



# Banners Gate & Parklands Community & Neighbourhood Forum

155<sup>th</sup> February 2022

[bannersgateneighbourhoodforum.com](http://bannersgateneighbourhoodforum.com)

If you want **Gatepost** emailed to you, all 40 pages, including cartoons and puzzles, in full colour, wherever you live, **free of charge**, every month, please send an email to [bgatepost@gmail.com](mailto:bgatepost@gmail.com) with "Email Gatepost" in the subject line. You can cancel at any time by email with "Stop Gatepost" in the subject line. When you receive it, make use of the - & + at the centre of the top of the page for close-ups of pictures or to enlarge text.



*I asked Harold how his walking was going, here is his answer.*

By Monday 28th February 2022 - daily walking from start of first Shut Down: miles walked, 345 (555 km); laps walked, 21,710 (One lap across back of bungalow, down one side and back = 28 yards. I walk 40 laps per day). Equivalent to Lands' End, 289 miles and 55 miles on return journey. Money raised to date for Motor Neurone Disease £9,377 (Initial aim is £10,000)

Part of my TV interview can still be seen on the internet at [Captain Sir Thomas Moore inspires Sutton Coldfield man's walks.](#)

My Just Giving site is [www.justgiving.com/Harold-Jones4](http://www.justgiving.com/Harold-Jones4). I am now 98, 99 in July, and have been out weathering each of the recent storms Dudley, Eunice and Franklin. *Harold*

Please be reminded that this edition of Gatepost is in pdf format. If the text or photos are too small, you can enlarge them at least five times if you use the - & + buttons at the centre of the top of the screen.



## **Rob Pocock: GREENWAY BIKERS - UPDATE**

In last month's Gatepost I wrote about the recurrence of quad bikes and motorcycle 'scrambling' along sections of the Greenway. I have since been working with the Neighbourhood Police and City Parks department to see what can be done about this. I fixed a site meeting with Zulf from the Police and Danny from Parks on the morning Friday 18<sup>th</sup> Feb – little knowing this was to be the peak time of Storm Eunice! Amazingly, we all turned up and battled through the rain and gales to check how bikes are entering and leaving the site.

The most promising 'pinch point' are the pathways onto the Greenway from Banners Walk which is over the border with Kingstanding. This land is managed by the City Housing Department and it was agreed that Parks and Housing would together assess tightening barriers and 'chicanes' to deter bikers from accessing via this route. It's quite complicated as there are several accessways onto the site at that point, but the aim is to see whatever practical measures are possible. In the meantime the Police have upped the patrol frequency and indeed effected an operation on a recent Sunday afternoon that successfully identified a group of offenders.

## **PARK USERS PANEL**

Many thanks to residents who have expressed interest in joining a Sutton Park Users Panel, to have a say on the future management of the Park. There is progress at last on the City and Town Councils coming together to jointly oversee the Park, along with the national statutory agencies that include Natural England (ecology), the Environment Agency (water quality) and Defra (heritage funding). If you are interested in the Park Users panel just drop me an email at [rob.pocock@birmingham.gov.uk](mailto:rob.pocock@birmingham.gov.uk).

## **CONGRATULATIONS TO KING GEORGE**

Finally, congratulations to the Friends of King George V Playing Fields for winning their £1,000 bid to our Vesey Ward 'Celebrating Communities' Commonwealth Games fund. The Friends are one of 10 groups to succeed, and Tony has a separate piece about this elsewhere in this issue of Gatepost. It promises to be another positive achievement for local residents!



**Alison Jolley:** Hot off the press: Town Ranger Update The accompanying pictures tell the story of how winter weather and frequent storms cause huge amounts of leaves to become compacted along grass verges and pavements. A definite trip hazard for all pedestrians. The second photo proves how successful The Town Ranger service has become since its inception at the end of 2020. Fully funded and totally orchestrated by

**AVAILABLE IN LARGE PRINT. TEL: EDITOR AT 605 4947**

Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: 605 4947, or [bgatepost@gmail.com](mailto:bgatepost@gmail.com) **Next deadline: March 24<sup>th</sup>.**

Printed by NEWTON PRINT The Complete Print Service, Sutton Coldfield. Tel: 07786 93 36 96

our Town Council, over 500 tasks in nearly 300 different locations have been completed throughout the town. As I have travelled through Vesey and also from your own reports the Ranger work force can be seen as being a hugely successful asset to the whole of Sutton. Vesey ward alone has benefited from many instances of Graffiti and litter removal, clearance of leaf compaction, together with cutting back of

overgrown vegetation. All work vehicles are totally emission free alongside all the rechargeable tools they use during the course of the day. I contact this service regularly as and when troublesome areas are identified, response is fast, reliable and effective. We are indeed fortunate this service exists and is available for the whole of Sutton Coldfield. Please continue to get in touch: [alison.jolley@suttoncoldfieldtowncouncil.gov.uk](mailto:alison.jolley@suttoncoldfieldtowncouncil.gov.uk)



### Coffee Time Once Again!

St Columba's Church at Banners Gate is pleased that their much-enjoyed coffee morning, will be starting up again on Friday 29 April from 10.30 to 12 midday. They will then continue to meet on the last Friday of every month and welcome all those who would like to come along for Coffee, Tea, biscuits and cake, whilst enjoying the company of others. Do pop along, from experience I can highly recommend it.

Alison Jolley

### Friends of King George V Playing Fields



As Rob wrote in his piece, we, Friends of King George V Playing Fields, have won our bid for £1000 to promote the Fields with respect to the Commonwealth Games.

The points we made, three of them, were as follows:

1. The founding purpose of the Fields was to **"promote sport, recreation and pastimes amongst local residents not already engaged"**. Therefore, because of King George V we have sports promotion.
2. When King George V died in 1936, the Lord Mayor of London formed a committee to decide what would be the best memorial. They decided on **"Fields in Trust"** and raised the money to provide 471 of them all over the UK. So, we have a place to practice our sports.
3. In 1930 the British Empire Games were held in **Hamilton, Canada**. In 1931 King George V removed **Empire** and replaced it with **Commonwealth of Nations**, after which the British Empire Games became the **Commonwealth Game**. Effectively, King George V named them **The Commonwealth Games**.

How will we spend the money? We will hold a **launch event** on the Fields in June 2022 to unveil a new information board. It will include the history of the King George V Playing Fields and a map of the points of interest on the Fields. The launch will bring people together to highlight the history of the site and the connection between King George V Playing Fields and the Commonwealth Games. It will also be a community warm-up in preparation for the Games and the Triathlon event held, on 28<sup>th</sup> and 30<sup>th</sup> July 2022. There will be branded Commonwealth Games materials on display as part of the build-up. Date and time will be in Gatepost nearer to the event.

Cllr. Robert Pocock, [rob.pocock@birmingham.gov.uk](mailto:rob.pocock@birmingham.gov.uk), 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, [kath.scott@birmingham.gov.uk](mailto:kath.scott@birmingham.gov.uk) 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.

# The Queen's Jubilee 2022

In 2022, Her Majesty The Queen will become the first British Monarch to celebrate a Platinum Jubilee, seventy years of service , having acceded to the throne on the 6<sup>th</sup> February 1952.

Throughout the celebration year Her Majesty and members of the Royal Family will travel around the Country to undertake a variety of engagements to mark this historic occasion.

The focal point of the Platinum Jubilee celebrations will be the Jubilee Weekend in June 2022.

There will be an extended bank holiday from Thursday 2<sup>nd</sup> June to Sunday 5<sup>th</sup> June.

This Bank Holiday Weekend will provide an opportunity for communities and people throughout the United Kingdom to come together to celebrate this historic milestone.

Details of the official arrangements can be found at ;

<https://www.royal.uk/platinum-jubilee-central-weekend>.

But briefly the arrangements are as follows;

## **Thursday 2<sup>nd</sup> June**

The Queen's Birthday Parade - **Trooping the Colour**. 1400 Soldiers, 200 Horses and 400 Musicians will parade from Buckingham Palace along the Mall to Horse Guards Parade.

There will be a number of Jubilee Beacons lit across the Country as well as in the Capital Cities of Commonwealth Countries.

## **Friday 3<sup>rd</sup> June**

There will be a Service of Thanksgiving in St Pauls Cathedral.

## **Saturday 4<sup>th</sup> June**

The Queen will attend the Derby at Epsom Downs.

Later there will be a Platinum Party at Buckingham Palace.

The BBC will produce a live concert to celebrate the most significant and joyous events in the Queen's seventy year reign.

## **Sunday 5<sup>th</sup> June    The BIG JUBILEE LUNCH**

People are invited to share friendship , food and fun with neighbours by holding local street parties.

Lunch can be big or small, with street parties, picnics, tea and cakes, barbeques.

The culmination of the Celebratory Weekend will be a Platinum Jubilee Pageant.

This will feature over 5000 people from across the United Kingdom and the Commonwealth and will be held against the backdrop of Buckingham Palace. The Pageant will feature Street Art/ Theatre / Circus/Carnival and costume .

I hope everyone in our Royal Town will get involved and start planning now for this wonderful occasion.

Cllr Terry Wood



## St Columba's Church

### An Invitation to Pray for Peace in Lent

Tuesday 1 March is Pancake Day. It is a day that is met with much joy in our household and preparations are well under way, with lemons and sugar already purchased. Ash Wednesday follows on, a significant day in the church calendar, moving the Church into the season of Lent.

In normal times Lent offers us 40 days of preparation. In a busy world we are encouraged to find space for prayer and reflection. Christians all over the world pray, fast, eat frugally or give up treats to follow the example of Jesus who fasted for forty days in the wilderness. People also give to charity, set aside time to study the bible and meet with others to reflect on Jesus's life and prepare for Holy Week and Easter Day.

This year we find ourselves in very worrying times. The Archbishops of Canterbury and York have called us to pray for peace and to "place our trust in Jesus Christ, the author of peace" They have also supported the call from Pope Francis for a global day of prayer and fasting for peace on Ash Wednesday, March 2.

And so, we will do just that.

**On Ash Wednesday St Columba's will hold an Ash Wednesday Service which will start at 7.30pm. It will last an hour and together we will pray for peace. Peace will remain our focus throughout Lent and this will be our prayer. Join with us if you are able, either in Church or at home.**

Revd Beccy 0121 354 5873; vicar.bannersgate@gmail.com

### A Prayer for Ukraine

God of peace and justice,  
we pray for the people of Ukraine today.  
We pray for peace and the laying down of weapons.  
We pray for all those who fear for tomorrow,  
that your Spirit of comfort would draw near to them.  
We pray for those with power over war or peace,  
for wisdom, discernment and compassion  
to guide their decisions.  
Above all, we pray for all your precious children, at risk and in fear,  
that you would hold and protect them.  
We pray in the name of Jesus, the Prince of Peace.  
Amen.

