

Spring 2016

PERRY COMMON MATTERS



Spring into Spring

Saturday 14th May: 12 - 4pm

Exclusive
15% Off
your next
Hall
Booking
*See inside

HELLO AND WELCOME

This spring is going to be one to remember! It will be jam packed with a whole lot of fun and activities. There'll definitely never be a dull moment!

There's lots to report in this issue, including our 'Spring Into Spring' festival on Saturday 14th May.

Art Attack 'creative arts for children' is back: learn new cooking skills with the Cook Club: very popular Tea Dances and a wide range of fun and healthy activities – to really make the most of spring.

There's something for all the family, just come along and have a great time. Also if you have any ideas for new clubs, events, or even if you would like to apply for £500 to get your idea off the ground, keep reading!

It's definitely going to be a fun filled season. Take a look inside to find out more.

Witton Lodge
Community Association

Gardening Club

Aikido

Festivals

A Spring of Activities Ahead

Art Attack

Bike Hub

Tea Dances

Car Boot Sales

Quiz Nights

and lots more...

IN THIS ISSUE



£10,000 To Transform Park Portacabin
Page 2



Out and About in Perry Common
Page 4-5



Meet the Sports Leaders of Tomorrow
Page 7



A big Thank You to the thousands of you who voted at Tesco for our 'People's Park Project'.

We are delighted to have been successful in being awarded £10,000 to transform a disused portacabin in our Community Orchard at Witton Lakes, into a Community Café and community space. This will be the first step on the road to turning the Velvet

Community Orchard into a thriving Eco Hub – as we announced last year.

Sabrina Jaques, Environmental Initiatives Officer here at Witton Lodge, who is leading this project says: "I am really thrilled with the support we have had from the local community. A Big Thank You to everyone who voted and who has supported our project. This is all really exciting and keep looking out for developments going forward."



Volunteers Wanted to help with this project
Please call Sabrina on 0121 382 1930, email Sabrina.Jaques@wittonlodge.org.uk or pop into our office at Perry Common Community Hall.

Hiring Perry Common Community Hall

With a light, airy space, situated at the heart of our local community, Perry Common Community Hall is an excellent venue for all types of events.

The main hall holds 80 people seated and 100 standing and can be divided into two separate rooms – with a catering kitchen which can also be hired.

Alongside the main hall, we also have a very comfortable Meeting Room, which can seat 10 people and a smaller Interview Room, easily seating 3 people.

A new addition for this year is our Conservatory, which can also be hired. This bright and south-facing space is fully furnished with sofas and tables, which makes for a relaxing and friendly space.

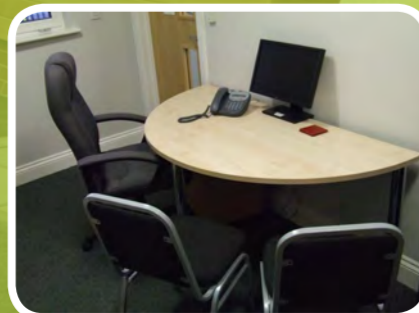
Prices

Prices for hiring each room are as follows:

- Main Hall - £30.00 per hour (Max 100 standing, 80 seated)
- Half Hall - £20.00 per hour (Max 30 people)
- Interview Room - £12.00 per hour (Max 3 people)
- Meeting Room - £15.00 per hour (Max 10 people)
- Conservatory - £15.00 per hour (Max 7 people)

For more information or to book contact Kay on 0121 382 1930 or email Kay.Blundell@wittonlodge.org.uk.

Main Hall



Interview Room



Meeting Room



Conservatory

EXCLUSIVE OFFER
for Perry Common Residents

15% OFF
your next Hall Booking

when you present this voucher to Witton Lodge Community Association.

