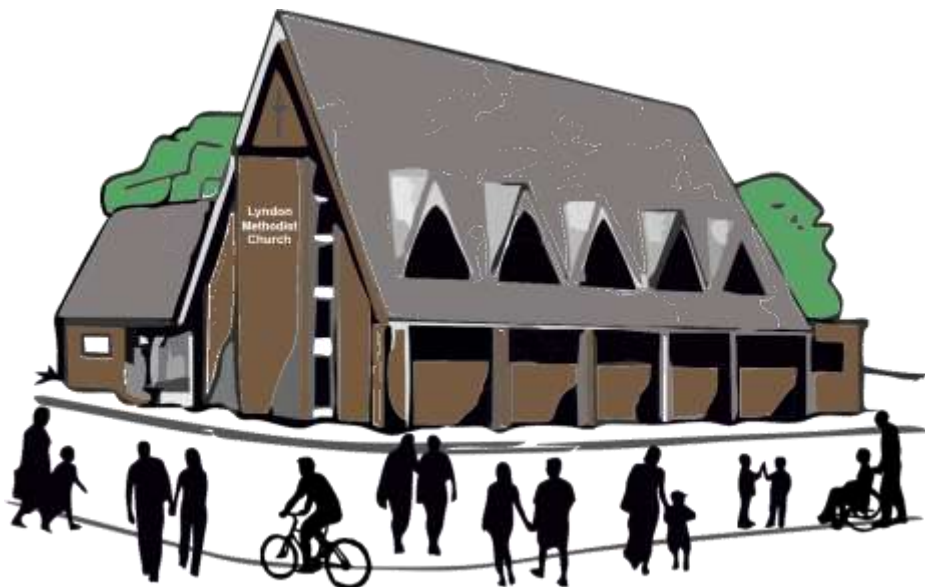


LYNDON MAGAZINE



**JULY &
AUGUST 2026**



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The opinions expressed in this magazine are not necessarily those of the Ministerial team or the Editor

MINISTER'S LETTER

THE WILL OF GOD part 1

*For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the **knowledge of his will in all wisdom and spiritual understanding; That ye might walk worthy of the Lord unto all pleasing**, being fruitful in every good work, and increasing in the knowledge of God; Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness; Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light - Col 1 v9- 12*



Many years ago, as a young Christian, I used to be terrified by the term: “the will of God.” I always thought that God was a hard task master who wanted to take away all fun from us and therefore imposed his burdensome will on us. Listening to many Christians speak I used to imagine that the will of God was something nebulous and hidden from us only to be sprung on us in an unsuspecting manner. I was therefore not surprised at all when on one occasion after preaching in a church in London an elderly man accosted me and remonstrated to me for preaching that the will of God could be known. Over against this hazy picture of uncertainty regarding the will of God created by the modern church we hear the clear and unmistakable voice of prophet and apostle undergirded by the Master himself that the will of God OUGHT to be known and pursued and executed on earth and in the life of every believer.

In the above passage, the apostle Paul prays for the Colossian Christians that they be FILLED WITH THE KNOWLEDGE OF GOD’S WILL IN ALL WISDOM AND SPIRITUAL UNDERSTANDING.” Later, in chapter 4, Paul mentions a dear believer called Epaphras in a beautiful verse as we see below:

*Epaphras, who is one of you, a servant of Christ, saluteth you, always labouring fervently for you in prayers, **that ye may stand perfect and complete in all the will of God.** - Col 4 v12*

Our Lord Jesus the Master himself has this to say regarding the will of God:

*Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but **he that doeth the will of my Father which is in heaven.** Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity - Matt. 7 v21- 23*

Our Lord here plainly says that only those who do the will of God will enter heaven and calls those who do not do his will “workers of iniquity”. If the will of God cannot be known, if the will of God is hidden from us how could we possibly do his will and if we cannot do his will, could he be a just and loving God for punishing people for not doing what they could not possibly know? Why do Paul and Epaphras pray for

Christians to know God's will if the will of God cannot be known? I aver confidently that we are required to seek and discover God's will for our lives. The will of God is not burdensome:

In fact, this is love for God: to keep his commands. And his commands are not BURDENSOME, - 1 John 5.3

The will of God is simply his word as revealed in the Holy Scriptures. The Bible does not always tell us exactly what to do. For instance, if you are thinking of working either in Birmingham or London you will not find that in the Bible, but that is why God gave us the Holy Spirit. Where the Bible does not expressly state God's will we need to listen to the Holy Spirit and he will tell us exactly what God's will for us is. Paul makes the will of God mandatory for us when he states:

See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil. Wherefore be ye not unwise, but understanding what the will of the Lord is

Eph 5 v15-17

My understanding of the above is that if we do not walk in the will of the Lord we walk in foolishness. This is heavy, and I must admit I have been foolish many times, and I intend to reduce and eradicate all my folly and walk in the wisdom of the will of God.