**Archbishop Justin Welby  
Archbishop Stephen Cottrell**





## Commonwealth Games Update

If you're not already aware, the Triathlon for the Birmingham 2022

Commonwealth Games will be taking place in Boldmere on **Friday 29<sup>th</sup> July** and **Sunday 31<sup>st</sup> July**. The Boldmere Gate area of Sutton Park, Powell's Pool, Boldmere's high street and residential streets will all be on display to the whole world. This is a once in a lifetime opportunity to watch international athletes competing in our Boldmere community.

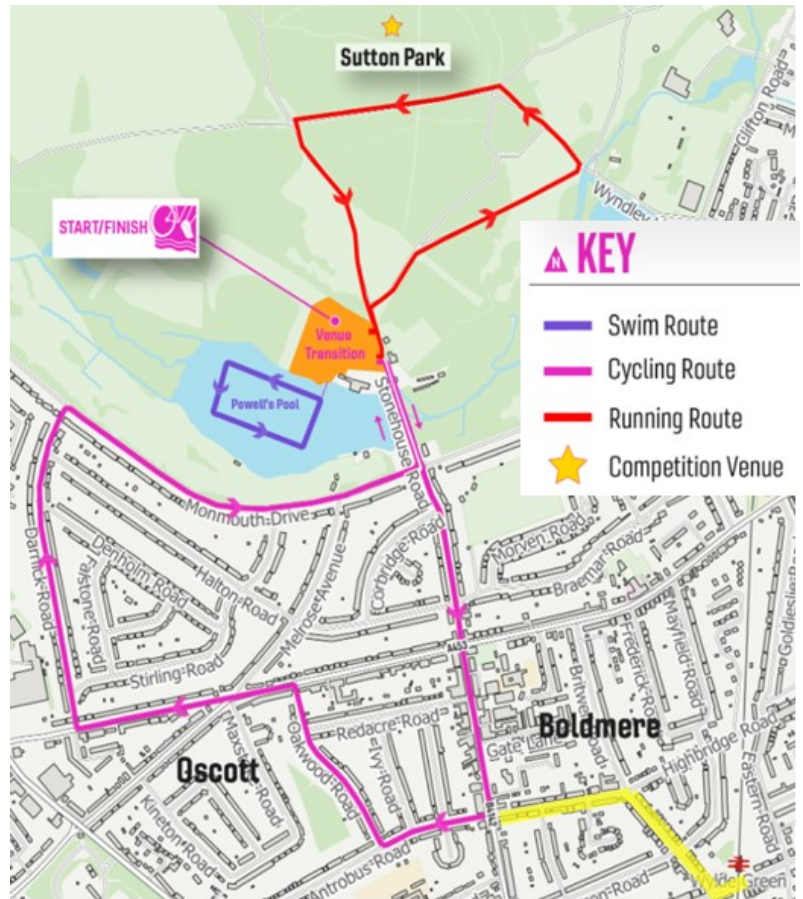
Tickets have sold out for the enclosure by Powell's Pool, but anybody can watch the athletes cycling along Boldmere's roads free of charge. Late last year, Birmingham 2022 revealed the route to the public which we can now share with you. Cyclists will leave the park along Stonehouse Road, continue straight on Stonehouse Road at the island, continue straight up Boldmere's high street on Boldmere Road, turn right onto Antrobus Road, turn right onto Oakwood Road by the postbox, turn left onto Jockey Road, continue straight on Jockey Road at the island with Melrose Avenue and College Road (going the 'wrong' side of the island), turn right onto Darnick Road and finally right onto Monmouth Drive before returning to the Stonehouse Road island and repeating the route another 3 times (4 in total).

Whilst paid spectators will be directed from Sutton Coldfield station through the park, thousands of spectators will be directed from Wylde Green Station along Station Road, Western Road and Highbridge Road (yellow route on map).

Boldmere Neighbourhood Forum and Boldmere Futures CIC are working closely with the Birmingham 2022 Organising Committee and Birmingham City Council to help make this event as successful as we can. We have been providing advice to the Organising Committee in relation to local knowledge and Boldmere's amenities and have made requests for how we would like to see the area 'dressed' for the Triathlon. Boldmere hasn't been selected for any floral enhancements but we can promise you from what we have seen of the 'dressings' plans so far that the streets of Boldmere are going to look amazing throughout the whole of July and August. We are also looking at ways in which we can enhance this further through grant support.

We are also working closely with Friends of Wylde Green Station to look at how wayfinding from the station to the high street and Boldmere Gate and back again can be provided for in the long-term. Local businesses will be invited to online meetings where we will be able to provide more detailed updates as and when information becomes available. Both Boldmere Neighbourhood Forum and Boldmere Futures Partnership have bid for grants from the Celebrating Communities fund to celebrate the Commonwealth Games and provide long-lasting legacies for the area and we hope to bring you news of the outcome of this in the next issue of Gatepost, along with even more exciting news about plans for the Triathlon as we continue to work hard behind the scenes.

To stay up-to-date with information about the Commonwealth Games and other news in Boldmere, please sign up to our newsletter at [www.boldmere.org/newsletter](http://www.boldmere.org/newsletter) and if you would like to volunteer to join our Commonwealth Games working party then please drop Paul Long an email to [paul@boldmere.org](mailto:paul@boldmere.org) indicating how you think you could help with preparations and how you could help on Triathlon days.



*Paul Long*

## **Sutton Coldfield Charitable Trust to plant thousands of trees at Manorial Wood**



Sutton Coldfield Charitable Trust is set to launch the next phase of its progressive plans to replant with English deciduous broadleaved trees at Manorial Woods – one of the Trust's own private woodlands.

The entire site will be restocked, in mid-March, with 4,500 trees of both UK-grown hardwoods and an intimate mix of conifers to aid the establishment of the crop - following the recently harvested Corsican Pine. This will increase the hardwood area of the wood by more than 50% of all trees, which will sequester carbon for decades and provide an improved habitat for plants and wildlife.



The decision to fell and replace the trees came after seeking specialist forestry advice over the past two to three years, which revealed that the previous crop of Corsican Pine had reached its potential and would have gone into decline – causing increased safety issues and fire risks to nature and local residents, due to lack of vegetation and plants.

Tina Swani, chief executive of Sutton Coldfield Charitable Trust, said: “This woodland was made up of Corsican pine, which was deliberately planted for harvesting to be cut down in a time when wood production mattered much more than habitat. Unfortunately, this means the woodland floor had become laden with pine needles and very little was growing and when the pine needles dry, they can become a real fire risk.

“In order to restore this area, we are planting the whole space with a greater number of English broadleaved trees – a mix of species – and we’re planting more trees than have been felled. This will help to increase the biodiversity in this wood, a richer mix of plant life on the woodland floor and a greater range of wildlife living in these woods.

“This project will greatly enhance the environment for generations, not just decades, to come. That, in turn, will create a much better environment for people, for the wildlife, and for quality of the air.”

Robert South, timber harvesting director at Bronwin and Abbey, said: “Landowners play a key role in the sustainable use of natural resources. Carbon neutral jobs, homes and communities will be delivered, through stewardship of the land, and a view to improving nature and biodiversity.”

Timber harvested from the site will be used in construction, fencing and power supplies, with products embedded with carbon and residues used for power and heat – reducing the need for fossil fuels.

To find out more information about Manorial Woods or Sutton Coldfield Charitable Trust, please visit: <https://www.suttoncoldfieldcharitabletrust.com/news/manorial-woods/17.htm>



## Eric yet again in dance mode !!

Following on from my January story in Gatepost, of dressing up as Esther in the Cinderella Rockefeller duet with one of our sopranos. I was asked by Phoenix Singers' esteemed MD, to play a more cultural role as a principal ballerina (Actually the only one!) He asked me, could I add some comedy to our Christmas concerts final encore. This was a medley of Christmas carols sung to popular ballet music. He asked if, by any chance, I had a Sugar Plum fairy outfit



in my wardrobe. Again my wife came to the rescue, kitting me out with white tights, sparkly vest and mock ballet shoes. I found a white tutu on the internet, oh, and a fancy alice head band. Incidentally, not clear in this picture it would have done Alice Tinkler's wedding from "Vicar of Dibley" proud.

My biggest issue was putting the white tights on in the loo in the interval, whilst frustrated colleagues were queuing up outside. The choir were completely unaware of the interruption to the final item. There was mild concern when I sloped off the stage early to get changed. I entered stage right and carried out some of my more technical ballet manoeuvres in between hugging a trumpet player who, then, could not play for laughing. (*The things they make me do and me so shy!!!*)

My earlier introduction into ballet is when I organised a variety concert at my golf club some years ago. I wanted to involve as many of the members of the club as possible, and to vary the entertainment. I discovered a young lady member was taking dance lessons with a view to making dance her career. She offered to do a modern dance for the show. I mentioned would she like to do a comedy routine the Dawn French-Darcy Bussell mirror routine with me from "Vicar of Dibley" I said I



could borrow a pink tutu, (this is another story).

We had a number of hilarious rehearsals prior to the performance. She encouraged me to follow her in a number of serious ballet moves in between all the hilarity, before I stepped out of the mirror to join her in a pas de deux.

One of the comical moves was when she threw her leg up and placed her ankle on my shoulder. I responded with the same move but much less dramatic, as she kneeled down I placed my ankle onto her forward knee, at a much more manageable height. The downside was that during my golf round the next day players kept stopping me and congratulating me on a good fun night. My playing partners reminded me I was there for the golf not to sign autographs.

Eric Jones Feb 2022

<https://www.google.com/search?q=dawn+french+and+darcy+bussell&oq=Dawn+French+and&aqs=chrome..69j57j35j39j46i512j0i512l6j46i512.10407j0j15&sourceid=chrome&ie=UTF-8>



**If you boil a funny bone it becomes a laughing stock. That's humerus.**

#### BENEFITS OF A GOOD VOCABULARY!

I recently called an old Engineering buddy of mine and asked what he was working on these days.

He replied that he was working on "Aqua-thermal treatment of ceramics, aluminum and steel under a constrained environment."

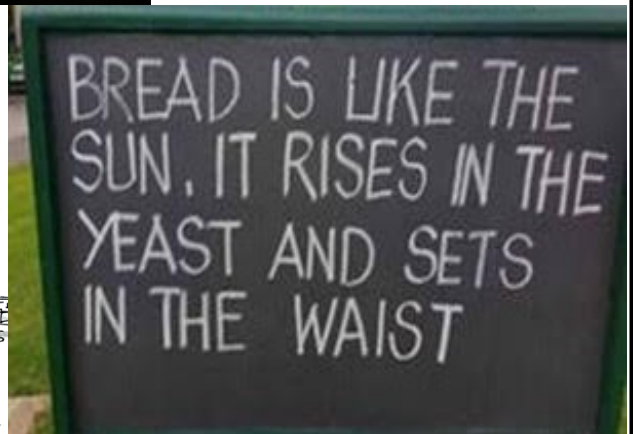
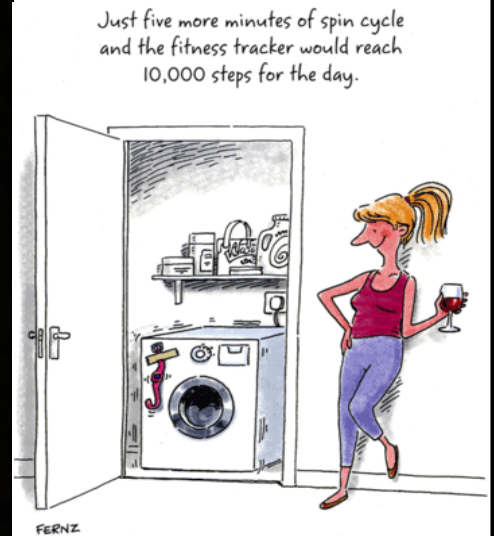
I was impressed until, upon further inquiry, I learned that he was washing dishes with hot water under his wife's supervision.

