

*Welcome to the Autumn Term newsletter. Our summer was very busy, far from a break! But, a lot of it has been lots of fun as well as meeting various needs for the people right on our doorstep. So as we look ahead to the Autumn, and even Winter which will be here before we know it, we're looking back on some of the good memories we've shared with fantastic people. Our wonderful staff, amazing volunteers and all the great people we've come alongside to offer support to too!*

## Ladywood Community Fun Day

On Saturday 30th July people turned out in their hundreds for the third annual Ladywood Community Fun Day.

We supported the first event over two years ago, which was held in Chamberlain Gardens, and have worked with local residents since to make the subsequent days, at St John's C of E Primary School on St Vincent Street West, real successes.

This year's fun day was taken under the banner of the Central Ladywood Neighbourhood Forum and was really well supported by local residents and organisations who took on the planning, organising and promoting the event. This has been great to see and was always our hope in helping to make the fun day an annual event.

As well as people volunteering their time, several local organisations were very generous in supporting the event financially, with Birmingham Hospital Saturday Fund donating funds to provide several inflatables including a bouncy castle, giant slide and gladiator duel.



People from local churches also helped out a great deal, with St John's Ladywood, Church Alive and Birmingham Christian Centre all providing stewards and volunteers.

Feedback from the event has been really positive and the planning group are already looking ahead to next year. It's a great example of the benefits of bringing the community together and a demonstration of the amount of goodwill that exists in the area.

## A gift with a difference...

I try and resist the arrival of Christmas for as long as possible, despite the shelves at supermarkets already being stacked with selection boxes, bags of chocolate coins and Christmas cake in all shapes and sizes, this includes thinking about Christmas presents!

However, I'm aware that not everyone puts off their Christmas shopping till the last minute like me so we've included an order form for our Christmas gift scheme, Give Something Different, with this newsletter.

The 'Give Something Different' scheme lets you choose from a whole range of charity gifts, benefitting people in Ladywood, Edgbaston and Harborne, and receive a lovingly crafted handmade card to pass on to friends and family letting them know what the gift will achieve on their behalf.

The choice of gifts ranges from a packet of seeds to plant at our community allotment for just £3 to supporting a family in need for £50.

We can either send the gift cards to yourself or directly to the recipient with your own message inside.

If you'd like to find out more or would be willing to promote this scheme in your workplace or at a school or church please do get in touch and we'll support you to do this.

The deadline for orders this year is Friday 9th December and if you would like us to send your cards to you first please do order as early as possible.

## Your Say...

### “What trips did you come on over the summer?”

We went to boat trip that was very nice, we went to the beach, that was beautiful, we went to the NIA, very nice. Also a walk round reservoir and picnics.

### So you had a good time?

Yes, a very good time.

### And what was the best thing

Everything!

### And if these trips hadn't been happening what would you have done?

Boring! Sit at home, nothing to do. We can't go anywhere.

### Have you been to the beach before?

No

### Have you been on a boat before?

No – first time, was very nice yeah.

### Was it expensive?

No it wasn't that much money, you can't go places like that. Bus fare is £3.60 just for one adult but the trips are only a pound or something. We couldn't go anywhere without you.”

Nosheen

## Going all out for Karis

Last year a team of doctors, staff and volunteers ran the Birmingham Half Marathon and raised over £5,000 for Karis Neighbour Scheme.



This year the half marathon has been re-named the Bupa Great Birmingham Run and is taking place on Sunday 23rd October, though the run is just as challenging, a total of 13.1 miles.

We've not got a full team running this year, but Ruth Fuller, our Children & Families' Worker, is going to be braving the run. You can sponsor her online at:

<http://uk.virginmoneygiving.com/RooFuller>

Or you can now simply text 'KARI11' followed by either £5 or £10 to 70070. This is a new service provided free by Vodafone in partnership with JustGiving so there's no cost to you and all of your donation comes straight to us with the chance to add gift aid too.

If you supported us financially last year why not consider asking friends or family to sponsor us this year? Or asking at your workplace? Or maybe even your child's school or at your church? We can provide flyers or posters if you'd like to promote this event but aren't sure how.



## We need your vote...

NatWest CommunityForce gives charities an opportunity to receive a £6,000 award and benefit from staff time and other local people getting involved in volunteering.

There are three awards in each area and these are awarded based on public voting. You can go online and register your vote for your favourite charity before the 23rd October, we'd love it if you could take a minute to visit:

<http://communityforce.natwest.com/project/1905>

...and register your vote for Karis Neighbour Scheme.

Tell your friends or work colleagues too, we'll need every vote we can get!

## Family fun over the holidays

We often put trips and activities on during the school holidays for the families we work with through the Welcome to Ladywood drop-in.