The best and most profitable and most joyous and helpful thing for any human being is to seek, discover and live according to the holy will of God. God has expressly stated wills for all the moral, spiritual, financial physical, and social aspects of our lives: they are the best that we could ever wish for in this life and in the life to come. tbc

Rev Joseph Ribeiro



Claire Frew – 8/10/1975 to 18/5/2026



Although Claire's life was relatively short, her life at Lyndon was packed full, with her infectious laugh and her persuasive attitude touching the lives of many, both old and young.

Claire first joined Lyndon and our Girls' Brigade company as an Explorer at the age of 5. Growing up she played the bell lyre in the joint GB / BB Band (along with 73rd Birmingham Boys' Brigade). Claire went on to become a committed leader, giving her time and passion to both the Senior and Brigader sections.

Claire also ran the Duke of Edinburgh Award scheme along with other leaders. Having been awarded her own gold Duke of Edinburgh award she decided to pass on her knowledge and experience to the younger girls. She enjoyed setting the groups off on their expeditions so that she could go for breakfast!

Then, after the retirement of the band master, Claire stepped into his shoes, leading the band and helping them to achieve several awards. This was a role which she loved.

As an officer of the company, and one of the team of officers led by Captain Sarah Marks, Claire was involved in planning the activities including camp activities with the 73rd Birmingham Boys Brigade at their annual camps. Part of Claire's responsibilities included the evening devotions, both at the weekly GB meetings and at camp. One of the things that Claire will be remembered for is teaching the girls how to sign the Lord's Prayer, and the girls (and boys) regularly led the congregation in signing the prayer at parade services.

Claire took this skill one stage further and regularly led own arrangement services, often featuring glimpses into her personal life, her family and her love of musicals but always encompassing her very strong faith, encouraging others to have that faith, too. Claire had a favourite hymn, number 351, In Christ Alone which often featured in her services. She once told me that the words in the hymn spoke to her, whatever the subject that she was talking on.

Claire's service to Lyndon also extended to her administrative, organisational and people skills. This came to the fore at the start of COVID when we had to re-look at the way the church was utilised and the way that services and meetings were organised and carried out. She became, and remained, a member of the management team as well as being a member of Church Council. More recently, Claire took on the role of senior steward, a very demanding role, especially as we have been through stationing and have welcomed a new minister.

At her funeral service, Sam Monaghan, one of Claire's close friends and the husband of Lyndon's former minister, Rev Julia Monaghan, remarked how one of Claire's favourite words was marvellous, although she had several ways of saying

this, not always to indicate that whatever she was describing as being marvellous was good! She was very good at getting you to do something, and was always a great listener, something I have heard many people say.

Claire will be fondly remembered for her dedication, and the positive impact she had on so many young and old lives both within our GB company and within the wider church. Claire will be deeply missed by all who knew her, but I'm sure that her spirit will live on at Lyndon.

RIP Claire, and I hope that where you are now is 'truly marvellous'.

Note:



If you would like to make a donation in remembrance of Claire, the family have asked for donations to Target Ovarian Cancer (<https://targetovariancancer.org.uk/>). This was a charity close to her heart as Julia was also closely associated with it. Thank you.



A Greener Future for Solihull

Your New Rubbish and Food Waste Collections

Everything You Need to Know for October 2026

Solihull is making important changes to the way household waste is collected — changes designed to help us recycle more, waste less, and create a cleaner, more sustainable borough for everyone. From **Monday 5 October 2026**, residents will see two major updates: **fortnightly rubbish collections** and **new weekly food waste collections**.

These improvements are part of a national shift towards more sustainable waste management under the government's **Simpler Recycling** scheme. For Solihull, they represent a practical step towards reducing emissions, improving recycling rates, and making better use of the resources we throw away.

What's Changing?

From October:

- **Rubbish collections will move from weekly to fortnightly**
- **A new weekly food waste collection** will begin for all households with their own bins

Recycling and garden waste collections remain unchanged

If you live in a flat with shared bins, your arrangements may differ — full details are available on the council's flats recycling page.

“By recycling more and wasting less, we can make a real difference to Solihull's environmental footprint.”

Why Are These Changes Being Made?

The aim is simple: **to increase Solihull's recycling rate** and reduce the amount of waste sent for incineration.