**I READ THAT, BY LAW, YOU HAVE TO TURN ON YOUR HEADLIGHTS WHEN IT'S RAINING IN SWEDEN**

**HOW THE HELL AM I SUPPOSED TO KNOW IF IT'S RAINING IN SWEDEN?**



**WHAT DO YOU CALL A MELON THAT'S NOT ALLOWED TO GET MARRIED?**  
**CANTELOPE.**



**LANCE IS A VERY UNCOMMON NAME NOWADAYS**



**Why do French people eat snails?**

**Because they don't like fast food.**



**BUT IN MEDIEVAL TIMES PEOPLE WERE CALLED LANCE A LOT**



## **Shakespeare in Sutton - FOLIO's fun festival for all**

FOLIO Sutton Coldfield is delighted to announce a special Shakespeare festival in Sutton Coldfield in April 2022.

Thanks to funding from the Royal Sutton Coldfield Town Council's Community Grant Programme, grants from the Making a Difference Locally Foundation, a Magic Little Grant from Localgiving and Postcode Community Trust, and a gift from a private benefactor FOLIO's Shakespeare Festival will feature over 20 different events and activities across the town throughout April.

From street theatre to spoken word, alongside talks and walks about Sutton in the time of Shakespeare, films and plays made by community groups inspired by the Bard, photography and writing competitions celebrating Sutton's creativity, Elizabethan dance workshops, music performances and much more, across six different venues, with the highlight being a day of very special activities in Sutton Coldfield Library on the Bard's birthday, April 23, this festival has something for everyone.

Jenny Wilkinson, FOLIO trustee, said, "Sutton Coldfield is mentioned in Shakespeare's play Henry IV part 1, and we wanted to celebrate this by hosting a wonderful multi-arts festival, with a rich mixture of professional and community involvement, inspired by FOLIO's participation in the 'Everything to Everybody' Project, a collaboration between the University of Birmingham and Birmingham City Council, with funding also contributed by National Lottery Heritage Fund and History West Midlands."

Liz Parry, also a FOLIO trustee, said, "During our festival there will be all sorts of opportunities for people to have fun, learn and be inspired, whether they want to get involved with a community curated Shakespeare exhibition, drawing on material held in the Library of Birmingham's Shakespeare Memorial Library, taking part in one of our creative workshops or simply enjoying being part of the audience at one of the several productions which feature as part of the festival."

Zoe Toft, Chair of FOLIO, said, "We couldn't put on this great festival without the amazing support from Sutton Coldfield Town Council. Thanks to their generous community grant we'll be bringing some amazing shows to Sutton as well as commissioning local artists and suppliers, collaborating with community groups and creating lots of opportunities for Sutton residents to come together to enjoy and celebrate the greatest writer in the English language."

Cllr Simon Ward, Leader of the Royal Sutton Coldfield Town Council said, "Royal Sutton Coldfield Town Council is delighted to be able to support this fantastic cultural event. Our town has a rich heritage and it's great to be able to bring the work of the favourite son of the Midlands to Royal Town in such an innovative, inclusive and accessible way - we cannot wait for the festival!"

*continued .....*



The image shows a tall stack of books in a library. The books are primarily related to Shakespeare. From top to bottom, the visible titles are:

- To Best Shakespeare Stories Ever!* (Yellow spine)
- A Midsummer Night's Dream* (Blue spine)
- King Lear* (Blue spine)
- Richard III* (Blue spine)
- Bill Bryson Shakespeare* (Blue spine)
- MUSIC IN SHAKESPEARE* by Christopher R. Wilson and Michele Calore (Green spine)
- SHAKESPEARE'S WORDS* by David Crystal & Ben Crystal (Yellow spine)
- Shakespeare* (Blue spine, part of the Rough Guides series)
- THE BEST-LOVED PLAYS OF SHAKESPEARE* (Purple spine)
- THE OXFORD COMPANION TO SHAKESPEARE* (Purple spine)
- Stories from Shakespeare* by Geraldine McCaughrean and Antony Maitland (White spine)

The books have various call numbers and are color-coded. In the foreground, an open book shows text from *The Merry Wives of Windsor*, with the title visible at the top of the page.

words for us to use during the festival; William Shakespeare introduced about 1,700 new words into English and inspired by Will, FOLIO is on the look-out for new words to have fun with! We are inviting children to use their wizarding powers to coin a new word, tell us what it means and what inspired it, write a sentence with it and then send it to us by 27 March to be in with a chance of winning a sack of 'gold' coins for themselves (actually £25's worth of pound coins) and £125 worth of books for their school. Full details can be found here: <https://foliosuttoncoldfield.org.uk/wills-word-wizards/>

We are inviting everyone to grab their phone, compact or DSLR camera and submit beautiful, unusual and interesting photos of Sutton Park to be in with a chance of having their photo displayed in Sutton Library during the festival, winning an art print of their entry, and a postcard pack featuring the 6 best entries to the competition.

To keep up to date as the festival programme is released and opportunities to get involved are announced, members of the public are encouraged to sign up to FOLIO's newsletter at <https://bit.ly/folio-newsletter> or follow FOLIO on Facebook @FOLIOSuttonColdfield or Twitter @FOLIOSutcol

- **Latitude/Longitude:** 52°35'3"N 1°50'47"W
- **Eastings/Northings:** 410500, 298500
- **OS Grid:** SP10598
- **what3words:** ///exit.normal.budget



## What to see and do in February

Our experts share their nature highlights

[Watch for top tips](#) >

Hello, and welcome to Notes on Nature

This week, get the low-down on the signs of spring that are exciting our wildlife experts, such as birds looking to nest and frogspawn, in our short video. Plus, find out how you can get ready to welcome back summer migrants, including swallows and house martins.

Do you sometimes feel that signs of spring are appearing earlier each year? It's clear that our climate is changing and that could spell trouble for wildlife.

What signs of spring have you seen? We'd love to know. Send your photos and stories to [NotesonNature@rspb.org.uk](mailto:NotesonNature@rspb.org.uk) and we'll feature our favourites in a future issue.

Have a wonderful week!

[View online](#) >

## Your guide to buying a nest box

### GUIDE

By putting up a nest box on your home or in your garden you are inviting birds to come and share your world. How great is that! But with so many nest boxes now in the market, which box should you buy? Here's our top tips...



Here's one example.

### The classic nestbox

attracts a variety of garden birds

north or east facing  
or under cover to  
avoid direct sunlight



blue tits, coal tits,  
marsh tits, great tits,  
woodpeckers,  
tree sparrows,  
pied flycatchers  
and house sparrows



for **woodpeckers**,  
the best place is a tree,  
placed 3-5m high and  
with a clear flight path

4 m —

3 m —

boxes for **tits** and  
**sparrows** should  
be 2-4m up a tree  
or wall



The RAC today welcomes the launch of a new code of practice for the private parking sector, following years of campaigning for a fairer system for drivers.

The Private Parking Code of Practice outlines minimum standards expected by private parking operators and should root out the more dubious practices that have been prevalent by some operators in the sector. Alongside this, a new national appeals system will be introduced to make it simpler for drivers to fight charges they believe are unfair.



The range of measures announced will:

- Reduce the maximum parking charge notice to £50 in most cases outside of London, with a 50% discount for early payment. The upper £100 limit for more serious breaches will be kept
- Ban parking debt collectors from charging additional fees when parking charge notices are not paid
- Introduce a compulsory 10-minute grace period before firms can issue a late fine and a compulsory five-minute cooling-off period in which a motorist can consider the terms and conditions and change their mind about parking
- Improve standards on signage, conditions of parking and make it clearer on how to appeal a charge

Implement a crackdown on parking firms using aggressive or pseudo-legal language to intimidate motorists into paying fines

The RAC called on the Government and MPs to act after being contacted by drivers who felt the actions of private parking companies were entirely unreasonable. For instance, the RAC heard of how parking charge notices were issued for, at best, very minor breaches of car park terms and conditions, and, at worst, for reasons that were simply inexplicable. This ranged from minor keying errors at payment machines to people receiving a charge for overstaying by seconds. In addition to this, some operators were incentivising third parties by offering them financial incentives for issuing parking charge notices.

In 2017, Sir Greg Knight MP introduced the [Parking \(Code of Practice\) Bill](#) which received Royal Assent in 2019 with cross-party backing and Government support.

RAC head of roads policy Nicholas Lyes said: “The RAC has campaigned for years to end the sharp practices in the private parking sector, so we welcome the new national code that will usher in higher standards. Alongside this, drivers can expect a lower cap on penalty charge notices, an independent appeals system and an end to rip-off debt collection fees.

“This will undoubtedly improve the experiences for drivers and create a much more level playing field, reducing hassle and stress while at the same time forcing rogue operators to clean up their acts.

“Since clamping was banned on private land, there has been a shift to ticketing instead, with the number of parking charge notices being issued rising year-on-year at alarming levels. While some of these are justified, others are not and sadly in many cases drivers simply pay up in fear of the consequences, particularly given that follow-up letters can use threatening and intimidating language. RAC research found that nearly three-quarters (73%) of drivers wanted the sector to be brought under some form of regulation.

“This package of measures is not about stopping parking operators doing their jobs, it’s about creating a system that is fair and transparent for all.”

- [Parking guide: where you can and can't park](#)
- [How where you park overnight impacts your insurance cost](#)
- [Parking on the pavement - is it illegal? The definitive answer](#)

*This article first appeared on the [RAC Media Centre](#)*

**Update:** Are you interested in shaping how a new appeals system should operate? The Department for Levelling Up has published an online survey to ask drivers about their experiences with regards to the current appeals process. If you want to give your views, please take the survey [here](#)



The following is from the government's website not the RAC. Please check [here](#) for full report on Highway Code changes and [gov.uk](http://gov.uk) for almost everything else.

## **Highway Code 2022: what's actually changing?**

Changes to the Highway Code will come into effect from 29 January 2022. These changes will implement a new “hierarchy of road users” and put more responsibility on drivers of larger vehicles, while giving higher priority to pedestrians and cyclists.

