Road Community Allotment and replaced them with more frost hardy Pansies and some Daffodil bulbs which are now coming into flower.

BRAG will be holding an Open Day on Saturday 28th April (1—4pm) at the Allotment Pavilion, off Livingstone Road.

This will also be the launch for Bloom in Birchfield 2018!

Please come along and enjoy the food, entertainment, displays and children's arts activities—all free.



Planters at Calthorpe Road

Adlin's Journey

Adlin Shorter has been volunteering with Birchfield Big Local. Here she describes how this experience has enabled her to share her passion and gifts for art with the wider community.



Adlin with portraits from her exhibition

My name is Adlin Shorter and I have been a Birchfield resident for many years. My passion for Art started at Secondary School where I began drawing still life objects, landscapes, animals etc. My teacher was impressed and in 1985 I was awarded a prize for best Art student. By the time I was in the senior year at school my skill for drawing had developed further and I decided to sketch portraits of people—mainly friends and family. I began to broaden my skill by using different materials and methods. I discovered that my preference was drawing with charcoal which made my drawings more effective. As a result, I began to develop a style of my own which I am now expanding by using different materials and by doing my own individual research on British black artists as inspiration for my art work.

During Black History Month in October 2017 I displayed my portraits of influential black artists and leaders at Grosvenor Road Studios. I had the pleasure of sharing my work with photographer, Vanley Burke.

As a result of the exhibition I was offered an opportunity to do a workshop at the Amirah Foundation for a women's coffee morning which was an enjoyable experience

as I have never done a workshop before.

After the success with the Black HeART exhibition I was offered the opportunity to display my work at St Mary's Church. For this I also did some research relating to the history of the industrial age and the contributions of James Watt, Mathew Boulton and William Murdoch.

Since the exhibition at St Mary's Church I have made enquires about doing artwork with children to broaden my experience. I have been in touch with St Clare's Catholic Primary School about work experience as a classroom assistant. I am also hoping to do a part-time course in Teaching and Learning at University College Birmingham.

After the previous exhibitions and the success of table-top sales at Handsworth Library I enquired if it was possible to set up a display of my artwork there. The manager was impressed with my portfolio and agreed to a display. I have received positive comments and one person said:

"Good day Adlin, trust you are well. I am in the library at Handsworth admiring your paintings; they are wonderful. God has truly blessed you with an amazing gift."

May God continue to grant your dreams and visions as you travel along this journey".

Adlin can be contacted at: adlin.shorter@yahoo.com



Adlin and Dr Vanley Burke

Youth Project

During the spring half term Birchfield Big Local ran activities with young people as part of the **MY ENDZ** project.

The young people collected a mosaic of ideas and thoughts about the Birchfield area sharing their differences, loves, and dislikes about the area within the group. As part of their learning and development, the group visited local sites that highlighted the culture and heritage of the area such as St. Mary's church, Handsworth Park, the Crick Project and Grosvenor Road Studios.

This provided a starting point for the group to think about what they might leave behind for future generations. They also visited the Secret Garden and started creating concept designs for a mural to go on the wall there. This was an undiscovered area for many of them and they felt that the place was a great space to create a mural that reflected their values, feelings and the diversity of the area.

The group enjoyed the week and suggested activities that they would like to develop, such as visits to other sites, music sessions and workshops for girls. On the final day the group went to the cinema to watch Black Panther, which was enjoyed by all.

These ideas will be taken forward as part of **MY ENDZ** project and will be open to young people aged 10 – 14. Starting on the 16th March we will be holding a free after school Music/Drop-In session every Friday from 3.30 till 6pm – apart from Easter Friday. These sessions will offer young people the opportunity to learn various instruments, create songs and beats in partnership with Ifa Yoruba Contemporary Arts, and hopefully create a music CD that reflects the group's experiences and learning about the heritage and culture of the area.

