

## All Saints Centre Weekly Activities

### TechKnow

All Saints Youth Project Monday 4pm

### Christian Meditation

Monday 7.45-8.45 Joy Cheek 443 4625

### Tae Kwan Do

Monday 5.45-8.15pm Toby 07843046221

### University of the Third Age Moseley & KH

2nd Tuesday of month 2pm in "enquiries by email to enquiries@mkhdu3a.org.uk"

### All Saints Youth Project

Drop-in 3.30-5.30 Tues & Thurs Inclusion+ Wed afternoons & eves. Gateway to Inclusion 6.15-8.15pm Tues & Thurs. 443 1842

### The Parent Project

Providing information/ support/ parenting programmes for parents of teenagers

Open 10-5 Mon -Thurs 10-1 Fri 443 1842

### Birmingham Careers Service age 16-19

Mondays 1.00 to 4.00 p.m in the Youth Project

### Village Square Gardening Club

Wed 9.30am-1.30pm

### All Saints Elders Lunch Club

Wednesday 12noon, Liz Turner - 604 6086

### Tae Kwon Do

Wed 5.45pm till 7.15pm Toby 07843046221

### Clarion Singers

Weds 7.30-9.30pm for everyone. No auditions

### TRUST

meets the first Wednesday of the month 6.30pm to 8.30pm Youth Project

### Badminton

Wed 8 -10 pm Steve & Paula 0121 772171

### Knit & Natter Group

Thursdays 10.00am - 12.30pm in Cafe

### Traidcraft

Co-ordinator Gill Parkin 604 6127

Goods are sold in ASC and the Farmers' Market. For times please see the notice in the display cabinet

### Fantastic Fledglings Thursdays (term time only)

12.30-2.30pm Youth Project

### TCM (Tea, Cake & Music)

Thursdays 2.30pm in the Cafe

### Kung Fu

Thursday in the hall 8.30pm - 9.30pm. Contact 07929 262 777info.playfighters@gmail.com

**Zumba Gold Class 40+ Fitness** suitable for all. £4.50 Friday 10 - 11 am. Contact 07929 262 777

### Breathe Easy Singing Group

1st, 2nd & 4th Friday of each month 11.00 am - 12.00 noon £4.00 per session (1st session free)

Contact Sarah 07895950393

### 1st Midland Scout Group

Fri 6.45-9.00am Cubs & Beavers 6.45- 10.00pm

Scout Group contact John 444 1390

### Seventh Day Adventist Church Group

Sat 9.30 - 12noon Joy 440 1354

### All Saints Community Café

Open until 9.30pm on Fridays with live music featuring local musicians.

### Football Coaching Sessions ages 4+ Sat 10.30-

11.30am contact footballfunaticsenquiries@gmail.com or 07507 558 022

### Families Anonymous

Meetings are held monthly. For further information contact Families Anonymous on 020 7498 4680 or 0845 1200 660 (lo-call rate)

### All Saints Community Development Company

Home of Hall, rooms and Village Square contact

bookings@allsaintscentrehk.co.uk phone 0121 443 4579

www.asckh.co.uk facebook ASCKingsHeath twitter@ascentrehk

### All Saints Parish Office 0121 444 0760

email:parishoffice@allsaintscentrehk.co.uk

www.allsaintskinsheath.co.uk

### All Saints Youth Project & the Parent Project 0121 443 1842

info@asyp.org.uk www.allsaintsyouthproject.org.uk

### The Robin Centre for older people Mon-Fri contact 0121 483 4400

All Saints Café opening times 9.30am-3.30pm Monday - Saturday.

And open on Fridays 6pm-9.30pm Tel no 0121 293 1699

## All Saints Centre Services & Weekly Church Services

### All Saints Medical Centre

444 2005

### Feet First Footcare

Podiatrist 444 0990

### All Saints Dental Clinic

444 0496

### Dens of Equality supporting

children with special needs

441 2207

### CircusMash

www.circusmash.co.uk

0121 439 2530

### Wed Holy Communion 11.30 am

Sun 8.00am Holy Communion

10.00am Parish Communion

6.30pm Evening Prayer

1st Sunday of the month

All Age Worship 10.00am

# All Saints Outlook

## ALL SAINTS CENTRE & PARISH CHURCH



### ALL SAINTS COMMUNITY DEVELOPMENT COMPANY

Company No 4499211 Charity Number 1095879

### & ALL SAINTS COMMUNITY PROJECTS

Company No 6473845 Charity number 1136158

2, Vicarage Road, Kings Heath, Birmingham, B14 7RA

October 2020  
Issue No 118



## All Saints Community Arts Welcome Space Exhibitions

Since 2012, All Saints Community Arts has curated 47 solo and 9 group exhibitions of work, by predominantly local artists, in the Welcome Space of All Saints Centre, Kings Heath.