© Blurocketdesign



POWER TO THE PEDDLE

With summer on the way, now is a great time to make the most of the good weather. Cycling around our scenic local parks could not be easier. You can hire a bike from our Bike Hub at Witton Lakes or bring your own. Why not become a Bike Leader – encouraging other local people to get cycling?

For more information contact Sabrina on 0121 382 1930 or email: Sabrina.Jaques@wittonlodge.org.uk.

Perry Common and Me: Latest News

There are still lots of ways to get involved in the project, including:

1. **The Perry Common Local History Group** - help keep our local history alive
2. **Contributing to making Podcasts and Videos**
3. **If you have Special Memories of Perry Common**, please let us know.

CAN YOU HELP US?

Do you have a copy of a video called 'The Boot People', a play that was created by Perry Common residents in the late 1980's.

Also we are trying to trace actor John Forgeham, former resident and actor, who starred in Crossroads and played businessman Frank Laslett in Footballers Wives.

Do you know about the local Prefab houses and why they were built?

Did you hear about the Prisoners of War who worked in and around Perry Common?

Come along to our **Spring Into Spring Festival on Saturday 14th May 12-4pm** to find out more.

Also look out for the new Perry Common and Me website, coming soon!

ART ATTACK IS BACK

Witton Lodge is pleased to announce that the very popular 'Art Attack' is back.

With lots of arts and crafts activities; including jewellery and decoration making, sculpting, the chance to work on a range of 3D projects and loads more – there's lots to get involved in.

These fun sessions will take place at Perry Common Community Hall on Saturdays, over 6 weeks, beginning Saturday 16th April, 11am - 1pm.

After completing the 6 sessions, you will receive FREE cinema tickets.

Art Attack is FREE for children aged 4-16. All children must be accompanied by a parent or guardian. Parents can bring up to 2 children.

To find out more, call Haleema on 0121 382 1930, email Haleema.Khathoon@wittonlodge.org.uk and keep checking our social media.



To find out more call Patrice on 07496 879842 or email Patrice.Johnson@wittonlodge.org.uk.

OUT AND ABOUT IN PERRY COMMON

**TOBY
CARVERY**



OH NO YOU DIDNT?
...OH YES WE DID!

A rainy afternoon in February was lightened-up for 105 local people, of all ages, who enjoyed a free visit to the pantomime to see Robinson Crusoe.

This was made possible with the help of a grant from the Spirit of Kingstanding and was organised by the Friends Of Perry Common.

We're just wondering where they'll be heading next!

Adventures with the Out and About Club

Over the winter, over 50 local residents have been enjoying themselves with trips to the Toby Carvery in Streetly and attending performances at the Birmingham REP theatre.

This has been made possible with a grant of £250 from the Spirit of Kingstanding, which has allowed Witton Lodge to pay for accessible transport for our less mobile residents.

Anne Flaherty, a resident of Sycamore Court says "I have really enjoyed the trips so far and I hope that there are many more to come. Being blind, it is sometimes difficult for me to go on outings, so the Out And About Club is a great club for me to be part of."

We will soon be organising a fundraiser for the club and will continue to deliver outings throughout the year.

Keep looking out for posters and announcements of future activities.



TEA DANCES Swinging Into Spring

What a great opportunity to enjoy an afternoon of music, dancing and chatting with friends.

To give that authentic feel; sandwiches, cake and tea are served on vintage china by dedicated volunteers.

At the latest Tea Dance, Ann & Gordon Winter provided free tuition for the Waltz and Cha Cha Cha, suitable for all abilities.

The next Tea Dance is **Thursday 26th May 1 – 4pm** at St Martin's Church, 140 Witton Lodge Road, where there will be a chance to pick up the pace and 'Swing into Spring' with 50's and 60's music from singer Stephan Cesari.

Tickets are £2.50 and include all entertainment and refreshments – please pay at the door. Come with friends or on your own and meet new people. There's always a great atmosphere!



For more information, contact Reverend Ruth Souter on 0121 373 9209.
Email: ruthsouter@yahoo.com and check local notice boards.