Under the Road Traffic Act, the Highway Code can be used in court to establish liability in the event of an accident. If you are found to be at fault in an accident as a result of not complying with the highway code, you may face charges – this includes rules which say ‘should/should not or do/do not.’ Aside from that, it’s essential that all road users stay up to date so that our roads are safe and fair for everyone. There are eight new rules coming into effect, three of which are included in the introduction and set out a new hierarchy of road users.

### **Rule H1: new hierarchy of road users**

Rule H1 puts more responsibility on the drivers of larger vehicles to look after more vulnerable road users – as these larger vehicles can cause the most damage.

It states: “Those in charge of vehicles that can cause the greatest harm in the event of a collision bear the greatest responsibility to take care and reduce the danger they pose to others. This principle applies most strongly to drivers of large goods and passenger vehicles, vans/minibuses, cars/taxis and motorcycles.” In line with this, Rule H1 also specifies that cyclists and horse riders have a responsibility to look after pedestrians. It also states all road users have responsibility to ensure their own safety, as well as that of others.

### **Rule H2: new priority for pedestrians at junctions**

Rule H2 is for drivers, motorbike riders, horse riders and cyclists, and states: “At a junction you should give way to pedestrians crossing or waiting to cross a road into which or from which you are turning.”

From January 29th, 2022, you must give way to pedestrians waiting at a zebra crossing and give way to any pedestrians and cyclists waiting to cross a parallel crossing. Cyclists will have to give way to pedestrians on shared-use cycle tracks. Only pedestrians (including wheelchair and mobility scooter users) may use the pavement.

### **Rule H3: new priority for cyclists when cars are turning**

Rule H3 is for drivers and motorcyclists and states: “you should not cut across cyclists, horse riders or horse drawn vehicles going ahead when you are turning into or out of a junction or changing direction or lane.”

You should give way whether the cyclists, horse riders or horse-drawn vehicles are using the road, a cycle lane or cycle track. You should not turn at a junction if it will cause them to stop or swerve. Instead, you need to wait for a safe gap before turning. This is the car at junctions, going around a roundabout and when moving past or waiting alongside stationary or slow-moving traffic. This rule also says cyclists will now be able to ride in the centre of a lane to make themselves more visible.

**A total of 49 existing rules will be updated alongside the new rules specified above.**

A [full summary of changes is available on the Gov.uk website](#), and the [full Highway Code is available to read online](#). While this article summarises many of the changes being made, it is the individual's responsibility to make sure they have properly researched and are following the rules of the road and the guidance set out in the Highway Code.

# Which?



With inflation skyrocketing, many of us are seeing our phone, broadband and TV bills hiked mid-contract, with several major mobile networks planning to raise prices from April. Here, we've rounded up how to save if you're in or out of contract for any of your telecom's bills. Plus, we have expert advice in our [Ease the Squeeze](#) podcast on what you can do now to lower your costs.

Up to one-fifth of households have cut back spending on essentials like food and clothing to make TV, internet and phone payments in the past year, according to Ofcom.

And several major [mobile networks are planning to raise prices](#) by 7.8% or more from April.

O2 and Virgin Mobile will both raise prices by RPI inflation in January (7.8%) plus 3.9%. While BT, EE, Plusnet and Vodafone are all boosting bills by CPI inflation (5.4%) plus 3.9%.

The [Which? Money Podcast](#) has heard from people whose bills have been affected, and asked experts what you can do to reduce yours.

Here, we've rounded up how to [find out if you're in contract](#), [how to save if you're in contract](#) and [how to save if you're out of contract](#).

And if you can't afford to pay your bills, [skip to our advice](#).

When it comes to mobile and broadband contracts, many of us are guilty of letting them roll on once our initial term has already expired.

But not only does that mean we miss out on cheaper deals from other suppliers, you could be open to unexpected price rises.

Plus, if you've been paying for a mobile as part of your contract, [not all networks reduce your bill](#) once the phone is paid off.

You can easily check whether you're in or out of contract by logging into your account with your provider, or getting in touch with them directly. Once you know, you'll be ready to follow our in contract or out of contract savings tips.

Find out more: [how to save money on your mobile bill](#).

01 MARCH 2022

# VIRTUAL DEMENTIA BUS EXPERIENCE

Free Virtual Dementia Experience



Join a FREE virtual Dementia experience aboard a specialised bus and experience what its like to be living with dementia.

The bus will be located on The Harvester car park in Boldmere and a 1 hour de-brief session will take place within the Harvester afterwards. The whole experience will last 2 hours.

Free refreshments will be available for those attending the bus experience.  
Places are limited and are available on a booking only basis.

For more information and to book your place on the bus- please contact Julie Knight  
Contact Number - 07876 826006

Email – [julie.knight@birminghamcarershub.org.uk](mailto:julie.knight@birminghamcarershub.org.uk)



# VOLUNTEERS WE NEED YOU!

At the gap\* we exist to engage, identify and invest in the lives of marginalised young people in Sutton Coldfield and surrounding areas. We look to step into the gap between exclusion and acceptance, between apathy and hope. We seek to demonstrate that actions really do speak louder than words.



## SEE WHAT OUR YOUNG PEOPLE HAVE TO SAY

- "We love the gap\* because it keeps us off the streets otherwise we would be hanging on the streets"
- "We get to see our friends, have fun playing games and get the best hot chocolates!"
- "They have amazing, caring staff! They are just brilliant and so nice!"
- "They always encourage us to do the best things in life, its like they are always looking out for us."
- "Recently they have really encouraged me to go to school, because I haven't been going for a while."
- "We love the gap\* because it keeps us off the streets otherwise we would be hanging on the streets"
- "We get to see our friends, have fun playing games and get the best hot chocolates!"
- "They have amazing, caring staff! They are just brilliant and so nice!"
- "They always encourage us to do the best things in life, its like they are always looking out for us."
- "Recently they have really encouraged me to go to school, because I haven't been going for a while."



## WANT TO GET INVOLVED?

We are looking to expand our wonderful gap\* family! Are you passionate about young people and want to make a difference in their lives? There are a number of projects that you might want to get involved in!

## HEADSPACE

Headspace is a support network for young people aged between 11-22 who may be experiencing issues with their mental health. Via our trained volunteers, we offer one to one sessions at times to suit them. The majority of this work happens in school.

## VENUE

The Venue is our drop-in centre for young people aged 13-19. It is open every Monday, Wednesday and Friday, from 3:30-5:30pm. It is a space where young people can come and hang out, meet others, chat, receive free hot chocolate, play some games and access support.

## OUTTHERE!

Out There! is the gap's street and outreach project. We look to be a regular street presence, engaging with young people and working in partnership with local community, council, Police and any other youth providers in and around the town.

## CONTACT US

**WE WOULD LOVE TO HEAR  
FROM YOU!**



[gap.huboffice@gmail.com](mailto:gap.huboffice@gmail.com)



@thegapcharity.suttoncoldfield



@thegapsuttoncoldfield

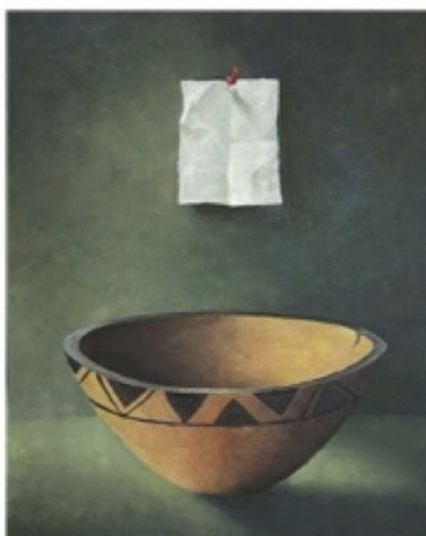
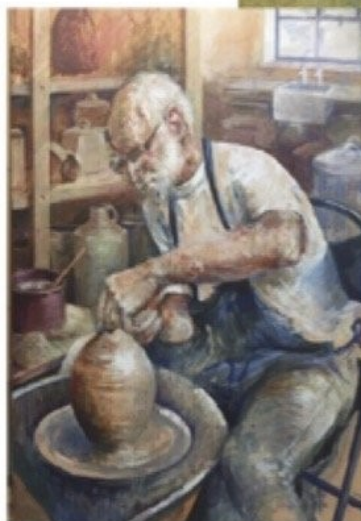




# ART Exhibition



1st -30th  
March 2022



## Demonstrations

Printmaking with Andrew Tromans - Sunday 13th March

Watercolour Painting with Ann Hackett - Saturday 19th March

Portraiture with Martyn Harris Sunday 27th March

THE  
GRANARY  
*Gallery*

Granary Art Gallery  
Open daily 11.00am to 4.00pm  
Free Admission

  
WESTON PARK





## HISTORY OF ROCK

FRIDAY 11TH MARCH  
2022

ROCK music through the decades. Featuring the music of artists such as Led Zeppelin, Cream, Guns n Roses, AC/DC,



## ANDREW MITCHELL MP

THURSDAY 24TH  
MARCH 2022

Sutton Coldfield MP, Rt Hon Andrew Mitchell is kickstarting our 2022 fundraising with a talk based on his new book '*Beyond A Fringe 2021: Tales from a reformed Establishment lackey*', a fascinating and entertaining story of his life in and out of politics.



Sutton Coldfield Town Hall is the NHS vaccination centre in Sutton Coldfield. On this page, you will find important information and frequently asked questions about the new vaccination centre.

Sutton Coldfield Town Hall is working in-line with the NHS to keep this page accurate and up to date. The centre is run by the [Sutton Coldfield Group Practice](#) and operates in The Bedford Suite past the Clock Tower. The Group practice also offers Flu jabs by appointment to eligible patients.

For all information from the NHS website please [click here!](#)

The NHS will let you know when it's your turn to be vaccinated. It's important not to contact the NHS for a vaccination before then.

February/March walk up booster sessions: **Sunday 27th Feb**, 10.00am-3.00pm, **Wed 2 March** 2pm-6pm, **Sat 5th March** 10am-3pm, **Thurs 10 March** 2pm-6pm, **Sun 13th March** 10am-3pm.

### Banners Gate Community Church Events

**Monday, Thursday, Friday - Baby Phonics**

Contact email: [Jenna@robotreg.co.uk](mailto:Jenna@robotreg.co.uk) for times and availability

**Tuesday and Wednesday - Baby Sensory**

Contact Tracy at email: [suttoncoldfield@babysensory.co.uk](mailto:suttoncoldfield@babysensory.co.uk) for times and availability

**Friday** for coffee cake and chat 2:30pm till 5:00pm



## The Deep Blue Sea

24<sup>TH</sup> FEBRUARY - 5<sup>TH</sup> MARCH 2022

written by  
TERENCE RATTIGAN

directed by  
FAYE HATCH



A flat in Ladbroke Grove, West London. 1952. When Hester Collyer is found by her neighbours in the aftermath of a failed suicide attempt, the story of her tempestuous affair with a former RAF pilot and the breakdown of her marriage to a High Court judge begins to emerge. With it comes a portrait of need, loneliness and long-repressed passion. Behind the fragile veneer burns a brutal sense of loss and desire in Terence Rattigan's devastating masterpiece.