If you would like to get involved, please contact us, as we will need your engagement in creating the next phase of **MY ENDZ**.

**Please contact Russell—07419213430
Email: russell@birchfieldbiglocal.org**

Youth CLUB & MUSIC PROGRAMME

Want to: sing, rap, write songs, play instruments, learn the Cajon, learn the keyboard, make music with other people, spend time with your friends?

Join our pilot Youth Club and MUSIC programme for Young People aged 10-13years

WHEN? FRIDAYS
16TH, 23RD MARCH,
13TH, 20TH, 27TH APRIL 2018

OPEN FROM 3.30PM
WITH MUSIC SESSIONS
RUNNING FROM 4PM – 6PM

WHERE? GROSVENOR RD STUDIO, 16 GROSVENOR RD, HANDSWORTH, B20

Want to know more?
Contact: icycatuk@gmail.com,
russell@birchfieldbiglocal.org
or just come along!

Part of MY ENDZ: Birchfield Big Local Youth Initiative in association with The Ifa Yoruba Contemporary Arts Trust.
CONTACT: 07419213430, 01214485594

Big Local Birchfield
[@birchfieldbigl](http://www.birchfieldbiglocal.org)

ifa-yoruba contemporary arts trust
[@icycatuk](http://www.ifayorubacontemporaryarts.co.uk)

Bringing Handsworth History Alive!

ATHAC CIC has been working closely with the community to bring the best in arts, culture and heritage to children in Birchfield. We aim to provide new and exciting experiences for children so they can access the rich arts, culture and heritage that Birmingham has to offer. ATHAC has recently been working with India Went, a history student from the University of Birmingham, to assist in this mission to get children actively involved in heritage and culture. We have been working with Year 3 at St. Clare's Catholic Primary School on a project to get children learning about the history of where they live. Before the lessons, the children had very little knowledge of the area they lived in, but with the help of some fun and interactive activities, were totally enthused with the secret histories of Handsworth. It is brilliant to see how children, from all backgrounds, have come together to learn about the heritage of their community and are so excited about it!

The children were first introduced to a general history of Handsworth during the early modern period, including what Handsworth would have looked like, what people wore and how people got around. One of the most significant events of this period was the Industrial Revolution (c.1760-1840). Since this was already a topic in the school curriculum, we created new and exciting ways to bring the history of the Industrial Revolution in Handsworth to life, mostly by using pictures they could annotate and objects they could investigate. For example, the children enjoyed looking at old photos of Handsworth and comparing them with the same locations today.

This exercise stimulated excellent communication between children and encouraged participation of the whole class. Also, a 'dress-up' themed lesson, where children tried on clothes similar to those worn by Victorian school children, was immensely enjoyable.

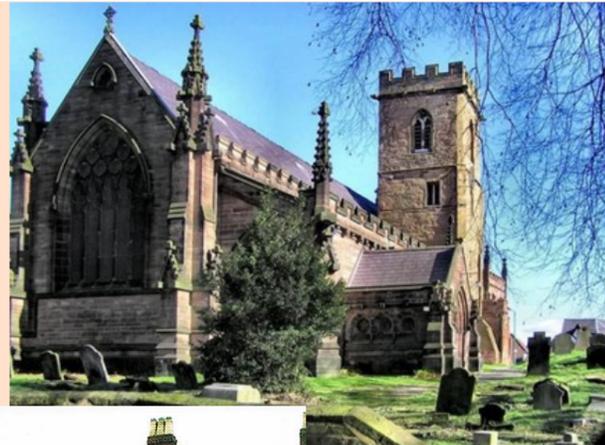
Children also learnt about the 'Lunar Society', where William Murdoch, James Watt and Matthew Boulton met to discuss new inventions. They came to understand how these individuals were fundamental to perfecting the production of the steam engine and gas lighting – and how they were all based in Handsworth.

