SOUTH BIRMINGHAM PAGES

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Kids Play Gardening

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Community

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And Quinoa Salad
Recipe

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September/October 2025







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Next Deadline:
Weds 10th September 2025



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Welcome!



MISTAKEN IDENTITY

I had a quick look at my pension pot recently. No, I'm not about to give up the magazine – far from it – but I know that experts say that you should keep an eye on these things.

Unfortunately, having logged into my account and then Googled something related, the internet spies were onto me. For weeks afterwards, I couldn't look at my phone or browse on my PC without something popping up, assuming I'd be really interested in pension advice. It's like being stalked.

What is surprising, though, is this: if the technology is clever enough to tell what I might want to know about, why do I keep being shown adverts for cat food? I've never owned a cat; I've never searched for 'titbits for Tiddles'. These promotions are wasted on me.

Perhaps there's a statistic that suggests 'most women who have looked at their pension pot in the last month are also cat owners.' No, actually, it can't be that because when I'm on YouTube, it clearly doesn't know it's me. It often thinks I'm my husband, so it suggests I might like to watch some over-excitable men repairing a crashed Lamborghini. Honestly, I would rather read a pension fact sheet.

Anyway, if there were such a thing as an end-of-term pension savings report, mine would be a resounding 'C' with a comment of 'easily distracted, could try harder'. Looks like I will be writing these monthly musings for some years to come.

Until next time,

Wendy



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Opticians and Their Role in Eye Care

Opticians are healthcare professionals who specialize in fitting and dispensing corrective lenses, including glasses and contact lenses.

They play a vital role in the broader field of eye care, working closely with optometrists and ophthalmologists to ensure patients receive the proper vision correction and comfort. While optometrists examine eyes and diagnose conditions, opticians take the prescriptions provided and help patients select the most suitable eyewear to match their medical and lifestyle needs.

A key part of an optician's job is precision. They measure facial features, such as the distance between pupils and the shape of the bridge of the nose, to ensure that lenses sit correctly and function as intended. Opticians also guide patients in choosing frames that balance style, comfort, and durability. For contact lenses, they provide instruction on proper handling, cleaning, and care, helping patients adapt to their new vision aids.

Beyond technical skills, opticians must possess excellent communication and customer service abilities. Many patients seek not only improved vision but also confidence in their appearance, so opticians often act as style consultants. They explain lens options such as anti-reflective coatings, progressive lenses, or high-index materials, making complex choices understandable for patients.



Overall, opticians bridge the gap between medical eye care and everyday vision needs. By combining technical expertise with personalized service, they ensure that people not only see better but also feel comfortable and confident in the eyewear they use.

PABARI OPTICIANS

Celebrating the legacy of John Lennon, brand new production

IMAGINE LENNON COMES TO WARWICK – ARTS CENTRE

on Thursday 2nd October 2025!

IMAGINE LENNON

The Greatest John Lennon tribute act in The World!



Tyson Kelly is **IMAGINE LENNON** in his own show, announcing an October 2025 UK Tour this Autumn.

Experience an unforgettable and intimate evening celebrating the legacy of John Lennon, brought to life by the internationally acclaimed Tyson Kelly as John Lennon - renowned for his striking portrayal of Lennon in Broadway's *"Let It Be"* and in the UK & World's #1 Beatles Tribute *"The Bootleg Beatles"* for seven years.

With over 15 years of dedication to the role, Kelly's uncanny look and sound-a-like embodies Lennon's voice, presence, and artistry with remarkable authenticity having the rare combination of the natural vocal timbre and vocal talent with the youthfulness and visual appearance of John Lennon - backed by a five-piece powerhouse band he presents an elegant journey through the brilliant music of Lennon (& McCartney), witness first-hand stories about Lennon's catalogue all the way from *'Please Please Me'* to *'Double Fantasy'* with ten years of solo hits and a carefully selected collection of the undeniable B side favourites fans will love to hear.

