

NEW FRANKLEY COMMUNITY NEWS

Edition Eight : September 2014

Funded by New Frankley in Birmingham Parish Council



Saturday
13th September
2014

11.30am - 5pm

New Street, Frankley

(next to Frankley Health Centre)

Join us for a fun community day, FREE entry and family friendly prices.

stalls, refreshments, arena attractions, history walk and the famous Franklic Games

Music and compering by D'enTertainment.uk

Creepy Encounters

Bouncy Castles and Rides

Cobra Fit and more...

Appalachian Dancers

Coca-Cola zero Park Lives

Victoria Lightfoot
School of Dance

We are still looking for volunteers to help on the day, if you are interested please contact Linda 07925233738 or Bruce 07779497263

www.frankleycarnival.btck.co.uk

YOUR HEALTH AND WELLBEING

Jo's Slimming World Frankley

Would you love to eat your favourite take-away without gaining excess pounds?

Would you like to eat out with your friends and family without counting calories?

Would you like to be relieved of your food related stress and worries?

Would you like to be able to run around after the kids without feeling out of breath?

If your answer is yes to any of these questions then let us take you on a journey where no food is banned, allowing you to enjoy your favourite meals whilst losing weight.

All we need is one hour of your time to show you just what's possible.

Every Thursday we have two groups, 5pm and 7pm at

Balaam Wood Academy, New Street.

*We are a group of warm and friendly people who meet to share Food Optimising tips which see us eating gorgeously filling meals whilst losing weight. In our group no food is banned and you are in complete control of your journey every step of the way whilst being supported by people who understand and care. **We want you** to tuck into and enjoy creamy pasta dishes, crispy roast potatoes, burgers, curries and chocolate treats all wrapped up in a big **Slimming World** heart.*

*The name given to this amazing group of people is **Jo's Slimming World Frankley**, led by Consultant Joanne Harrison. We're looking for like minded people from our fabulous community to come and share our wonderfully generous eating plan, whilst shedding excess pounds and getting healthier and fitter.*

Our group is waiting to welcome you. Our Thursday nights are about socialising, losing weight and celebrating peoples success, who wouldn't want to be part of that?

Let us show you how you can eat the foods you love and adore whilst losing weight.

Frankley Carnival

Committee. Meets 1st Thursday, 6:00 at the parish office

Tel 07925 233 738, email craftygirl_9@hotmail.com

Frankley Neighbourhood

Forum. Meets 3rd Thursday of the month, 7:00 at the parish office

Tel 07779 497 263, email

Bruceinfrankley

@hotmail.co.uk

Friends of Balaam's Wood,

Next meeting AGM 11th Sep 6:00pm at the parish office.

www.balaamswoodlnr.btck.co.uk/

Housing Liaison Board.

Meets @ 6:00 on the last Wednesday of the month at Grizedale Residential Centre. B45 0JL.

Tel 07786 641 981

Longbridge Police Tasking Meeting & Neighbourhood

Watch. The tasking meeting starts at 6:00 followed by the NHW at 7:00. Hollymoor Centre, 8 Manor Park Grove, B31 5ER. Sept 3rd Sept 29th Oct 27th Tel 07779 497 263

Parish Council meetings, 3rd Monday of the month, 7:30 at St Christopher's Church Centre. All welcome

Your Health and Wellbeing

Healthy Active Lifestyle and CobraFIT Coaches

We live in Frankley and have recently trained as Wellness and CobraFIT Coaches. Our Healthy Active Lifestyle Programme consists of 4 components: 1 Community 2 Education 3 Exercise 4 Nutrition

We are all about promoting a Healthy, Active Lifestyle in the local community and we find that a lot of people can lead a healthier life simply by getting the correct nutrition and exercise. In addition we give personalised solutions to help a person achieve their wellness goals. What we do is give everyone who is interested a 'FREE' Wellness Profile (body analysis). We offer a free personal service, education and support.

We also have our Unique Fitness Concept, CobraFIT, based on Effective and Efficient, High Intensity, Interval Resistance Training. Exercising and learning in a community setting is fun. Everybody is welcome from the novice exerciser to an athlete.

There is also an opportunity for anyone who is interested to become a Wellness and/or CobraFIT Coach. This can be done on a full-time or part-time basis. It can fit around your job or home life and supplement your income. We are on a mission to help people manage their health outcomes by leading a Healthy Active Lifestyle and we need your help to do this in the Frankley, Northfield and Rubery areas.

We are at St Christopher's Church Centre on Saturdays 11.30am for CobraFIT followed by discussion on nutrition and Wellness Profiles and review meetings until 5.00pm and then again on Tuesday evenings for CobraFIT from 6.30pm followed by discussion on nutrition and review meetings until 8.30pm.

If you are interested in a 'FREE' Wellness Profile, or looking for some extra income, just contact us: Karen
If you are interested in a 'FREE' Wellness Profile, or looking for some extra income, just contact us: Karen on 07521243995 or Gary on 07549658023 or email gary_and_karen@hotmail.com.

The Friends of Balaam's Wood LNR

Two years ago our group was contacted by an artist called Frank Balaam; he was amazed that he shared his name with our woodland. Frank and his wife Nora live and paint in Arizona. They came to visit us in September 2012, taking away lots of photos of Balaam's Wood.

These photos have now become paintings in an exhibition called 'Light Through Trees in Balaam's Wood'. We are delighted to say Frank and Nora have given us a donation from the sale of these wonderful painting which we will be spending to improve the woodland and community orchard.

We are so grateful to our friends in America.

You can see Frank and Nora's work at www.frankbalaam.com

Poppy Tree

Thanks to all the residents who placed a poppy with their sentiments on to our Poppy Tree. It was a great success with 68 Poppies being hung there. Some of us no doubt knew of people who lost their lives in WW1 others didn't, but everyone we asked was willing to do one. One lady was in tears as she wrote hers.

New Frankley Parish Council Community Awards 2014 Nomination Form

Do you know an individual or group who deserve to be recognized for their contribution towards help within Frankley community?

ARE YOU FRANKLEY'S LONGEST SERVING RESIDENT?

ARE YOU FRANKLEY'S OLDEST RESIDENT?

DO YOU KNOW OF A GROUP WHO REGULARLY HELP FUNDRAISE OR SUPPORT COMMUNITY EVENTS?

DO YOU KNOW SOMEONE WHO ALWAYS HELPS TIDY YOUR AREA?

DO THE CARETAKERS GO ABOVE AND BEYOND AND DESERVE RECOGNITION?

IF YOU KNOW SOMEONE OR A GROUP WHO YOU BELIEVE SHOULD BE AWARDED FOR THEIR CONTRIBUTIONS TOWARDS MAKING FRANKLEY THE COMMUNITY IT IS TODAY THEN WHY NOT NOMINATE THEM TO RECEIVE A COMMUNITY AWARD FROM NEW FRANKLEY IN BIRMINGHAM PARISH COUNCIL!

Come and support your community

Nomination Forms to be returned to the Parish Office, Arden Road Shops, by 21st September at the latest.

**PLEASE RETURN TO
PARISH OFFICE NO
LATER THAN
21/9/14**

I WISH TO NOMINATE

.....
.....

NOMINEE DETAILS

.....
.....
.....

Reason for nomination

.....
.....
.....
.....
.....
.....

Name & Address of person nominating

.....
.....
.....
.....

If you wish to give more details use an additional paper

THANK YOU FOR YOUR NOMINATION!