Food waste makes up a significant portion of household rubbish — and because it's around **70% water**, burning it is inefficient. By collecting food waste separately and recycling it, we can:

- Generate **renewable energy**
- Produce **nutrient-rich fertiliser** for local farms
- Reduce emissions

Improve the overall efficiency of waste collections

These changes also help households manage their waste more effectively, especially with food waste now being collected every week.

What Will My Collections Look Like?

From 5 October 2026:

- **Food waste** → collected **every week**
- **Non-recyclable rubbish** → collected **every two weeks**
- **Recycling** → collected **every two weeks**

Garden waste → unchanged for subscribers

Rubbish and recycling will be collected on **alternate weeks**. Not all households follow the same pattern, so check your personalised schedule using the council’s **online collection calendar**. You can also get a weekly e-mail sent out the day before your collection is due detailing what will be collected the next day. This is requested on the same page as the online collection calendar.

An example of a calendar is shown below, although not everyone’s collection will follow the same pattern, so if you are unsure, you can use the collection calendar to check your collection dates:

Week Cycle	Week A	Week B	Week C	Week D
Food Waste - Collected Weekly				
Rubbish - Collected Fortnightly				
Recycling - Collected Fortnightly				
Garden Waste - Collected Fortnightly (if subscribed)				

Weekly Food Waste Collections: What You Need to Know

A fresh, greener chapter begins this autumn as Solihull introduces **weekly food waste collections** for all households with their own bins.

This new service will help reduce the amount of waste going into your black bin, keep your kitchen fresher, and turn your leftovers into something useful.

Why Food Waste Recycling Matters

Recycling food waste brings real environmental benefits:

- **Renewable energy** is generated from food scraps
- **Fertiliser** is produced to support sustainable local farming
- **Less waste is burned**, reducing emissions and improving air quality

Cleaner, fresher bins thanks to weekly collections

“Turning leftovers into energy and fertiliser is one of the simplest climate actions we can take.”

What You'll Receive

Every household with its own bin will receive:

- **7-litre indoor kitchen caddy**
- **23-litre lockable outdoor caddy** (smaller than a wheelie bin)

Deliveries will take place in **August–September 2026**. Please **wait until collections begin** the week of **Monday 5 October 2026** before using them.

Residents in flats with shared bins can find tailored guidance on the council's flats recycling page.

How to Use Your Caddies

1. **Line your indoor caddy** Use any bag except black bags — bread bags, salad bags, or other food packaging work well. No need to buy special liners.
2. **Collect your food scraps** When full, tie the bag and place it in your outdoor caddy.
3. **Lock the outdoor caddy** Use the handle to secure it and prevent spills or pests.
4. **Put it out weekly** Place your outdoor caddy out by **6:00am** on your usual collection day.

What Goes In — and What Stays Out

YES, PLEASE

- Fruit and veg peelings
- Cooked and raw leftovers
- Bread, rice, pasta, cereals, cakes, biscuits

- Meat and fish (including bones)
- Dairy products
- Coffee grounds and tea bags
- Herbs, spices, jams, peanut butter

Wet and dry pet food

NO, THANKS

- Liquids (oil, fat, sauces)
- Garden waste
- Packaging, plastic film, compostable plastics (unless certified liners)
- Cat or dog litter
- Nappies

If it **is** or **was** food — and isn't a liquid — it can usually go in your caddy.

How to Prepare for the New System

You can start adjusting now:

- **Recycle as much as possible** to free up space in your rubbish bin

Remember: there's **no limit** to how much recycling you can put out, as long as it's in a suitable container

Once the new service begins:

- Keep using your **brown bin or clear sacks** for recycling
- Use your **food caddy** for all food scraps
- Put only **non-recyclable waste** in your rubbish bin or purple sacks
- Make sure bins are out by **6:00am** on collection day
- Label your bins with your **house name or number**

Your Questions Answered

Will my collection day change?

A small number of households may see a change. If that includes you, the council will contact you directly.

How will we be kept informed?

Through the council website, social media (Facebook, Instagram, Next Door, Blue Sky), and the email bin reminder service which can be found at <https://digital.solihull.gov.uk/BinCollectionCalendar/>

Is fortnightly rubbish collection a health hazard?

No. There is no evidence to suggest this — especially with weekly food waste collections in place.

What if my black bin smells?

Weekly food waste collections will help. Bag items like nappies or pet waste before placing them in the bin and clean your bin regularly. Local bin cleaning services are also available.

Can I leave extra waste beside my bin?

