

KINGS NORTON

Parish Magazine

What Defines Us?

Larry Wright explores identity

Lionel Beaumont-Thomas

A Kings Norton MP with a top secret mission

Hawkesley Academy

Our church primary school celebrates a remarkable year



Larry Wright 4

What defines us?

A Christian view of identity.

Pauline Weaver 7

Living Stones

Drafting a Statement of Significance.

Adam the Gardener 9

The Sock Factory...

...and the Butterfly Bush.

Lisa Graham-Wisener 12

Death literacy

It's important to talk about dying.

Sylvia Fox 16

Tips from the RT

Green advice from the Radio Times.

Pauline Weaver 18

Questions

Have you asked a good one recently?

Claire Lindow 24

Heirlooms & new seed

Inheriting plants from the past.

Heitmar & French 27

More than just an eye exam

Your eyes can reveal your health.

Michael Kennedy 30

Lionel Beaumont-Thomas

A Kings Norton MP with a mission.

Thelma Mitchell 34

Have you achieved your glow goals?

August escapism & coming of age.

Editor & Advertising Manager

David Ash

editor@kingsnorton.org.uk

Subscriptions

Alison Blumer

subs@kingsnorton.org.uk

Registered Address

Kings Norton Parish Office

Saint Nicolas' Place

81 The Green, Kings Norton

Birmingham B38 8RU

0121 458 3289

Copy for Publication

copy@kingsnorton.org.uk

Text & images for publication should be emailed as file attachments or entrusted to the Parish Office, sealed and marked for the attention of the Editor.

Submission Deadlines

Items for inclusion in the September 2022 edition must reach the Editor by midnight on **Friday 5th August**.

Items for inclusion in the October 2022 edition must reach the Editor by midnight on **Friday 9th September**.

Welcome

EDITORIAL

One of the highlights of last month for me was the chance to sit in the wonderfully cool surroundings of St Nicolas' Church at the end of a historically hot day and to listen to the chaplain of Birmingham City FC, Kirk McAtear, talk to the parish Men's Group about his life and work. As he provided fascinating and often moving insights into the world of professional football, he remarked, as an aside, that, as an Australian, he and his family had sacrificed a lifestyle which provided easy access to eight beaches to work in the furthest city from the beach in the UK.

Well, this summer, for the second time and for a brief period, that will no longer be true. Kings Norton Beach, the extravaganza which attracted more than 6,000 visitors to The Green last August, returns in force from 11th-14th of this month. You can read an explanation of last year's event in the Sept 2021 edition of this magazine, available on the parish website, and see details of what is planned for this year on p.20 of this issue. The purpose? Free family fun, especially for those who cannot afford a holiday.

There was another significant event on The Green last month (photos on pages 1, 2 & 15). On 20th July, Hawkesley Church Primary Academy emptied for the morning as the entire school walked to St Nicolas' for an end-of-year service of thanksgiving and celebration. An inspiring mixture of songs, readings and presentations painted a hope-filled picture of a thriving school with a bright future whose pupils and staff are achieving great things. The theme "Let your light shine" reminded us, as



Larry does on p.4, that we are all unique, all valued and all children of God.

David Ash

What Defines Us?

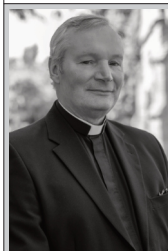
Larry Wright considers what makes us who we are

How do we define ourselves to others, or to ourselves? What facts about us, our characteristics and qualities do we most often use? These are more than casual questions about our individual identity; they reveal what has made us who we are. One of the recent Bible readings set for Sunday worship was the verses from St Paul's letter to the church in Galatia regarding our identity and the freedom we have, through faith, to re-define ourselves (Galatians 3:23-29).

There are things about us which we cannot change: our place and family of birth, our educational experience, our colour and gender, for example. Current debates which regard racial and sexual identity as changeable all start from the position of biological evidence and then attempt to redefine the evidence.

Paul in his letter mentions three essential features of identity which, in his time, were commonly accepted as normal: you were either male or female, Greek or Jew, slave or free. Gender, ethnicity, religion and social status. These are still relevant to most of us in the 21st century. They are defining and therefore obvious. Through faith, Paul writes, these characteristics are subsumed (he uses the term "clothed") in Christ. He goes further and states that these characteristics, which so easily divide people, no longer matter. They are of secondary importance compared with the new identity which believers experience when they come to faith. Idealistic as this appears, it is a laudable means of seeking unity in diversity.

One of the more cherished freedoms which we enjoy in Western culture is the liberty to explore ourselves without having to suffer undue condemnation or mockery. We have the freedom to ask questions of our history, upbringing, education, our place in society and to critique



The Revd Larry Wright is the Rector of Kings Norton Team Parish



PHOTO BY MONSTERA

them. In previous generations, people "knew their place." Now, we can question our place and transcend its limitations. Our society is open and liberal compared to many in the world, where individuals are subject to state restrictions on what they can do or think. When we consider the freedoms which we have here to promote our sexual, racial, ethnic or religious identity, it is a world away from the experience of people in less tolerant and more closed societies.

Two examples from our own history which emphasise how far we have advanced people's right to choose what they will be rather than having to

↑ **"So, in Christ Jesus, you are all children of God through faith" (St Paul, Galatians 3:26)**



I know my place

conform to what society says they should be, are university education and the hymn "All Things Bright and Beautiful". An unusual coupling, but let me explain.

For most of the past 500 years, university was for the elite of British society, and certainly not for women. This has changed beyond all recognition in the last hundred years. Today, it is anticipated that 50% of young people will attend a university. Upbringing, family and educational experience no longer limit the possibilities for advancement to a university education and its potential for a prosperous life.

"All Things Bright and Beautiful" is one of the most famous hymns in the world. It was written by a woman, Cecil Frances Alexander (1818-1895), who was a hymn writer and poet. One verse, which we now tend to drop when we sing it, is the original third verse. It goes like this.

*The rich man in his castle,
The poor man at his gate,
God made them, high or lowly,
And ordered their estate.*

While financial inequality and poverty still exist, how many of us would regard this as a naturally-occurring or divinely-ordered state of affairs? Plenty of "poor" people have become wealthy through perseverance, talent and fortune. Many rich people have become poor through recklessness or misfortune. The Christian Gospel has as much to say about the dangers of wealth as it does about the sufferings of poverty. It also offers wisdom regarding our essential worth as human beings. It is to this that St Paul is alluding in his letter.

Whatever our upbringing, whatever our ethnicity, whatever our religion or social status, Christianity encourages us to regard ourselves as unique because of our faith in God. We have a new life in Christ. But what does that look like?

Being unique is not the same as being exceptional. St Paul, in his letter to the church in Rome, writes "I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God, what is good and acceptable and perfect. For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned." (Romans 12:1-3).

We are being called to have a new mind set, a different way of thinking of ourselves and our place in the world. Later in the chapter, Paul writes about how this new identity will be reflected in our behaviour.

"Let love be genuine; hate what is evil, hold fast to what is good; love one another with mutual affection; outdo one another in showing honour. Do not lag in zeal, be ardent in spirit, serve the Lord. Rejoice in hope, be patient in suffering, persevere in prayer. Contribute to the needs of the saints; extend hospitality to strangers." (Romans 12:9-13).

