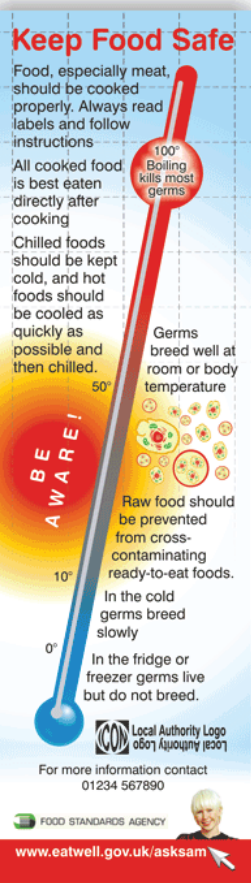
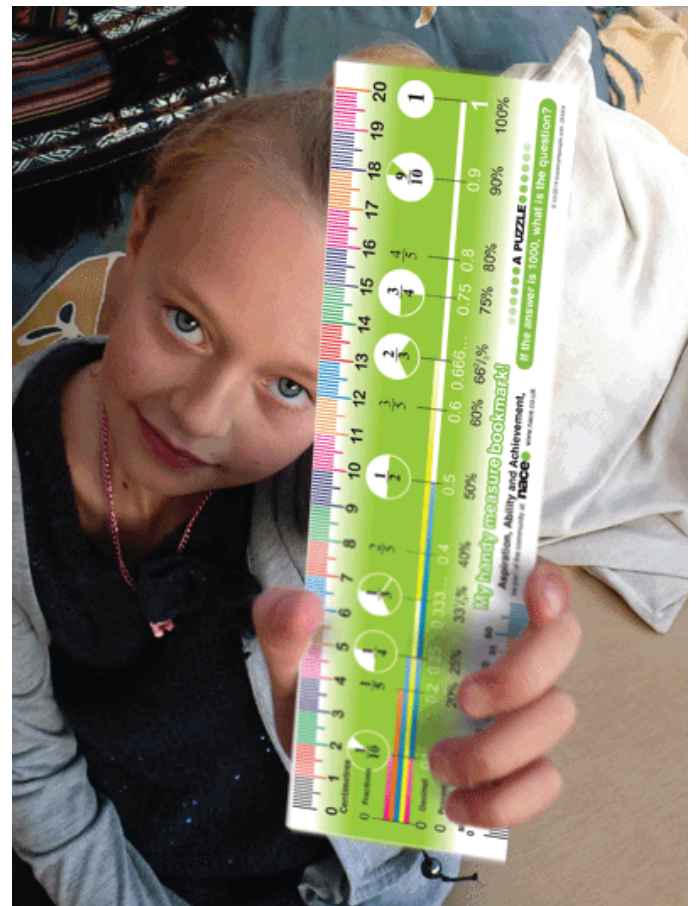




FREE
to join!







Safe & Secure with McCarthy & Stone

Visit one of our Birmingham locations and receive a complimentary £5 WhatsApp gift card for you to spend

With a brand new McCarthy & Stone self-contained retirement apartment, comfort, safety and security is built in. 1 & 2 bedroom apartments for sale

Gracewell Court
Stratford Road, Hall Green
0121 745 7993

Awdry Court
St Nicolas Gardens, Kings Norton
0121 459 2526

Lorne Court
School Road, Moseley
0121 449 2644

Open Tuesday to Saturday 10.30am to 5pm

McCarthy & Stone
RESIDENTIAL GROUP

*Some and conditions apply. Only one voucher per household to be used to the address provided within 28 days. Open to anyone 16 years and over who takes a guided tour of the show complex with the sales consultant. 15th April 2021. Discount not available to existing McCarthy & Stone residents or employees.

Need a helping hand switching to digital TV?

The Help Scheme is here to help everyone aged 75 and over or disabled people by providing the equipment and practical support needed to switch one TV to digital.

Call us free on 0800 40 85 900 or go to helpscheme.co.uk

switchover help scheme

BBC The Help Scheme is run by the BBC

EXPERT CARE, IN HOMES CLOSE TO YOU

- We enable residents to continue doing the **HOBBIES AND INTERESTS** they love.
- Find out more in our **FREE 'GETTING TO KNOW YOU' GUIDE**.

To visit your nearest home or to request a **FREE** guide, call **0800 00 10 10** (reading reference number) or search 'Bupa Care Homes' online

Bupa

YOU CAN'T ALWAYS SEE THE SIGNS

60+ take the test

BOWEL CANCER SCREENING CAN SAVE YOUR LIFE.

If you are 60+ don't leave your health to chance. If you are aged 60-69 and registered with a GP, you will automatically be sent a free kit that can detect early signs of bowel cancer. If you are 70 or over, you can request a kit by calling freephone: **0800 707 60 60**

www.bowelscreening.org

Bowel Cancer Screening Programme

NHS

MUGDOCK HOUSE CARE HOME, BEARSDEN

SPECIAL OFFERS FOR OUR FIRST RESIDENTS

- Flagship care home open in January 2013, offering the highest standards of specialist personalised care
- **25% OFF** short stay care*
- **FREE ROOM UPGRADE** for the first 6 months of your stay**

*The equivalent of 5 days for the price of 3 days when the stay.
**The first 12 residents booking in the matching suite. After the first 12 residents booking in the matching suite for personal care only.

To find out more call **0845 600 3811** (dialling reference number 012556) or visit bupa.co.uk/mugdock-offer

Bupa







Swim School
Swim for fun & fitness
ecrswimschool@gmail.com
0796 96 444 97



Swim School
Swim for fun & fitness

For parents & tots and those starting to swim
From 3 months to adults (ASA Stages 1 & 2)

Not sure? Give us a call!