This captivating production is a sophisticated homage to one of music's most enduring icons, making it a must-see event for all John Lennon and discerning Beatles fans alike and lovers of timeless songwriting.

"Tyson Kelly brings Lennon back to life in this unique and mesmerizing Show" - Neil O'Brien Entertainment UK.

To be in with a chance to win 2 tickets to this amazing show, just tell me who plays John Lennon in the show. All entries need to be with me by the 22nd September 2025. You can email your entries to me at wendy@pagesmagazines.co.uk or text 07854 279751. Good luck!







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Make gardening kids' play

By Caroline Knight



As the new school year begins, September is a good month in which to turn your attention to the garden. This late summer period is the last hurrah before the daylight hours shrink and the air cools. Take some time off work or make time within your busy schedule, if necessary, to enjoy your outdoor space during a month of calm.

The month is generally a productive one for those who have been growing for the kitchen. You should be able to harvest figs, apples, pears, blackberries, grapes and tomatoes. There will be fresh vegetables to enjoy, including leafy greens, runner beans, squash, potatoes, onions and carrots. It's also the perfect time to plant spring-flowering bulbs.

It's a particularly beautiful time outdoors, with golden light that is less harsh than during mid-summer. Certain plants save their best for this time of year, including ornamental grasses, perennials including Aster, Japanese anemone and Rudbeckia, and shrubs such as Hydrangea. Did you know there are now up to 600 named cultivars of Hydrangea?

Inspire the younger generation

It's wonderful to encourage any kids in your life to develop a lifelong interest in plants. Donate a small patch of garden and help them design the content. Have you heard of a zoo garden, for example? The names of the plants can represent animals, and each can be labelled, perhaps using a model of the animal too.







Easy-to-grow plants for a zoo garden

- The name lamb's ear refers to Stachys byzantina, a drought-tolerant evergreen perennial that will form a carpet of soft, fluffy 'ears'. Leaves and stems are covered in white, woolly hairs.
- Bergenia cordifolia, or elephant's ears, is an easy-to-grow evergreen with big, tough leaves that look just slightly like the ears of Jumbo.
- Catnip (Nepeta cataria), is a member of the mint family, and cats love to roll around in the aromatic foliage and flowers thanks to the chemical compound Nepetalactone, which is also an insect repellent.
- Dogwoods (Cornus sanguinea or alba) are shrubs that are brilliant in winter. Cut them down to the ground in very early spring and the new growth will give you vertical stems of colour next year. They're easy to grow at the back of your children's zoo garden.
- Fleabane, Erigeron karvinskianus, was so named because it was believed the dried leaves and flowers repelled fleas. This delightful little daisy-like perennial self-seeds into cracks and dry places.

Try building a miniature garden in an unusual container such as a dish, bottle, box or shoe. Take a tiny world and become absorbed by the endless possibilities that micro-gardening presents. It's not only the kids who will become enthralled.

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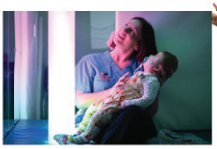
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If you would like 2 tickets to this amazing family day out on the 13th or 14th November 2025, just email me on:
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or text me on: **07854 279751**. Good luck!

For list of stallholders, entertainment program and visitor info, visit:
www.festivegiftfair.co.uk/whats-on/daily-entertainment

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Kings Norton Photographic Society

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For more info see website at: www.kingsnortonphotographicsociety.co.uk Otherwise contact Dave Wall, Chairperson on Tel: 0121 458 2562 email: dave.walluk@virgin.net or Bill Walton, President on Tel: 07850 026557 email: billy.vegas@blueyonder.co.uk

Kings Norton Photographic Society was established in the early 1950's and currently hold meetings at the Tennis Club on Grange Hill Road, Kings Norton B38 8RE. We use the room at the Tennis Club on three Wednesdays most months between 8.00pm and 10.00pm.


Osprey by Paul Blewitt

This year our season runs from Wednesday 15th October 2025 to Wednesday 6th May 2026.