Written by Terence Rattigan

Directed by Faye Hatch

26<sup>TH</sup> MAY - 4<sup>TH</sup> JUNE 2022

## COMPANY

A MUSICAL COMEDY

music & lyrics by  
STEPHEN  
SONDHEIM

directed by  
EMILY ARMSTRONG  
& DEXTER WHITEHEAD

book by  
GEORGE  
FURTH



*It's modern day New York and Bobbie is turning 35. Surrounded by best friends, who are all "happily married" or soon to be; this is a time to contemplate the future. This hilarious musical comedy provides a sneaky peak into other people's marriages, the pros and cons of relationships and commitment and asks us to consider what life is really about, without love.*

Written by George Furth

Music & Lyrics by Stephen Sondheim

Directed by Emily Armstrong & Dexter Whitehead

Box Office: 0121 355 5355

Email: [info@suttonartstheatre.co.uk](mailto:info@suttonartstheatre.co.uk)

[HOME](#) [ABOUT US](#) [BOOKING](#) [JOIN US](#) [LINKS](#) [PRODUCTION REVIEWS](#)



## What's on next at Highbury Theatre?



Saturday 12th March 2pm and 7pm

Tickets available from Highbury Theatre Box Office, Sheffield Road, Sutton Coldfield, B73 5HD  
tel: 0121 373 2761 or book online via [TicketSource](https://www.ticketsource.co.uk)



### Handbagged

22-26 Feb & 1-5 March 2022

Start time 7.30pm

What really happened between the Queen and Margaret Thatcher during their weekly meetings?



<http://highburytheatre.co.uk/>

Follow us on Facebook,  
Instagram, Twitter

Dance, Patrick Studio  
**DX - Overflow**  
Discover what lurks beneath our compulsions

Wed 2 Mar  
Tickets £14

[Book Now](#)



Musicals, Main House  
**Disney's Beauty and the Beast**

Thu 3 Mar – Sat 26 Mar  
Birmingham, Be Our Guest!

[Book Now](#)

[View Trailer](#)



Musicals, Main House  
**Beauty and the Beast - Relaxed Performance**

The performance provides a relaxed environment adapted to reduce anxiety or stress.

Tue 15 Mar  
Tickets from £20

[Book Now](#)

[View Trailer](#)



Spoken Word, Patrick Studio  
**Hit the Ode - March 2022**  
Live poetry at Birmingham Hippodrome!

Fri 18 Mar  
£5 in advance, £8 on the door

[Book Now](#)



Spoken Word, Patrick Studio  
**UniSlam 2022**  
The UK's largest team poetry slam tournament.

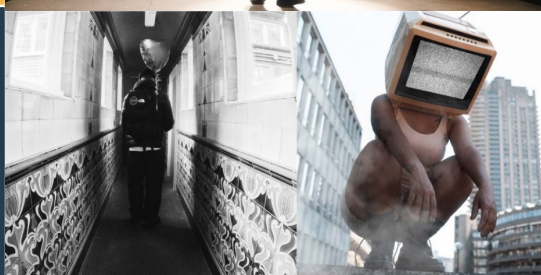
Sun 20 Mar



Dance, Patrick Studio  
**DX - Artists 4 Artists Double Bill**  
Presented by DanceXchange

Tue 22 Mar  
Tickets £10

[Book Now](#)



Dance, Patrick Studio  
**DX - U.Dance WM 2022**  
Presented by DX in association with One Dance UK

Sun 27 Mar  
Tickets £10

[Book Now](#)







## NEW FRIENDS, NEW INTERESTS A WARM WELCOME

### THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH


### NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

Last Thursday of month, 1.00 to 3.30pm. £3.00

SUTTON COLDFIELD TOWN HALL

For further details contact John Bedford  
0121 353 5136 or [parkcycles@yahoo.co.uk](mailto:parkcycles@yahoo.co.uk)

**Slimming World**  
taste  
the  
**freedom**

we've made pulled chicken  
burgers slimming-friendly

**FREE**  
membership  
when you lose a 10 week  
challenge streak  
Join our 2021 10 week challenge

new for 2022  
super-charged  
member pack!

Contact your local Slimming World Consultant  
and join a warm and friendly group today!

Wednesday 7pm at  
St Columbas Church Hall  
Karen 07759170289

[slimmingworld.co.uk](https://www.slimmingworld.co.uk)

For participating groups only. See our website for more information.

**Slimming World**  
Losing weight, changing lives



**Banners Gate Beauty**

Beauty Therapist in Sutton Coldfield  
Fully qualified and insured

Eliza Hardy | 07568381321



*Piano and Clarinet Tuition*  
Children and adults

*Josephine Hughes*  
B.Ed (Hons)

Tel: 0121 3557355  
email: [sutton.piano.teacher@gmail.com](mailto:sutton.piano.teacher@gmail.com)

**Chubb Locksmiths**  
Locksmith & Security Services

Tel: 0121 353 3644  
24 Hrs: 07817 643 167

**NO CALL OUT FEE!** Email: [antisnaplockuk@gmail.com](mailto:antisnaplockuk@gmail.com)

[www.chubbblocksmiths.co.uk](http://www.chubbblocksmiths.co.uk)

Secured by Design

61 - 62 Thornhill Road  
Sutton Coldfield, B74 3EN

**SBD**  
Police Preferred Specification




**R.J. Appliance Repairs.**

Washing machines. tumble dryers.  
Electric cookers. dishwashers.

Russel cotton 07949 731645  
[R.j.appliancerepairs@outlook.com](mailto:R.j.appliancerepairs@outlook.com)



**Adams Central Locksmiths**  
Locksmiths Birmingham

**24 HOURS SERVICE**

T: 0121 351 1720 | M: 07479 927 226







Female Barbershop  
and Close Harmony  
Chorus

## FREE SINGING COURSE

Every Monday in March (7th/14th/21st/28th)  
At Collingwood Community Centre,  
Collingwood Drive B43 7NF  
7.45pm - 9.00pm

- 🎵 Do you enjoy singing or want to find out if you do?
- 🎵 Come and have fun with a friendly group
- 🎵 Singing has health benefits so "Sing your way happy"



Contact Elaine  
0121 384 4729

E: [members@secondcitysound.org.uk](mailto:members@secondcitysound.org.uk)  
[www.secondcitysound.org.uk](http://www.secondcitysound.org.uk)

f [facebook.com/secondcitysound.org.uk](https://facebook.com/secondcitysound.org.uk)  
Charity No. 1153445



Whether you're into machine or hand embroidery, mixed media or any other form of textile art, we are here for you.....!

We have entertaining and informative speakers, both local and internationally renowned, and hold regular Saturday workshops.



We meet at 7.30, on the first Thursday of every month at:

Trinity Centre,  
Church Hill, (off Mill Street),  
Sutton Coldfield.  
B72 1TF

See our programme on our website:

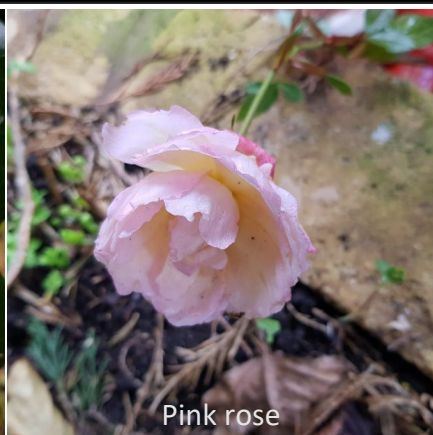
[www.suttoncoldfieldcreativestitchers.co.uk](http://www.suttoncoldfieldcreativestitchers.co.uk)



I asked for early flowers and Hazel sent me these three. Thank you, Hazel.



Camellia



Pink rose



Chrysanthemums



## STREETLY FLOWER ARRANGERS' CLUB

We meet monthly 2nd Tuesday 2.30pm  
at Streetly Community Centre, Foley Rd. East B74 3HR.

Why not join us - we are a friendly, enthusiastic Club

'Bringing People & Flowers Together'.

Next meeting Tuesday 8th March -

- Workshop - Sharon Badger.

Further details : Chris Reeves tel : 0121 354 6264.

## The Sutton Coldfield Fuchsia & Gardening Guild

The first meeting of our society this year took place on Thursday 10<sup>th</sup> February, at Banners Gate Community Church, Westwood Rd.

This month's speaker was Mike Hinton, a district parks manager for Birmingham City Council. Mike spoke about his role and responsibilities, including the planting of the amazing flower meadows that we were lucky enough to see around Sutton Coldfield last summer. For anyone who has tried this in their own garden, it is not quite as simple as the seed packet would have you believe. I well remember seeing the road verge by the Parson & Clarke after the grass had been stripped, thinking this is not going to work, only to drive by two weeks later and being blown away by the fantastic display! Not only do these displays look amazing, and are wonderful for bees and pollinating insects, but it of course cuts down the amount of maintenance required.

However, not all of the parks' departments work is so fulfilling. We were shown some dreadful pictures of mindless vandalism where trees in full blossom had been hacked down! Especially heart-breaking when you knew that these trees had been planted in memory of loved ones, and were nicely established. Very sad actions that are hard to understand. Fly tipping and litter are also areas that the council deal with at great cost. This caused great discussion on dealing with this problem, most of which cannot go into print!!

Our speaker next month, Thursday March 10th, is a chap called Jim Beveridge, who will be talking about all aspects of growing fuchsias, from taking cuttings, to growing standards and everything in between. Hopefully we should have plenty of plants available for sale. Please come along and join us, you will be made very welcome.

If you would like any more information, please give Gail, our secretary a call on 0121 353 3373. The pictures show a type of fuchsia called an encliandra. These have smaller leaves and tiny flowers, and can be trained around shapes or even grown as a bonsai. Plants will be available at the March meeting.



Annie Hall



Encliandra Lottie Hobby



Gnosallpink

## LOOKING FOR A GARDENER?

Here at Age Concern Birmingham we have some great gardeners, part of our Trusted Trades Person Scheme. If you would like to get your garden looking its best before summer,

Call us today on 0121 362 3650



### COMMUNITEA CAFÉ ALLOTMENT

## TUESDAYS 10 TILL 12

Join our friendly gardening group - enjoy gentle gardening and a good chat - and help support our café.

Meet at the green allotment gate at 10am – Sunnybank Road, B73 5RJ. Call to enroll before your first visit.

Our Neighbourhood Networker will be available to advise about community groups and services in the area. Also providing a drop in for community assets to discuss NNS support and funding opportunities.



Everyone  
welcome

Gardening  
Group

Help us grow  
fresh produce  
for the café

Sunnybank Road  
Allotments,  
Boldmere

Meet our  
Neighbourhood  
Networker

### CONTACT

Suzy Summerfield

07940 709 314

Email: [s.summerfield@ageconcernbirmingham.org.uk](mailto:s.summerfield@ageconcernbirmingham.org.uk)

## Age Concern Birmingham Digital Skills



In the last month, the Digital Inclusion project at Age Concern Birmingham has ramped up once again. Many groups, including at Sutton Coldfield Charitable Trust's Lingard House and the Oaks retirement home, have received tutorage on digital skills.

