

Campaign to help you stay well this winter is back

Our Well Winter campaign, which provides help and support to Bournville Village Trust (BVT) residents, is back this year.

The campaign will run from December until March 2022 across Birmingham and Telford. It aims to ensure no-one goes without enough food, warmth or essential items to keep well at home during the winter months.

Gareth Sinnett, Income Management Team Leader at BVT, said: "Last year's Well Winter campaign was a great success which is why we're really pleased to be able to run it again this year.

"Support and help through the campaign can include providing you with a voucher to buy food or referral to a foodbank if you are struggling to afford to feed yourself or your family.

"We can also give you information on reducing your energy bills, looking for work or getting back into employment, and making sure you are claiming any benefits you are entitled to.

"We have also put aside some limited funding to help residents who are most in need with fuel vouchers or essential household items.

"I would encourage anyone who is finding it tough right now to contact us to talk through what support we can provide. It's really important not to suffer in silence."



Cheryl Garvey, Head of Community Development at BVT, with Clare Gladstone and Kathryn Groombridge from Small World community group which has helped families with food parcels.

To find out more about the support available through the Well Winter campaign, please go to www.bvt.org.uk

If you don't have access to the internet, please ask a friend or family member to check for you.

You can also call us on 0300 333 6540 and ask to speak to one of our financial inclusion officers.

Christmas opening hours

We will close for the Christmas holidays in Birmingham and Telford from 24th December and re-open on Tuesday 4th January 2022.

If you have an emergency during this time, such as an emergency repair, please continue to call us on 0300 333 6540 to use our out-of-hours service. You can see what classes as an emergency repair on

our website www.bvt.org.uk/your-bvt/repair-categories

We expect to be busier than usual when we re-open, therefore for non-emergency / non-repair enquiries, please email enquiries@bvt.org.uk or go to our website to use our online services. Wishing all residents a Merry Christmas and a Happy New Year.

Save money on your bills this winter

Did you know you could get £140 off your electricity bill for winter 2021-2022 under the Warm Home Discount Scheme? To find out more, turn to page 4.

What's on guide for December

Looking for something to do this December? There's lots happening in Birmingham and Telford. Turn to page 7 to see events and activities where you live.

Bitesize news

Come share your **upcycling skills**

A group is inviting people with skills in making, repairing and upcycling to a weekly repair café.

Mens Shed, which is open to all ages and genders, takes place at Allens Cross Community Association in Northfield every Thursday from 1.30pm-4.30pm.

For more details, please contact the Association on 0121 478 3310 or email info@allenscrosscommunity.co.uk

Got a bike gathering dust? **Donate it**

Have you got a bicycle you no longer use? Then why not donate it to a good cause.

We are once again accepting second-hand bicycles at our Birmingham office to donate to charity The Bike Project.

The Bike Project refurbishes and gives bikes to refugees and asylum seekers who struggle to afford other forms of transport.

You can drop off bikes at 350 Bournville Lane, B30 1QY, between 12pm and 2pm on Wednesdays or Fridays. You don't need to make an appointment but you must register the bike on The Bike Project website (<https://thebikeproject.co.uk/pages/dropoff-checkin>) to get a unique number to fix to your handlebars.

If you need to arrange a drop off outside of the hours above, please contact us in advance by emailing communityadmin@bvt.org.uk or calling 0300 333 6540.



Sarah Goss from the Bike Project with Jess Allan from BVT.



L-R Apprentices Joshua, Angel, Selda and Ryan.

