

## 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

### Zumba Gold Class 40+ Fitness

suitable for all. £4.50 Tuesday 11.30am - 12.30

Caroline 07908802794

### 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 and support to parents of teenagers. All Family support, groups and parenting programmes are currently being delivered online and telephone contact only.

Contact us for more information- Monday to Thursday 8am till 6pm/Friday 8am till 2pm on 07436798497.

### 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

### Functional Fitness Class For Seniors 50+

Wednesday from 11.00am to 12.00 £4 Book

### Badminton

Wed 8 -10 pm Steve or Zena 01905 772171

### 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

### Kung Fu

Thursday in the hall 8.30pm - 9.30pm Stef on 07929 262 777info.playfighter@gmail.com

### 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 - 07855950393

### 1st Midland B-P Scout Group

Fri 6.45- 8.30pm Cubs & Beavers 6.45- 10.00pm

Scouts & Seniors John 444 1390

### Seventh Day Adventist Church Group

Sat 9.30 -12noon Joy 440 1354

### Football Coaching Sessions ages 4+

Sat10.30-11.30am contact 07507 558 022 or

footballfunaticsenquiries@gmail.com

### 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 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

November 2020  
Issue No 119

## New to All Saints Centre is Rourke's Pies



A local independent pie/bake shop, with individually crafted handmade pies has moved in to the kitchen & café space. He produces a variety of pies, cakes and good coffee.

'My name is Gary Rourke. I thought it was about time to put a face to Rourke's and to tell you about our journey! Like many people I lost my job due to Covid, without furlough or redundancy. With necessity being the mother of invention, I started to make pies in our home kitchen and selling them locally, while my fiancé Leanne looked after branding and marketing.

Word spread and we were taking more & more orders. We outgrew our home kitchen, so managed to find this commercial kitchen to cook from at All Saints in Kings Heath. It was all happening very fast! We progressed to selling at local farmers markets, and were so amazed that we kept selling out each time. Every market baking more and more.

We have a young family, so would never have been able to give

up that security to run my own business...but lockdown gave me the chance to pursue my passion for cooking and completely change my path.

Rourke's has been open three weeks now, and I'd like to thank all of our customers & the Kings Heath community for their support.

## ALL SAINTS SOCIALLY DISTANCED CRAFT FAYRE

Saturday 5th December

In the Church 10am -1.30pm

Admission FREE

Home made jams, chutneys and pickled onions, Lots of home made craft items & seasonal music



## Some activities are currently suspended. Please check with group leaders

### All Saints Community Development Company

Hiring 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.allsaintskingsheath.co.uk

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

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

## 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

**Farmers Market on  
Kings Heath Village  
Square  
Saturday 7th November  
9am - 2.30**

## Dear Friends and Neighbours,

We are very pleased to be holding a **Holy Communion Service each Sunday at 10am** at All Saints. We have been overjoyed to see old friends and to meet newcomers in recent weeks. We still can't sing and everyone needs to wear a mask.

We are acutely aware that many cannot or prefer not to gather in any numbers for the time being and so, thanks to our able musicians, we still provide the same order of service on line, on our website. It allows anyone at home, alone or in company, to pray through the service and to hear the music and readings being offered.

As the service unfolds in Church, we pause regularly to remember those who are praying at home and hold them in our prayers.

**David Warbrick (vicar)**

## All Saints Centre Currently Active Groups

### Tae Kwan Do

Monday 5.45 - 8.15pm &  
Wednesday 5.45pm - 7.15pm  
Contact Toby 07843046221

### Zumba Gold Class 40+ Fitness

suitable for all. £4.50 Tuesday 11.30-12.30  
Contact Caroline 07908802794

### Football Coaching Sessions ages 4+

Sat 10.30-11.30am contact 07507 558 022 or  
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## FUNCTIONAL FITNESS CLASS FOR SENIORS (50 +)

**EVERY WEDNESDAY 11am**

Functional Fitness is about exercising to improve your function - day to day life. Its fun, encompasses everyday movements, focusing on speed, agility, range of motion, core strength, balance and flexibility. Full Body exercise.



**ALL SAINTS CENTRE**

**2 Vicarage Road**

**B14 7RA**

£4 each Covid guidance compliant  
Booking required

## Tel: 0744 918 1189

www.system-fitness.co.uk / peter@system-fitness.co.uk

\*Strength
\*Mobility
\*Agility
\*Balance
\*Co ordination

## All Saints Youth Project

### Tech-Know is coming back! Tech Know



Here at All Saints, our young people are keen to lend their knowledge and support to the generations that preceded them. TECH-KNOW is our intergenerational technology support group for older people run by young people. Our young volunteers use their expertise in all things digital to assist others with their technological challenges.

It's very informal and runs like a drop-in surgery rather than a taught course with a syllabus. Being a one-to-one service means it can focus on the needs and goals of the customer rather than running like a generic course.

The programme will run  
**EVERY MONDAY from 17:00 until 18:30** with Abdull and his team.

All social distanced and covid secure  
*Keep your eyes peeled (and emails logged in!) for our new launch date coming soon!*

### Back by Popular Demand!!! The ASYP

### Big Christmas Word Quiz 2020

Our festive fundraising quiz was a winner last Christmas, so we are doing it again! A fun activity which can be easily shared with friends and family and will support the running costs of the All Saints Youth Project.

This year's quiz will be available electronically from early December on the ASYP website or direct from the email address below. We also plan to have some hard copies available in church during Advent.

Last year we raised over £500 and this year our ambitious target is £1,000!!

We will be asking that entries make a minimum donation of £3.00 *and that we all share the quiz as widely as possible using our email contacts.*

The wider we share the quiz; the more people will have an opportunity to support this wonderful work and raise funds for the charity.

Once again there is a prize for the winner (£30.00) and the runner up (£20.00).

Lindsey & Ted Hammond

[www.AllSaintsYouthProject.org.uk](http://www.AllSaintsYouthProject.org.uk)

or email:

[tedhammond74@gmail.com](mailto:tedhammond74@gmail.com)



**Covid secure at All  
Saints Youth Project**