March Into Spring With Witton Lodge Wellbeing Activities

This spring, Sarah our Health & Wellbeing Officer, is organising a whole range of activities to help everyone locally get fit and healthy, whilst enjoying yourself at the same time.

Tea & Talk

A chance to share issues and concerns over tea and a treat every week.

Every Thursday from 2 - 3pm at Perry Common Community Hall.

HOT MEALS AND A WARM WELCOME

The St Martins lunch club is a great way to stay independent, make friends and try out new activities.

Run by a team of dedicated volunteers, it is open to adults aged 55+ and offers a two-course hot meal with hot and cold drink, twice a week on Tuesdays and Fridays. After lunch you can

play prize bingo and have a go on the raffle!

Lead Co-ordinators Ron and Carol, pride themselves in offering a range of entertainment and trips throughout the year, which are always a 'hit'. Ron is also happy to assist with arranging 'Ring and Ride' transport where he can.

At Christmas 2015 a 'Spirit of Kingstanding'

grant enabled the club to surprise it's members with a free hamper of food, hot meal and gifts for over the Christmas holidays when the club was closed.

The cost is just £6 per session. Bingo and the raffle have an additional small charge. To find out more or for an application form, contact Ron on 0121 382 7555 (mornings only). Email: ronaldwgeorge@hotmail.com



GRAND OPENING Of St Martin's Community Room

On Tuesday 12th April, the doors of the new Community Room at St Martin's Church were flung open.

The Friends of Perry Common were awarded a £500 grant from Witton Lodge Community Association to furnish and redecorate the room, which will be used to comfortably host a range of activities for everyone to enjoy. These will include community meetings, film afternoons, games and nostalgic vinyl music sessions, as well as a chance to enjoy a simple coffee and catch-up.

Our resident craft group – Creative Moments – have made chair and cushion covers for the room. They chose a wildlife theme, with patchwork foxes, hedgehogs and rabbits adorning the cushions!

For more information, contact Reverend Ruth Souter on 0121 373 9209. Email: ruthsouter@yahoo.com.

We look forward to seeing you.

From the Friends of Perry Common



Women's Wellbeing Through Stories

These creative sessions are aimed at women of all ages, to share and explore through the power of stories. Develop new skills and greater confidence.

Participate and create with a taster session on Tuesday 26th April 10am – 12pm at Perry Common Community Hall. Please book in advance.

Do you struggle with Stress and Anxiety?

Learn and practice simple strategies to overcome the symptoms of stress. An ideal time to practice relaxation and mindfulness techniques in a friendly atmosphere.

Regular Monday afternoon sessions, take place, 1.30-3pm at Sycamore Court, Buxton Road, B23 5GA – please book in advance.

Sarah's Wellbeing Support

One-to-One sessions to support you through any health and wellbeing issue. Working together, we will come up with an action plan to overcome issues or lessen their impact on your wellbeing.

Call Sarah on 0121 382 1930 or email Sarah.Blackstock@wittonlodge.org.uk to book an appointment, or to book a place on the activities shown.



Cooking Up A Treat

As we get older, our diet and what we eat becomes even more important. As not all of us are as confident in the kitchen as the likes of Jamie Oliver or Delia Smith, we are delighted to bring to you the Sycamore Court Cook Club!

You can gain new skills, such as cooking on a small budget, making the most out of left over produce, and make quick yet healthy recipes that are just as easy as microwave meals!

These tasty sessions will be delivered by Sycamore Court staff.

We are looking to turn this into a mini enterprise, so that all the food cooked can be sold to the residents of Sycamore Court – just like a mini catering college!

The Cook Club is a FREE 6 week programme that will run on Tuesdays between 10am-12noon and is aimed at adults aged 55+, of all abilities, and there is no experience needed to take part!