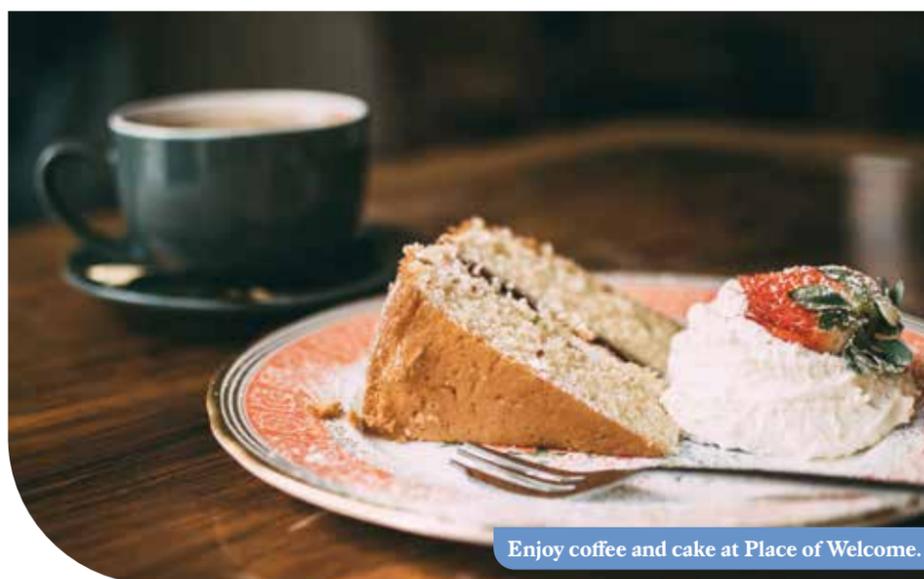
Apprentices begin their **career journey at BVT**

We have welcomed four new apprentices to Bournville Village Trust following a fantastic response to a recruitment campaign.

Over 225 applicants applied for the apprentice roles in our maintenance services. From

these applicants, we're really pleased to welcome Joshua Lowe, Angel Lane, Selda Ponari and Ryan Abrahams.

Interested in a career at Bournville Village Trust? We advertise vacancies on our website www.bvt.org.uk/careers/current-vacancies/



Enjoy coffee and cake at Place of Welcome.

Enjoy a **warm welcome** at weekly social

A social group is inviting people to attend its weekly coffee and cake get-togethers.

Place of Welcome takes place every Thursday from 10.30am at St Francis Church in Bournville. It's a great opportunity to connect with people and enjoy free refreshments.

Everyone is welcome and the group has had new people moving to

Bournville visit as well as regulars who come every week. In the future, Place of Welcome is looking to have discussion groups and crafts.

For more information, contact Helen Crisp (Over 50s Community Development Worker for Bournville parish church) on 07436021333 or email communitybournville@gmail.com

Festive celebrations in Lightmoor

Lightmoor village in Telford is once again looking forward to festive celebrations after a year of postponed and cancelled events due to Covid.

As well as a Christmas lights switch on/fayre, the village will also be hosting a Christmas decoration competition. There will be different categories to enter, so it doesn't have to be your entire house.

Details will be announced on our social media pages or if you'd like details, please email LightmoorStewardship@bvt.org.uk

Residents share ideas at Lawley partnership event

Residents shared their ideas for continuing to develop Lawley in Telford at a partnership event.

Thank you to everyone who came along to the event organised by the Lawley Partnership Board at Lawley Primary Academy in October.

As part of The Lawley Partnership Board, we work with Telford & Wrekin Council, Lawley and Overdale Parish Council, West Mercia Police and Lawley Village Community Association.

Our team in Lawley Village are always happy to discuss any aspect of the long term stewardship service we provide. You can contact us on 01952 898524 or email LawleyStewardship@bvt.org.uk



Residents at the event in October.

Home & living

How to get your home winter ready

There are common issues that are more likely to happen in your home in the winter when temperatures drop.

To help you to manage these issues, here are some top tips from our maintenance service that may save you having to report a repair.