No. Solihull operates a **‘no side waste, lid closed’** policy. Extra waste will not be collected. If you have more rubbish than fits in your bin, you can:

- Keep it for your next collection
- Book a visit to **Bickenhill Household Waste and Recycling Centre**

Want to Know More?

A full set of FAQs is available on the council website, covering everything from food waste to recycling rules and collection day changes.



Prayer For July & August

Please continue to pray for peace across the world. The war between Ukraine and Russia shows no signs of stopping, so we pray that meaningful discussions can be brokered to bring an end to the death and destruction. Please also pray that there is a peaceful solution to the conflict between the US, Iran and Israel, and the other conflicts happening around the world. May the sum of all our prayers lead to a world of peace.



Please pray for those who are affected by natural disasters and issues of climate change which are causing a detrimental effect on their livelihoods and putting many lives at risk. Please also pray for the many charities, agencies and medical personnel who are giving help where possible, often in dangerous situations. May we also strive to do what we can to limit our own negative impact on the world and support these agencies where we can. Help us to look out for our neighbours who may be struggling due to the impact of climate change, and offer a helping and reassuring hand.

We pray for members of our own congregation and in our wider community who are sick or struggling to leave home, those who are anxiously waiting for tests, test results or operations and those who are facing an uncertain future due to job losses, money worries, homelessness etc. We also pray for those that have recently been bereaved. May they all feel our love reaching out to them and feel God's healing and comforting hand upon them, bringing them peace.

Please continue to pray for the doctors, nurses, care workers and volunteers. Give them the skills and strength they need to support those in need.

We pray for all those who are able to take time off during the next few months, in particular teachers and their pupils. May they come back from their breaks rested and fully refreshed and ready to begin again. Please pray in particular for those who have recently taken exams as they receive their results in the next few months. Please guide them as they make decisions on their next steps.

We also pray for our services in July and August and for all those that lead them that we can all be truly uplifted and feel God's presence in all that we do.

We pray for all those volunteers that help our services to run smoothly, so that we can bring God's love and message to our community. We also pray that other people may feel the urge to help out and offer their skills to share the load of work in the church.

Amen

Property Team Report



Hopefully you will have noticed some improvements around the Church Centre recently. GB Leader, Matt Baker has been spending some of his spare time redecorating and upgrading several aspects of our beloved Lyndon. Matt has been painting several different areas, updating the main entrance to a pristine white and a sultry grey / blue. Matt's plan is to continue with the colour, changing from the primary colour cupboard doors along the main corridor.

Matt has also kindly undertaken some replacements of various items including replacing the faulty taps in the main kitchen, the faulty hand dryer in the disabled toilet and changing the toilet seat to a high contrast version again in the disabled toilet. As the old fluorescent lights give out, Matt replaces them for energy efficient LED lights, such as down the corridor to the Community Room and the light outside the Centre main doors.

The costs so far have been paid for by the Girls' Brigade, but this can't carry on forever!

We have plans to continue with the improvements



and we are gathering a list. Two main areas on the list are the Lounge and the Community Room. These areas will need to be scoped and costs gathered. We will need to understand why the plaster is falling off the wall below the kitchen hatch in the Lounge and what we can do to prevent this from happening again. Unfortunately, not all users of Lyndon care for it like we do! The Community Room is a big task as both the light fittings and curtains need replacing.

We are planning a Working Day at Lyndon on Saturday 4th July. If everyone was able to help for even the shortest time, it would be very much appreciated. There is basic cleaning to be done, cleaning windows, painting the fence, repairing things and just trying to create clean and tidy spaces. Please try and come along and offer some assistance. We would really appreciate a tea maker!!

Sarah Marks



YOU ARE INVITED TO

Celebrate Novette and her ministry on her retirement

An afternoon of celebration, worship,
fellowship and food!

JULY
SATURDAY **25** AT 3 PM

COVENTRY CENTRAL HALL

**Please RSVP by Sat 11 July so
that we can organise catering**

Please RSVP by scanning the QR code, following the
link or by calling this number: 0330 520 1250



BIT.LY/4EP70SJ

Thought for the Month

So do not fear,
for *I am with you*;
do not be dismayed,
for *I am your God*.
I will *strengthen* you
and *help* you;
I will *uphold* you
with my righteous
right hand.