LIVING STONES



PHOTO BY DAVID ASH

As part of the preparation required for the Living Stones project the parish has to complete a document called a Statement of Significance. It enables us to apply for funding and the first grant will be for a series of detailed reports into various parts of the church building: floors, furniture, monuments, artwork. These reports will then help us to develop our plans in more detail and to refine what we can and can't do. The resulting document also forms the basis of all of our funding applications as we move forward.

The Statement of Significance involves listing every part of the church, researching its history and turning this into a comprehensive statement on its historical significance. A team of volunteers started on this way back before lockdown, recording every piece of the church in detail and taking



PHOTO BY DAVID ASH

photographs of each item. This work has been invaluable in helping us to gain a better understanding of the building. It has also resulted in a lot of time spent wandering about the church checking that nothing has been missed so that we really do have an accurate record.

As is often the way with this type of project, we frequently end up with more questions than answers. Questions about why things were done in a particular way or when they were done. The “when” is very complicated as there have been numerous changes over the centuries and trying to put them all into an accurate time line is enough to confuse anyone. Over the years, different accounts have been written of the history of St Nicolas’ Church and many of them contradict each other, so getting to the bottom of what really happened is quite a challenge. Some of them have also been passed along verbally, so some accounts have become something of a local legend. This makes discovering which of the stories is true quite complicated. The story of the spinning spire, for example, the local legends of hidden tunnels and the differing accounts of who is represented by the statues in the niches of the tower above the clock are all cases in point.

All this means that I have had to spend a morning at Birmingham Library (above) in the Wolfson Centre for Archival Research browsing through some of the wonderful documents stored there. It made for fascinating reading but, as many of them were handwritten, some more legibly than others, it was difficult to decipher some words and my eyes were certainly tired by the time I had finished.

Trying to piece all of this information together is why I am grateful to people who have kept old documents and pictures as they help us to discover more answers to some of the questions we have. Do please have a rummage through the loft and share with us anything you find.

The Sock Factory & the Butterfly Bush

Far too many years ago, a nearby sock factory succumbed to cheap competition from the East and closed down. The walls were demolished and the rubble removed, leaving only the concrete floors exposed to the elements. Within twelve months, while the planners did their bit, some silver-green seedlings appeared in the cracks in the flooring and, within a further year, one-metre tall *Buddleia* shrubs complete with purple sprays of flowers were attracting butterflies from miles around. Eventually, the planners completed their deliberations and the lot disappeared under an up-market apartment block.

Where did the seeds come from and why did they prefer the cracks in the old concrete? There was a fine *Buddleia* outside the museum down the road and the seeds are very small and wing-shaped, so that's one question answered. The cracks were filled with a very small amount of soil which was cool and always slightly damp. It doesn't take much to give a *Buddleia* a start. I've noticed many growing out of the local sandstone walls and even one out of a stone chimney.

There are many beautiful varieties to be had from the garden centres but I know that many are sterile to avoid

BUDDLEIA DAVIDII SEEDLINGS



their being classified as a noxious weed in some countries. I suspect that the sterile versions are not so attractive to our butterfly and bee friends.

In early Spring, sow some seed very thinly on top of multi-purpose compost in one of the larger seed trays. A very thin covering of sand or vermiculite is all that is needed. Water from the bottom for a few minutes and then place outside in a position out of the sun and wait for germination. Do not allow the compost to dry out completely (very important) and watch for very tiny seedlings.

Thin out carefully as they grow and you will be rewarded with plants which you can plant out directly about the end of June. Keep watering them about once a week until they have put down roots into the soil and are showing signs of quite vigorous growth. You can have flowers for the butterflies the year after. Aftercare is simple. In the early Spring, cut back to about half a metre. That's it.

After all that, did I do all this and did it work? Yes! I am about to plant out my very own seedlings in some awful soil in a dry position and they should thrive. Watch this space.

The last couple of months have been very dry and some of my plants will have died without

being watered every week. This has been difficult as I have had to toil up a 40-degree slope with a 10-litre watering can. As things will get worse I have set my mind to planning remedial action.

Perennials are a good idea in open ground but which ones? One clue is that the plants of the Mediterranean coasts have thrived for many years in conditions which we are only beginning to experience now. Drought-resistant plants include Xerophytes (pronounced *zero-fights*) and frequently have startling colours to attract insects for pollination. I intend to say more about this group of sun-loving beauties next month but we will not need to go to the extreme of growing prickly pears and other cacti!

In the meantime, here is a short list of successes and failures so far this year.

Doronicum seeds – nil germination.

Cistus seeds – very poor germination.

Coleus seeds – good germination but a poor range of colours to grace our conservatory.

Also for the conservatory: Thunbergia seeds have germinated well and now



PHOTO BY DAVID ASH

GAILLARDIA (BLANKET FLOWER)

climbing over any supports. Flowers by the dozen.

Back to the great outdoors and the Shasta daisy, *Leucanthemum*: slow germination but the small seedlings when pricked out in to small pots have galloped away and I will be planting them out in groups of three tomorrow complete with their first flower buds.

Gaillardia: only three small plants from a packet of seeds but they have

bulked up and are doing well when I remember to water them.

At this time of the year plants grow very quickly and, if yours are slowing down, then a lack of water could be the problem. Be selective with the watering can (only water plants showing the first signs of distress) and add 5 ml of liquid fertiliser with micro nutrients to each 5 litres of water to revive your garden gems. It works for me!



Death Literacy

Why it's important to talk about dying

When it comes to talking about death, we have no shortage of euphemisms. This is perhaps most famously illustrated in Monty Python's dead parrot sketch from 1971.

A pet shop worker insists to a customer that his new parrot is "not dead but resting, stunned, pining for the fjords, kipping on his back, tired and shagged out after a long squawk". The customer responds: "It is an ex-parrot, deceased, gone to the choir invisible, is pushing up the daisies, demised, passed on, is no more, has ceased to be. It's expired and gone to see its maker, is a bereft of life, late parrot that rests in peace."

Talking openly about death and dying can be difficult. People who have cared for someone who is dying have been shown to feel they can engage more easily with this behaviour. Their experience helps them overcome the barriers that so many of us feel.

Being able to talk about death, dying and loss is an important aspect of what psychologists and palliative care specialists

refer to as "death literacy". This is the practical know-how about how to gain access to, understand and make informed choices about end-of-life and death care options. It directly shapes the decisions we make about the care we receive as well as our ability to care for others.

The 2021 UK census results show that there is a greater proportion of older people in our society than in previous decades. With an ageing population, of course, comes a higher number of deaths and greater pressure on the healthcare system.

We conducted an online survey in 2019, where 381 adults in Northern Ireland were asked what prevents them talking more about death and dying. We found that people feel ill-equipped for talking about death. When talking with



Dr Lisa Graham-Wisener is a Lecturer in Health Psychology at Queen's University, Belfast



PHOTO BY PANYAWAT AUITPOL

someone else about that person's situation, they worry they might say the wrong thing, or be unable to help that person navigate the emotions these discussions bring up. As one woman put it,

"At times you want to avoid upsetting someone even though you know it would be good for them to talk."

Conversely, when asked what would encourage her to talk more about death and dying, a young woman suggested,

"When you compare the polarity, between birth and death, of how much it is acknowledged, it's bizarre. Death is just as big a part

of life ... If we could all embrace it and bring a sense of community and camaraderie to it, it wouldn't be as dark and frightening."

What is death literacy?

In 2021 we surveyed 8,077 UK adults. Our results showed that in their final days of life the top priorities for most people were to be free of pain and other symptoms, to be in the company of loved ones, and to maintain dignity and respect. Despite this, most reported not having spoken to anyone about their wishes.