While this is usually just one trip each holiday, this year, during the six week summer break, we put on a whole host of activities and took families along to events put on by other people too. This has been in response to a big need amongst some of the families we work with for things to do with their children in the holiday.



There were walks and picnics round Edgbaston reservoir, trips to the NIA community hall for fun, games and bouncy castles, even a joint trip with the Ladywood Project to Weston Super Mare.

The trips meant a great deal to the families who came along, especially some of the parents who otherwise had very little for their children to do during the long summer break. The great thing was all of this was made possible on a shoe-string and it is fantastic to see what a difference small kindnesses can make.

## Voices of Ladywood



Over the summer the fourth edition of the 'Voices of Ladywood' newspaper was printed and 2,500 copies were delivered door to door and distributed around the area.

The paper is produced and delivered by local residents and although this is only the fourth edition, we hope to see it continue to grow.

## Your say...

**“How long have you been coming to KNS?”**

2 months

**How did you hear about it?**

From my friend

**And why do you keep coming?**

Because I like it, I'm enjoying it.

**Do you come to the Drop-in?**

Yeah, the drop-in & when we have a problem we go to the office and people are helping us, & yeah English classes on Friday

**And you're volunteering as well?**

Yeah, volunteering!

**You should come and live here!**

Yeah (laughs!)

**If you didn't do those things, what, what would you be doing?**

I'm not doing anything and I'm feeling bored at home.

**Have you made some friends?**

Some friends? Yeah. Yeah I have lots of friends, before I have no friends but now I have more friends through Karis.

**And we have a friend too!**

Yeah Ruth as well, not just my friend, but now its family!

**What difference has it made to your daughter?**

Ahhh, my daughter? Before she was bored because she just, we just stay at home. But now she is coming here and she can speak English very well, now she is good, yeah it makes a difference.

**And we're giving you food parcels as well?**

You give me food as well, anything you have like Hoover, like pushchair, everything, if we have nothing in our house, if we explain to you. And the countryside, yeah we went to the farm, that was fun.

**We should carry on, then?**

Yeah you should carry on, don't stop!

**Is there anything we should do that we're not doing, do you have any ideas?**

You're doing everything!"

Lokotana

## Coming up...

Saturday 22nd October  
**Tackling Poverty Event**  
10:00am till 5:00pm @  
St John's & St Peter's Church

Sunday 23rd October  
**Birmingham Half Marathon**  
10:00am till 1:30pm @  
Birmingham City Centre

Monday 24th October  
**Voting Closes**  
12:00noon Online @  
Natwest CommunityForce

Wednesday 2nd November  
**Volunteer Training**  
7:00am till 9:00am @  
Karis Neighbour Scheme

Sunday 13th November  
**Time for Tea**  
3:30pm till 5:30pm @  
Onneley House

*If you would like any more information about Karis or a particular area of our work please do get in touch;*

**Karis Neighbour Scheme**  
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## Getting stuck in?

Our work supporting people in practical ways has grown a lot recently. We've been blessed by having some very dedicated and hard working volunteers.

However, we're looking for someone to help co-ordinate this very important work out in the community. We're not looking for an expert, but if you've got a bit of know how to do with decorating, gardening or DIY and could spare a day or two during the week then perhaps you could help us out?

Get in touch with Linden if you think you might be able to help. We're also looking for people to help with our practical work as volunteers so why not consider that if you'd like to be involved but are short on time or don't think organisation is your strong suit?

## New FoodBank opening

While we keep a food cupboard here at our office we've often found ourselves overstretched when it comes to provision of emergency food parcels, there's a huge amount of need in the area for this kind of support and it has been beyond our resources to meet it all.

From the first week in October a new Birmingham Central FoodBank will be opening, following the well established Trussell Trust model and being run by local churches. This will provide families and individuals in need with up to 3 emergency food parcels to provide them with 9 days of nutritionally balanced food. The project will also signpost people to relevant help to try and resolve whatever hardship has caused the crisis situation.

We're working in partnership with the new FoodBank which will initially be operating out of the Wellspring Centre at the Church of the Redeemer and Ladywood Methodist Church, being based at BCC.

## Fruit & veg scheme at KNS

Karis Neighbour Scheme is now one a number of outlets for a Ladywood wide scheme offering people the chance to get bags of fresh fruit, salad and vegetables for only £3 each, much cheaper than supermarket prices and right at their doorstep.

The project has been supported in getting off the ground by the All Being Well project and orders & deliveries can now be made to the Ladywood Project at the community centre, our Drop-In at the Ladywood Methodist Church and Christchurch Summerfield, as well as our office in the Wellspring Centre at the Church of the Redeemer.

Residents can order bags during the week and these are then delivered from a greengrocers to the outlets ready to be picked up.



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**The National Lottery**  
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