Please call Laura on 0121 386 4724 or email Laura.Keane@wittonlodge.org.uk



EMPLOYMENT & SKILLS

ADVICE FOR ALL AGES

We offer a **FREE** service to help with all things employment related.

- Writing or updating your CV
- Jobsearch
- Completing application forms
- Discussing your current situation and future options
- Interview skills, training and much more.

To discuss your idea please call Iram on 0121 382 1930, email Iram.Fardus@wittonlodge.org.uk.



WELCOME TO KASHESH AND RAJAE

A very warm welcome to Kashesh and Rajae, who are our newest members of the Witton Lodge team.

Kashesh, our Assistant Independent Living Officer, has been working at Sycamore Court, our Extra Care Scheme, helping the residents, arranging activities and day-trips and generally making sure that the residents are safe and happy.



Rajae is doing an excellent job as our Communications Assistant. One of his first tasks has been to help produce this newsletter and helping to work on our updated Witton Lodge Community Association website - that will be coming soon!



Could £500 Make Your Idea A Reality?

If you are thinking of starting a group, business or project that has a direct benefit to our local area and people, then a Small Grant - of up to £500 - could be just what you need to turn your project from an idea into a reality.

We provide these grants directly from Witton Lodge Community Association and are always interested in hearing about new projects and having the opportunity to support a good cause that will help our area.

To discuss your idea please call Iram on 0121 382 1930, email Iram.Fardus@wittonlodge.org.uk, collect an application form from our office or click www.wittonlodge.org.uk to access an online version.

THE SPORTS LEADERS of Tomorrow Get Active

Local young people have been getting active and gaining a Level 2 Qualification in Sports Leadership at the same time.

Run by local charity, Sport-4-Life, the 4 day course has been running at Perry Common Community Hall during the Easter holidays, and has seen two groups of very enthusiastic young

people taking sports training, working as a team and having fun playing different sports.

George, Group Leader at Sports 4 Life says, "I have had really good sessions with the group and its been great to see all the young people building their skills and confidence, whilst enjoying themselves. They're all learning really useful skills to be a sports leader."

"I have really enjoyed the sessions and learned many new things, which will be useful for building my future." (Reiss, age 16)

"It's been really fun. I think the qualification will be useful, as I want to teach sport." (Ellie, age 15)



UP TO AGE 16

Over 60 Young People Helped By Our Youth Employment Ambassadors

Our Youth Employment Ambassadors, Haleema and Jess, have been doing an excellent job helping young people in our local schools with advice about gaining new skills and what to do regarding their further education and future career.

This scheme will run until October, with Haleema and Jess looking to help as many local young people as possible.

Left: Habiba Chrakie, age 16

Right: Aldane Williams age 16

Both students have benefited from this support.



Tarick, age 25

Tarick has lived in Birmingham for 2 years. He studied Sports Coaching and Leadership at university and is hoping to teach sports and sports leadership.

He says: "I was part of Talent Match for a year and found out about Witton Lodge Community Association through Sports 4 Life - being an Assistant Leader with the programme. The employment advice I have received from Witton Lodge has really given me direction. I am now really confident in becoming a sports leader and also enjoying volunteering at Witton Lodge."



Improving Skills For Young People With Talent Match.

If you are aged between 18-24, and currently looking to boost your skills, training or get a job, then Talent Match could be the ideal opportunity for you.

An experienced employment and skills coach will be at Perry Common Community Hall every Tuesday between 9am and 5pm to offer this advice.

Once again, it's a great opportunity to use this FREE service.

AGE 18-24

WHAT'S ON IN PERRY COMMON this Spring

If you have an idea for a group or would like any further information, please contact Kay on 0121 382 1930 or email Kay.Blundell@wittonlodge.org.uk.

MONDAY

ST MARTIN'S PARENT & TODDLER GROUP 9:30 - 11:30AM

St Martin's Church Hall, 140 Witton Lodge Road, B23 5AP. For children age 0-4 years. First session is FREE then £1.50 per session thereafter. Contact Chris/Ron on 0121 382 7555.