Our events for the new season have already been sorted by Angela our amazing Programme Secretary. There are some great evenings planned including, guest speakers, table top/ macro photography, portrait shoots and club competitions. Other photo opportunities organised by the club over the last year have included deer rutting at Bradgate Park, osprey photography in Leicestershire and a car/bike shoot in Kings Norton. Once a month during the summer we meet up at the pub for a get together. Drinking alcohol is not compulsory but socialising is.


Double Header by Ed Lynch

Come along and join us at a meeting and find out who we are and what we do. For prospective members the first two visits are free. Although you can always find someone to discuss anything related to photography, images, or equipment, it's also about socialising over tea, coffee, and a biscuit. One evening we even had a cream tea. You don't get that at your average camera club!

KINGS NORTON PHOTOGRAPHIC SOCIETY


Boathouse by Peter Deeley

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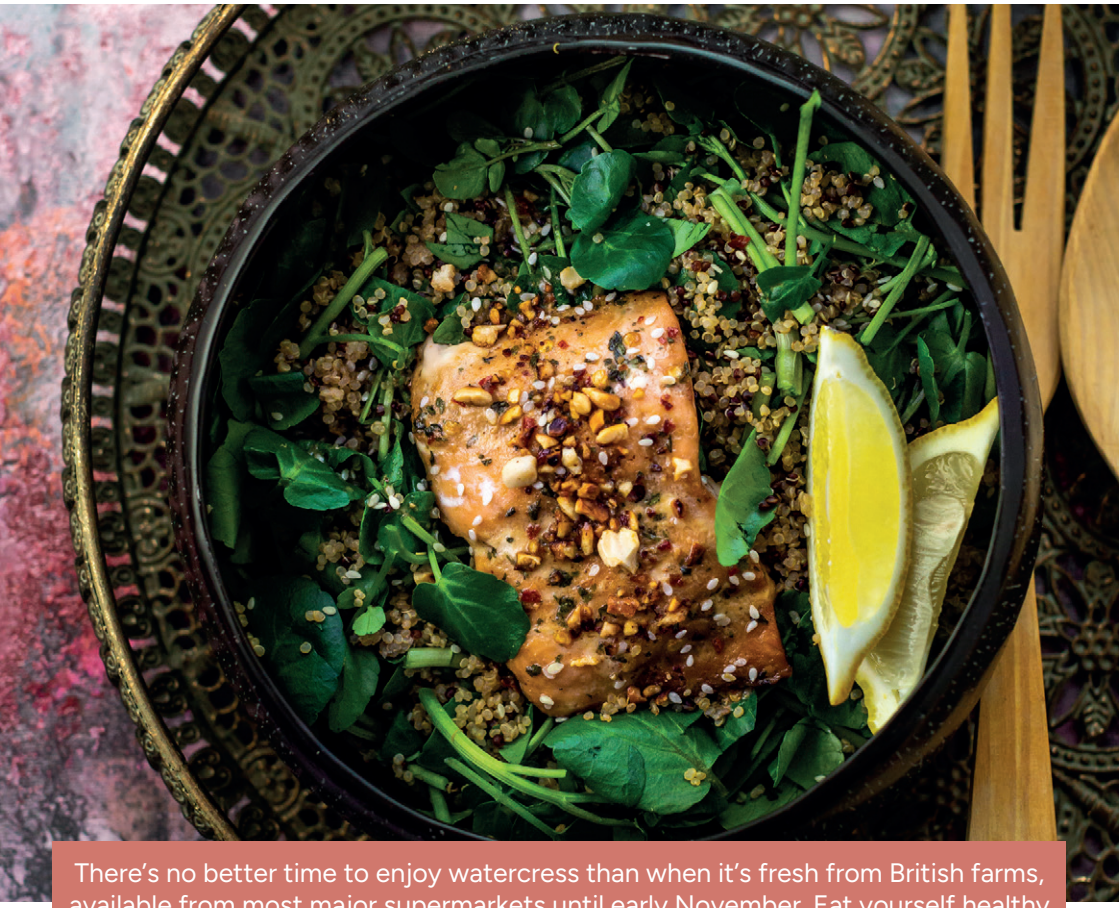
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BEFORE
& AFTER