- Radiators not heating up? Check your thermostat is on and if radiators aren't warm all over, you'll need to 'bleed' them. Instructions on how to do this can be found at www.uswitch.com
- Frozen pipes can stop boilers working. Check if the plastic condensate pipe for your boiler (on the outside of your home) is frozen. If it is, and you can reach it, defrost it by pouring hot (not boiling) water along the length of it.
- Avoid blocked guttering by pruning your trees before winter sets in. If debris builds up, water will go back into the guttering and leak into your home.
- Boiler locked out? On Worcester

Bosch boilers, the reset switch is the flashing red light at the top right of the boiler panel. Press and hold this button until the boiler resets. Boilers can also return to factory settings if a prepayment meter runs out of gas.

- If you have a sealed or combination boiler before reporting a repair, check if the system pressure has dropped and stopped it working. To do this, check the pressure gauge on your boiler is set at 1 bar. A red needle may show its original position when it was installed. Look in the user manual for your boiler to see if you can re-pressurise it yourself. You can find instructions on the inside of the control panel or links to boiler manuals on the Gas Safety page of our website www.bvt.org.uk/your-bvt/looking-after-your-home/gas-safety/

If you have followed this advice and your heating or hot water is still not working, please call us to report a repair on 0300 333 6540.



Preparing for winter means you'll have more time to put your feet up.

Five budget-friendly ways to a cosy home

Looking to make your home cosy for Christmas? Here are five budget friendly things that you could try.

- 1** Have a declutter. Not only can getting rid of things you no longer need create more space but you can also make money by selling unwanted items on online auction and market sites.
- 2** Create a 'you' space. If you have the room, create a little area just for you to relax. It could be a chair and soft throw with a place to rest a

book or magazine.

- 3** Rearrange to refresh. Moving your furniture around can make a room feel brand new and the best bit, it doesn't cost a thing.
- 4** Picture it. If you've captured photos of special events or happy times throughout the year, why not print some and display them around your home.
- 5** Let there be light. With the darker nights and gloomy weather, adding a lamp or fairy lights to your home can make it feel extra cosy.



Printing and displaying your favourite photos can make a home feel more cosy.

Five reasons to choose My Home Contents this winter

My Home Contents Insurance Scheme is a specialist Tenants Contents Insurance policy which can offer you insurance for the contents of your home. Here are five reasons why it could be right for you.

- 1** There are flexible regular pay-as-you-go payment options (fortnightly and monthly premiums include a transaction charge).
- 2** Covers replacement and installation of locks for outside doors or windows and alarms if keys are lost or stolen.
- 3** The sum insured will be increased by £1,500 or 15% (whichever is the greater) for one month before and after Christmas

to cover presents bought or received (excludes theft which does not involve forcible or violent entry into your home).

- 4** Accidental damage to TV's and aerials and home computers is covered as standard (excludes items designed to be portable including mobile phones, ipods etc). A £50 excess may apply, full details are available on request.
- 5** Covers damage to external glazing for which you are responsible.

Exclusions and limits apply. A copy of the policy wording is available on request. For an application pack or to apply for cover, call My Home on 0345 450 7288.

Money & savings

How to get **money off your bills** this winter

Did you know you could get £140 off your electricity bill for winter 2021-2022 under the Warm Home Discount Scheme? Here is the lowdown on the scheme.

Do I get the money paid to me?

No the money isn't paid to you. It's a one-off discount on your electricity bill, between October and March.

I use more gas than electric, can I get help with that?

You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity. Please contact your supplier to find out.

Will the discount affect my Cold Weather Payment or Winter Fuel Payment?

No the discount will not affect either of these payments.

How do I know if I'm eligible?

