

Banners gate & Parklands

COMMUNITY & NEIGHBOURHOOD FORUM

I ISSUE FEBRUARY - WARCH 2020

www.bannersgateneighbourhoodforum.com

The dates of the next three meetings are to be arranged.

If you want Gatepost emailed to you in full colour, before it is printed, usually in black and white, please send an email to bgatepost@gmail.com with "Email Gatepost" in the subject line.

I am, or so I thought, a very savvy user of the internet, having been involved with computers since 1973. However, I was recently conned out of £155. It hurt. Not because I could not afford to lose the money, nobody can afford to lose £155. No, it was not £155 I lost, it was my pride. So I thought of all the users out there: you, your friends, your family members, your neighbours, those people you bump into every now and then - everyone who uses a computer, or a laptop, or a tablet, or a phone, or any other device that you use for emails, messaging, shopping, social media or anything to do with the internet, So, hthought, who can help us avoid the perils of the internet, the hoaxes, the cons, the scams, the criminals out to make easy money from the unwary.

In 1962 I started with the Midland Bank, who became HSBC and First Direct and I trust them. I asked if they could help and they said, "Yes."



Five representatives of HSBC are coming to the next forum meeting at the Community Hall, Reay Nadin Drive, on Monday, 30th March, to give advice on the subject of Avoiding Being Conned. Tony



The Tablet Course is in its final month, or is it? There is a possibility that additional funds can be made available to continue into April. At the moment we are meeting on Thursdays in March, as usual at 2.30 to 4 o'clock in the Communitea Café at AgeConcern, Boldmere. Since September we have covered everything possible to do with the internet via phones, tablets, iPads and Androids, even the odd laptop. If you are interested, and many are and have been, please call the editor whose number is at the bottom of the page. You do not need your own equipment, thanks to the generosity of Birmingham Airport who funded tablets, covers and insurance.





SAVE THE DATE - Boldmere Summer Festival - Sunday 7th June

Because of the current covid-19 situation we have considered the average age of residents who attend our Gatepost folding sessions, and those who attend our forum meetings, and have made the decision to cancel the events, so no foldings or forums until further notice.

Meanwhile, Nicky had a great idea of returning to the 'cottage industry' setup. The first six residents we called agreed to fold, etc., at home so we are back on track - thank you all for your efforts. If you know of any other cancellations please let us know and we'll put them on the blog. bannersgateneighbourhoodforum.com



Rob Pocock: I've been continuing to battle to get our roads and pavements improved, following the end of the 'Amey contract' with the City Council. It's now been agreed the job will be taken on, for the next 18 months at least, by Kier Highways Limited. The Amey contract

finally ends on 31 March and as from 1 April, Kier will be in charge. They will be responsible for potholes, streetlights and everyday repairs. The City Council will also be re-starting the longer-term re-construction of roads and pavements that need a full-scale overhaul, using Tarmac Construction to do these major jobs. There's a huge backlog of this work to catch up on, because of what was not done for several years by....

AVAILABLE IN LARGE PRINT. TEL: EDITOR AT 605 4947

Amey! There will be a list of backlogs published after April, of the roads and pavements now scheduled to be upgraded in the next year or two. It needs to be a real 'roads rescue' job. Once I hear more about this, I'll make sure Gatepost is the first to know. Kier are also going to have a new Highways Steward looking after our area, and I'm assured he will be keen to get out to residents meetings, so hopefully he will be able to come to the Banners Gate Neighbourhood Forum meeting when we get towards the summer. It's certainly about time we got some proper work done, on pavements, in particular, which are getting to be real trip hazards.

Finally, residents of Banners Gate and Parkwood will be interested to hear that a new community group is now up and running to do with Sutton Park. This is the 'Friends of the Gates' of Boldmere and Banners Gate. They are looking to get some further improvements to these two major entranceways to the Park. Hopefully there should also be some more wildflower seeds being planted in the area too, very soon, to add to the recent colour that Banners Gate Forum and Friends of King George Playing Fields have achieved. All in all, our neighbourhood should soon be looking even better!



Kath Scott: I have been working to develop a new City Council scheme to support the over-50s and help families who have highly dependent elders living at home. It's all part of what I set out to do a couple of years ago which is supporting people who provide care to

friends and relatives — caring for the people who care'. The new service is called the Neighbourhood Network Scheme and it is now operating across Sutton Coldfield, including the Banners Gate and Parklands area. It is run by the charity 'Compass Support' and led by a lively lady from Age Concern called Kate Gomez. I had a long meeting with her along with Rob this week, where we planned the next steps in their work. Kate is keen to get out and about, and she gave a very impressive report at our most recent 'Sutton Vesey Ward Forum' public meeting on 11th February. I hope she'll also be free to attend a future meeting of the Banners Gate Neighbourhood Forum.