ISAIAH 41:10 NRSV





Service information

@allontheboard
#allontheboard

Date

Time

WEATHER
WARNING

A Cockney Rhyming
Special

CAN YOU ADAM AND EVE HOW PEAS IN THE POT
THE CURRANT BUN IS MAKING US FEEL?
IS IT HAVING A BUBBLE BATH?
WE DON'T WANT TO COMPLAIN, BUT WE WOULD LOVE
A BIT OF PLEASURE AND PAIN.
DON'T LET YOURSELF OR YOUR CHINA PLATES
GET INTO BARNEY RUBBLE OR A TWO AND EIGHT.
LOOK AFTER EACH OTHER.
AS YOU BALL AND CHALK DOWN THE FROG AND TOAD
IN YOUR DINKY DOGS, THINK OF HOW HOT THE GROUND
WILL BE FOR CAT'S AND DOG'S PAWS AS THE TEMPERATURE SOARS.
PLEASE DON'T DUCK AND DIVE WITH THE SUN CREAM.
APPLY IT TO YOUR BOAT RACE, YOUR FIREMAN'S HOSE,
YOUR CHALK FARMS AND ANY AREAS OF YOUR BODY
EXPOSED TO THE SUN.
MAKE SURE TO DRINK PLENTY OF WATER IN YOUR
NORTH AND SOUTH.
PLEASE READ THE BRASS TACKS ONLINE AND
FOLLOW ADVICE ON THE CUSTARD AND JELLY OR
THE RADIO ON HOW TO STAY COOL.

@allontheboard

WORLD CHURCH SERVICE



Join us for a World Church Service at Longbridge Methodist Church, B45 9TY on Sunday 12th July 2026 at 6:00pm.

We are delighted to welcome Andrew Ashdown, who has served as the Partnership Coordinator for Africa for the Methodist Church in Britain since February 2022. In this role, he has visited all of the Church's partners across the African continent.

Andrew was brought up in Zimbabwe by missionary parents and has since served extensively across the global Church, including work in India and wider engagement across Asia, the Middle East, and Africa. He has a particular specialism in Christian-Muslim relations.

He is also an Anglican priest and has served for 25 years in parishes across the United Kingdom. Andrew lives in Sussex with his wife and has four grown-up children and two grandchildren.

For more information please contact:

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Or

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Attendance Allowance

Attendance Allowance is a non-contributory Social Security benefit paid to elderly disabled people in the United Kingdom. It was introduced in the National Insurance (Old Persons' and Widows' Pension and Attendance Allowance) Act 1970. The benefit is intended to provide support for those who live independently but might otherwise need to go into residential care. It is paid by the Department for Work and Pensions.

It is a benefit for people over State Pension age who need help with personal care or supervision because of an illness or disability. There are 2 different weekly rates, and the amount you get depends on how much help you need.

Any Attendance Allowance you receive doesn't necessarily need to be spent on your care. Many people spend the money on other types of help in the home, or on equipment to help them stay independent. For example, it could help you pay bills, get meals delivered or cover the cost of taxis.

There are 2 rates of Attendance Allowance. What you get depends on the care you need. It's usually paid into your bank account every 4 weeks.

These rates apply from **April 2026 to April 2027**.

Rate	Amount per week	Who gets this?
Lower rate	£76.60	Those who need help during the day or at night.
Higher rate	£114.60	Those who need help during the day and at night, or who are terminally ill.

The money you receive isn't taxable or means-tested – so your savings or income won't affect your claim. Claiming also won't affect any other benefits you receive. In fact, it can help you get other benefits such as Pension Credit, Housing Benefit, or Council Tax Reduction.

You can claim Attendance Allowance if you meet the following criteria:

- You're over State Pension age (if you haven't reached it, you may be eligible for Personal Independence Payment instead).
- You have any type of disability or physical or mental illness, including sight or hearing impairments and conditions such as dementia.
- You could benefit from help with personal care, such as getting washed or dressed, or supervision to keep you safe during the day or night.

You've needed help for at least 6 months. This doesn't apply if you're terminally ill, in which case you can make a claim straight away.

To make a claim, you have to fill out the Attendance Allowance claim form which is quite lengthy. There are a couple of ways to get your form. You can:

- call the Attendance Allowance helpline on **0800 731 0122**
- download a claim form from GOV.UK.

When filling out the form, be really clear about how your illness or disability affects your life and attach any supporting information, such as GP letters, your care plans, or prescription lists.

Beryl Jalil has some experience with helping other people complete this form and has offered the following summary and suggestions to help anybody considering putting in an application.