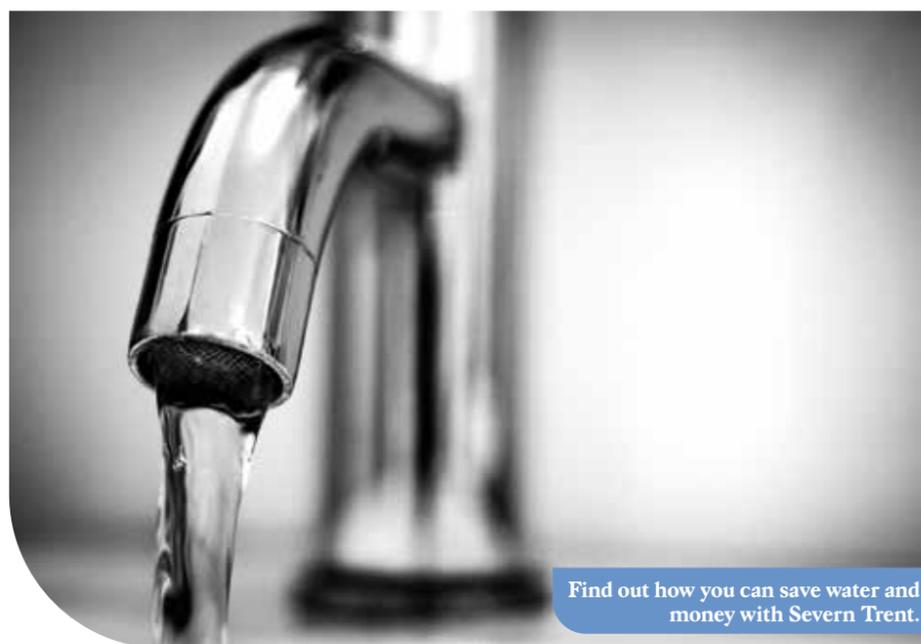
There are two ways to qualify for the Warm Home Discount Scheme; you get the Guarantee Credit element of Pension Credit - known as the 'core group' - or you're on a low income and meet your energy supplier's criteria for the scheme - known as the 'broader group'. You can also still qualify for the discount if you use a pre-pay or pay-as-you-go electricity meter.

How do I apply?

How you apply depends on how you qualify for the discount. Your electricity supplier can tell you how you'll get the discount if you're eligible, for example a voucher you can use to top up your meter.



Save money on your energy bills this winter.



Find out how you can save water and money with Severn Trent.

Save water and money with home checks

Running a home can sometimes be a challenge, especially with the cost of essential utilities rising. This is why we have teamed up with Severn Trent Water to support you to save water and money.

Severn Trent technicians will be visiting homes in your area over the coming months to carry out free water efficiency checks. You do not have to take part in these checks, but it is a great opportunity to see if you can use water more efficiently.

As part of the visits, Severn Trent will also fit water-saving devices

where possible. The devices are designed so they won't affect the pressure of the water coming out of your taps and shower. You will also get hints and tips about other ways to save water.

You will receive a letter from us about the visits, with dates that technicians will be in your area and details of what is involved.

Representative will have a photo ID, together with a telephone number you can call should you have any concerns. You can also contact our customer services team if you have any doubts about the identity of a visitor to your home.

Pancakes with caramelised apples recipe

Pancakes aren't just for Pancake Day. This tasty dessert serves four, includes one of your five a day and with minimal ingredients won't cost much either.

Ingredients

- 75g plain flour
- One medium egg
- 200ml semi-skimmed or 1% fat milk
- Two tsp vegetable oil
- One eating apple, cored and thinly sliced
- One tsp caster sugar
- Finely grated zest and juice of one lemon

Method

1: Put the flour into a large jug or mixing bowl. Add the egg and milk and beat with a wire whisk or a hand-held electric beater to make a

smooth batter.

2: Heat a pancake pan or non-stick frying pan. Add two to three drops of oil. Pour in a quarter of the batter, and tilt the pan so it flows evenly over the surface. Cook over a medium heat for one to two minutes until set, then flip over to cook the other side. Make four pancakes in total, adding two to three drops of oil to the pan for each one. Keep the pancakes in a warm place until all of them are cooked.

3: Heat the remaining oil in the frying pan and add the apple slices, cooking them over a medium-high heat for three to four minutes, and turning often. Sprinkle the sugar over them and cook for another few moments until lightly browned. Add the lemon zest and



You can make delicious pancakes all year round with this easy recipe.

juice, stir to coat, then remove from the heat.