They have a new budget to invest in advice and support services. One part of this, is that you can now go along and meet a professional social care worker to chat about the support you need, or that of an older relative. Just drop in to the United Reformed Church, Sutton town centre any Tuesday morning between 11am and 1pm. It's all very informal and you can check out what's around that might help. They are also funding a 'befriending service' which helps people living at home avoid being left alone, and this is also soon to be extended to cover the Banners

Gate and Parklands area. If you're interested in what's on offer just email me on kath.scott@birmingham.gov.uk.

I'm keenly aware that a lot of people lose their partner and are left living alone, and sometimes end up at a loss to know how best to get by. Often their younger family have moved away to other towns and can't get back for visits as often as they'd like. The Council can't replace the love of family, but the social care service is trying new ways to plug the gap and help people avoid being left alone and without support. If you think you know anyone in that situation, either email me or call our office on 0121 303 2039 where we'll have someone who can take your call"



Alison Jolley: The Sutton Coldfield flower beds around the town are showing the first signs of spring. One of the main objectives of the Sutton in Bloom working party is to help support all our residents, local businesses and

school communities to enjoy, value and also improve their local environment.

As environmental issues are at the top of the town council agenda, we are proud that our town is part of the Britain in Bloom competition again this year, particularly as last summer the Royal Horticultural Society judges awarded a Gold award.

We are keen to have as many local groups, residents and schools etc., to get involved again this year. It's the many volunteers who get involved that make such a difference in ensuring our green spaces, allotments, park spaces etc look their best all year round. Please do get in touch with me if you or a community

Please do get in touch with me if you or a community group would like to get involved this year. alison.jolley@suttoncoldfieldtowncouncil.gov.uk

Jan Cairns: Hi All, I hope that you have had a good Winter season and that the forthcoming Spring finds you well especially as we are currently blighted by the threat of COVID 19. Please stay safe and well.

During the Winter months as Chair of the Health and Wellbeing Partnership I have been working with our local GP's to understand where SCTC can support the introduction of Social Prescribing in the years to come where the Community in particular works with the health service to support patients in different ways where the community helps each other. SCTC know that they are positioned to support effective working between the community groups and healthcare. We will update you as partnerships progress.

Please see the outcome of the public consultation where you had your say about what you would like to see in the Regeneration of our Town Centre. All information on the SCTC website.

Cllr. Robert Pocock, <u>rob.pocock@birmingham.gov.uk</u>, tel: 0121 303 2039 (Labour Group Office), Council House, Victoria Square, Birmingham B1 1BB. Advice Bureau: Boldmere Library, 11.00 a.m. – 12.00 p.m. First Saturday of the Month.

Cllr. Kath Scott, <u>kath.scott@birmingham.gov.uk</u> tel: 0121 303 2039 (Labour Group Office), Council House, Victoria Square, Birmingham B1 1BB. Advice Bureau: Boldmere Library, LAST Thursday of each month from 2.00 - 3.00 p.m. at Boldmere Library.

Banners Gate Neighbourhood Forum Minutes held at Banners Gate Community Hall on January 27th 2020

Apologies: Jan Cairns, Hazel Pollock. **Minutes of the last meeting:** The minutes were

agreed to be correct. Proposed by Harold Jones and seconded by David Fleming.

Matters arising: Tablet course – the last Monday session was 27th January, 2020.

Future Gateposts – to acquire funding for a colour issue in May to help advertise the Boldmere Summer Festival.

Correspondence: Letter from West Midlands police - there is a new police inspector for Sutton Coldfield and Erdington, Haroon Chughtai — go on line and take a look.

Royal Sutton Coldfield Town Council has created a free online resource for the community called "Discover Sutton Coldfield" which aims to connect local activity groups, volunteers, charity groups and community organisations.

https://discoversuttoncoldfield.co.uk The website is free and you can register your details to share information.

The Vesey Ward meeting: The meeting on 30th January was cancelled and will take place on Tuesday, 11th February at the Carpenters' Arms at 7.00 pm.

Buying on the Internet: You can buy an item very cheaply or even just have to pay the Postage and Packing for under £5 but if you don't read the small print and untick the right boxes then you could find that you've signed up to a repeat order of about £80 at the full price. It's important to be able to cancel your order within 14 days and contact your bank.

Tablet course progress report: There will be four more sessions on Tuesdays in February and four more on Thursdays in March. Come with smart phones, tablets and laptops. The course can provide the use of Androids and Apple's iPads. **Coffee mornings:** Coffee mornings in the hall are on the 3rd Tuesday in the month when you can have cakes, pies and drinks with a free raffle ticket. The next one will be on 16th March.

Blog: Read the blog at

<u>bannersgateneighbourhoodforum.com</u> instead of the website, for local news.

AOB: Let Tony Willis know if you have any ideas for a speaker.