This project, which runs until the end of March, has been seen as a great success, with many people across a range of age groups and technological abilities have progressed and learned more about how to use their phones, laptops and tablets.



Age Concern Birmingham are also delighted to announce that we will be a part of an exciting new project led by the Good Things Foundation, with the intention to work with people of a working age who wish to enhance their technological skills.

The Digital Skills Pathway, as it is known, is available to people between the ages of 18 and 65, who are currently unemployed, a carer or in an insecure form of employment, is not enrolled in a current course, has no or low digital skills, lives in the West Midlands and has not completed this course previously.

This project aims to help the participants to gain basic digital skills, whilst enhancing their employability prospects or their ability to progress to further learning.

If this sounds like something you or someone you know might be interested in then contact us at:  
Email- [joe.millington@ageconcernbirmingham.org.uk](mailto:joe.millington@ageconcernbirmingham.org.uk) Phone- 07432739018

Answers from page 9. 1. Elephant. 2. Brazil. 3. Jerusalem. 4. Motor Racing. 5. (British) Open (Golf) Championship. 6. Ayrton Senna. 7. Frank Swift. 8. Fernandez. 9. Nirvana – Smells Like Teen Spirit. 10. Gorillaz – Feel Good Inc. 11. Pulp – Common People. 12. Tina Turner – What's Love Got to do With. 13. Oliver Reed. 14. Marlon Brando. 15. Lex Luthor. 16. Damien Lewis. 17. Kuwait. 18. Czechoslovakia. 19. December 1941. 20. The Huns, led by Attila. 21. 98.5%. 22. Circadian rhythm. 23. Right side. 24. Apollo 17 in 1972



Welcome to



Hope Food operates 3 weekly food banks across Sutton Coldfield and North Birmingham for anyone experiencing hardship. No referral or voucher is required you just turn up. You will be given a standard food bag containing 1-2 days worth of long life food such as milk, cereal, pasta, tins and you can then help yourself to bread, fresh fruit and vegetables that we have collected from local supermarkets.

#### WHERE YOU WILL FIND OUR WEEKLY FOOD BANKS

##### Erdington

Tuesday 10.00 am - 10.30 am

Stockland Green Methodist Church,  
Slade Road, B23 7JH

\*we do not currently offer food bags here but are hoping to change this in the future\*

##### Falcon Lodge

Wednesday 2pm - 3 pm

the rear of Falcon Lodge Methodist Church,  
Lingard Road, B75 7LB

##### Mere Green

Friday 12 - 1pm

Ark Community Church Centre,  
St James Road, B75 5EH

T: 07869 820025  
E: [info@hopefood.org.uk](mailto:info@hopefood.org.uk)  
Charity reg 1195019



Supported by Royal Sutton Coldfield Town Council's Community Grant Programme

## Pregnant? Children under four?

Don't miss out on **HEALTHY START**  
food and vitamin vouchers worth  
**over £900 per child\***

**FREE**  
fruit, veg, milk  
and vitamins for  
you and your family.  
Worth up to  
**£8.50**  
per week\*\*



You may qualify for Healthy Start vouchers if you're **at least 10 weeks pregnant** or have **a child under four years old**. Your family must also receive one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month).

You also qualify if you are under 18 and pregnant, even if you don't get any of the above benefits.



Sign up today [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
or telephone 0345 607 6823

\* If you sign up at the first opportunity, when you are ten weeks pregnant  
\*\* If your child is under one, you'll receive two £4.25 vouchers per week.  
If your child is 1-4 years old, you will receive one £4.25 voucher per week.

**Healthy Start**

Give your family a Healthy Start



**Birmingham City Council**

**HEALTHY START NHS**

Welcome to Hope Food  
the newest food bank in your area!

**Falcon Lodge**



Welcome to Hope Food  
the newest food bank in your area!

**Mere Green**



What we offer... Come along and collect a free bag of essential food and then help yourselves to a selection of fresh fruit and vegetables. Some days we'll even have bread and cakes. You're welcome to stay for a hot drink and a chat... whether in Falcon Lodge or Mere Green.

Where are we in Falcon Lodge?

Every Wednesday, we will be at Falcon Lodge Methodist Church Hall. (rear entrance in Lingard Road) Falcon Lodge. B75 7LB

Opening times... Pop in between 2-3pm we'll be here.

The church is on the X14 bus route. This is what the front of the church looks like. Go to the rear entrance in Lingard Road.



Where are we in Mere Green?

Every Friday, we will be at Ark Community Church Centre, St James Road, Mere Green B75 5EH

Opening times... Pop in between 12 noon-1pm we'll be here.

From the centre of Mere Green, pass Lidl opposite Sainsbury's and turn left into St James's Road. Bus routes X3, X5 & 604 This is what the church looks like.



Email: [info@hopefood.org.uk](mailto:info@hopefood.org.uk)





# Imagi-Play

## Toddler Group

### STAY & PLAY

FOR KIDS AGED 6 MONTHS- 5 YEARS

Term time:  
**Mondays 9.15am-10.15am**  
**Wednesdays 1.15pm- 2.15pm**

**Location:**  
St Columba's Church Hall,  
Banners Gate Road,  
Sutton Coldfield,  
West Midlands.  
B73 6RR

**£4 Per session**  
Including a **FREE**  
Drink & Snack

**NO BOOKING NEEDED!**  
PAY BY CASH OR CARD ON ARRIVAL

imagiplaytoddlergroup@gmail.com  .com/imagiplaytoddlergroup



## Independent Early Years Music-Play classes for children aged 0 - 5 years

All our classes are delivered by qualified and experienced early years music practitioners.

We sing, we move, we play, we explore instruments and sounds, and we give each child the freedom to express themselves musically. At Kiddibops we're passionate about music and supporting the innate musicality every child is born with.



**Our Classes September '21**

**Walmley Community Hall**  
**Mondays**  
Babies 9:45am & 11:35am  
Mixed Age 10:40am & 12:30pm

**Great Barr Community Hub**  
**Wednesdays**  
Babies 9:45am  
Mixed Age 10:40am

**Banners Gate Community Hall**  
**Thursdays**  
Babies 1pm  
Mixed Age 1:55pm


**Aldridge Community Centre**  
**Tuesdays**  
Babies 1:15pm  
Mixed Age 2:05pm

**St. John's Church Hall, Shenstone**  
**Thursdays**  
Babies 9:45am  
Mixed Age 10:40am




Streetly Classes coming soon...

To book your place go to:  
<https://kiddibops.class4kids.co.uk>  
or contact us at:  
[info@kiddibops.co.uk](mailto:info@kiddibops.co.uk) or 07807 551661  
[www.kiddibops.co.uk](http://www.kiddibops.co.uk) [www.facebook.com/kiddibops](https://www.facebook.com/kiddibops)

All our classes are continuing to operate with social distancing measures for the safety of our families.



For Over 25 Years We Have Created Flowers For All Occassions. Weddings, Funerals & Corporate Events etc. Let Us Create Something Special For You Today!



**FREE LOCAL DELIVERY OR COLLECTION**

From Banners Gate Road  
@lisamarieflowersandtherapy 

**Contact Lisa Marie on 07765 135497**








## Floral Design Classes

Would you like to learn how to arrange flowers like a professional? All flowers & materials included. Qualified Floristry Tutor with 25 years Experience. Come along and join us for some " Flower Therapy " All levels welcome. Contact Lisa -07765 135497



**Tuesday 5th April 6pm**  
**Friday 8th & 29th April 12 pm**

Banners Gate C.C Westwood Rd B73

Made with PosterMyWall.com



## AGE CONCERN BIRMINGHAM'S TRUSTED TRADESPERSON SCHEME

January is the perfect time to get everything sorted.

We have a large range of trusted trades people throughout Birmingham these include

- Roofing
- Guttering
- Locksmith
- Pest control
- Painter and decorator
- Gardening
- Window cleaning
- Gardening
- Eye care at home
- Glazing repairs
- Handyperson repairs
- Electrician
- Gas fitter
- Plumber

For more information contact one of our team on 0121 362 3650



### Are You A Carer? Do you need support and advice?

Do you provide unpaid care to a friend, neighbour, or family member who couldn't manage alone?

Age Concern Birmingham run the Carer's Contact Centre as part of the Birmingham Carers Hub partnership. Our advisors are available to help carers with help, advice and information, we register carers and also offer a Statutory Carer's Assessment, wellbeing payments if eligible and information on a wide range of wellbeing

services. We also provide advice on welfare benefits and can link carers to information about grants, legal advice on wills and power of attorney and other one to one support.

If you need advice in your caring role, please call us on:  
Information and Advice Line – **0333 006 9711** (low call rate)  
Mon, Tues, Thurs & Fri: 9am-5.15pm / Wed: 9am-7.15pm  
Saturday: 10am – 12.30pm

Email us at [info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk)  
Visit our website at <https://forwardcarers.org.uk/>

**Birmingham Carers Hub Specialist Dementia Service**

The Birmingham Carers Hub team have all received enhanced dementia training and we have launched a new service offering support to carers of people with dementia. We have also appointed a small team of Specialist Dementia Carer Advisors.

We offer a Dementia Specialist person-centred service, supporting Carers who provide care to someone with dementia. Our advisors understand the challenges of caring for people with dementia and are here to guide and support you throughout your caring journey. We are part of a wider partnership of organisations providing other support to dementia carers such as training and groups, find out more on the Forward Carers website: <https://forwardcarers.org.uk/>

For information, help and advice, call **0333 006 9711** and ask to speak to one of our Specialist Dementia Carer Advisors, or email: [dementiacarers@birminghamcarershub.org.uk](mailto:dementiacarers@birminghamcarershub.org.uk)

## communit<sup>ea</sup> cafe AGEconcern Birmingham

**Groups are back at the  
Communit<sup>ea</sup> Cafe**



Would you like to put on a group for your community?

We have spaces available

For more information call 0121 362 3650

## communit<sup>ea</sup> cafe

**Open for takeaway hot and cold drinks,  
cakes, breakfast, jackets, and much more**



**Monday to Saturday 9.00am till 4.30pm  
Support your local charity in Boldmere**



Life  
is  
Precious

**Borderline Personality Disorder  
talking support group**

**In collaboration with Birmingham MIND**

**Sutton Coldfield United Reformed Church  
1 Brassington Avenue  
Sutton Coldfield  
B73 6AA**

**Every Friday - 2pm-3pm**

**A mixed open discussion adult group in a safe  
and accepting environment**

**Free refreshments**

**For more information or to attend please contact  
Phone number: 07734 959909  
Email: [lifeprecious1234@outlook.com](mailto:lifeprecious1234@outlook.com)**



**AGEconcern  
Birmingham**



## Meet Jane Jaggers

Pop into the Communit<sup>ea</sup> Cafe on  
Tuesday 15th March at 10am - 4pm  
and meet our partner, Wills Made Clear.