RED HOT CHILLI STEPPERS - WALKING GROUP 11:00AM

This active and friendly group meet at Perry Common Community Hall and take a scenic route through the Recreation Ground, Witton Lakes and Brookvale Park. FREE to join.

THE NET CHAT CLUB 12.00 - 2.00PM

The Net Pentecostal Church, 159 Perry Common Road, B23 5AR. Open to all: coffee, tea, cake and plenty of chat. Please call 0121 373 7406.

TIME TO PRACTICE RELAXATION AND MINDFULNESS 1:30 - 3:00PM

Sycamore Court, 46 Buxton Road, B23 5GA. Learn and practice simple strategies to overcome the symptoms of stress. Please book in advance.

ZUMBA 6:00 - 7:00PM

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD. Your first session is FREE.

TUESDAY

EXTEND EXERCISE CLASS 10:00 - 11:00AM

Perry Tree Centre, College Road, B23 5BX. Please contact Chris Poole on 07739 330475. Sessions are FREE.

JOB CLUB 10:00AM - 12:00NOON

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD. Your first session is FREE. Free Service to help with all things employment related. No appointment needed.

ST MARTIN'S LUNCH CLUB 11:30AM - 2:30PM

St Martin's Church Hall, 140 Witton Lodge Road, Perry Common, B23 5AP. Contact Ron on 0121 382 7555.

THE NET LUNCH CLUB 12.00 - 2.00PM

The Net Pentecostal Church, 159 Perry Common Road, B23 5AR. All are welcome, Come and enjoy a two course meal with tea and coffee. Please call 0121 373 7406 as limited places are available.

KICK BOXING 6:00 - 7:00PM

St Martin's Church Hall, 140 Witton Lodge Road, B23 5AP. Under age 16 - £4.00 per person per session.

KICK BOXING 7:00 - 8:00PM

St Martin's Church Hall, 140 Witton Lodge Road, B23 5AP. Over age 16 - £5.00 per person per session.

RING OF SOUND CHOIR 7:00 - 8:00PM

Sycamore Court, 46 Buxton Road, B23 5GA. £1.00 per person per session - under 16 year olds FREE. Contact Linda Hines on 07960 386252 for more information.

SLIMMING WORLD 7:00 - 9:00PM

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD. £9.95 joining fee - then £4.95 per person per session.

BOXERCISE 8:00 - 9:00PM

St Martin's Church Hall, 140 Witton Lodge Road, B23 5AP. £4.00 per person per session.

WEDNESDAY

ST MARTIN'S PARENT & TODDLER GROUP 9:30 - 11:30AM

St Martin's Church Hall, 140 Witton Lodge Road, B23 5AP. For children age 0-4 years. First session is FREE then £1.50 per session thereafter. Contact Chris/Ron on 0121 382 7555.

CREATIVE MOMENTS CRAFT GROUP 12:00 - 2:00PM

St Martin's Church Hall, 140 Witton Lodge Road, B23 5AP. £2:00 for members. For more information about joining the group please contact Teresa Compton on 07913 323645.

ZUMBA 6:00 - 7:00PM

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD. Your first session is FREE.

AIKIDO 7:30 - 9:30PM

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD. £6.00 for persons 18 years and over.

THURSDAY

PAIN CLINIC 9:30AM - 1:00PM

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD. 9:30AM - 1:00PM. Please attend via GP referral only.

EXTEND EXERCISE CLASS 10:00 - 11:00AM

Sycamore Court, 46 Buxton Road, B23 5GA. Please contact Chris Poole on 07739 330475 for more information.

JOB CLUB 1:00 - 3:00PM

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD. Your first session is FREE. Free Service to help with all things employment related. No appointment needed.