Date of next meeting is: the AGM on Monday, March 30th 2020.

Next folding is 7th May at 11.30 a.m.

The speakers will be from HSBC to help us stay safe on the internet. So come along with your questions and find out what you could do if you are conned.

Claire Hickman from Wiltshire Farm Foods was our visiting speaker.

She cooked a variety of the meals from their range for us all to taste. Claire works from the local branch at Brierley Hill and it is an established company of 28 years. She emphasised that the food was not just for old people but suitable for everyone. Her busy family love them and find them very convenient to cook from frozen and they are nutritionally balanced.

They can be delivered to your door five days per week free of charge. All the drivers are DBS checked. They provide the convenience of a variety of food with no waste or wasted effort. They supply hospitals and nurseries alike with meals such as cottage pie, fish pie and chicken curry. Their range includes vegetarian meals and they are now developing vegan ones.

The mini meals are only 500 calories but the regular and hearty meals are very popular. Soups are about 99p and meals in the Chef's favourite range are about £6.00. The company works with the Diabetic Society and uses the signpost system to highlight the contents such as reduced sugar in the custard.

The cakes, such as, Golden Syrup, Cherry and Almond and Lemon Drizzle, all keep for about five days (unless eaten of course). In order to obtain vouchers for free meals, email Tony Willis and there will be £5 off your first order for £20. There is no charge for delivery and usually no minimum order.

Claire said that she would love to return and demonstrate the new summer menu and also the Christmas menu later in the year. Everyone went home very satisfied with the food tasting and especially the cakes.

For further information please go to: www.wiltshirefarmfoods.co.uk.



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Email: info@cw-sec.co.uk Website: www.cw-sec.co.uk

Town Council encourages community to join Great British Spring Clean

Royal Sutton Coldfield Town Council is once again backing a national campaign to get over half a million people out and about cleaning up their local communities.

The Great British Spring Clean Campaign for 2020, organised by Keep Britain Tidy, will take place from 20th March to 13th April. As in previous years the Town Council is looking for individuals, community groups and businesses across the town to support the campaign by organising their own clean up event

Anyone wanting to help Sutton Coldfield be a cleaner and greener place in which to live and work is encouraged to contact the Town Council, who can help by providing litter pickers, gloves and bags to use.

For more information or to take part please call Caitlin Morgan at the Town Council on 0121 663 1765 or you can email enquiries@suttoncoldfieldtowncouncil.gov.uk







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E: contactus@tailoredprint.co.uk V



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www.rhythmcircle.co.uk

Friends of the Gates

This new group, started by Councillor Pocock for those interested in Boldmere and Banners Gates is currently discussing what improvements we, as residents, would like to see in our side of the park. At the same time Sutton Coldfield Town Council have commissioned Land Use Consultants to advise on the future of Sutton Park. If you would like to suggest any changes you would like to see in the Boldmere and Banners Gate area of the park that would enhance your experience e.g., more waste bins, maintained paths, filled potholes, improved accessibility, sports facilities or anything else, the group would be very pleased to receive your input. We have to bear in mind that the park is a Site of Special Scientific Interest, a National Nature Reserve and part of it is a Scheduled Ancient Monument and also that there is little or no money available unless special grants can be obtained. Any suggestions can be emailed to parkideas@btinternet.com.

Gillian Chant

Banners Gate Community Choir

Mondays 7.30pm -9.00pm

A community choir for all abilities.

- No experience necessary
- No fees
- Age 16+
- Traditional and contemporary music



If you love singing then we'd love to see you!

Banners Gate Community Church, Westwood Rd, B73 6UH For more info. find us on Facebook @bacchoir



Sutton Coldfield Upper Clifton Road, B73 6AB 0121 296 9543

20 Mar TOWN HALL TALKS: AN EVENING WITH JEREMY VINE 'What the Hell's Going On?'

Jeremy Vine (BBC R2, Channel 5) tries to make sense of the world in his entertaining talk, plus

audience interaction session! Book signing 6pm, Show 7pm £17

21 Mar **SINGALONG 80s** Second in our singalong season with live 80s band, 'Back to the 80s' and big screen lyrics. Fancy dresss encouraged! £14 24-28 Mar **LEGALLY BLONDE** THE MUSICAL

TUDOR MUSICAL COMEDY SOCIETY Join Harvard's beloved blonde Elle Woods in a fabulously fun award-winning musical based on the hit film. £14-£19

Coming soon! See website for details

5 Apr **EASY SINGALONG** 2pm £8 Chilled Sunday songs, featuring piano & vocals,

 $big\ screen\ lyrics\ and\ cosy\ singalong\ classics\ from\ Manilow\ to\ The\ Carpenters.\ Bar\ open\ from\ 1pm.$