We know that as people's health declines, there is the risk

that they may lose the capacity to make important decisions about their end-of-life and death care. So being able to speak out, in advance, is crucial.

There are several aspects to empowering people to be death literate. Talking about death is important, but people also need other skills and knowledge to provide practical support around end of life and death.

We have found that people in the UK often do not know how to navigate the health system at end-of-life or funeral options for themselves or others. Almost half of UK respondents we spoke to reported they did not know where to find information on how to plan for care at the end of life. And more than half of the people we surveyed didn't know where to find bereavement support.

Public health specialists, including UK charity Compassionate Communities, increasingly recognise that death, dying and loss are both central and inseparable from the social context. In other words, they do not happen in a vacuum. They are as public health sociologist Prof Allan Kellehear reminds us, "everyone's responsibility".

Anyone who is either approaching the end of their life, or caring for someone who is dying or grieving the loss of a

loved one needs support. And the new public health approach to end-of-life care in the UK advocates that this support is best provided by healthcare providers working in tandem with death literate communities of family, friends and neighbours.

Researchers predict by 2040 most deaths will occur either at home or in care homes. Empowering people to advocate for their own end-of-life care as well as to care for those around them, has never been more important.

This article is republished from The Conversation under a Creative Commons license.

The Editor adds:

If this article has made you realise that you need more information on this topic, you may find these resources useful.

www.gov.uk/when-someone-dies

www.bereavementadvice.org





PHOTOS BY DAVID ASH

Hawkesley at St Nicolas'

The pupils & staff of Hawkesley Church Primary Academy celebrated the end of a remarkable academic year with worship, awards, congratulations and farewells at St Nicolas' Church on Wed 20th July.



More Photos



Tips from the RT

I am steadily working through some paperwork at home and have rediscovered an undated pull-out from the *Radio Times* entitled "70 easy ways you can save the planet", together with some photocopied sheets that must have come from a guide for young people replete with "planet-saving" ideas. The introductory paragraphs of the *Radio Times* extract suggest a date around the early noughties.

Some of the advice is patently obvious. Choosing the right-sized pan for the food you are cooking, for example. But there are also some interesting facts which are relevant to our current need to reduce expenditure on energy and which are written specifically for young people making their first forays into living independently.

"Grills can be inefficient" it tells me, "so always toast your bread in a toaster." That's fine if the bread is regularly shaped and produced by a shop. Homemade loaves do not always produce routinely shaped slices! Fan ovens, apparently, use up to 20% less energy than a conventional oven, but microwaving clearly saves much more energy.

A 40 degree wash uses half the energy of a 60 degree wash and, if combined with efficient, non-toxic detergents, is just as effective. Speaking as someone who continued to use the family's gas-powered "wash-copper" until only a few years ago, this is a major improvement! (The copper is now in a museum). Encouragement to dry clothes on a washing line is on the same page, alongside a rather teen-specific reminder that clothing doesn't need to be washed after having been worn for only two hours!

The page which dealt with fashion was ahead of its time, as second-hand, pre-loved or vintage clothing (choose your preferred term) has now become a real fashion trend. Knowing the provenance of clothing is also of growing importance to



SYLVIA FOX IS THE MUSIC MINISTER AT ST NICOLAS' CHURCH AND A RETIRED PHYSIO-THERAPIST



many shoppers. Animal welfare issues might turn the fashion buyer away from leather or woollen items, but consider how the synthetic alternatives have been produced. Jewellery, if new, may now come with certification to prove that the precious stones were mined in conflict-free areas, have been fairly traded production, or created without the use of toxins.

The shoes page reminded me of conversations among our teams at the B30 Foodbank, where we have been known to despair that you need a reasonable income in order to make savings. The page guided the young reader to ask their parents to buy them moderately expensive shoes, so that they lasted and thus made full use of the resources that had gone into their manufacture. My last pair of shoes cost me about £80, but they have lasted at least 6 years so far. The annual cost is

therefore that of a cheap pair, but I needed the money to buy them in the first place.

The recycling page was also ahead of its time. My most recent trip to Lifford Lane Recycling Centre reminded me how many more options there are now for recycling items (electrical, computers, TV screens, etc) and free-exchange websites such as Freegle are now big business.

It was quite a treat to see that we have made improvements to how we treat the earth's resources. What was innovative only 15 years ago is now mainstream. We now need to maintain that pressure and transfer it to manufacturing, so that much of what we need to recycle is no longer made (shrink wrap or excessive packaging, for instance). And I have also cleared a pile of paperwork.



Freegle

Questions

I have two friends who, when they are travelling together, talk about all sorts of things, especially when they are bored. This usually results in their ringing me to ask some very random questions. Sometimes, when I recount these conversations to others, they think them a little out of order. My friends are known for being, how shall I put this, jokers; but actually they ask some really good questions. Questions that really make you stop and think and questions that people just don't ask.

A recent example was the day when they rang to ask me when Jesus was born. This wasn't a flippant question, one which makes you think "Well, they must know that. They are just winding me up". But the question was actually about the year in which He was born. Was Jesus born in the year 0 AD? How did people know it was 0 AD? They followed up by asking how it all worked if He was actually born in 4 BC. The conversation did then take a

turn as we speculated on the effect that leap years would have on these dates.

Now, I don't know about you, but nobody has ever asked me that before and I had never really given it any thought. I knew that there wasn't a year 0 AD. I'm not sure where I got that nugget of information from. What I didn't know was that it wasn't decided when 1 AD was for about 500 years! How did this dating system move from Palestine to the rest of the world and who ultimately decides all this stuff? As you can imagine, my off-the-top-of-the-head answers to my two friends were quickly followed by some online research to try and find out.

The whole conversation, and some subsequent follow up conversations, did get me thinking about the other facts which we just accept without actually knowing the reasons behind them. And how many questions are there that we never ask, let alone have to think about the answers to?



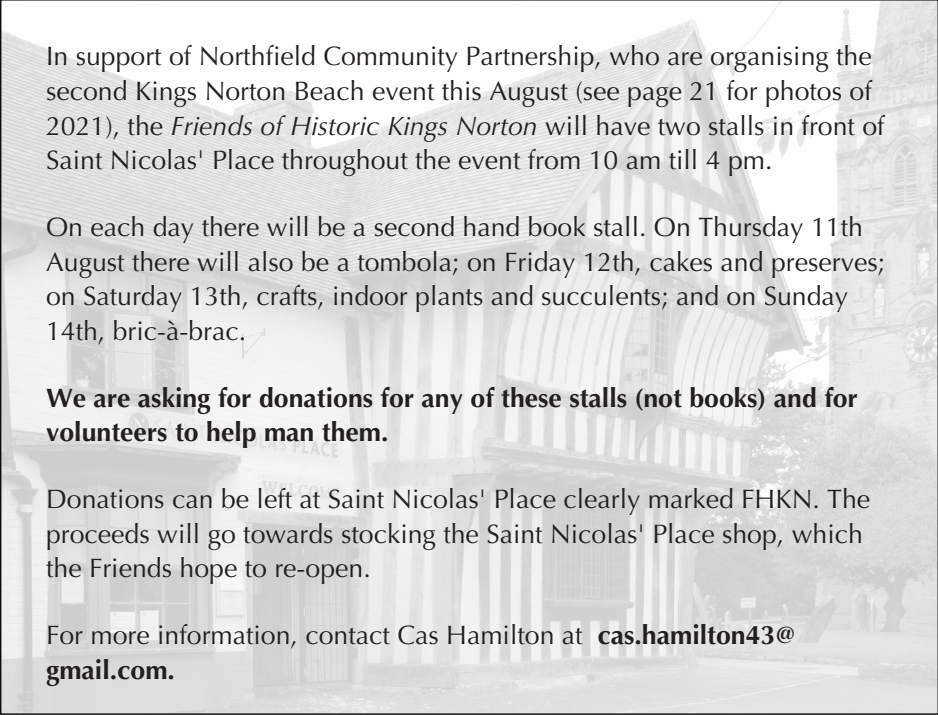
PAULINE IS THE LAY MINISTER AT ST NICOLAS' CHURCH, KINGS NORTON

Often, these types of questions come from children. If you have ever talked to a group of seven-year-olds you will know what I mean. School visits aren't for the faint hearted! But actually, how often, as adults, do we have the courage to ask questions that may be deemed silly or flippant or ignorant?