Who can apply	Pensioners (even if receive Pension Credit) Have need help for 6 months (even if they have a carer) Not getting PIP, DLA or ADP It is not means tested
Disabilities	Sight and hearing problems Mobility issues (difficulties standing and moving) Arthritis (difficulties with grip) Cognitive impairment (difficulties in understanding things) Chronic pain (long term pain)
How your life is affected	Difficulty standing long enough to prepare food Difficulty in showering Needing to pay for transport to attend medical appointments Dropping jars because of grip problems Needing help to fill in forms and understanding official letters Being taken advantage of unscrupulous traders Side effects of having to take pain killers
You need to provide	Birth certificate National Insurance number GP's name and address List of medical professionals you have seen Hospital record number List of medication Detailed information about your medical condition
You may be asked for	Letter from your doctor supporting your claim (makes it more likely that your claim will be approved) List of your medical appointments Care plan from your local council Information from a community psychiatric nurse Report from an occupational therapist with details of equipment and specific adaptations you require
Other possible benefits	Reduction in council tax
People who can help	Citizens Advice Age UK Macmillan Cancer Support

The nearest Age UK office to Lyndon that can offer help is:

Age UK Solihull, The Core, Central Library, Solihull, B91 3RG - Opening hours: Monday - Friday 9.30am-4.30pm - Telephone: [0121 704 7840](tel:01217047840) - Additional information can be found on their website.

Lynne Tyler with information from GOV.UK website, AGE UK and Beryl Jalil.

Mental Health Awareness Week



**MENTAL
HEALTH
AWARENESS
WEEK**
11-17 MAY 2026

This year's theme is ACTION. Whilst awareness of mental health is vital, real change is when we take action.

Even small actions can help people feel hopeful and less powerless.

Take action ...

For yourself: Find your one thing to boost your mental health. Choose one positive action that works for you.

For someone else: The environment we live in impacts our mental health. What can you do to help build mentally healthy communities, workplaces and schools?

For all of us: Individual actions matter, but they're only part of the story. We need those in power to take action to ensure good mental health for everyone in the UK.

The following simple actions may help lift your own mood and improve your ability to cope with life or you can encourage someone else to try them. Find which ones work best.

Editor's note

This article was first published in the Acocks Green magazine and has been reproduced with their permission. Although Mental Health Week was in May, I think that the message is one that is relevant all year round, hence the decision to publish it in this month's magazine.

ACTION
FOR YOURSELF.
FOR SOMEONE ELSE.
FOR ALL OF US.

**MENTAL
HEALTH
FOUNDATION** **MENTAL
HEALTH
AWARENESS
WEEK**
11-17 MAY 2026

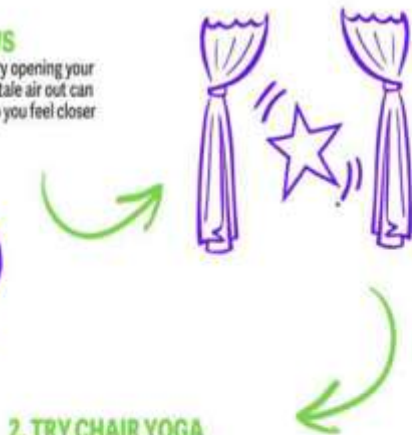
Ten quick actions to boost your mental health

Quick, easy daily habits are a great way to boost your mood and wellbeing, even on days when your energy levels might be low.

Here are ten quick actions to try that may improve your mood and mental wellbeing.

1. OPEN THE WINDOWS

For a quick mental health boost, try opening your windows. Letting fresh air in and stale air out can allow natural light to come in, help you feel closer to nature and lift your mood.



2. TRY CHAIR YOGA

Chair yoga lets you enjoy the health benefits of yoga while sitting down. It's a great way to reduce stress quickly, help you sleep, and improve mood fast.

3. HEAD OUTSIDE

Spending time in nature is linked to lower stress levels, improved mood and better concentration. Even brief outdoor activities like a walk in a local park, gardening or sitting in a green space, can provide real benefits.



4. TRY A MINUTE OF MINDFULNESS

When we're stressed or anxious, mindfulness can be a great way to break the cycle and bring ourselves back into the moment. You don't have to spend ages doing it to feel the benefits.



5. DRINK WATER

Staying hydrated can help you concentrate, improve short-term memory, and boost your overall mood, making it one of the simplest mental wellness tips.



6. PHONE A FRIEND

Call a friend, family member, or loved one for a catch-up, some fun conversation, and emotional support.



7. TRY A BREATHING EXERCISE

Deep breathing exercises can bring instant stress relief and relaxation, as well as help you get a better night's sleep.



8. CREATE A RELAXING BEDTIME ROUTINE

Good quality sleep helps your brain work better, improves your mood, and is good for your overall health. Having a pre-sleep ritual, something as simple as settling down in bed with a book and a warm decaffeinated drink, can help you wind down ready for sleep.



9. PRACTICE GRATITUDE

Remind yourself each day of three things you are grateful for.