8 Apr **THE LITTLE MIX SHOW** 'Woman Like Me' They're back with their latest tribute show! £15

12 Apr PETER & PAT'S SPRING DANCE Call 01926 511 966 for tickets and information

17 Apr DEFINITELY MIGHTBE (OASIS) PLUS TRIBUTE TO THE JAM £14

19 Apr SUTTON VINTAGE AND ARTS FAIR

29 April - 2 May CRAZY FOR YOU (MANOR) www.manormusicaltheatrecompany.co.uk

5 - 9 May JESUS CHRIST SUPERSTAR (SUTTON COLDFIELD MUSICAL YOUTH THEATRE) On sale

9 - 17 May SUTTON COLDFIELD SOCIETY OF ARTISTS Exhibition. Free entry

7 May MATINEE: VE DAY TEA DANCE On sale soon

10 May SUTTON COLDFIELD CHORAL SOCIETY Joseph Haydn: The Creation

11 May TOWN HALL TALKS: DAVID STARKEY 'Henry VIII: Man, Monster and the Maker of England' 7pm with book signing in the bar beforehand. £17.50

15 May KNIGHTMARE LIVE! Comedy Stage adaptation of the cult TV show. 8pm £12.50 + fee



What's on next at Highbury Theatre?

Deep Cut from 17-21 then 24-28 March

Written by Philip Ralph and directed by Liz Parry. A docudrama based on real life events. Some strong language. Free glass of wine on 18 March!

FILM - Ice Cold in Alex (cert PG) 22 March
Epic journey across the Egyptian desert during WW2.

FILM - Tommy (cert 15) 18 April Cult classic based on The Who's 1969 album.

The Children from 28 April-2 May then 5-9 May

Written by Lucy Kirkwood and directed by Anne Bravey.
This is a thought provoking drama about collective responsibility. Some strong language.

Free glass of wine on 29 April!

FILM - Commitments (cert 15) 3 May Forming a band on a Dublin council estate.

All performances start at 7.30pm. Tickets available from Highbury Theatre Box Office, Sheffield Road, Sutton Coldfield, B73 5HD tel: 0121 373 2761 or book online at https://www.ticketsource.co.uk/highburytheatre/events

www.highburytheatre.co.uk

For more information, follow us on Facebook, Instagram, Twitter

HOLY TRINITY PARISH CHURCH Tel: 0121 321 1144 Email: friends@htsc.org.uk

SATURDAY // MARCH 21ST 2020 // 7.30PM



CITY OF LICHFIELD CONCERT BAND

SATURDAY // MAY 16TH 2020 // 7.30PM



100 years on from its foundation, the City of Lichfield Concert Band has a special relationship with the City of Lichfield and plays for civic events and other public ceremonies. Several concerts are given in the Guildhall each year and the band also play at the annual 'Proms in Beacon Park'. In April 2016 the band performed at the finals of the National Concert Band Festival at the Royal Northern College of Music Manchester.



MOVE AGAINST CANCER 5K YOUR WAY

We are inviting anyone who is living with or beyond cancer, families, friends and healthcare professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer parkrun.

All ages and abilities are encouraged and welcome. Lots of us will be walking.

When: The last Saturday of every month. 9.00am parkrun start.

See below for meeting point and time.

Where:

Walsall Arboretum Visitor Centre steps

(meet at 8.45a

Ambassador: Anne Kelsall, Wendy Cole & Sarah Hinkley

It's Free!

Get in touch and let us know you will be coming.

info@5kyourway.org | # www.5kyourway.org

www.5kyourway.org/register

Don't forget to register with parkrun to get your barcode



Plastic free - eco-friendly zero waste - organic vegan - sustainable - ethical - non-profit - social enterprise - community interest company - small local – independent - run by unpaid volunteers.

Bring your plastic bottles and containers household cleaning & toiletry liquid refills toiletries & household cleaning tools. Fresh fruit & veg - dried whole foods herbs, spices and nuts. Coming soon: vegan cheese - - bread & other baked goods. See us at *The Indoor* Market, South Parade and on Facebook.



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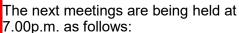
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Residents are always welcome to attend the meetings of the Town Council and its committees.



23 March - Strategy & Resources

31 March - Town Council Meeting

1 April - Planning & Highways Committee

22 April - Strategy & Resources

28 April - Town Council Meeting

5 May - Planning & Highways Committee

13 May- Town Council Meeting

14 May - Amenities, Leisure & Community

They are usually held at the Town Hall but check on the Town Council website before setting off!