Many years ago, (back in 2018 - I just checked and, in doing so, realised that I have written many articles for this magazine on questions), I wrote an article about a Jewish mother who would ask her son when he came home from school "Did you ask a good question today?" I think my two friends asked a good question and I hope that they continue to do so as they keep me on my toes.

Kings Norton Beach

An Appeal from FHKN



In support of Northfield Community Partnership, who are organising the second Kings Norton Beach event this August (see page 21 for photos of 2021), the *Friends of Historic Kings Norton* will have two stalls in front of Saint Nicolas' Place throughout the event from 10 am till 4 pm.

On each day there will be a second hand book stall. On Thursday 11th August there will also be a tombola; on Friday 12th, cakes and preserves; on Saturday 13th, crafts, indoor plants and succulents; and on Sunday 14th, bric-à-brac.

We are asking for donations for any of these stalls (not books) and for volunteers to help man them.

Donations can be left at Saint Nicolas' Place clearly marked FHKN. The proceeds will go towards stocking the Saint Nicolas' Place shop, which the Friends hope to re-open.

For more information, contact Cas Hamilton at cas.hamilton43@gmail.com.

Thursday 11th - Sunday 14th August 2022
Opening times: 10.00am - 4.00pm

KINGS NORTON BEACH

Live Music, Arts
and Entertainment on the green

Free Event



The beach events are part of the DFE HAF program. All children will have access to free food options, fruit and drinks whilst attending the event.

Follow us on social media...



NorthfieldPship
#KingsNortonBeach

FREE FUN FOR ALL THE FAMILY!

- AQUA DOME • MAD HATTER TEA PARTY • SILENT DISCO •
- FOOTBALL TRAINING WITH BCFC • FREE FACE PAINTING •
- INFLATABLE ASSAULT COURSE • LEARN ACTIVE COACHING •
- COOKERY SCHOOL • CRAFTS WITH NORTHFIELD ARTS FORUM •
- STEVE AJAO • OYA BATUCADA • DJ DANCERIDER •
- BEARWOOD BANDITS • JOHNNY2BAD •
- PLUS MUCH MUCH MORE FREE FAMILY FUN •



NORTHFIELD
Community Partnership

This event is brought to you by Northfield Community Partnership, a charity working within the South West Birmingham area to improve lives and opportunities for the local community.



More Photos

YOUR PARISH CHURCH

If you cannot find what you are looking for here, you will probably find it on the Parish Website (www.kingsnorton.org.uk). Alternatively, please ask questions at the Parish Office, which is open between 10.00 am and 1.00 pm, Monday to Friday.

**81 The Green, Kings Norton, Birmingham, B38 8RU • parishoffice@kingsnorton.org.uk
0121 458 3289 • www.facebook.com/kingsnortonteam**

THE MINISTRY TEAM

Team Rector..... The Revd Larry Wright
Assistant Rector..... The Revd Eliakim Ikechukwu
Parish Lay Minister Pauline Weaver
Curate The Revd David Booker
Methodist Minister..... The Revd Nick Jones
Lay Readers David Ash, Fay Fearon, Ruth Howman, Parisa Pordelkhaki
Lay Preacher Steve Wright
Music Minister..... Sylvia Fox
Pastoral Care Team Coordinator..... The Revd Jayne Crooks
Pastoral Care Advisor Susan Farrell
Learning & Discipleship Coordinator..... The Revd Mark Bennett

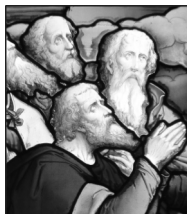
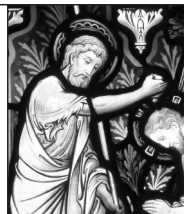
THE CHURCH WARDENS

St. Nicolas' Church..... Peter Hay & Julie Hill
Hawkesley Church Jim Clarke
Immanuel Church Sue Hartley

OTHER CONTACTS

Parish Administrator & P.C.C. Secretary..... Judy Ash
Acting Finance Officer Simon Hill
Verger and Groundskeeper Shane Williams
Safeguarding Coordinator Annette Dickers
Regular Giving The Revd Jayne Crooks
Flower Arranging (0121 486 2837)..... Alison Blumer

We are a Church of England Parish serving all in Kings Norton through St Nicolas' Parish Church, and, in partnership with the Methodist Church, through Hawkesley Church, meeting in the Primary Academy.



We believe that the church in Kings Norton exists to be a worshipping, transforming partnership in Christ, to live out God's radical hospitality for all and to be equipped for work in God's world

1st Sunday of the Month	
9.00 am	Holy Communion (Book of Common Prayer)
10.30 am	Holy Communion (Children's activity : Muddy Church)
12.30 pm	Baptisms
6.00 pm	Taizé Prayer

2nd Sunday of the Month	
9.00 am	Sung Matins (Book of Common Prayer)
10.30 am	Morning Praise for All Ages (Child-friendly)
6.00 pm	Holy Communion with Anointing & Prayer for Healing

3rd Sunday of the Month	
9.00 am	Holy Communion (Book of Common Prayer)
10.30 am	Holy Communion (Children's activity : Godly Play)
12.30 pm	Baptisms
6.00 pm	Evening Worship

4th Sunday of the Month	
9.00 am	Holy Communion with Choir (Book of Common Prayer)
10.30 am	Outdoor Service in St Nicolas' Churchyard (Child-friendly)
6.00 pm	Compline (Night Prayer)

5th Sunday of the Month	
9.00 am	Holy Communion (Book of Common Prayer)
10.30 am	United Service

All services are held at St Nicolas' Church. For further details, see the weekly newsletter on the Parish Website at www.kingsnorton.org.uk

THE HUNGRY GARDENER

Heirlooms and New Seed



Claire is a keen kitchen gardener, ably assisted by her 6-year-old son Charles.

We are in one of my favourite times of the year. The height of summer, when all that fruits in this season may go berserk if it gets the right balance of sun and rain. You may then have the delight of a glut of edibles. Highlights of the month are the fruiting vegetables: tomatoes, aubergines, courgettes, pumpkins and achocha to name just a few. Charles is on holiday too, a time for memories to be made.

It's ironic that it is usually during this month that we take some quality time away with our family, leaving our food plants to just get on with it without us. Sometimes this is exactly what they need. Compare how they grow when you check everyday and compare it to that first walk around the garden after you have returned from your holiday. You may find that your plants have become huge and overburdened by too many fruits. Then it's time to get the preserving books out again, recycling those jars which you

kept throughout the year for this very moment.