FIFTY SHADES OF GREEN GARDENING CLUB 1:30 - 3:00PM

Sycamore Court, 46 Buxton Road, B23 5GA. Lots of green advice, food to taste and hands-on creative activities - all completely FREE.

TEA AND TALK 2:00-3:00PM

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD.

SLIMMING WORLD 5:00 and 7:00PM

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD. First session starts at 5:00PM / second session at 7:00PM. £9.95 joining fee - then £4.95 per person per session.

FRIDAY

SLIMMING WORLD 10:00AM - 12:00 NOON

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD. £9.95 joining fee - then £4.95 per person per session.

ST MARTIN'S LUNCH CLUB 11:30AM - 2:30PM

St Martin's Church Hall, 140 Witton Lodge Road, Perry Common, B23 5AP. Contact Ron on 0121 382 7555.

EXTEND EXERCISE CLASS 11:00AM - 12:00 NOON

St Martin's Church Hall, 140 Witton Lodge Road, B23 5AP. Contact Chris Poole on 07739 330475 for more information.

QUIZ NIGHT 7:00PM

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD.

A great opportunity to get thinking and have fun at the same time. Tickets are £5:00 per person (maximum 6 people per team) and includes Fish and Chips. (£2:00 for quiz only). Book today as tickets are selling out fast! Call 0121 382 1930 or email John.Smith@wittonlodge.org.uk to book.

The next Quiz Night is Friday 29th April, then

- Friday 20th May
- Friday 24th June
- Friday 22nd July

SATURDAY

BOXERCISE 8:45 - 9:45AM

St Martin's Church Hall, 140 Witton Lodge Road, B23 5AP. £4.00 per person per session.

ART ATTACK 11:00AM - 1:00PM

Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD. See page 3 for details.

COUNCILLOR SURGERIES

Take place each month for
Labour Councillor Des Hughes (every 2nd Wednesday of the month 7:00 - 8:00pm)
Conservative Councillor Gary Sambrook (every 2nd Friday of the month 6:30 - 7:30pm)
at Perry Common Community Hall.

FRIENDS OF PERRY COMMON

The group meet at 1pm on the second Tuesday of the month in the community room at St Martin's Church for coffee and chat, with ideas to continue to make Perry Common a fun and lively place to live. Contact Teresa Compton 07913323645.

URBAN DEVOTION BIRMINGHAM

If you're in Year 4 to Year 13 then we have groups to welcome you to. The best place to start is at The Underground (140 Witton Lodge Road - next to St Martins Church) on a Monday:

3:30-4:45pm for those in School Years 4-6

5:00-6:15pm for those in School Years 7-11

Come and challenge our team at Fifa, Pool, Air Hockey or Table Football. Try old or new sports like Basketball, Dodgeball, Bouldering, TriVolle or Football in our Sports Hall. Or hang out in our lounge, make friends and munch on treats from our tuck shop. Your first visit is free and it's a pound thereafter.

We also provide One to One Mentoring, a Young Leaders programme called Uprising and we partner with HOPE to host HOPE Kids, for primary school children to learn more about Jesus. Get in touch to find out more:

Alternatively give us a call on 350 9370 or drop in to Hope House, 148 Witton Lodge Road, B23 5AP

 urbandevotion  @urbandevotion

 www.urbandevotion.org | E: office@urbandevotion.org

Boot Your Unwanted Items This Spring

A year of Car Boots has been planned at Witton Lakes by local community groups and funded by Perry Common Community Watch.

All of the Car Boot Sales take place at Witton Lakes, opposite St Margaret Mary School and Church, B23 7AB.

The date of the next Car Boot Sale is
Saturday - 4th June: 10am - 1pm,
Saturday - 16th July: 10am - 1pm
Saturday - 20th August: 10am - 1pm
Saturday - 8th October: 10am - 1pm

Places are £7 per car and £10 for a van.

Please call Linda on 07960 386252 or email Linda.Hines@wittonlodge.org.uk to book your place.