For all occasions & functions we provide

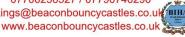
Bouncy Castles - Soft Play - Garden Games - Partyware -

Birthdays - Weddings - Christenings - School Fetes -

Indoor / Outdoor Hire Family Run Business Children's & Adult Castles Public Liability Insurance

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 - * 5 lessons per week at 4 different venues *
 - * Enthusiastic and experienced instructors *
 - * Four chances to grade a year for lower grades *
- * Local and national kickboxing and jujitsu competitions open to all students *

Contact Steve on 07738 917 821 or Gary on 07921 132 860 or email chong.fouroaks@gmail.com





nday & Wednesday

Blue Coats School Gym WS1 2ND

Kids: 6.00pm—7.00pm

Mere Green

Community Centre Adults & Juniors:

7.00pm—8.30pm

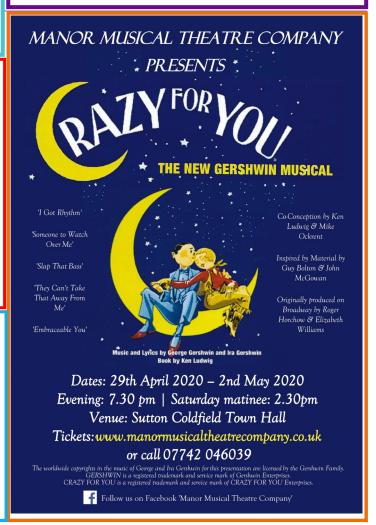
Wednesday Sutton Girls' School

(Dance Studio at the Back of the building)

Adults & Juniors (12+): 7.00pm—8.30pm

All Saints' Church Hall Kids: 6.00pm-7.00pm

Adults: 7.00pm-8.30pm



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BANNERS GATE COMMUNITY HALL, REAY NADIN DRIVE, SUTTON COLDFIELD, B73 6UR

St. George's Day

Banners Gate Community Association invites you to our annual

St. George's Day Quiz with Fish & **Chip Supper**

at Banners Gate Community Church Hall, Westwood Road on Saturday 25th April 2020. Tickets are £8 each (includes fish supper

condiments, rolls and butter, and unlimited to and

and are available from Tracy on 0780 32 0 351.

Tickets MUST be booked and paid for in advance (so that the food can be ordered) and your lickets will be delivered to you in the week before the quiz so that money can be collected; a table to match the size of your team will then be allocated and reserved for you.

Please note that the verue will again be the Community

Ch in h H II this year due to the popularity of this

event. Size verhanks to the Community Church for their generosity in offering their lovely hall for this event once again, and to our loyal core of regular guizzers for your support.

PLEASE, to allow us sufficient time to set up in our guest venue, DO NOT ARRIVE BEFORE 6:45;

your seats will be reserved at a table with your team name on it, and we look forward to seeing you there!

Doors open at 6:45pm to start at 7:15pm. Bring your own booze, and glasses if possible.

Sutton Coldfield Disability Action Group - SCDAG



Sutton Coldfield Disability Action Group (SCDAG) has been very proud to have hosted a very successful networking event in January at the Town Hall for local service providers for people with disabilities as well as service users and community support services. It is clear that services for the support for young and older adults is less consistent outside of the education structure as a result of funding and most certainly in Sutton Coldfield there are improvements required to enable disabled people to have equal access to work.

education, leisure, sport and everyday life needs and pleasures.

SCDAG will continue to promote positive change for disabled people in Sutton Coldfield by supporting service providers, lobbying statutory bodies to enable positive change and to create a platform to highlight inequalities for disabled people.

There will be future events and those dates will be advertised via our website and social media later in the year.

We can be contacted on 07706 971966. It is not manned 24/7 so please leave a message and we will return your call.



CRIME REPORTING

Sue Atkins is the Neighbourhood Watch Co-ordinator for the Banners Gate area. Tel: 0121 354 6571

or email: sue atkins@blueyonder.co.uk



The new Police Inspector, Haroon Chughtai promised a monthly update on the activities of the police. For his latest update for March please visit the link below which will take you to the Banners Gate Neighbourhood Forum blog, as will www.bannersgateneighbourhoodforum.com

March Update from Inspector Haroon Chughtai, 2020 March 10th

COFFEE MORNINGS St. Columba's Church Hall

Coffee morning on 2nd Thursday each month (except August) from 10.30 a.m. to 12 noon. No Coffee Morning in April - Easter Holidays - so just May 14th. Coffee, cakes and chat, Book swap, A warm welcome to all is assured.





Messy Church @ 4 p.m. in the Church Hall, 19th July 2020

Come and join us as we make things together, eat, have fun and hear a story from the bible.