It's a wonderful time to reflect. Are you happy with your bounty this month or will you be trying something new next year? Is there some part of your family history that inspires you to try growing something which your ancestors may have grown?

In recent years, I've been drawn to grow French heirloom varieties, particularly ones that originate from close to where my mother's family lived. She describes it as the top of the south of France. The town is called Brive-la-Gaillarde and it's in a little-known French department (county) called Corrèze. Finding seeds close to my family area makes me feel closer to my family roots. My ancestry has led me to choose varieties that I might not have tried otherwise. There's a fantastic garlic that grows amazingly big bulbs called Carcassone White. I've been saving this variety on my

allotment for a good few years. I've also been growing a Limousine Turnip. Limousin is the region in which Corrèze is located. There's also a Cinderella-style pumpkin from Bordeaux. At the moment I am growing a pumpkin for Charles, a classic halloween variety. My husband has Irish roots and I am keen to see what we can find for him.

A few years ago, my Dad saved a cutting from the fig tree from my French grandparents' garden and gave it to me. The figs are so sweet, even if I do have to have a really good summer to enjoy them. This year, Charles decided to give it a prune before the leaf buds started to open so I will have to wait until next year. I am glad he was keen to help but hope he will refine his technique!

I am one of many people intrigued by fruit and vegetable varieties which have links to our ancestors. Families that migrate have been bringing seeds from far afield for centuries. Many are passed down through the generations in the United Kingdom and the seeds of these acclimatised varieties are then saved. The charity Garden Organic ran a project called Sowing New Seeds. It was so inspiring and it led me to try some exotic varieties which I still grow now such as oca, yacon, achocha

and rat tail radish, which is grown for its seed pods.

Garden Organic worked with a number of allotments in the West Midlands to find varieties of food grown from diverse cultures. The results were amazing! The varieties had been lovingly saved for so many years that they had completely adapted to our climate and, as the project was conducted in the West Midlands, to our area in particular. Garden Organic were keen to map all these varieties, for they were concerned that the skills needed to grow them were not being passed on to younger generations. As part of the project, they collected seed varieties from Jamaica, India, Bangladesh, Guyana, China, Pakistan, Japan, Zimbabwe, Ethiopia and many other countries. Countries that reflect the rich and fabulous diversity of the UK.

If you would like to know more about this project, there is a wealth of articles on the Garden Organic website which will give you an overview and provide you with further links to fact sheets about growing these exotic foods. If you are intrigued to try some of these varieties for yourself, some are still available from the Garden Organic Heritage Seed Library. Where do I obtain the seed varieties to discover more



seeds from France? Some of my seed comes from the Garden Organic Heritage Seed Library and most of the other varieties from Real Seeds. They have a huge variety of seeds originating from all over the world which they save and grow on their farm in mid-Wales. There are other seed companies with similar approaches. I choose Real Seeds since

their climate is very similar to that of Kings Norton.

My next plan is to track down some old family recipes to bring out the best in those French heirloom fruits and vegetables. I wonder what seeds Charles will carry forward with him and introduce to his children?

¡Los bolivianos están de vuelta! The Bolivians are back!

In October 2016, Kings Norton parish was privileged to receive a delegation from the Anglican diocese of Bolivia in South America as part of a reciprocal arrangement between that diocese and our own (photo below).

On **Sunday 14th August**, the new Anglican Bishop of Bolivia, the Right Reverend Walter Toro and his wife Adela will once again visit St Nicolas' Church for an evening service of Holy Communion which will start at **6.00 pm**. Anyone who wishes to attend on that occasion is warmly encouraged to do so.

The service will be led by The Revd Eliakim Ikechukwu and the Bishop will be preaching.



REBEKKA HEITMAR & CHRISTIAN FRENCH

More Than Just An Eye Exam

How your eyes could help diagnose high blood pressure

Most people over the age of 40 regularly see an optometrist. But while most see their optometrist for an eye exam, many don't realise just how much our eyes can tell someone about our health. In fact, your eyes may actually be one of the first parts of our

body to show signs of high blood pressure, often before most people are even aware they have the condition.

An estimated 1.3 billion people worldwide have hypertension, but only half of these people are aware of it or



DR REBEKKA HEITMAR AND DR CHRISTIAN FRENCH TEACH AND RESEARCH OPTOMETRY.





PHOTO BY V2OSK

have been diagnosed. Many people may be unaware they have high blood pressure because it has few warning signs or symptoms. This is also why it's often called "the silent killer".

High blood pressure isn't something that develops suddenly. It's often the result of many years of an unhealthy lifestyle with poor diet, lack of physical activity, smoking and excess alcohol consumption. Family history of high blood pressure, alongside other conditions, such as diabetes and kidney disease, are also risk factors.

If left untreated, high blood pressure can increase risk of heart disease (including heart attacks and heart failure), stroke, kidney disease, vascular dementia, as well as causing eye problems. This is why it's important to catch high blood

pressure early and regular eye exams could be one way to do this.

Pressure changes

There are several ways to find out if you have high blood pressure. You can get it checked by your doctor, at a pharmacy or using a home testing kit. This is usually done with a stethoscope, arm cuff or an automated arm cuff, which can be used at home. The NHS advises people get their blood pressure checked every five years, though this may be yearly if a person is at greater risk of having high blood pressure.

But your optometrist may also be able to spot signs of high blood

pressure, possibly even before your GP does.

When viewing inside the eye with a slit-lamp (a specialised microscope used during an eye exam) or taking a retinal photograph, many different parts of the eyes can be seen including the small blood vessels. These small blood vessels are very sensitive to changes in blood pressure and may become damaged as a result of high blood pressure, which may lead to blurry vision. High blood pressure may also cause a buildup of fluid beneath our retina, which may also affect the health of the eye.

During an eye exam, an optometrist may be able to measure the diameter of blood vessels to determine if a person is likely to have high blood pressure. If the optometrist takes a retinal photograph, signs of high blood pressure will be seen in red areas of haemorrhaging in the eyes. The eye's circulation is very similar to the brain's circulation. This is because eyes developed from brain tissue, hence they're often referred to as "the window to the brain". This is also the reason why changes in the eye's blood vessels can be used as an early warning sign for what is likely to go on in the brain and elsewhere in the body. But because changes in the eye's blood vessels can also be due to other diseases affecting the eyes (such as diabetes), any changes that your optometrist spots would need to be confirmed

by a GP or at-home blood pressure device.

In order to diagnose someone with high blood pressure by looking at a their eyes, optometrists will look for fluid build-up in the eye (which may lead to swelling), inflammation and blood vessel dysfunction. They may also measure the diameter of blood vessels in the eyes to predict who is at higher risk of developing high blood pressure and cardiovascular disease.

Your optometrist may also ask you questions about your health during an exam, including if you have high blood pressure, to better identify risk factors for certain eye conditions. Someday, AI could even used during regular eye exams to better identify those at risk of having a heart attack.

While a regular eye exam doesn't replace a regular health check up with your doctor, it's often the first place that high blood pressure is picked up, as patients are often symptom-free. Optometrists may also be able to catch signs of other diseases too, such as diabetes, which can also cause damage to the eyes.

Dr Rebekka Heitmar is Reader in Optometry and Vision Sciences at the University of Huddersfield. **Dr Christian French** is Senior Lecturer in Optometry at the University of Hertfordshire.