Thai salmon and quinoa salad



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Makes 1 portion
Preparation time 5 minutes
Cooking time 20 minutes

Ingredients

- 1 Thai salmon fillet, store bought
- 125g quinoa
- 85g watercress, roughly chopped
- 1 spring onion, trimmed and chopped
- Handful of sesame seeds
- Handful of toasted peanuts, roughly chopped or crushed
- 1 Yuzu or lemon, cut into wedges

Method

1. Cook the salmon and quinoa as per the instructions on the packet.
2. Once the quinoa is cooked, toss it together with the watercress and spring onion.
3. Serve in a bowl with the salad mixture on the bottom, salmon fillet on top and sprinkle with sesame seeds and toasted peanuts. Serve with citrus wedges for squeezing over.

For more recipe inspiration, visit www.watercress.co.uk and for more information on the health benefits of watercress, visit www.thewatercresscompany.com.

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BHBN Hospital Radio is Birmingham's oldest hospital charity, broadcasting to patients across Birmingham for over 70 years — entirely run by dedicated volunteers.

For many in hospital, BHBN is more than a station. It's a lifeline — a friendly voice, a familiar song, a message from home — bringing comfort in a time of uncertainty.

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With local Integrated Care Board (ICB) budget cuts looming, our future is at risk.

Whether it's spare change, a one-off donation, or sponsoring a show as a business — every contribution makes a real difference.

You can support us here:
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Let's keep the music playing, the messages flowing, and BHBN Radio on air — for those who need it most.

BHBNradio

KEEPING THE MUSIC PLAYING: BHBN RADIO NEEDS YOUR HELP!

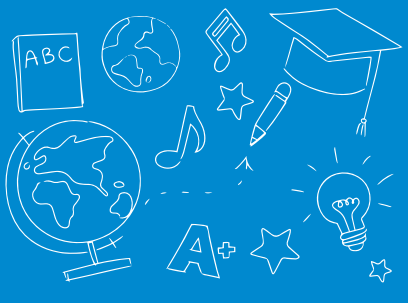
For Birmingham Hospitals & the Community
Registered Charity Number: 514775



Wordsearch - education

M	A	X	E	C	O	U	R	S	E	S	D	C
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Class
Coach
College
Course
Degree
Diploma
Doctorate
Exam
Form
Games
Gown
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E: crescent@childbase.com
Crescent Day Nursery, 21-22 Calthorpe Road, Edgbaston, Birmingham, B15 1RP

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T: 0121 454 1170
E: highfield.nursery@childbase.com
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Visit www.birmingham-rscds.org.uk for details or contact Nicola on 07986 543132

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Brevitts Solicitors, are a family practice based in Oak Tree Lane, Selly Oak. They specialise in helping clients to arrange their affairs to secure peace of mind in later life. This includes legal estate planning, wills, probate, trusts and a suite of elderly care solutions for clients and their families, to put in place arrangements to assist and support them should they need it.

Brevitts Solicitors knowledge and experience enable them to overcome the myths relating to ageing. They understand and take into account, seeking to accommodate the various challenges people may face. They advise on how to mitigate the concerns of the mind or physical disabilities, which may accompany the ageing process, conscious of the social and health impact of later years and how these can be anticipated and supported.

Brevitts Solicitors expertise helps to provide a personal and client focused experience. They aim to put clients at their ease, whilst simplifying the complex and sensitive issues that we all need to address when resolving legal issues.

Brevitts Solicitors client consultations are offered, face to face in their office or client's own home, if clients prefer, or are unable to attend the office. They also use online meeting software, either at the office or in the client's own home, to enable family members to attend and provide support.