For more information see our website:

www.stcolumbasbannersgate.co.uk

We are now on Facebook too – search for us "St Columba's Banners Gate"



St Columba's Church

Banners Gate Road



SPRING



16th May 2020 @ 11.00am—2.00pm in the Church Hall

LUNCHES & LIGHT REFRESHMENTS: INCLUDING PLOUGHMAN'S & HOMEMADE DESSERTS PLANT STALL

CAKE STALL, GIFTS, GAMES, BOOKS, BRIC-A-BRAC, TOYS AND TOMBOLA IN AID OF CHURCH FUNDS





Christian Fellowship (Pheasey)

Worship and Communion Service Sunday 10:00am

We are a small evangelical group who meet for worship every Sunday morning at the Beacon Church, Collingwood Drive, Pheasey Estate, Great Barr B43 7JL kingswaypheasey@gmail.com

Please look for the Beacon Room - Everyone welcome

Stay and Play Toddler Group and Mums'

coffee mornings

Who? Parents and children of all age groups and

Parents /carers - with or without children are welcome

Come along to the coffee morning and enjoy tea,

coffee and toast / biscuits, while having an opportunity to meet new friends and other parents in the community!!

When? Every Wednesday term time only.

Time: 9.15 a.m. – 11.00 a.m.

Where? St Columba's Church Hall.

Enquiries- Sharon 07552 75 71 77

WHAT'S ON @ BANNERS GATE COMMUNITY CHURCH

MONDAY

Move It or Lose It, (now finished, lack of support)

Mornings 10.00 - 11.00

Contact Heather on 07913820653

Banners Gate Community Choir

Evenings 7.30 – 8.45 (term time only)

Contact Beth on 07719857450

TUESDAY

Dance, Dance,

Mornings 10.30 - 12.30. Ballroom, Latin, Modern

Contact Dawn on 0121 783 5584

Vital Physiotherapy

Afternoon/evenings: contact Eric on 07896419167

Camera Club

Evenings 8.00 - 10.00 on 2nd Tuesday in month

Contact Graham on 07506969233

WEDNESDAY

Baby Sensory

Morning sessions at 9.30, 11.00 & 12.30

Contact Tracy on 07753825622

THURSDAY

Art Class

Afternoons 2.00 - 4.00

Contact Dave on 0121 353 5338

Townswomen's Guild

Evenings at 7.30 (4th and 2nd alternate months)

Contact Josie Orme 0121 352 1042

FRIDAY

Pre School Phonics Class

Mornings 10.30 - 11.15

Contact Jenna on 07540583283

SATURDAY

RugbyTots

Mornings for children aged 2-7.

Contact Matthew on 0345 313 0803

SLINDAY

Morning Family Worship 10.30 to 11.45 Contact Church Office on 0121 353 0230

Sutton Park Surgery

www.suttonparksurgery.nhs.uk



Osteopathy appointments available, with myself, based in the heart of Four Oaks.

Osteopathic Treatment can help with the following:

- Generalised aches and pains
 - Joint Pains
- Osteoarthritis / Arthritic pain
- General, acute & chronic backache
 - Neck pain
 - Frozen shoulder / Tennis elbow
 - Sciatica
 - Muscle spasms
 - Neuralgia
 - Sports injuries

Call or email me for any questions or appointments on; 07855389528 or stephleesosteopathy@hotmail.com



The Clarence Spa, 312 Clarence Road, B74 4LT



Registered & Insured Medical Practitioner offering a range of non-surgical aesthetic & skincare treatments including:

- Anti-Wrinkle Injections Dermal Fillers
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AGECONCE

Are you a Carer in North **Birmingham?**







Are you caring for your spouse, relative or friend?

We can offer 1-1 support planning sessions to support your wellbeing within your home or a venue of your choice

Age Concern Birmingham

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FREE service

- A weekly home visit, support & befriending service for all Carers
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Opening Hours

Monday -Friday

9am – 5 pm

Angel Dental Clinic has a Membership Plan which registers you here and covers your Essential Dental needs:

Regular check-ups, small radiographs, scaling and polishing, and 10% discount off any treatments you may need. This plan also has a World Wide Dental Trauma and Emergency Callout Insurance Policy. The plan is very affordable and paid for on a monthly basis. Registration numbers are limited. For more information please discuss this with our team who are more than happy to explain the benefits of Membership.

To discuss your treatment and appointment needs, please contact our Receptionist on : 0121 353 0483





- Urgent Dental Treatments - Gum and Periodontal Care - Restorative Dentistry

- Family Dental Care

- White fillings
- Veneers, Crowns & Bridges

Angel Dental Clinic provides:

- Denture work and Repairs
- Dental Implants
- Orthodontic Services
- Cosmetic Treatments
- Teeth Whitening
- Sports Mouthguards
- Oral Health Products

Angel Dental Opening Hours:



1 Sutton Oak Corner, Bakers Lane

Sutton Coldfield, B74 2DH

The Pit Stop Cafe @ St Columba's.

9am - 12 noon 1st Saturday of the month - March 7th April 4th, May 2nd, June 6th

Just run the 5K? Need a pit stop? Just woken up, got dressed and wondering what to do next? Whatever your morning has involved why not come and join us. Tea, coffee and space for conversation at St Columba's Church Hall, Banners Gate Road, B73 6TX.

www.stcolumbasbannersgate.co.uk

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CREATE at the Gate with K & S

We are a small group of crafters who meet on the **first Sunday of every month, between 11.30am and 2.30pm.** If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us. There is a wealth of knowledge between us and we usually learn something new each month from each other at Banners Gate Community Hall.