4: Serve one pancake per person, topped with the caramelised apples.

Recipe courtesy of Change4Life. For more recipes, go to www.nhs.uk/change4life/recipes

Skills & involvement

Career help and support for young and older people

Have you left the furlough scheme or are over 50 and unemployed? Here are some of the schemes that may be able to help you.

Helping you if you're on the lowest wage

Starting in April 2022, more people who are in work on Universal Credit will be able to access work coach support, which will focus on career progression advice. Job Centre Plus specialists will also work with employers to find opportunities for people to progress in work.

Supporting over 50s

Aged over 50? You will be able to access a new support package to help you stay in and return to work. You'll get information and guidance on later life planning, helping you make informed choices and supporting you to plan your career and remain in work. If you have lost your job and are claiming Universal Credit, you'll be able to get more intensive, tailored support as you look to

take the next step in your career. If you've come off furlough and are on Universal Credit, there will also be support through the Job Finding Support (JFS) scheme including online, tailored, and one-to-one support for people unemployed for less than three months.

Supporting young people

The Kickstart Scheme, for young people aged 16-24 on Universal Credit, is being extended to March 2022. The government is also extending its Youth Offer to 2025 and expanding eligibility to include 16 and 17 year olds in addition to 18-24 year olds. This provides additional support to unemployed young people on Universal Credit who are searching for work through its Youth Employment Programme, supportive Youth Hubs and specialised employability coaches.

For further details, please contact your local job centre or one of our financial inclusion officers by calling 0300 333 6540 or email FIT@bvt.org.uk



Career help is at hand whatever your age.

Learning to boost your skills and wellbeing

Did you know as a resident of Telford you can take part in a range of courses that can boost not only your education but your social skills and wellbeing too?

In the future, we're hoping to hold some of these courses in the Oak Tree Community Centre

in Lightmoor, depending on the number of people who register their interest.

If you'd like to see the range of courses currently available, go to www.learnelford.ac.uk. Interested in attending a course at the Oak Tree Community Centre, email oaktreecentre@bvt.org.uk

Get connecting over a cuppa

Would you like to increase your confidence when it comes to the internet and enjoy a friendly cuppa with others at the same time?

Bournville Parish Church and Digikick, a community interest company, will be running Tea and T'Internet groups. The groups are free, fun and an informal way of learning or increasing your confidence with internet safety, shopping online and connecting with other people.

The course is for anyone over 50 who already has a device, such as a tablet or laptop, or if you haven't got one, you can be loaned a tablet and internet connection for up to three months absolutely free. You will also be able to enjoy connecting and meeting other people as well as free refreshments.



There's coffee and connection at group.

For further information, please contact Helen Crisp, Over 50s Community Development Worker for Bournville Church, on 07436021333 or email communitybournville@gmail.com

Get online support to improve your wellbeing

Barry now knows why the rosemary he grows in his garden is helping him feel more alert, Rebecca has changed her entire evening routine and is getting much better-quality sleep and Joy is just grateful to chat with other like-minded people.

These are just a handful of the people who have joined a weekly support group or educational

workshops run by the not for profit Salus Fatigue Foundation.

Set up in 2009, the Foundation has helped thousands of people improve their health and wellbeing. Their services include an online Wellbeing Hub, fitness area (gentle Yoga / Pilates), Facebook groups and an online events calendar.

To find out more, go to <https://my.salus.org.uk/index.php/referrals>

Health & wellbeing

How to access and support foodbanks this Christmas

Footballer Marcus Rashford has done lots to raise awareness and break the stigma of food banks, revealing that his own family relied on breakfast clubs, free school meals and at times, food banks.

There are many foodbanks in Birmingham and Telford that can support you if you are struggling to afford food. If you have food to spare, you can also support them by donating goods.