Advice And Support They Offer

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Trust & their administration - created in their lifetime or under a Will	Preserving assets in for the future of your family
Advice on financial responsibility and funding for long-term care	The provision of home care, Residential and nursing home contracts

Initial consultation in support of any of the above, start from £95 plus VAT for Will and LPA advice and increase if more complex and specialist advice is required. However, if you instruct Brevitts within three months of their initial advice to take matters forward, this fee or part thereof, will be deducted from your final bill.

Call us today on 0121 472 4131 or email Georgie@brevittssolicitors.co.uk

Jane is also available for group talks. These are packed with interesting advice and the chance to ask questions.

SIMON & OSCAR
The Songs of Ocean Colour Scene



Indie-rock legends Simon & Oscar from Ocean Colour Scene announce an October 2025 UK Tour for an 'Up Come & Personal Evening' coming to Walsall – Arena & Arts Centre on Friday 17th October 2025.

Get up close and personal with Ocean Colour Scene's Simon Fowler and Oscar Harrison. Intimate acoustic performances of big hits, anthems, deep cuts and choice picks from the Ocean Colour Scene song book. *"A real tonic - a great chance to look the audience in the eye and interact with them on a more personal basis than ever before".*

OCS remain one of the most successful and most loved bands of the modern era.

Having spent six years fine-tuning their sound, they lit up the Britpop party, chalking up three Top 5 albums - 1996's Moseley Shoals, 1997's Marchin' Already and 1999's One From The Modern and a run of nine successive Top 20 single's including the immortal *'The Riverboat Song'* (in total they have seventeen Top 40 singles and six Top Ten singles).

For more information, please visit the following website / social media links below:
www.oceancolourscene.com/
www.facebook.com/OceanColourSceneOfficial
twitter.com/OCSmusic
www.instagram.com/ocsmusic/
www.youtube.com/user/OceanColourSceneBand

To be in with a chance to win 2 tickets to the show, just tell tell me the name of the 1997 album. All entries need to be with me by the **30th September 2025.** You can email your entries to me at **wendy@pagesmagazines.co.uk** or text **07854 279751.** Good luck!

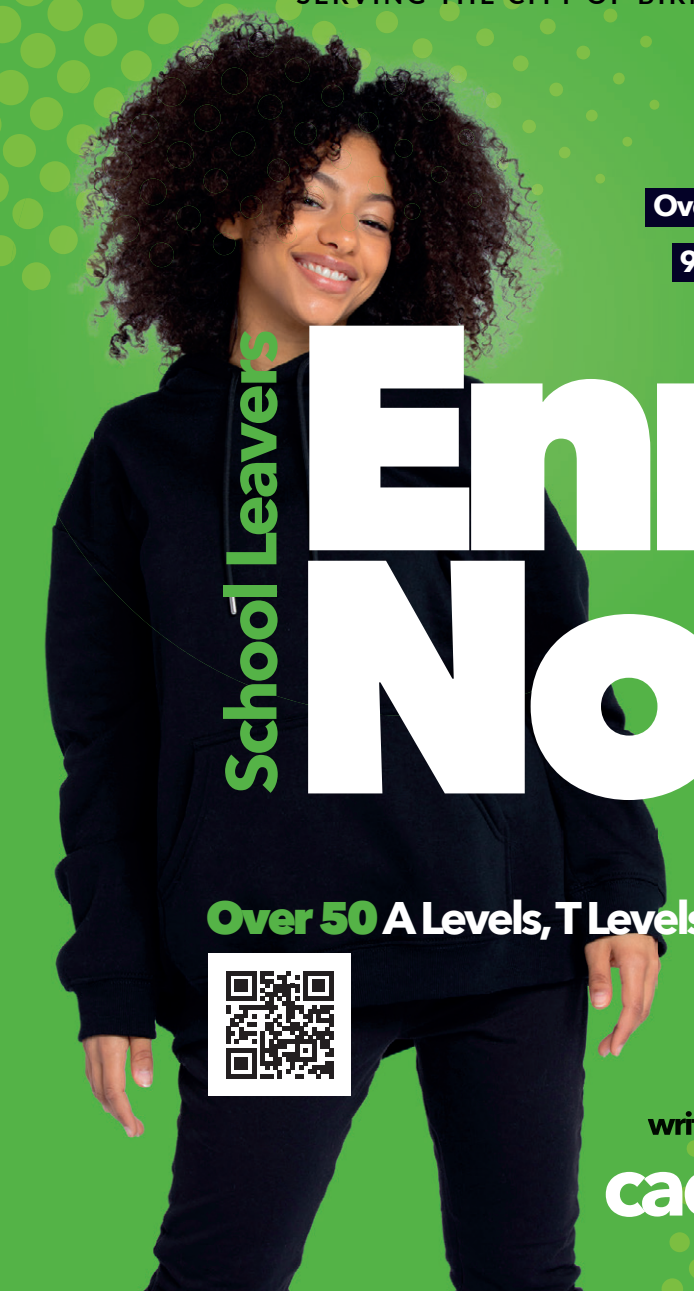
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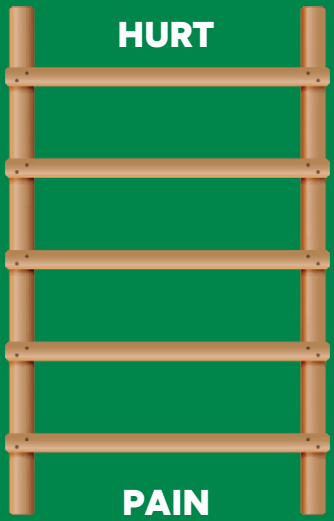
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Bournville Heritage Open Day is back for 2025