This article is republished from The Conversation under a Creative Commons license.

Lionel Beaumont-Thomas

The mystery of another heroic Kings Norton MP

In its brief 37-year period as a parliamentary constituency, Kings Norton had a total of seven MPs. Remarkably, three of them had exceptionally distinguished and, in various respects, heroic careers that were significant on a national scale. Two of them have already been the subject of articles in this magazine: the great Herbert, later Lord, Austin, and Ronald Cartland, one of Churchill's rising stars who was the first MP to lose his life while serving in the Second World War. The third had a no less fascinating life, which ended in mystery.

He was Lionel Beaumont-Thomas, our MP from 1929 to 1935, the immediate predecessor of Ronald Cartland. He was a successful businessman, a decorated army officer and a committed Member of Parliament. Like the majority of MPs in his time, he had no affinity for his constituency before he won his

seat, but built up a strong local rapport. He was remembered fondly for many years for treating hundreds of his constituents to a celebratory visit to London and The Palace of Westminster... at his own expense!

Born in 1883 in Lydney in Gloucestershire, he had a privileged upbringing as the son of a successful Welsh industrialist. He went to Rugby School and, on leaving in 1912, with the likelihood of war increasing, became a Special Reserve Second Lieutenant in the Royal Artillery. Before war actually broke out in 1914, he prepared for his business career by touring Europe to build up his specialist knowledge of iron and steel production.

Early in the war, he was posted to the 14th Brigade of the Royal Horse Artillery and experienced the horrors of the trenches, including the Battle



COLONEL LIONEL BEAUMONT-THOMAS MC MP, AGED 36. THIS PHOTO WAS
TAKEN IN 1930, THE YEAR AFTER HE WAS ELECTED AS THE
CONSERVATIVE MEMBER OF PARLIAMENT FOR KINGS NORTON

of the Somme. In 1917 he won the Military Cross for holding a stretch of ground after two colleagues had been killed. He was tempted to stay with the Army when the war ended, but his father had died so he rejoined the family business. He could have been appointed to the board, but decided to work lower down in the company to learn the business thoroughly, subsequently becoming Deputy Chairman.

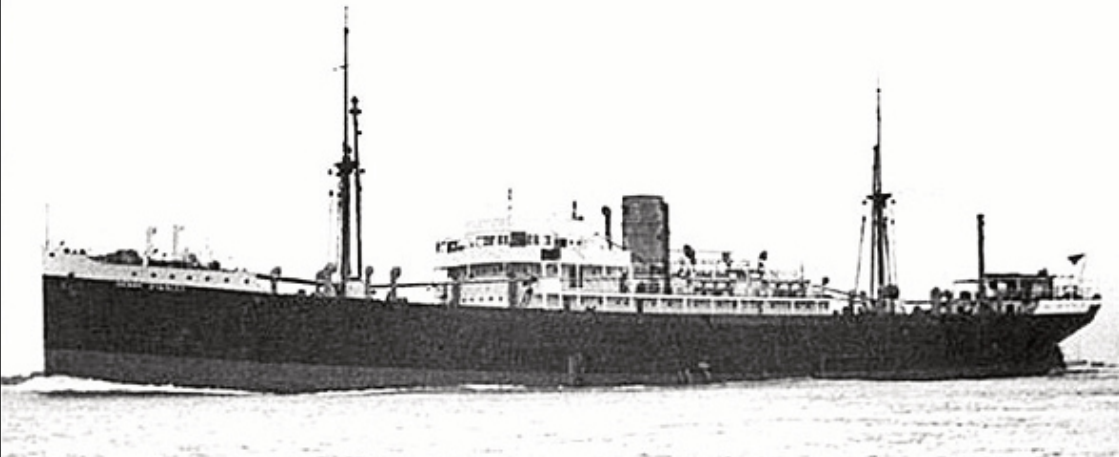
He was keen to serve in Parliament, and stood unsuccessfully for Llanelli and Pontypool. Then he was adopted as the candidate for Kings Norton, benefitting from the strong support of Herbert Austin, who had lost his seat to a Labour candidate in 1927. Austin was so keen to see Lionel elected that he allowed posters to be put up in the Longbridge factory, then part of the constituency. Lionel won the seat in 1929.

Though only 36 when he was elected, he must have been an imposing figure as he walked around our local streets, a wealthy man with a distinguished military bearing and the confidence of a successful business career. This is illustrated in the only picture that is generally available of him, in full military uniform and regalia. Lionel worked conscientiously to build up the trust of his constituents. In 1932 he showed his gratitude

to them for their support in a particularly notable way, inviting no less than 2,000 of them to London for tea in one of its most famous institutions, the Lyons' Corner House, followed by a tour of the Palace of Westminster. It seems that he paid for all of this, including arranging for the visit to be filmed for posterity. The film is now stored in the British Film Archive.

He seemed poised for a long-term political career but, after the breakdown of his marriage, he wrote to the Prime Minister Ramsay MacDonald in the Spring of 1933 to say that he would be standing down "for reasons of health." He then returned to the family business. Incidentally, the following year he commissioned a motor yacht, the MY Llanthony, destined to become one of the famous Little Ships armada which rescued thousands of British troops from the Dunkirk beaches in 1940.

At the outbreak of war in 1939, Lionel resumed his military career but, owing to his poor health, did not see direct active service. His travels had made him fluent in French, so he was appointed to the command of the "enemy armaments intelligence" branch at the Ministry of Economic Warfare. After serving as a general staff officer, he joined Military Intelligence.



Promoted to Acting Lieutenant Colonel, he was chosen to lead a mission defined as being "to the Middle East".

But it was not to be. At the height of the German U-boat menace, Lionel left England on his mission as a passenger on the cargo ship Henry Stanley. She left Liverpool on 28 November 1942 with a US-bound convoy. His ship diverted from the convoy ten days later, as planned, to make its own way to the Mediterranean and his destination.

On the night of 6–7 December, the Henry Stanley was attacked by the German submarine U-103, west of the Azores. All those on board managed to reach its four lifeboats. U-103 surfaced later that day and, after German interrogation of the Stanley's crew and passengers, her captain was taken on board as a prisoner. That night there was a tremendous gale. The U-

▲ THE MV HENRY STANLEY, SUNK BY A NAZI U-BOAT ON 6 DEC 1942. HER CREW WAS NEVER FOUND.

boat commander immediately tried to find the lifeboats, but the heavy sea forced him to abandon the search. The storm continued without respite for three days and nights. Nothing more was ever seen or heard of the four lifeboats and their crews and it was presumed that they lost their lives in the storm. Only the captain survived.

Lionel's family later learnt that he was actually travelling on a secret mission to help brief forces on the planned Battle of Crete, to help recapture the tactically significant island from the Germans. He was particularly committed to the mission because his son Nigel was a prisoner of war in Italy.

It was a sad and mysterious end to a life that was distinguished in several respects, including the time he spent helping to nurture Kings Norton into the modern era.

Have you achieved your Glow Goals?



**THELMA MITCHELL IS
LEAD CHAPLAIN AT
BOURNVILLE COLLEGE**

I read this question recently in a Boots magazine. I now lie awake worrying about it. I don't know what they are, but they sound like they're important!