B30 Foodbank. If you can't afford food, they will provide you and your family with meals for three days. To access the service, you can call us on 0300 333 6540 and ask for one of our financial inclusion officers who will be able to fill out a referral on your behalf. Want to donate? Go to <https://b30.foodbank.org.uk/give-help/donate-food/>

Northfield Foodbank (based at St Nicholas place). Running Monday

to Friday, you can refer yourself via their hotline 0121 411 2157. A weekly hot meal service also runs every Thursday from the Baptist Church. To refer yourself for hot meals, email northfieldfoodservice@gmail.com or call 07385 920 694. You can also find details of how to support the foodbank at <https://www.northfieldcommunity.org/>

Free@Last (49 Nechells Park Road).

A café operates five days a week, between 10am and 2pm, where, if you're a local resident (proof needed), food is half price. You can also buy a carrier bag full of groceries for £2. The service can also help you access the Nechells & Aston Foodbank too.

Telford Foodbank. This foodbank is part of the Telford Crisis Network based at The Hub on the Hill in Sutton Hill, and can provide you with emergency food and toiletries. To use the foodbank, call 01952 459258 or the



Got food to spare? Foodbanks welcome donations.

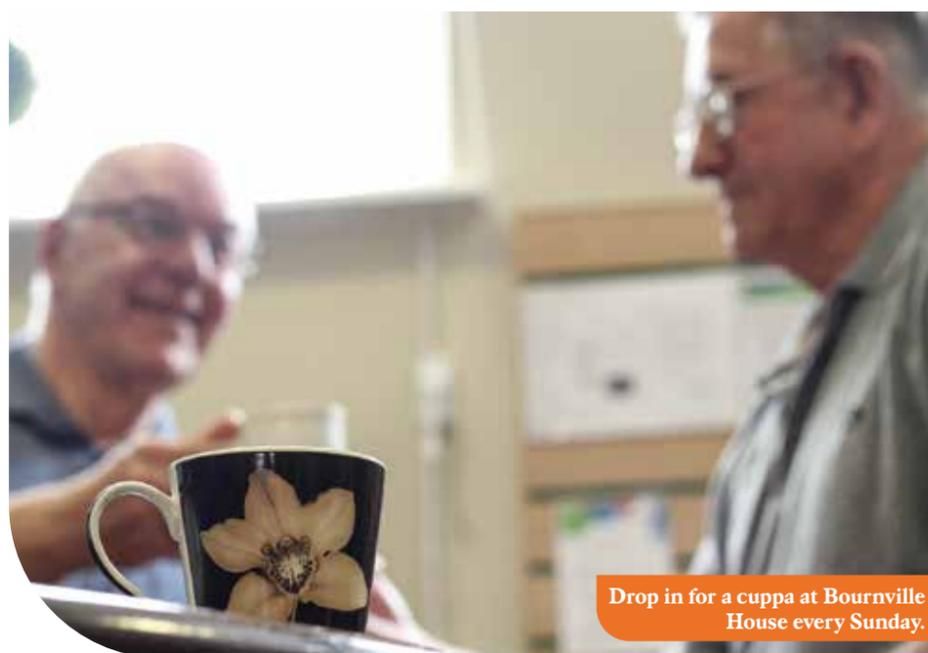
Telford & Wrekin Council Crisis Support line on 01952 380400.

Dawley Christian Centre Foodbank.

Based on Dawley High Street, the foodbank is open on Mondays, Wednesdays and Fridays between 10:30am and 12:30pm if you're finding things a struggle at the moment. Call

01952 505108 for details.

Whether you live in Birmingham or Telford, if you are a BVT resident or member of our communities and are struggling with food costs, we may be able to provide you with direct assistance. You can call us on 0300 333 6540 or email FIT@bvt.org.uk



Drop in for a cuppa at Bournville House every Sunday.

Cuppa, cake and company in Telford

Making friends as you get older can be more difficult which is why our Bournville House scheme in Telford is throwing open its doors to the public.

The extra care scheme is inviting locals to pop in to meet residents,

take part in any activities and enjoy afternoon tea every Sunday from 3pm-4pm. It's free to attend, with residents just asking for a donation towards cake.