on Saturday 13th September 10am-4pm

Visit George Cadbury's famous Bournville garden village as 18 historic venues open for **FREE** as part of **Heritage Open Days** and **Birmingham Heritage Week.**

Enjoy tours, exhibitions, activities and family fun and experience the stunning architecture and design of this special place.

The 18 fantastic sites opening this year are...

- **Selly Manor Museum.** A Tudor manor and medieval hall rebuilt by the Cadbury family.
- The Rest House. Displaying **The Museum of Us exhibition** celebrating 125 years of Bournville Village Trust.
- **The Carillon.** Hear this remarkable instrument play throughout the day (please note there are no tours of the Carillon tower this year).
- **Quaker Meeting House.** Built in 1905, a Y-shaped building designed by W.A. Harvey.
- **Bournville Almshouses*** Guided heritage tours of a unique building built by Richard Cadbury.
- **St Francis Church.** A beautiful church, consecrated in 1925 and celebrating its centenary this year.
- Vintage Vehicles at Bournville Green. See historic cars at Bournville village green (weather permitting).
- **St Lazar's Church.** An incredible Serbian Orthodox Church with a spectacular interior.
- **Bournville Village Primary School.** See the stunning George Hall and learn about the beautiful frescoes.
- **Bournville Model Boat Club.** See and have a go at sailing these splendid boats.
- **The War Memorial Room.** Situated in the Pavilion to remember Cadbury employees.
- **Cadbury Concert Hall.** A stunning music venue in the heart of the factory.
- **Cadbury Archives*** Enjoy tours of this newly refurbished treasure trove.
- **Bournville Crown Green Bowls Club.** Have a go at crown green bowls at this iconic club.
- **Dame Elizabeth Hall.** Opened in 1930, discover the story of the Bournville Village Festival.
- **Manor Farm Park.** A self-guided 2km heritage trail linking 10 sites at the park, with tours at 11am and 2pm.

And new for 2025!

- **The Old Bank.** One of the oldest buildings in Bournville, that was formerly a bank and Estate Office.
- **Cadbury World.** Free entry tickets to Cadbury are fully booked.

A full programme of events packed full of details about exhibitions, activities, family fun, performances and much more will be published a week before the event.

The event is co-ordinated by our Heritage team. If you have any questions, please email the team at sellymanor@bvt.org.uk or call 0121 472 0199.