At Queniborough Pool LE7 4DJ, for dates & times call
Tammy 0788 5555 431 or
Emma 0796 96 4444 97

Certified ASA Level 2 Swim Instructors



Swim School
Swim for fun & fitness

For parents & tots and those 'starting to swim'
From 3 months to adults (ASA Stages 1 & 2)

Not sure? Give us a call!

At Queniborough Pool LE7 4DJ
For dates and times contact

Tammy
Tammy Harrison
0788 5555 431
tammyswimschool@gmail.com

Emma
Emma Richards
0796 96 444 97
ecrswimschool@gmail.com

Certified ASA Level 2 Swim Instructors
<http://www.ecrswimschool.com>



Swim School
Tammy Harrison & Emma Richards
Swim for fun & fitness

For parents & tots and those 'starting to swim'
From 3 months to adults (ASA Stages 1 & 2)

Not sure? Give us a call!

At Queniborough Pool LE7 4DJ
For dates and times contact

Tammy
Tammy Harrison
0788 5555 431
tammyswimschool@gmail.com

Emma
Emma Richards
0796 96 444 97
ecrswimschool@gmail.com

Certified ASA Level 2 Swim Instructors
<http://www.ecrswimschool.com>



Emma's Swim School
Emma Richards
Certified ASA Level 2 Swim Instructor
Swim for fun & fitness
ecrswimschool@gmail.com
0796 96 444 97



I love to see children discover that they can swim, and that they can enjoy swimming. I love seeing people achieve things that they perhaps thought they couldn't.

<http://www.emmarichards.wordpress.com>



Tammy's Swim School
Tammy Harrison
Certified ASA Level 2 Swim Instructor
Swim for fun & fitness
tammyswimschool@gmail.com
0788 5555 431



Persistence can change failure into extraordinary achievement.



GLOBAL HARMONY

Global Harmony is a mixed a cappella world choir based in Melton Mowbray, UK.

We sing a wide range of unaccompanied harmony songs from all over the world. We enjoy rhythms from Africa, stirring Eastern European harmonies, songs from the Southern Seas and the Americas, soulful gospel to name but a few - as well as traditional folk and rock and pop from our own culture.

You can hear a few recordings at <http://www.globalharmony.org.uk>

For more information or enquiries about bookings please contact Liz Underhill on 01476 550972 www.globalharmony.org.uk

CloseHARMONY

CloseHARMONY is a mixed twelve piece a cappella singing ensemble from Melton Mowbray.

Close Harmony sings an eclectic repertoire of "world music". Singing songs ranging from 12th century Georgian arrangements to contemporary reworked Bob Dylan, including Mexican folk, traditional Welsh and even 1960's pop!

You can hear a few impromptu recordings here: <http://julesprichards.wordpress.com/ch>

For more information or enquiries about bookings please contact Liz Underhill on 01476 550972

Close Harmony's singers are drawn from the Melton community choir

Global Harmony www.globalharmony.org.uk

“And she travelled
to a land far, far away...”



Reading takes you further...
*...go there for free with **your library!***

Reading... when is it safe to approach?



Relaxed

- relaxed shoulders
- casual grip on book
- calm face

Safe to approach



Focused

- holding book closer
- firmer grip
- focused face

Approach with care



Captivated

- shoulders raised
- cherishing book
- captivated face

Approach with
great care



Tuned-in!

- 'in the zone'
- extreme reading
- detached from reality

Approach only
in dire emergency

DURING TERMTIME ONLY

SUNDAY CLUB

with Breakfast

From tots to teens, we offer a breakfast, and a time of fun and learning - Free and open to all!

at Birstall Methodist Church in the coffee shop on Wanlip lane!

SUNDAY CLUB starts at 10.30, and finishes at about 11.30...

You're also welcome to our church service which starts in the church at 10.30, or just return to pick up your children at 11.30

On the first Sunday of each month, rather than **Breakfast**, we join in 'All Age Worship' in church - with drinks & biscuits after.

Check Facebook for more info or call 01234 567890

Make New Friends

Birstall Methodist Church

Have you been to... ?



The Coffee Shop
at Birstall Methodist Church

Wanlip Lane Birstall Tuesdays - Saturdays 10-12

Great Value Delicious Cake *Homemade*

Hot & Cold Drinks and a friendly face!

Everyone's welcome - take time out, Pop in when you're passing!

Colouring for youngsters

Birstall Methodist Church

The Giants are coming (back)!

A "Moving" Christmas Story

See Mary, Joseph, the donkey and the rest of the cast!

Don't miss them..

- Leicester "Christmas in the City" Sun 22nd Nov 2.30PM Procession from Cathedral to Town Hall Square for performance at 3.15PM
- Birstall Lights Switch-On Fri 4th Dec 5.30PM Sibson Road Car Park
- Leicester Christingle Service Sat 5th Dec 4PM Leicester Cathedral

Last year giant puppets took to the streets of Leicester to tell the story of the birth of Jesus. This year they're back - with a new telling of the story and an added donkey!

The giant puppets are a community project which has been organised by churches in Birstall and Wanlip in association with Bishop Street Methodist Church and the Soar Valley Music Centre. Find out more at: artatthechapel.com under the category "Giant Puppets"

Photographs by ruthjeykephotography.com Design/Print by Jules P Richards



May you be blessed with Hope, Love, Joy & Peace this Christmas

THIS CHRISTMAS
HOPE, LOVE, JOY & PEACE
MAY YOU BE BLESSED WITH





Jules P. Richards
julesprichards.com