What is a glow goal? Why should I achieve it? Will I recognise it if I do succeed? To distract myself from these perturbing thoughts I began to contemplate the month of August. It was the sixth month of the Julian calendar, originally known as Sextilia. The more recent Gregorian calendar, introduced in 1582 by Pope Gregory XIII, is based on the Roman calendar as decreed by Julius Caesar. In his version, the names of all the months have Latin roots. There were originally ten months in the Latin calendar, which explains why, for instance, September is our ninth month and October our tenth, but they were the seventh (septimus) and eighth (octavus) months for the Romans. July was named in honour of Julius Caesar and August was self-named by his successor, the Emperor Augustus Caesar.

Tove Marika Jansson, the Finnish author and creator of the fictional Moomin characters, said that "August is the border between summer and autumn, the most beautiful month." Meanwhile, the *BBC Gardeners' World* magazine describes August as "a great month in the garden with many flowers, including dahlias, sunflowers and other hot-coloured blooms at their peak".

Sara Baume, the Irish novelist, said "In August, most of Europe goes on holiday". This is, of course, except in the UK, especially in Scotland where the children have been back at school for two weeks when September throws opens its doors. August, nonetheless, is a holiday month for many of us in England and Wales.

This year, it is also anything but a slow news month. So much is happening, most of it bad. If you are able to have a few days' rest you may be planning to find time for a good read, some brief escapism from it all in a good book. Perhaps the plan is to be in the garden or the park, or even on the beach, though the seaside is a bit of a hike in any direction from the West Midlands. There is, of course, the beach on The Green to celebrate again this year between 11th-14th. Joy of joys, the beach comes to us! August is the summer's last stand. If we are able, let's celebrate it!

"I write this sitting in the kitchen sink." No, not me. First off, I'd have to be able to climb up there. No, this is the killer opening line of "I Capture the Castle" by Dodi Smith. Smith was born in 1896 and died in 1990, having lived through the Boer War, the First and Second World Wars, two queens and four kings. She was a RADA trained actor, playwright and author and, thanks to Disney, is now better known for her later book "The One Hundred and One Dalmatians". She wrote "I Capture the Castle" during the Second World War whilst living in California in self-imposed exile with her husband, a conscientious objector. She was very homesick, and her writing reflected happier times in England.

How has it taken me until this great age not to have read this little classic masterpiece? It had me hooked from that first line. I'm torn between regret that I did not read it years ago, which would have allowed me to rediscover it now, and happiness to have found such a pleasure waiting for me, just when I thought there was nothing else which could surprise me. It has been praised by the BBC and included in the list of the 100 Novels That Shaped Our World. High admiration indeed!

"I Capture the Castle" is a coming-of-age account written in the style of a daily journal which chronicles the trials of family life and the agonies of falling in love for the first time. The storyteller is the central character, the intelligent teenager Cassandra Mortmain. She recounts the eccentric doings of her quirky, bohemian, half-starved family living in genteel impoverishment in 1930's Suffolk. Their life is spent rattling round a vast, ruined castle as they gradually slip into financial ruin. Their mother died young, their father spent three months in prison. She is, of necessity, an old head on young



shoulders. With her younger brother they are the only ones with a lick o' sense.

Cassandra's "genius" father has written a much-acclaimed book, a difficult, innovative, modernist novel called "Jacob Wrestling". The title is based on the Biblical story of Jacob's Ladder. Whole academic courses are created around his seminal work in the universities of the USA. Mortmain, however, is now crippled with severe writers' block. His second wife, the stunning artists' model Topaz, is kindly and caring but struggles with the role of stepmother to Cassandra and her siblings. She can often be found wandering the grounds of the castle dressed only in hunting boots! There is Cassandra's older sister, the beautiful but bored sister Rose, and her sweet, brainy younger brother Thomas. The ever-grateful, handsome Stephen is the orphaned son of their maid who completes the household. Rose needs a husband and Thomas an education. Young Cassandra, in her sensible innocence, is the most mature and wisest of them all.

There are threads of spirituality and faith which are discussed with perceptive lightness of touch throughout. There is a benign local vicar who discreetly bails them out on occasions. Then there is the arrival of the glamorous American family who shake them up and re-shape their world. It is beautifully descriptive, conspicuously artless and naïve, yet remarkably mature. Here is a teenage girl finding herself, uncovering her strengths and growing up with so many responsibilities on a journey of self-discovery, with echoes of Jane

Eyre and hints of Becky Sharp. It is in the best tradition of tragicomedy and pathos, with a surprising twist towards its rather sad yet hopeful end. I was sorry to finish it.

Someone once said that to write is a twofold, self-contradictory gesture of building walls and opening doors: walls to hold back the devastating cruelty of the real world, doors to escape into a parallel world and into a reality, not as it is, but as it should be. This is a wonderful description of the effect which "I Capture the Castle" has on the reader.

Now, as I struggle to achieve my glow goals, or even find out what they are, what am I going to prioritise to read this August? Another classic, or back to a detective novel to cleanse the palette, as it were. Hmm ... thinks ... Meanwhile, here's a thought. Perhaps the parish Book Club might be willing to see if they like it as much as I do.

Summer will end soon enough, so enjoy every moment as you are able. As we celebrate the month of August, that liminal month of rest, relaxation and renewal of mind and body, the resolutions of new year long forgotten, the autumn colours and longer nights of September still to come, I wish you some very happy reading. And, if you find out what a glow goal is, let me know.



Baptisms June 2022 (cont'd)

19th June	Ruby Susan-Linda Alima
19th June	Luka Theodoulou-Gray
19th June	Christopher Walter Sean Bartlett

Funerals June 2022

6th June	Raymond Edward Portman	78	SN.Bu.KN
7th June	Janet Maud Ravenscroft	79	SN.Bu.CY
10th June	Hazel Mary Taylor	89	SN.Bu.BE
15th June	Russell Cosier	49	SN.Bu.KN
24th June	Ann Sutton	83	SN.Bu.CY
27th June	Frederick Alexander Green	83	SN.Bu.KN

Bu : Burial, Cr : Cremation, CY : Churchyard, In : Interment of Ashes,
SN : Service at St Nicolas' Church

Cemeteries & Crematoria

BE : Brandwood End, KN : Kings Norton

Could you help people with sight loss in this area to feel part of the community?

Guide Dogs (The Guide Dogs for the Blind Association) are looking for volunteers in Kings Norton who could give a couple of hours a week or a fortnight to help someone locally, living with sight loss, to get out and about. Sighted guides support the person they are partnered with, helping them to feel part of the community. This could involve going out for a coffee, visiting a local attraction or simply getting some fresh air. No previous experience is necessary. Full training is provided and the role is extremely flexible.

If you could help or would like more information, please contact *Guide Dogs* at MidlandsMSG@guidedogs.org.uk.

More information and the link to apply can be found online at : bit.ly/2wCl2ee or by scanning the QR code on the opposite page.

Racism at Sea



Eddie is impressed by his Chinese shipmates

Racism was almost unheard of during my time at sea. There was an attitude of acceptance on both passenger ships and cargo vessels. Everyone got on amicably as they went about their respective duties. Snobbery or racism of the kind I am about to describe were rare.

Some years back, I served on a small P&O liner called the *Chitral*, which would carry only 200 first class passengers. The vessel had been purchased from a Belgian company, the Compagnie Maritime Belge, and it had previously been used to transport colonists to and from the Belgian Congo until that country declared independence in June 1960. An interesting fact: among the facilities on board was a small, fully-equipped hospital complete with operating theatre. One assumed it was because many of the Belgian colonists had become ill with diseases such as malaria, cholera and typhoid. However, during my time on board, we were plying Far Eastern routes and the majority of the ship's company were Chinese.