For more information, please call Bournville House on 01952 293 777.

Feel balanced with free Tai Chi

Tai Chi is a wonderful gentle and social form of exercise that can be particularly good at helping you to improve your balance and manage arthritis.

In south Birmingham, there are free Tai Chi sessions available that are led by a fully qualified tutor and you don't need any previous experience. Sessions include;

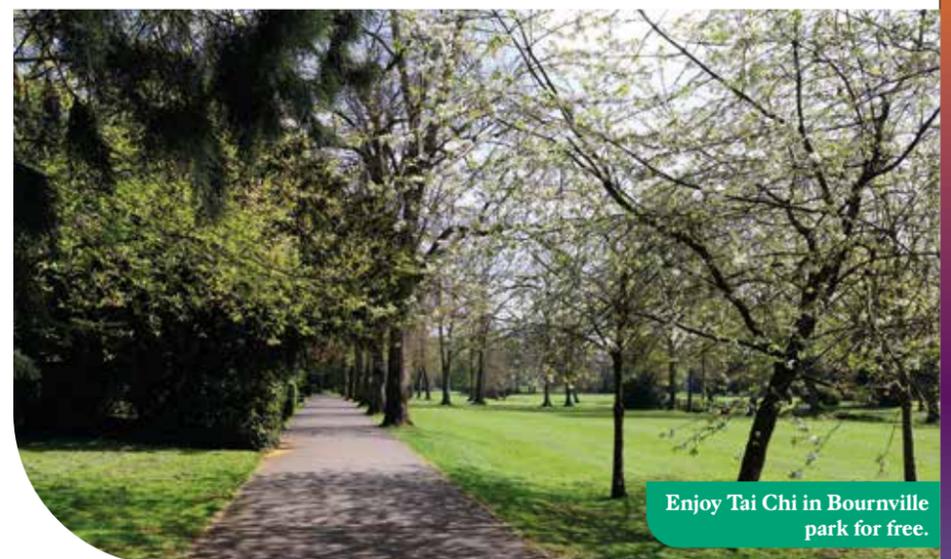
Mondays at Stirchley Park 1pm-2pm. Tea and coffee afterwards. Just turn up.

Thursdays at Cotteridge Park 10.30am-11.30am. Just turn up.

Thursdays at Bournville Park 12noon-1pm. Just turn up.

Thursdays at Stirchley Baths Community Hub 12.15pm- 1.15pm. Contact Nigel on 079660 69556 or email nige@mindfulmoves.co.uk to book.

Coming soon! Fridays at Masefield Wellbeing Hub. Contact Martin on 0121 476 9063 for further details.



Enjoy Tai Chi in Bournville park for free.

Community & people

Love of nature inspires book of poems

A BVT resident has published a book of poems inspired by his love of the great outdoors.

Colin Ayling, who lives at Bournville House in Lightmoor, started writing at a young age and at 10-years-old he won an interschool writing competition with his short story The Mouse and the Scroll.

Since then Colin has continued to write, penning countless poems and short stories and has even been published in magazines and appeared on television.

Colin said: "For me writing is a form

of escapism when life gets you down. I've been on my own for five years now after my wife passed away and two brothers. I'm a resilient person, I've had three heart attacks and a triple bypass. I find poetry therapeutic."

Colin's latest work is a book of poems inspired by his passion for nature, called *Of Love and Life: Finding Moll*. The book is a collection of poetry about love and his observations of life.

Of Love and Life: Finding Moll is available to purchase as a paperback on Amazon.



The beautiful wildflower meadow in Weoley Park.

What's on

A round-up of some of the events and activities taking place in your area this December.

Birmingham

Every Monday and Wednesday: Lunch club, Shenley Court Hall, 200 Green Meadow Road, Selly Oak, B29 4ED. 11am-1pm. Call 0121 475 7521 for details.