10. BE KIND TO YOURSELF

If you're finding it hard to cope in the moment, try not to beat yourself up. Instead, aim to appreciate or celebrate the smaller things you've done.



Everyone deserves good mental health.
For more tips and information visit mentalhealth.org.uk

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Roz Ratcliffe, AGMC

NEW BIRMINGHAM MIND SHOP NOW OPEN



Birmingham Mind, in partnership with Mind Retail, has opened a new shop. Our new Kings Heath store welcomed its first customers on 1st April. It's at 26 Alcester Road South, King's Heath, Birmingham, B14 7PU, near to Sainsbury's.

Please pop in! This is the first new Mind retail space in Birmingham in over 15 years, & joins the existing shops in Bearwood and Knowle.

This new partnership brings Birmingham Mind services closer to the community, right on the high street, with signposting to our Helpline and Talking Space services available in-store.

The store is now also accepting donations. If you're doing a spring clean, please consider donating: Clothing, shoes & accessories (for men, women, & children) Toys, games & books Bric-a-brac & home furnishings (Please note: we can't accept furniture at this location).

Roz Ratcliffe, AGMC

July & August Quiz

A line or just a few words from well known hymns or songs.

What hymn/song?

1	From the old things	
2	You were by my side	
3	My dwelling place shall be	
4	Tomorrow just you wait and see	
5	For oh my God it found out me	
6	The head of the herd was calling	
7	Change and decay in all around I see	
8	Clap your hands	
9	When the strong tides lift	
10	Follow me down to the hollow	
11	My soul, my life, my all	
12	Hold your head up high	
13	It's a very special day	
14	I see skies of blue	
15	The stars in the bright sky	
16	Tho' you're tired and weary	

Answers please to Lynne Tyler or Church Email

by 15th August 2026

HOME IS WHERE THE HEART IS WORDSEARCH

F	B	F	Y	L	Q	T	H	O	Z	I	M	E	C
E	O	U	O	N	A	V	A	R	A	C	E	A	J
E	G	A	N	L	C	H	U	R	C	H	R	K	N
E	H	D	F	G	D	T	H	A	M	E	E	H	T
C	O	M	O	D	A	E	R	H	A	G	W	E	F
A	S	E	R	L	M	L	D	L	I	P	N	V	Z
L	P	S	S	R	Y	E	O	Z	S	T	J	C	M
A	I	H	F	U	L	J	Y	W	O	O	S	L	H
P	T	D	O	T	O	K	E	N	N	E	L	E	J
V	A	J	S	M	V	H	G	V	E	I	G	T	Z
Z	L	A	M	K	E	Z	O	V	T	X	I	O	L
J	C	G	M	K	V	J	Z	T	T	A	W	H	O
S	Q	C	V	G	K	O	I	J	E	D	C	U	J
T	F	L	S	D	F	H	N	B	X	M	E	U	Y

BUNGALOW

CARAVAN

CARE

CASTLE

CHURCH

FLAT

HOME

HOSPITAL

HOTEL

HOUSE

KENNEL

LODGE

MAISONETTE

PALACE

TENT

May & June Quiz Answers

1) Bees Knees 2) Ban Clan 3) Pay Day 4) Weird Beard 5) Mad Dad 6) Sold Gold
7) Nice Mice 8) Lead Bed 9) Over Dover 10) Scary Mary 11) Big Dig 12) Long
Song 13) Score Draw 14) Under Thunder 15) Canny Nanny 16) Ring King 17)
Never Clever 18) Best Dressed

There was only one set of answers which matched mine which was the answers from the Moseley family. However, there were several different answers for question 1—it's the very best. I also had Numero Uno and Super Duper submitted so well done to The Hunt family and Elaine and crew who just got that one wrong.

Notices & Events

Ladies Club - 1.30pm to 3.30pm

Wednesday 1st, 15th and 29th July

Wednesday 12th and 26th August

Bible Study

Evening Session—7.00pm to 8.30pm

Wednesday 1st July

Wednesday 5th August

Afternoon Session—2.00pm—3.30pm

Wednesday 5th August

Location of Bible Study will move to Wesley room or church if it clashes with Ladies Club.

Treasurer's Role

Thankfully, Tony Ludlow has agreed to step back into the role of Treasurer. However, this is a large role and he has asked whether any other members of the congregation could offer to lend him a hand with some of the roles. If you feel that you could help in any way, please speak directly to Tony, Ian Smith or Rev Joseph Ribeiro to let them know how you could help and find out more about the jobs that Tony needs help with.