The children also visited Soho House, the beautiful Georgian mansion of Mathew Boulton, and explored what it was like to be a wealthy industrialist. They were particularly enthused by the fact that Boulton's real furniture was still there!

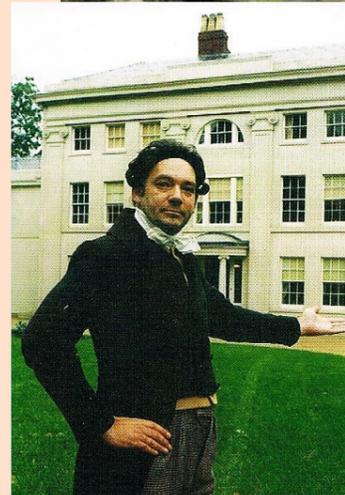
This was an excellent opportunity to get out of the school and explore Handsworth, and actively learn about the heart of the Industrial Revolution through costume and fascinating artefacts.

Additionally, a trip to St Mary's Church in Handsworth showed that the children fully benefited in this more active way of learning history. They happily completed a picture-led trail around the church and were keen to express what they had learnt about this wonderful local feature and its role in history. Overall, the class has thoroughly enjoyed learning about their local heritage and we have equally enjoyed working with them in making history fun!

India Went



St Mary's Church, Handsworth



Soho House—home of industrial pioneer, Matthew Boulton

Ward Committee Meeting

Birchfield Big Local hosted the Ward Committee meeting on January 30th at Grosvenor Road Studios. Ward meetings are open to all local residents and is a chance for people to raise issues of local concern with the local Councillors. A key concern at this meeting was the plan by the City Council to close 14 day-care nurseries. Included in the closures are the nurseries at Birchfield, Cherry Tree and Lime Tree Children's Centres. The Council is already in the process of closing 21 Children's Centres across the City so this will further undermine the provision for young children in some of the most deprived areas. Information was shared about the campaign – Save Birmingham Nurseries – and a petition circulated. For the online petition please see: www.change.org/p/birmingham-city-council-save-our-14-community-nurseries-from-closure-birmingham. The City Council is to make a decision after the May local elections.

Environment Strategy Group

The Ward meeting was also an opportunity to share the work of the Birchfield Environment Strategy Group. Barbara Petris, Chair of Birchfield Residents Action Group and Andrew Simons from Big Local gave a brief presentation about what has been achieved so far. The group has established an action plan looking at how residents, Birmingham City Council, Midland Heart and other partners can tackle some of the issues. These include:

- Low recycling rates
- Dumping and fly tipping of bulky waste items
- Littering on streets – often linked to fast-food outlets and off-licences
- Neglected front gardens

Barbara Petris outlined some of the positive actions that have been taken. This includes

Bloom in Birchfield, a campaign to engage with residents and nurture a sense of pride in the area including front gardens. This year will be the fifth that Birchfield has taken part in this national campaign and aims to improve on the Level 4: Thriving Award achieved in 2017.

The group has regular walkabouts to log fly tipping and other issues in the area, and to knock doors where there is rubbish or furniture in front gardens.



Environment Walkabout on Westminster Road

Useful numbers

If you see anyone dumping rubbish you can report it by calling: 0121 303 6007

If you need to get rid of bulky household waste you can book a collection with the City Council at www.birmingham.gov.uk/bulkywaste or call 0121 303 1112. There is a charge of £23 (online bookings) and £25 (phone bookings) for up to 6 items.

If you have a general rubbish enquiry and you are not reporting the details of a fly-tipping incident or offender, you can contact the City Council at: www.birmingham.gov.uk or call 0121 303 1112.

Better Health for Birchfield

Would you like to know how you can prevent, improve or even reverse chronic lifestyle diseases such as diabetes or obesity? Are you experiencing depression, feeling low in mood or are you finding it difficult coping with stressful situations? Then why not attend a free public event by Dr Chidi, one of the country's leading experts in lifestyle and preventative medicine.