**The Almshouses and Cadbury Archive tickets are by pre-booked tour only. A link to book free tickets will be available on this from Thursday 28th August at 5.30pm.*

All listed were correct at the time of print.



Community Pages

Free listing for local chairites and non-profit making organisations.

Bournville Radio Sailing and Model Boat Club

The club provides facilities to race or build RC yachts, power boats and scale models. A full calendar of events is available throughout the year. The club meets at the following times:

Tues 10.00 to 13.00 - Models and powerboats,
Wed 10.00 to 13.00 - Radio sailing
Thurs 10.00 to 13.00 - Models and powerboats,
Sat 10.00 to 13.00 - Juniors (Please check for availability)
Sun 10.00 to 13.00 - Radio sailing,
Sun 13.00 to 16.00 - Models and powerboats

Taster sessions take place on Wednesday and Sunday at 12.30pm when boats can be supplied.

Please contact Andrew Hines on **07581 513899** or **0121 449 6178.** See the Club's website at: **www.bournvillersmbc.org**. Better still, why not just come down to Valley Parkway and try out a boat.

Kings Norton Farmers Market

Join us on the 2nd Saturday of the month on Kings Norton Green.

West Heath Community Centre

Hampstead House, West Heath, B31 3QY

Want to try something new this year? We have so many groups and activities at the Community Centre, there is something for everyone.

Visit our website for more information: **www.westheathcommunity.co.uk**

Stirchley Art Club

A free art club for adults at Stirchley Library

Mondays 11am-1pm (doors open at 10.45am-11am)
Wednesays 10am-1pm & 2pm-5pm

All materials provided, including FOSvolunteer-led limited library service on Wednesdays.

www.stirchleyartroom.co.uk
email: **stirchleyartroom@gmail.com**

Kings Norton Photographic Society

We meet at the Tennis Club on Grange Hill Road, Kings Norton B38 8RE between 8.00pm and 10.00pm on three Wednesdays most months.

This year our season starts on Wednesday 15th October 2025 and runs through to Wednesday 6th May 2026. New members with an interest in photography are most welcome to join our friendly group.

For more information please contact Dave Wall, Chairperson on Tel**: 0121 458 2562** email: **dave.walluk@virgin.net** or Bill Walton, President on Tel: **07850 026557** email: **billy.vegas@blueyonder.co.uk**

Christmas Craft Fayre

Sat 11th October 2025, 10am-2pm

St Laurence Church & Pastoral Centre, 173 Church Road, Northfield B31 2LX

Shenley Seniors 50+

We are a very friendly and social group who meet to have fun and interact, and enjoy a packed programme of activities! Join us every Thursday from Noon-2pm at Shenley Court Hall, 200 Green Meadow Road, B29 4ED. Cost £2. **0121 475 7521.**

Harborne Heartbeat

Shenley Court Hall,
200 Green Meadow Road, B29 4ED

Join our friendly circuit based exercise class every Monday 9.30-10.45am

Harborne Heartbeat was established to support those with heart conditions to stay fit, and has now expanded to welcome all who wish to join. The sessions include warm-up, circuit exercises, cool down and relaxation. Call John on **0121 624 2540** or just pop in to join.

Kings Norton & District u3a

Are you interested in making new friends and expanding your interests, and are no longer in full time work? Then why not join us? Our members come from all over the area including Bournville.

We run monthly speaker meetings and a wide range of interest groups, from languages, dog walking to lunch groups (about 65 groups are available to join). If you are undecided whether to join, you can attend a speaker meeting for £3.

For more information, visit out website at: **https://u3asites.org.uk/kingsnorton/welcome**

Kings Heath Artisan Market

Every 2nd Sunday, 10-3pm, York Road, Kings Heath. Your new monthly arts and crafts market, featuring independent markers, artists, and producers.

NICE

A small charity based in Birmingham with the biggest of hearts, working miracles in the West Midlands, for families affected by physical disability. We specialise in helping individuals with incurable movement disorders such as children born with cerebral palsy and adults diagnosed with neurological conditions such as Parkinson's, MS and Stroke Survivors to push the boundaries of their own potential.