There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do.



ERDINGTON OPERATIC SOCIETY





we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07<u>986 952 546</u>

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield. If you would like to know about our service ring the number above Or visit our web site www.newhorizonscounselling.org.

The Banners Gate Community Hall is available at times during the week, including weekends.

The hall is approx. 38' x 21' (11.6m x 6.4m)

The kitchen is approx. 11' x 7' (3.4m x 2.2m)

The Jarrett room is approx. 13' x 8' (4m x 2.5m)

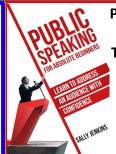
The ladies has 2 cubicles and a nappy changing table.

There is a gents/disabled toilet.

The building is step-free.

For further booking information go to:

www.bannersgatecommunityassociation.org



Public Speaking for Absolute Beginners by Sally Jenkins Tips on constructing and presenting all types of speeches.

Available on Amazon or direct from the author:

sallysjenkins@btinternet.com 0121 354 9941

Sutton Coldfield Speakers' Club at New Venue

The next meetings will be Thursdays, **9th** & **23rd** April and **14th** & **28th** May. at Boldmere St, Michael's Football Club. We meet at 7:30 p.m. for 7:45 p.m. start - Visitors always welcome.

Build Confidence - Make New Friends, Have Fun.

Tel: Sally 0121 354 9941 http://www.suttonspeakers.co.uk/



admin@luckybuntys.co.uk

Do you have any of these items?



HATHA YOGA

Banners Gate Community Hall, Thursdays 10.00 -11.00 a.m. Beginners class £5.50 per session Please call Tricia on 07954 403943.



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2

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A promise made behind bars must be kept on the

'Jenkins weaves a web of intrigue' - Judith Cutler.

The Promise is dark fiction set in Birmingham. Available via book shops, Amazon etc.

From Lent to Easter at St Columba's 2020.

Wed 18th and Thurs 19th March

Wed 25th and Thurs 26th March Wed 1st and Thurs 2nd April

We then continue our journey through Lent with

and Wednesday 8th April @7.30pm in the Upper

Our Maundy Thursday Service is on the 9th April

Our Good Friday Vigil is on the 10th April @2pm

We celebrate Easter Day on April 12th @10am.

short prayer meetings on Monday 6th, Tuesday 7th

Our Lent Group will meet on Wednesday evenings @7.30pm in Upper Room and

Thursday afternoons @1pm in Church Hall. Do come and join us on the following dates if

sue@petstay.net 0121 769 2706 07724 212204 **West Midlands North Branch**



You'd be barking not to come to **Streetly Vets**

89 Blackwood Road, Sutton Coldfield B74 3PW Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets

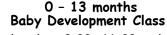




SWIMMING LESSONS

for ages 4 and upwards: Tuesday, Wednesday & Friday Evenings Local Pools ~ All Abilities Badge Work ~ Qualified Instructors 0121 353 6616





Wednesdays 9.30, 11.00 and 12.30

Music, singing, exercise, massage, signing, light shows, bubbles, bells, tickly feathers and many more!! For more details:

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

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Lee Nugent

36 Banners Gate Road Sutton Coldfield B73 6RX Office: 0121 354 5446 Mobile: 07934 15 19 20 Lee.nugent1@virginmedia.com





Please come and join us as we journey through Lent and Easter

together.

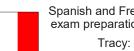
If you have any questions speak to Rev. Beccy: 0121 354 5873 or email her: vicar.bannersgate@gmail.com





HOME TUITION

Key Stage Two SATs tuition: English comprehension, spelling, punctuation, and grammar.

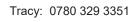


Spanish and French: leisure courses and exam preparation to GCSE and A-level.