Thank you

Church Working Day - Saturday 4th July at 9.00am

We are having a cleaning and maintenance day for the church on Saturday 4th July at 9.00am. For more details please see the property report on pages 14 and 15. Anyone who would like more information or can come and help on that day, please speak to Sarah Marks or Ian Smith. Thanks very much.

Notices & Events

Time Out

As in previous years, there will be no Time Out during the school holidays. The last Time Out session for this academic year will be on Sunday 12th July, and we will restart on Sunday September 6th. However, we will be providing colouring, puzzles and other activities that the children will be able to do during the services.

Annual Church Meeting

Our annual church meeting took place after a shortened service on Sunday 17th May. The meeting was chaired by Rev Joseph Ribiero and was attended by church council members and members of the congregation. If you would like to receive a copy of the minutes of this meeting, please speak to Janet Rudge or one of the Sunday Stewards and we will get one for you.

Bloom 2026

The West Midlands District is inviting everyone to Bloom, their brand new District festival, taking place on **Saturday 4 July, 10am–4pm** at **Trinity Methodist Church in Codsall, WV8 2ER**.

It's a day for all ages, bringing people together from across the District for worship, workshops, creative activities and conversation.

The theme is *Rooted & Growing*, exploring our Methodist roots and how we continue to grow together in Christ.

There'll be a wide range of things to get involved in throughout the day, so do take a look at their website wmmethodists.org.uk/bloomfestival.html to get more information or to book tickets. Attendance is free, although a donation of £5 per head is requested to cover costs.

Messy Church

A new Messy Church session has been started at St Edburgha's Church, Church Road, Yarley, Birmingham B33 8PD. They take place on the third Saturday of every month from 10.30am to 12.30pm, and the next two are on 18th July and 15th August.. Aimed at families with 0 - 11 year olds the aim is to create together, play together and eat together. All are welcome.

Services in July

Sunday 5th July

10:30am Communion Service led by Rev Joseph Ribeiro

5.00pm Lyndon People with Jo Hancock

Sunday 12th July

10:30am Service led by Barry Davis

Sunday 19th July

10:30am Service led by Ian Smith

Sunday 26th July

10:30am Service led by Cass Ryner

Services in August

Saturday 2nd August

10:30am Communion Service led by Rev Joseph Ribeiro

5.00pm Lyndon People (own arrangement)

Sunday 9th August

10:30am Service led by Lynne Tyler

Sunday 16th August

10:30am MHA Service led by Lis Helliard

Sunday 23rd August

10.30am Service led by Rev Ian Howarth

Sunday 30th August

10.30am Service led by Barry Davis

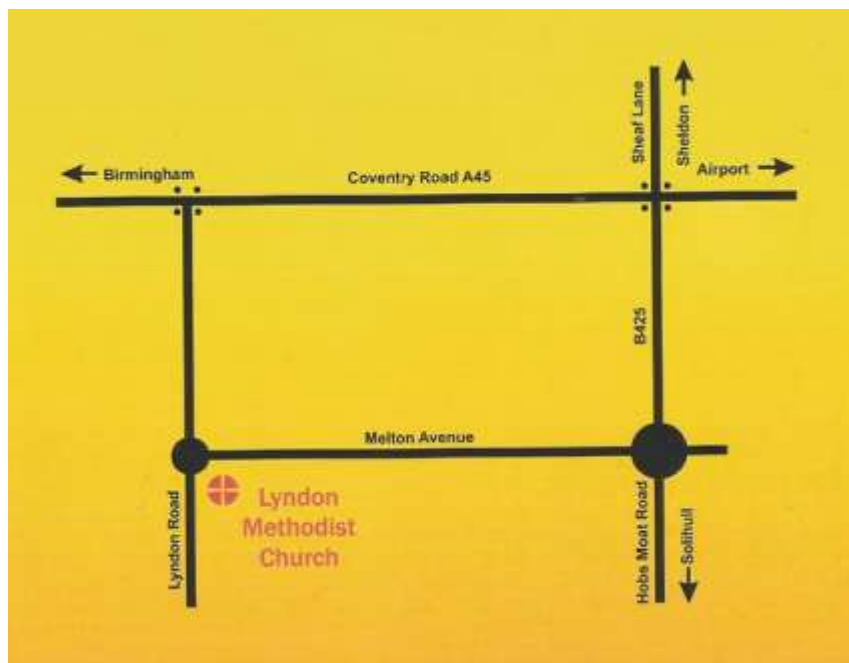
Our next issue will be September 2026

I am looking forward to receiving your contributions by

15th August 2026

by email to Lynne Tyler or to lyndonmethodist@btconnect.com

or by post to Church – address below



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