11th December: Annual Carol Singing in the Garden (followed by mulled wine and mince pies), Allen's Cross Community Centre, 24 Tinkers Farm Road, Northfield, B31 1RH. 6.30pm-8.30pm.

Every Thursday: Art group, Shenley Court Hall, 200 Green Meadow Road, Selly Oak, B29 4ED. 10am-12pm. Call 0121 475 7521 for details.

Friday 24th December: Carols on the Green, Bournville Village Green, Bournville. 6pm onwards.

Telford

Thursday 9th December: Christmas lights switch on / market, Lightmoor village centre, Telford. 4pm-8.30pm.

Tuesday 14th December: Telford Christmas Market, 10am-9pm, Southwater Way, Telford

Thursday 16th December: Lightmoor estate date (members of BVT available to talk with you, whether you want advice regarding alterations to your property, raising any concerns within the village or more), Village Centre (unless it's raining, in which case go to the Oak Tree Centre). 10am-11.30am.



Join the Lightmoor team for an estate date.

Love green spaces? Forum invites you to help champion the environment

Do you love green spaces and the environment or maybe you have a much loved open space but no friends of group to champion it. Then the Northfield Constituency Environmental Forum could be for you.

The Forum is a voluntary umbrella group that has been helping local groups and individuals share environmental information and their passion for their environment for over 10 years.

They have fought to save local parks and park support teams, supported green groups and encouraged agencies to help them improve Northfield.

Independent and volunteer-led, the forum includes members of friends groups such as Manor Farm Park and Bournville Park, community

groups like Eco Centre, local organisations, Birmingham Open Spaces Forum, Keep Britain Tidy, Councillors and Council officers.

The forum welcomes all green groups and individuals covering all ages, abilities and cultures to meetings, which are held every eight weeks at various venues including at BVT's office on Bournville Lane.

Each meeting includes a guest speaker and they have covered topics like the Longbridge redevelopment, bees, wildflower meadows, orchards and much more. Members also share useful information, current live issues and funding and local successes.

For further details, contact Graham from the forum on 0121 628 8555 or email northfieldenvironmentalforum@gmail.com

Puzzles & fun

Quiz

To be in with the chance of winning a £20 Love to Shop voucher, which can be redeemed at over 130 leading stores, complete the Quiz and email your answers to InView@bvt.org.uk – with subject header ‘Quiz’ by Friday 24th December 2021 or send your answers to inView competition, c/o Claire Page, 350 Bournville Lane, Birmingham, B30 1QY. All correct entries will be placed into a prize draw with one winner chosen at random.

1. Which year was The Snowman first broadcast on TV on Boxing Day?
2. Which British monarch delivered the first ever Christmas message?
3. According to 1946’s film It’s Wonderful Life, what happens every time a bell rings?
4. Which character declares “Merry Christmas, one and all!” in A Christmas Carol?
5. In Harry Potter and the Philosopher’s Stone, what do the Dursleys give Harry for Christmas?
6. What year was Mariah Carey’s Christmas hit All I Want for Christmas released?
7. What comes next in Wham’s Last Christmas: “Once bitten and twice shy, I keep my distance...”
8. What is your star sign if you are born on Christmas Day?
9. What gifts did The Three Wise Men give Jesus on his birthday?
10. Which plant has bright red and green leaves and is sometimes known as the Christmas Flower?

Wordsearch

To be in with the chance of winning a £20 Love2Shop voucher, which can be redeemed at over 130 leading stores, complete the wordsearch and email the MISSING word to InView@bvt.org.uk – with subject header ‘wordsearch’ – by Friday 24th December 2021 or send your answer to inView competition, c/o Claire Page, 350 Bournville Lane, Birmingham, B30 1QY. All correct entries will be placed into a prize draw with one winner chosen at random.

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|--------------|-------------|
| 1. Christmas | 6. Turkey |
| 2. Carols | 7. Tree |
| 3. Snowman | 8. Tinsel |
| 4. Holy | 9. Presents |
| 5. Wreath | 10. Santa |

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