Come and have a chat about....

- Will Writing
- Estate Planning
- Lasting Power of Attorney
- Will storage
- Protective property trust

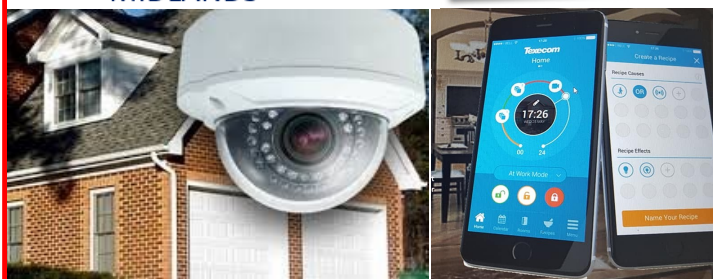
Call 0121 362 3650 for more information.





# COUNTRYWIDE SECURITY SYSTEMS

MIDLANDS



Discourage lawless individuals from breaking into your property with the modern security systems we provide for properties throughout Birmingham. Based in Great Barr, we are a small family-run business committed to providing state-of-the-art security systems which effectively protect your property from harm. Primarily serving domestic and commercial customers, we design, supply, install, commission, and service all security systems in full accordance and compliance with the latest British and European standards. From supplying high-tech CCTV systems and Burglar Alarms to installing fob Access Control systems and Fire Alarms, we are the first choice when you want to increase your property's security. To arrange a free, no-obligation consultation for any of the security systems we supply, please get in touch.

Phone no. 0121 386 2639

Email: [info@cw-sec.co.uk](mailto:info@cw-sec.co.uk) Website: [www.cw-sec.co.uk](http://www.cw-sec.co.uk)



## Norbury Maintenance

Handyman Services, Gardening,  
Patio/Driveway Cleaning

Insured - Affordable - Reliable

T: Dave Edwards 07305931199  
E: [norburymaintenance@gmail.com](mailto:norburymaintenance@gmail.com)

NEW

# Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

Instagram: [onlyrosiescakes](https://www.instagram.com/onlyrosiescakes)

Email: [rosie\\_p25@hotmail.co.uk](mailto:rosie_p25@hotmail.co.uk)



## Tailored Print

We print and supply the following items at very competitive prices

Banners - Business Cards - Compliment Slips

Correx Boards - Envelopes - Flyers

Leaflets - Letterheads - NCR Products

Presentation Folders - Promotional Products & More...

Contact us today for a free no obligation quotation

T: 07706236527

E: [contactus@tailoredprint.co.uk](mailto:contactus@tailoredprint.co.uk) W:



Home  
Instead

*To us, it's personal*

## Memory Cafes

Do you know someone living with memory loss?

**Every Monday**

**10am—12noon**

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

**Every Monday**

**"Musical Memories"**

**2pm - 4pm**

Sutton Coldfield Methodist  
Church

South Parade, B72 1QY

**Every Tuesday**

**10.30am - 12.30pm**

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

*All attendees must show proof  
of both covid vaccinations*

**Every Thursday**

**10am - 12noon**

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

**"Friends on Fridays"**

**10.30am - 12.30pm**

Supported by

Sutton Coldfield Methodist  
Church,

South Parade, B72 1QY

*To book your place at any of our cafes or  
for further information please contact Sue*

**07422 406168**

[sue.bevington@suttoncoldfield.homeinstead.co.uk](mailto:sue.bevington@suttoncoldfield.homeinstead.co.uk)

Home Instead  
2nd Floor,  
Plantsbrook House  
94 The Parade,  
Sutton Coldfield  
B72 1PH

**0121 323 4200**

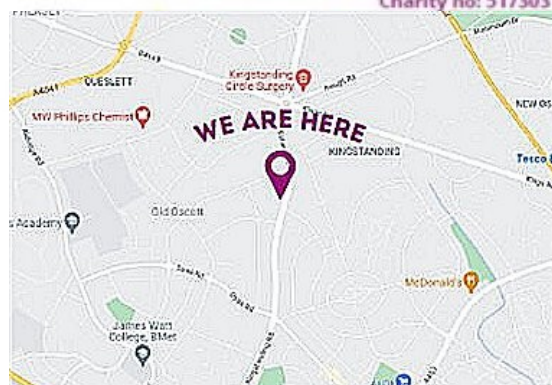




## FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- Starting Monday 7th March 2022, 12.30pm – 2.00pm
- Come along for conversation and fitness: meet new friends and build your confidence.
- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
- Refreshments and creche provided for 0-5years – limited spaces, will be booked on first come first served basis.
- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450

www.birminghamsettlement.org.uk  
Charity no: 517303



**610 Community Centre**  
**Kingstanding Road**  
**Birmingham**  
**B44 9SH**

**birmingham  
settlement**  
developing communities, changing lives



**birmingham  
settlement**  
developing communities, changing lives

### Digital Skills Job Club & Employment Support

Are you  
unemployed  
and looking  
for work?

We can  
help!

Weekly face to face I.T and Job Clubs at  
the Birmingham Settlement Aston  
If you would like to have a chat or book  
a place, please contact Nasar on:

07885 210 369  
nasar.mahmood@bsettlement.org.uk

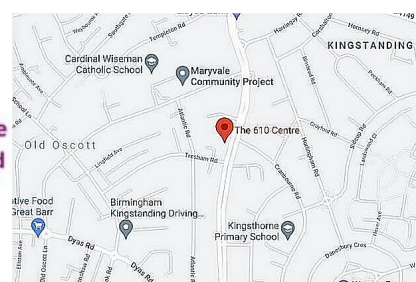
#### Job Club offers:

- Career information, advice & guidance
- Employability skills workshops
- Job search support
- CVs, cover letters & job applications
- Interview skills
- Computer skills & internet search techniques
- Resources & ongoing support

Finding work can be difficult on your own,  
Birmingham Settlement offer welcoming support  
which is currently available face to face and through  
Zoom & WhatsApp. We'd love to hear from you -  
please get in touch to find out more!

#### Find us here:

**610 Community Centre**  
**610 Kingstanding Road**  
**Birmingham**  
**B44 9SH**



www.birminghamsettlement.org.uk  
Charity no.: 517303





# Cafe Oasis

**We are now OPEN !!**

**Monday, Tuesday,  
Thursday & Friday**

**10.00am - 2pm**

**Main course 12.00 - 2.00**

Drinks, snacks and sandwiches  
and Hot meals from 12pm

Find us in Sutton Coldfield United Reformed Church

**Call:** 07593 718785 **Email:** [cafe.oasis@scurc.org.uk](mailto:cafe.oasis@scurc.org.uk)

or find us on Facebook

Cafe Oasis is supported by the  
Volunteers and Staff at Sutton  
Coldfield United Reformed Church.  
Registered charity No. 1131424



## CAFE OASIS

# Food Delivery

4 meals £15  
or 4 meals + 3 puddings £21

Delicious homecooked meals delivered  
free to your door.

For details Phone: 07713 970096  
E-mail: [cafe.oasis@scurc.org.uk](mailto:cafe.oasis@scurc.org.uk)

Can be stored in the fridge and reheated. Storage and  
heating instructions included.

Cafe Oasis supported by Volunteers and Staff at Sutton  
Coldfield United Reformed Church. Registered Charity No.  
1131424



# VOLUNTEERS NEEDED



**Volunteers needed to help our community café at  
Sutton Coldfield United Reformed Church.**

**Monday** 10.00am – 2pm **Tuesday** 10.00am – 2pm **Thursday** 10.00 – 2pm **Friday** 10.00am – 2pm

\*FLEXIBLE SHIFTS – ANY TIME, ANY SHIFT\*

**POSITIONS INCLUDE:** Front of House/Reception. Waiter/Waitress **Cashier**

**Volunteer drivers needed for deliveries — Expenses covered**

For more information, contact: **Call: 07593 718785**

**Email:** [cafe.oasis@scurc.org.uk](mailto:cafe.oasis@scurc.org.uk) **Website:** <https://scurc.org.uk/cafe-oasis/> OR find us on Facebook





**Teachitright**  
Learn. Develop. Succeed.

**FREE trial classes worth £40**

**95% OF PARENTS RECOMMEND US**

**FREE OVER 80%**

**11+ Tuition classes**

**We are in Sutton Coldfield, Streetly, Walsall & Solihull**

**Taking bookings NOW! for September 2021**

**Try a FREE Trial Class!**

**Please call:**  
01922 863104  
07809 614310  
[www.teachitright.com](http://www.teachitright.com)

**Ofsted Registered**

**CHILDREN'S FUNDING ACCEPTED**

**DEMENTIA CAFE**

Activities and advice for un-paid Dementia Carers and their cared for.

Come along, socialize and join in stimulating activities whilst also being able to access support and advice from our friendly advisors.

10am-11:30am every Tuesday  
Commencing 23<sup>rd</sup> November 2021

Communita Café  
76-78 Boldmere Road  
B73 5TJ

Tel: 07876 826006  
Email: [dementiacarers@birminghamcarershut.org.uk](mailto:dementiacarers@birminghamcarershut.org.uk)

**birmingham carers' hub**

**AGE concern**

## Maths Tuition

- Online with zoom (face-to-face if CV19 allows)
- Years 9, 10 and 11. GCSE Maths
- Year 12 A-level Maths
- Semi-retired maths teacher
- Edexcel/Pearson examiner
- Taking on students
- [jsw7fr@hotmail.co.uk](mailto:jsw7fr@hotmail.co.uk)

**G. Rogers**

Painting and Decorating  
Interior & Exterior  
High Class Service  
Free Quotations

**Tel: 0121 355 0226**  
**Mob: 07879 020 204**

**GR**

## Do you want to learn Mandarin Chinese?

### Specialist Mandarin Teacher Available online (or in the Sutton Coldfield area)

*Private 1-to-1 classes		
1 hour session £30	1.5 hour session £35 (£23.3 per hour)	2 hour session £40 (£20 per hour)
*Small groups (2 to 4 people)		
1 hour session £35	1.5 hour session £40 (Under £27 per hour)	2 hour session £50 (£25 per hour)
*Groups (5 to 10 people)		
1 hour session £40	1.5 hour session £45 (£30 per hour)	2 hour session £55 (£27.5 per hour)

\*5% discount for advance payment of five or more sessions  
\*10% for advance payment of 10 or more sessions

Happy to do exam preparation classes such as GCSE for an extra £5 per hour

Reliable, diligent & highly experienced teacher with background in memory, learning methods, learning technology & languages. Fluent in Mandarin & English with Masters degree in Applied Linguistics (distinction) & a PCET level 5 teaching Qualification. Various certificates including a full enhanced DBS available upon request. All levels & all ages are all welcome!