Who is Dr Chidi?

Dr Chidi is one of the World's Premier Lifestyle Doctors who uniquely trained in Surgery, General Practice and Lifestyle Medicine at Cambridge, University College London and Johns Hopkins University, USA. He is able to reverse, improve or prevent many chronic illnesses including Heart disease, Hypertension, Arthritis, Diabetes and many more, with his unique programme "Life Colours".

He is a founding board member of the European Society of Lifestyle Medicine and has over 20 years' experience as a national and international Health and Motivational speaker. He is the medical expert and contributor to Europe's most popular health magazine, Top Santé, and contributes to ELLE magazine, The Daily Express, The Daily Mail as well as TV and radio shows such as ITV's "Good Morning Britain", BBC 1 "Food-Truth or Scare", SKY News "SkyPapers" and is the resident Doctor on Premier Radio.

If you would like to learn more about how to prevent, improve or even reverse chronic lifestyle diseases then join Dr Chidi on Saturday 28th April and Sunday 29th April 2018. This event will be held at The Seventh Day Adventist Church, 98 Hutton Road, Handsworth, Birmingham, B20 3RD.

Colleen Dixon



Dr Chidi MD



Events Calendar

If you are planning an event in the Birchfield area and would like to publicise it in the Events Calendar please contact us on 0121 448 5594 or email:

info@birchfieldbiglocal.org. The newsletter is produced four times a year.

Events can also be submitted at any time to the Events page on the Birchfield Big Local website: www.birchfieldbiglocal.org.

All classes and activities will take place at Grosvenor Road Studios, 16 Grosvenor Road B20 3NP unless otherwise stated

For further details about these events, please phone or message Tippa Naphtali on 0121 448 5594 (Mobile: 07421 994753) or email: tippa@birchfieldbiglocal.org

- MONDAY** **Practical volunteer session at the Secret Garden:** 10am – 12noon every Monday. Meet at Grosvenor Road Studios for 10am.
Computer Class: 10– 12noon. Learn Email, Excel, Word, Publisher and how to use social media
- TUESDAY** **English Conversation Class:** 10am – 12noon. Next classes start on 17th April. **To register please contact us on 0121 448 5594**
Stepping Forward: 12noon – 3pm. We have a team of friendly and supportive volunteers who can support you and help you develop your skills, knowledge and confidence. One-to-one support and help with CV's, job search etc
- WEDNESDAY** **English Conversation Class:** 10am – 12noon. **To register please contact us on 0121 448 5594**
Computer Class: 10am – 12noon. Learn Email, Excel, Word, Publisher and how to use social media
Senior Citizens Club: 12.30 onwards. Aged 55 and over, please come along and socialise in a relaxed, friendly atmosphere. Everyone is welcome.
Gardening at BRAG Community Allotment: Meets every Wednesday morning 10am - 12noon at Livingstone Road Community Allotment, off Livingstone Road. **Contact 0121 448 5594 or 07421 994752 for more details.**
- THURSDAY** **Hope Community Acupuncture Clinic** – A low cost, multi-bed clinic set up with the aim of supporting local residents with chronic illness. Every Thursday at The United Reformed Church, 13 Wilton Road B20 3RX. **Contact Dr Rhonda Lee on 07810 024687**
Women's Group: Monthly from 12.30 – 2.30pm. Lunch, information and networking session for local women. **Please contact 0121 448 5594 for more details.**
- FRIDAY** **Furnace Project 2018:** 10.30am – 12noon. Come and share your stories using spoken word, art, voiceovers and music. Collaboration between Birchfield Big Local and Birmingham REP Theatre. Next dates: 19th April, 10th May, 21st June, 12th July. **Contact 0121 448 5594 or 07421 994752 for more details.**
- FRIDAY** **Youth Club and Music Programme:** 3.30 – 6pm, 13th, 20th and 27th April. Join our pilot Youth Club and Music programme for Young People aged 10 – 13 years. Collaboration between Birchfield Big Local and Ifa Yoruba Contemporary Arts. **For further details, contact Russell on 07419 213430**
- SATURDAY** **Creative Outdoor Sessions—Inclusive creative outdoor sessions for children age 4 to 12 years—** for children with disabilities or any child interested in art. Opportunities for youth volunteering. 1– 3pm on Saturday 14th April, 28th April, 12th May, 26th May, 9th June. Indoor sessions held at St Peter's Nursery, St Peter's Road B20 3RR and Outdoor sessions held at Victoria Jubilee Allotments, Nursery Drive, Handsworth B20 2SW. **For more information and to book a place please contact Carol Reid on 07977880132**