We offer a wide range of free and subsidised services for all ages. To find out more about how NICE can help, book your free and no obligation consultation, by calling us on **0121 449 1569** or emailing **foundation@conductive-education.org.uk**

Beanboy Spaces Disability Community Group

Friday, Woodlands Park Hall, B30 1HA

Activities to try, non judgmental, accessible and inclusive, support for carers and parents, no pressure, free to be you, the real you!

£5 per child, parent/carer/siblings £2 each.

5-10 years: 5pm-6.30pm, 11-18 years: 7pm-8.30pm.

Black Adder Morris

Selly Oak Friends Meeting House, Bristol Road, Selly Oak, B29 6NB

Thursday evenings 8pm-10pm.

Contact Sue for more information on: **Sue.wri@btinternet.com** or **0121 475 4005.**

Breathe Collective Inclusive Choir

At Bournville Parish Church, Sycamore Road.

1st and 3rd Wednesday of the month, 2.30pm-3.30pm.

An inclusive choir for individuals who are disabled, neurodiversive, and for those with additional needs and their carers. £2 suggested donation, refreshments provided.

For more info contact Laura on **07817 617923,** email: **Godwin_laura@hotmail.com,** or Helen on **07436 021333.**

Mental Health Believe UK

For anyone who may need a helping hand with your mental health, please make use of these helplines:

Samaritans **116 123**
Calm **0800 58 58 58**
YoungMinds **0808 802 5544**
Text SHOUT to **85258**
National Suicide Prevention Helpline UK **0800 689 5652**

South Birmingham Stroke Club

We are a friendly active club for stroke survivors and their carers/families.

Members welcome from across South Birmingham. Every Wednesday 10am-12pm. Reaside Community Centre, 17 Ormond Road, B450JD.

Contact Donna Belk **07450 574953**

River Rea Voices

The Village Hall, Longbridge Village, 2 Austin Way, B31 2FZ

Do you like singing and would like to join a fun and friendly singing group?

First session free, why not come & try out, all songs taught by ear, no experience required. For more info ring: **07734 950333,** or email: **riverreavoices@gmail.com**

Take The First Step, Men Walking And Talking

Quinton Walk, in front of Co-op, Quinton road West, B32 2RE

Every Thursday @ 7pm

Combined entry £5, children under 12 go free. Refreshments, plant sales etc. Enquiries to **communityadmin@bvt.org.uk**

Moor Pool Heritage Trust

The Circle, Harborne B17 9DY

Our community hall is used by a wide variety of groups, clubs and classes throughout the week.

We also run events for children and adults, such as holiday play sessions and quizzes.

Visit our website to see what's on: **www.moorpoolhall.org.uk/whats-on/**

Brews & Brains

Bisque & Bean Café, Raddlebarn Road, B29 6HJ.

Monday 29th September 2025 9.30am.

A coffee morning for neurodivergent parents and carers.

£3 per ticket.

Cuppa Squad

Supporting Those With Diabetes

Support Hub in the Community

6th October, 3rd November and 1st December 2025 (1st Monday of every month) from 12.30pm-1.30pm.

Join us for a warm welcome at West Heath Community Centre, Hampstead House, Condover Road, West Heath, B31 3QY.

If you would like to know more on how we can support you and those living with diabetes, why not pop in for a welcome cuppa and a friendly chat, swap useful tips and tools, feel empowered in prevention/managing your diabetes and try some new challenges, everyone invited.

Bournville Parish Church

Place of Welcome Every Thursday

Inside Bournville Church, 10.30am-12.30pm.

Everyone welcome, meet and connect with people, have fun, enjoy free refreshments, as well as play games.

The 2nd Thursday of each month we have drumming with Beat It Percussion. The last Thursday of the month we have seated exercise with Home Instead. It would be wonderful to see you.

If you would like more information, please contact Helen Crisp, Community Development Practitioner on **07436 021333.**

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