11





BOOKING SE	CRETARIES:	UNIFORMED ORGANISATIONS:		
Sat				
Fri 6.00—8.00pm	Make It Happen Dance Co	Community Hall	Mario Ferko 07908	51 76 84
Thurs 6.15am - 7.15am 10.00 am 10.00—11.00 am 6.30 - 9.45 pm 7.15 - 10.15 pm (4th & 2nd alt months) 7.30 pm (1st) 8.00 pm	Stay in Focus Fitness Holy Communion Yoga Zig Zag Dance Studio Bridge Townswomen's Guild Mothers' Union	Community Hall St. Columba's Community Hall St. Columba's Community Hall Banners Gate CC St. Columba's	Tricia 07954 Warren 01902 Sylvia Cunnington 07870 Josie Orme Judith Fennell	354 5873 40 39 43 897 900 82 98 37 352 1042 354 4390
Wed 9.30, 11.00 & 12.30 10.30 - 12.30 6 pm - 7pm 7.15—8.15	Baby Sensory Guide Dog Training Mid-week Service Bible Study I Yoga. Midlands	Banners Gate CC Community Hall Community Hall Community Hall	Tracy Jones 0775 Madge Nightingale Ola Samuel 07565 Angela Brookes 07939	82 56 22 360 0286 65 27 62 547392
Tues 9.15 - 12.00pm 6.15 am - 7.15am 4.30 - 5.25 & 5.30 - 6.25 6.30 - 7.30 & 7.30 - 8.30 7.45 pm	Coffee Morning 3rd Tuesdays Stay in Focus Fitness IKA Sutton Kickboxing Line Dancing Chikara Karate Kai	Community Hall Community Hall Community Hall Community Hall St. Columba's	Chris Brown 07914 Joe 07864 Diane Pursall Paul Murphy 07837	79 44 56 84 22 99 747 4659 39 57 89
Mon 6.15am - 7.15am 11am - 1.00pm 5.30 - 7.00pm 7.30 - 8.30 pm	The Girls' Society	Community Hall Community Hall Community Hall Community Hall	Barbara H-Walker 07872 98 76 10 Diane Pursall	553 6483 747 4659
For details 9.00 am - 11.00am	Family Čommunion see website at www.saintcolumb Loveworld Church Family Worship Chikara Karate Kai	St. Columba's asbannersgate.co.uk Community Hall Banners Gate CC Scout Hall	Ola Samuel 07565 Terry Lockyer Paul Murphy 07837	354 5873 65 27 62 353 0230 39 57 89
Sun (1st) 11.00 –2.00 pm (1st) 4 - 7pm (1st) 7.00pm—8.00pm	Global Communion Soul Yoga	Community Hall Community Hall Community Hall	Kathy Weston Pastor Chris 07565	628 6651 65 27 62
DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.

UNIFORMED ORGANISATIONS: Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191 **Useful telephone numbers**

Sutton and Kingstanding Police: 101

Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7 Citizens Advice

BANNERS GATE COUNSELLING CENTRE

03444 111 444

Accessible and Affordable Counselling to Adults in the Community. The Upper Room St. Michael's House 198 Boldmere Road Sutton Coldfield Tel: 0121 354 6544 For information or an appointment please ring after 10 a.m. daily, except Wednesday

Gatepost always needs volunteers. to cover illness and holidays, for deliveries of Gatepost - just 20 minutes every other month. Please call 605 4947 for further details if you think you can help us.



Scout Hall

Patron HRH The Princess Royal GCVO

Thurs. 26th March A.G.M. - Main Guild Meet Wed. 22nd April 50th Birthday Party

Community Hall mobile: 075 65 54 68 21
Banners Gate CC - June Dadd 07443 22 65 30
St. Columba's - Sallyanne Rowley 693 0084

A & R Talliss 353 8166

Thurs. 23rd April A Taste of Burlesque - Main **Guild Meeting**

Thurs. 14th May Little Aston Bell Ringers -Simply Social Meeting

Thurs. 28th May Mandate Discussion - Main **Guild Meeting**

New members welcome.

If you wish to join our vibrant Guild please get in touch with Josie Orme 0121 352 1042.



Wanted, a Vice-Chair for the **Forum**

The job: mainly to stand in for the Chair, if absent, but also to help with new ideas and to assist in maintaining the wide range of speakers we have for each meeting. For further details please call 605 4947.

The 18th Sutton Coldfield West Scout Group and the 15th Sutton Coldfield West Scout Group have merged and are now named the 33rd Headquarters are at the Scout Hut, Coppice View Road. B73 6UE.

33rd Sutton Coldfield Scout Group, H.Q. Coppice View Road

Beavers 5.30 p.m. -6.45 p.m. ages 6 - 8 years

Monday 7.00° p.m. -9.00° p.m. ages $10\frac{1}{2} - 14$ years Scouts

Beavers 5.40 p.m. - 6.40 p.m. ages 6 - 8 yearsTuesday $7.00 \text{ p.m.} - 8.30 \text{ p.m. ages } 8 - 10 \frac{1}{2} \text{ years}$ Cubs

Thursday Cubs 7.00 p.m. -8.30 p.m. ages $8 - 10 \frac{1}{2}$ years

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100

Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides.

There are also places available in both Brownie units in September for girls aged 7 or 8.

For more information contact Carol Gardner on 350 7191.

Girlguiding UK Day/Time Activity Venue Contact Tel Mon 6.00 - 7.30pm 39th Brownies St Columba's Hall 354 5873 Tues 6.00 - 7.30pm 45th Brownies St Columba's Hall Carol Gardner 350 7191 39th Rainbows St Columba's Hall Thurs 5.00 - 6.00pm 354 5873