Volunteers needed

Interested in working with children and young people or helping with garden maintenance?

Birchfield Big Local is looking for volunteers to help with running free play and sports sessions at the Secret Garden in the spring and

summer months. Volunteers will be working alongside a qualified sports coach.

We are also looking for volunteers to help with garden maintenance as we plan to enter the Secret Garden in the national "It's Your Neighbourhood" awards.

The play and sports sessions will take place at weekends and during school holidays. Garden maintenance is usually 10am – 12 noon on a Monday. Entrance to the Secret Garden is via Hutton Road and Grosvenor Avenue.

Please contact Andrew—07421 994752 for more details.



SPECIAL CLOTHES SALE
All items: £1 or less
Sunday, 6th May 2018
11.00am - 4.00pm
 Venue:
 Handsworth SDA Church Hall
 98 Hutton Road, Handsworth, Birmingham B20 3RD
 All proceeds go to the following charity: www.adra.org.uk

ADRA UK
 Adventist Development and Relief Agency

Healthy food on sale

Car Boot Sale
 For a car boot or table space contact Lorraine on 07736 804299

NEWSTART HEALTH EXPO
 5th Year

FREE Health Screening

How would you know you are still as healthy as before?

Annual Event **Sunday, 6th May 2018**
11.00am - 4.00pm
 (Latest time to start health circuit: 3.15pm)
 Venue: **Handsworth SDA Church Hall**
98 Hutton Rd, Handsworth, Birmingham B20 3RD

HEALTH MOT – WHAT TO EXPECT
 * Blood glucose * Blood pressure
 * Body percentage fat * Lung capacity
 * Cardiovascular fitness * Neck massage
 * Food demos & samples

"Come and discover your computer health age!"
 FREE Admission FREE Healthy Living Studies
 FREE Books Food on sale ...and much more!

Upcoming events to support you:
 Stress Buster Afternoon – Sun 13 May, 1pm - 4pm: Cost £3
 Vegetarian Tasters – Sun 20 May, 5pm - 6pm
 Exercise Classes – Sundays 20 May - 8 July: Cost £3

the Crick Project
 BIRMINGHAM

A community garden in the heart of Handsworth, run entirely by volunteers. For health, wellbeing, learning and sharing skills.

Informative and hands on workshops in 2018

	March 28th 1-3pm	Growing Wild Flowers
	April 4th 1-3pm	Using Herbs for Health
	April 11th 1-3pm	Growing Herbs for Health
	May 30th 1-3pm	Planting baskets and containers
	Jun 21st 5 - 7.30pm	Wild Flower Arranging
	Sun 22nd July 2-4pm	Cooking with Herbs and Veg

Crick Lane
 Off Holly rd / Hamstead rd

Please wear suitable footwear
 Gloves and tools provided
 Light refreshments available

TheCrickProject
 @hotmail.com
 07807713839

Handsworth Seventh-day Adventist Church
Community Services Monday Club

Exercise
 Over 50's

Cost £2.00

Exercise is for everyone no matter your ability.
Join us every
Monday 11am-12.00pm
(Except Bank Holidays)
Contact 0121 344 3672
Mondays only