These exhibitions were jointly curated by artists **Gillian Lever** and **Janice Rider** and subsequently Janice Rider from October 2018 until the present.

Sadly, due to Covid 19, this precious community space is now temporarily closed and therefore our exhibitions are currently and for the foreseeable future suspended.

The last exhibition **Local Colour**, was aptly a celebration of the previous 7 years of exhibiting and had intended to showcase most of the 42 artists who had previously exhibited in the space but unfortunately we have only been able to show 12 of these artists' work to date. With the current closure of the Welcome Space due to Covid 19, we are left with no alternative but to call a end to our current run of 56 displays of work. However you can still view some images and details of all the previous exhibitions on: [www.allsaintscentrehk.co.uk](http://www.allsaintscentrehk.co.uk) and in some cases access the websites of the artists.

We thank all the artists who have taken part in exhibiting their work in our space and for bringing diverse talent and joy to our community. We look forward to future opportunities.

"Art has always been the raft onto which we climb to save our sanity. I don't see a different purpose for it now." ~ Dorothea Tanning, Janice Rider

**Kings Heath  
Village Square  
Farmers Market  
Saturday October 3rd  
9am - 2pm**

**Church Opening  
Times**

All Saints Church will be open for personal prayer on Sundays 2 - 4pm and Thursdays from 10 -12 noon. Extra hygiene practices will be in place and physical distancing will be followed.



As a continuation of our lockdown meals delivery service.....

**Jojo's Lunches**

**Delicious lunches delivered to your door at the cost of £5 per meal**  
Payment can be by cash, cheque or bank transfer  
Deliveries will be on Mondays and Thursdays when you would receive a hot meal, plus two chilled meals to store for the next two days.

To order your meals or for more information  
phone Jo on  
**07973954990**  
**0121 493 3632**



**All Saints Youth Project  
Family Support**

Throughout lock down All Saints Youth Project has continued to offer support to Parents/ carers and their families .Offering 1 to 1 support over the phone, Whatsapp and Zoom video calls and Zoom support groups We have also put together Parent Well Being Packs and delivered them to parents/carers homes. We have also been able to access a local food bank which has been a great help to families who have had to self isolate If you know of any parents/carers of teenagers(with or without additional needs) then please share the following details

**Wednesdays at 11am**

GRANDPARENTS Support group

**Wednesday 7th October at 6.30pm**

T.R.U.S.T Support group (teenage mental health)

**Thursdays at 11am**

ADHD/AUTISM Support Group

**Fridays at 11am**

MALE CARERS Support Group

For further details about how to access 1 to 1 family support and zoom meetings please go to our website [www.allsaintsyouthproject.org.uk](http://www.allsaintsyouthproject.org.uk) or call Ian Barber ,Family support coordinator on 07436798497.

**Feedback :**

*"Being a single parent with a 10 year old child who has ADHD, it was very daunting when the country went into lockdown as the support I was used to getting from my son's school, hospital appointments and the parenting course was no longer available. However, being part of the ADHD@asyp support group took away that anxiety of being left on my own. From day one of the lockdown I have received hope and strength from other group members as they share their struggles, success, advice on home schooling and free online resources for children.*

*This group gives me comfort as I know there is someone I can talk to when things become difficult for me. I no longer feel isolated as I am part of a group which is run by amazing selfless people who are willing to do what it takes to make a positive difference to peoples' lives in such difficult times."*

**Ian Barber**

**Family Support coordinator**

**Youth Project  
Summer scheme**

For three weeks in August, from the 10<sup>th</sup> to the 27<sup>th</sup>- All Saints Youth Project welcomed back our family of Young People for a three week Summer Scheme. Over lockdown, the staff have kept a constant and consistent presence on social media, engaging with the Young People through platforms like Facebook, Instagram and even Tik-Tok but all of us have been itching to get back to connecting with the kids face-to-face.

Restrictions and guidelines due to the Covid-19 pandemic have meant that things have had to change slightly, with restricted numbers, shorter sessions and adapted activities but the one thing that has remained is the positive, fun and friendly atmosphere generated by the staff and young people.

It has been wonderful to see the Young People back, interacting with each other, smiling and enjoying a sense of "normal" after having to endure so much uncertainty and isolation.

One of the young people put it better than any of us adults ever could;  
*"Coming back has been different, but brilliant. Seeing my friends, having a laugh- it's just better when we're together and not always online"*

Not only has this summer scheme been a welcome boost for the kids who have attended, but it has also given us, the staff team, all of the confidence and



tools required to begin offering sessions and support at the centre again, something that has been ongoing since the 7<sup>th</sup> of September.



Covid-19 may have stopped many things in their tracks for a while, but as the last month has shown, it will take more than that to keep a good thing down.

**Matt Ford Youth Worker**  
[www.allsaintsyouthproject.org.uk](http://www.allsaintsyouthproject.org.uk)