At this time, I was a public room steward and barman. The officers were British, as were the ship's four musicians, who formed a small group for dancing in the evening. The ship's main function was to ferry colonists to and from Singapore and Hong Kong. To us, they were all rather "blah, blah". The wives would play a lot of bridge and whist. The husbands would play deck games, swim in the pool and knock back lots of drink. There would be social events such as Scottish dances, many of which were very good. There was a church service on Sundays, after which there was a buffet lunch on deck.



P&O Chitral

During one particular voyage, one of the British passengers whose name was Dennis would love to sit at the bar and tell jokes which were definitely not suitable for the ladies' ears. Despite this, we all liked him very much. Dennis turned out to be the manager of the Kowloon Dockyard in Hong Kong. He had a Chinese wife and a child

travelling with him. We did not see the wife very often, but she was always charming and polite when she appeared.

Dennis eventually confided in us that he felt somewhat estranged from the other Brits on board. It was not the "done thing", apparently, to marry a Chinese woman. He told us how well he was looked after by his wife. His clothes were laid out each day and his shoes were cleaned, for example. His family was a happy one. They disembarked at Hong Kong and the ship sailed on to Japan.

Some ten days later, when we returned to Hong Kong on our way home, Dennis invited three of us to visit his house for dinner. One evening, a car met us at the gangway and drove us to the Kowloon Shipyard. Our hosts lived in a large house overlooking the harbour. We had a super evening with a good dinner and a lot of laughter. Dennis's little girl came to say goodbye before going to bed, which was nice, and our departure, when the time came to return to the ship, was somewhat emotional.

I enjoyed my time on the *Chitral*. The Chinese crew had a delightful, informal

organisation on board. We ate together in the restaurant before or after passenger meals with waiter service. All our laundry was done for free by the Chinese crew, including our white uniforms. In charge was the Chinese "number one", who ran a very smooth ship indeed! We did have one Chinese public room steward. His name was Lam Wan and he was quite a character. He was always smiling except on the odd occasion when he wore a face like thunder! On such days, we knew he had lost a lot of money playing Mah Jong. The Chinese were avid gamblers and hundreds of pounds were involved.

On our return to London, the British crew had a week's leave. When we returned, we found that there had been a big Customs raid. Contraband had been found. One of the crew had been arrested and taken away to serve a six month sentence. When he discovered that the man's children were in a private school back in Hong Kong, the Chinese "number one" assured us that this would be no problem: all would be fine, his family would be looked after and his children kept in school. An admirable response from people whom some of our passengers seemed to regard as beneath them.





Harry L Marks



MONUMENTAL MASONS
Quality Manufacturing Since 1898
To Deliver Your Requirements
Kings Norton's Nearest Manufacturing Mason

Unique Materials- Individual Designs- Extensive Displays
Additional Inscriptions & Renovations
"See Our Craftsmen At Work"

0121 444 1840

"The Sculptor"

Visit Our Showroom & Workshop at
Cemetery Works, Woodthorpe Road, Brandwood End, Kings Heath,
Birmingham, B14 6EH
hlmarksmemorials.co.uk

RLK

SOLICITORS

Probate & Wills
Divorce & Family
Litigation & Bankruptcy
Business Interruption Insurance
Conveyancing & Commercial Property

A Complete Service For All Legal Requirements

knenquiries@rlksolicitors.com

0121 451 1661

www.rlksolicitors.com

1 Redditch Road
Kings Norton
Birmingham B38 8RN



Mike Baker



Quality Property Maintenance
From small works to

General building and roofing, extensions, refurbishments, brickwork, re-pointing, cladding and windows, doors hung, carpentry, patios and landscapes, barn conversions.



A complete building service

Freephone : 0800 0937 313



www.mikebakergenbuilding.co.uk



MATHS & ENGLISH ONLINE

4.00 - 4.30 YEAR 3/4

4.30 - 5.00 YEAR 5/6

5.00 - 5.30 YEAR 7/8

FOR MORE INFO CALL US ON:
01926 942140

OR EMAIL US:
INFO@TUTORINABOX.CO.UK



Tutor In A Box
A brighter future in a box



The Kings Norton Parish Magazine is edited in Affinity Publisher and printed by L.G.Davis (Stationers) Ltd, 46 Warstock Rd, Kings Heath, Birmingham, B14 4TS. Tel: 0121 430 9000 www.lgdsolutions.com
Email: sales@lgdsolutions.com

Advertising in the Parish Magazine

Prices start at £10 per month for an advert of this size or only £9 if you pay for 12 months in advance. Full page advertisements like the one opposite cost £29 per issue. All adverts subsidise our printing costs.

If you'd like to know more, contact the Editor.

J & D Mason Opticians

Providing quality eye care
for 40 years

WIDE RANGE OF FRAMES INCLUDING DESIGNER
2 The Green
Kings Norton
B38 8SD
0121 451 3485

Friendly, professional service, Diabetic eye screening
Free NHS sight tests when applicable

COPYRIGHT NOTICE

The contents of this magazine are copyright © Kings Norton Team Parish 2022 and may not be reproduced in any form without the written permission of the Editor. The views, opinions and comments expressed in these pages are not necessarily those of the editorial team of the Kings Norton Parish Magazine, the Kings Norton Parish Ministry Team or its staff. Material submitted for publication must be accompanied by the name and contact details of the provider including an email address if available. When possible, submissions will be produced in full, but the Editor reserves the right to make changes. If content submitted for publication contains quotations from other sources, the written permission of the copyright holder to reprint it must be supplied.



**Design and Print • Office Supplies
Workwear • Promotional Products**
• Stock and Distribution
• Facilities Management



Contact:

Call: 0121 430 9000

Web: www.lgdsolutions.com

E-mail: sales@lgdsolutions.com

Address: 46 Warstock Road, Kings Heath, Birmingham B14 4TS

REAL SOLUTIONS BY REAL PEOPLE

S. GASCOIGNE & SONS LTD

INDEPENDENT FAMILY OWNED FUNERAL DIRECTORS



*Independent
Funeral Directors
& Monumental
Masons*

**A well established
family business built
on reputation**

Christopher Gascoigne is a fourth generation funeral director offering a sympathetic and caring service at all times

- PRIVATE CHAPEL
- PRE-PAYMENT PLANS

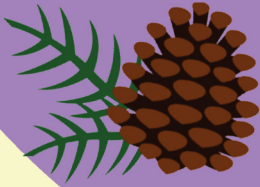
277-279 Pershore Road South
(next to St. Nicolas Church on the Green)
Kings Norton,
Birmingham B30 3EX



24hr Personal Service
ALL AREAS OF BIRMINGHAM & DISTRICT



0121 458 5859



WESTHILL HOUSE DAY NURSERY

2014|2015

Ofsted
Outstanding
Early years provider

Open 07.30 – 18.00
Monday – Friday



All year round spaces available from birth to 5 years



Free funded places for 2, 3 and 4 year olds



Before and after school club



Holiday club for over 5s during school holidays



Fresh and healthy food cooked on site



Qualified, dedicated and experienced staff



Large garden and playground

📞 0121 458 2308

✉ info@westhillhousedaynursery.co.uk

@ Westhillhousedaynursery.co.uk

📍 36 Rednal Road, Kings Norton, Birmingham, B38 8DR