"Modern, novel, high-tech, unconventional teaching methods. Very effective & fun!" (Former student)

Email Luc at [luchubbard@hotmail.com](mailto:luchubbard@hotmail.com)





## Chongshin Do Academy of Martial Arts



Kickboxing \* Jujitsu \* Self-Defence \* Fitness



\*Established in the area for over 22 years\*

\*Multi-style martial arts club welcome students of all ages and abilities\*

\*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 Gary on 07921 132 860

or email: chong.fouroaks@gmail.com



Mondays & Wednesdays

Blue Coat C.E. Academy, Birmingham Street, Walsall WS1 2ND

Kids 6.00pm - 7.00pm

Adults 7.00pm - 8.30pm

## THE LOFT PILATES & YOGA STUDIO

www.theloftpilatesandfitnessstudio.co.uk  
199 TYBURN RD ERDINGTON B24 8NB  
07886089473

### MONDAY

#### DAY TIME

Pilates 945-1045am

#### EVENING

Karate 6-7pm

### TUESDAY

#### EVENING

Pilates 6-7pm  
Boxfit 7-745pm

### WEDNESDAY

#### EVENING

Karate 5-545pm  
Karate 6-7pm  
Yin Yoga 715-8pm

### SATURDAY

#### DAY TIME

Circuits 9-930am  
Pilates Burn 930-10am

### TREATMENTS

Sports Massage & Cupping Therapy  
Acupuncture & Dry Needling  
Personal Training & Rehabilitation  
Microdermabrasion  
Strawberry Laser Lipo




# 5K YOUR WAY MOVE AGAINST CANCER

We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

All ages and abilities are encouraged and welcome.  
Lots of us will be walking.  
Do as little or as much as you want. There is no need to walk the whole 5k.

**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 8.45am)

**Ambassador:** Anne Kelsall, Sarah Hinkley & Jane Ford

**It's Free!**  
Get in touch and let us know you will be coming.  
5k your way: move against cancer | @cancer5kYourWay  
info@5kyourway.org | www.5kyourway.org | @5kyourway

Don't forget to register with us here:  
[www.5kyourway.org/register](http://www.5kyourway.org/register)  
And register with parkrun to get your barcode




## Come & try your first class FREE



**“It's friendly & fun and it's given me my life back!”**

**Turn back the clock with our fun and friendly exercise classes to improve your**

- ✓ balance & confidence
- ✓ mobility & flexibility
- ✓ strength & independence



Banners Gate Community Hall, 35 Reay Nadin Drive. B73 6UR.  
Fridays at 1:30—2:30pm. Commenced 28th of May 2021.  
£4 per session (First session FREE) Booking Essential!  
Contact [katie.evans@moveitorloseit.co.uk](mailto:katie.evans@moveitorloseit.co.uk) or call 07592071889 for more info or to book a space.



# Sutton Park Surgery

0121 353 2586

See front page



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  
stephleeosteopathy@hotmail.com



The Clarence Spa, 312 Clarence Road, B74 4LT



Our Cook and Collect takeaway service means you can collect a nutritious, vegetarian and...

## FREE MEAL!

Every Saturday

from 3rd April

1pm - 2pm

610 Kingstanding

Road

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



## KN LOCKS & MAINTENANCE

TEL 0121 353 2214 / MOBILE 07971375080

DOUBLE GLAZING REPAIRS AND LOCKSMITH SERVICES

EMERGENCY CALL OUT

ALL TYPES OF LOCKS FITTED INCLUDING ANTI-SNAP

CYLINDERS

MISTED UNITS REPLACED

UPVC DOOR ADJUSTMENT/ REPAIR

HANDLES / HINGES/ LETTERBOXES REPLACED



Eat For  
Your Heart's  
Sake



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](mailto:kingswaypheasey@gmail.com)

Please look for the Beacon Room – Everyone welcome

The Chemist, M.W. Phillips, at Sutton Park Surgery – 0121 353 9027



## WDC Service Solutions Ltd

### Complete Door Security and Access Solutions

WDC can repair the following products: UPVC WINDOWS, HANDLES, HINGES, LOCKS, ROLLERS FOR PATIO DOORS, SECURITY, UPGRADES, REPAIRS TO UPVC DOORS, TIMBER DOOR REPAIRS, REPLACEMENT DOORS, GARAGE DOOR REPAIRS, REPAIR OR REPLACE, FAULTY CABLES, HANDLES AND LOCKS, REMOTE CONTROLS, REPLACEMENT FOBS, NEW GARAGE DOOR SYSTEMS, FREE QUOTATIONS.

[www.wdcservicesolutions.com](http://www.wdcservicesolutions.com) [service@wdcservicesolutions.com](mailto:service@wdcservicesolutions.com)  
[sales@wdcservicesolutions.com](mailto:sales@wdcservicesolutions.com) T: 0121 285 3222

Unit 16 C, Maybrook Business Park, Maybrook Road,  
Minworth. B76 1AL

**LoveWorld**  
SUTTON COLDFIELD

Specially invite you to

# Worship WITH US

EVERY WEDNESDAY & SUNDAY

LoveWorld Sutton Coldfield: Banners Gate Community Hall  
35 Reay Nadin Drive, Sutton Coldfield B73 6UR

Contact Details: 07565652762  
[loveworldsuttoncoldfield@gmail.com](mailto:loveworldsuttoncoldfield@gmail.com)

Every Sunday 9am - 11am	Every Wednesday 6pm - 7pm	Communion service with Pastor Chris Every 1st Sunday of the month.
----------------------------	------------------------------	---

## 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.

## Banners Gate Community Hall Coffee Mornings

will resume on 15th March

at 10 o'clock.

## Hall's Gardens

Garden Maintenance Services

Gary Hall

54,  
Coppice View Road,  
Sutton Coldfield, B73 6UF  
07833720015

[garyhall7@blueyonder.co.uk](mailto:garyhall7@blueyonder.co.uk)



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

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](http://www.newhorizonscounselling.org).

The Banners Gate Community Hall is available at various 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)

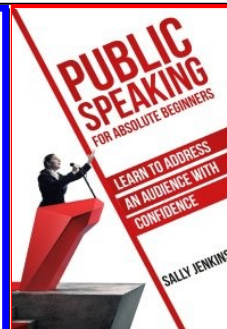
The Jarrett room is approx. 13' x 8'  
(4m x 2.5m)

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](http://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](mailto:sallysjenkins@btinternet.com) 0121



0777 333 9214



## 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.

## R&B Builders Ltd.

RAFAL SZPAK

Landscaping & Fencing Services

Buildings Maintenance

07828-275-288

[www.rbbuilders.net](http://www.rbbuilders.net)

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





## Create the best party possible for your little ones

**Birthdays, Weddings, Christenings, Fetes, School Workshops, Plays and much more**  
We can cater for anything including: Full Party Entertainment, Mascots, Soft Play, Bouncy Castles, Face Painting,



and Pamper Parties **Facebook:** Lucky Buntys **Twitter:** @LuckyBuntys

## PetStay

Home Dog Boarders since 2005

Would you like to be one of our dog carers?

- \* Are you at home during the day?
- \* Have a very secure garden?
- \* Do you love dogs?
- \* Want to earn a little extra?
- \* Very flexible and fits into your lifestyle
- \* We are THE alternative to kennels in the area.
- \* Want to join a professional service?
- \* Then maybe being one of our many loving dog carers would be ideal for you!



Become a PetStay dog carer.  
Earn from £105 to £207 p/w looking after dogs in your own home

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

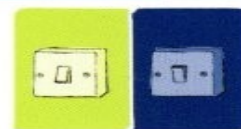
## Paul White Electrical

No Job too small

**Paul Andrew White**  
Electrician

111 Wandsworth Road  
Birmingham  
B44 9LY  
07403445651

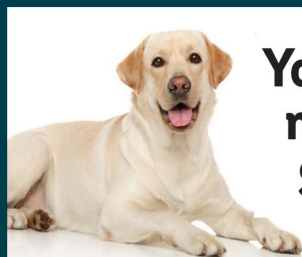
p.white.electrical@gmail.com  
Part P reg 58023 PAT Testing



Give your little Mozart  
a musical head-start

- multi-sensory games and activities
- interactive concerts
- musical Arts and Crafts
- wrap-around care

[www.rhythmcircle.co.uk](http://www.rhythmcircle.co.uk)



**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

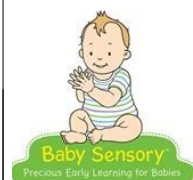


## SWIMMING LESSONS

for ages 4 and upwards:  
Wednesday & Friday Evenings  
Local Pools ~ All Abilities  
Badge Work ~ Qualified Instructors

**0121 353 6616**

[www.swimminglessonsinsuttoncoldfield.co.uk](http://www.swimminglessonsinsuttoncoldfield.co.uk)



**0 - 13 months  
Baby Development Class**  
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](mailto:suttoncoldfield@babysensory.co.uk)

Plastering internal & external specialist  
Includes: Dry lining - Plaster boarding - Artex re-skimming - Replacement walls & ceilings - Painting / Decorating - Carpentry

**Lee Nugent**

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



## Personal Training

Looking to lose weight?  
Improve your fitness?  
Improve your diet?

**Katie Ingle**

T: 0788 886 7850

E: [kiltrfitness@outlook.com](mailto:kiltrfitness@outlook.com)

IG: @kiltrfitness

FB: kiltrfitness

Personal training sessions  
available from £30 p/h at Pure  
Gym, Sutton Coldfield (+£5.99 for  
a day pass). Free consultation &  
monthly packages also available!

Muscle tightness / strains, Joint pain, Sciatica.  
Shoulder & neck tension, headaches.  
Sports Injuries (specialized in running injuries).



Amy Johnson (Bsc). Recommended since 2014.  
12 Chester Gardens, B73 5BF 0770 7006802



## 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.

Tracy: 0780 329 3351





## St Columba's Church Hall

Hall letting for St Columba's Church.

Weekday lettings are available for the large Church Hall which includes a well equipped kitchen.

Entrance to the hall is step free and is suitable for wheel chair access throughout the premises.

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

[st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)

## Banners Gate Community Church - Events

**Monday, Thursday, Friday** - Baby Phonics

Contact email: [Jenna@robotreg.co.uk](mailto:Jenna@robotreg.co.uk) for times and availability

**Tuesday and Wednesday** - Baby Sensory

Contact Tracy at email: [suttoncoldfield@babysensory.co.uk](mailto:suttoncoldfield@babysensory.co.uk) for times and availability



### Coffee & Cake

*Friends bring happiness into your life best friends bring coffee*

Our brand new Coffee & Cake event is happening every alternating Friday (Please check the events for dates). Join us for a cup of coffee or tea, a cake, and a friendly chat.

## The Scout Hut - Coppice View Road - Sutton Coldfield - B73 6UE.

### Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

The cost is £5 per person. Everyone is welcome and all abilities are catered for in a relaxing and enjoyable environment.

If anyone needs further details, please contact me on

**01543 480151**



DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (1st) 11.00 – 2.00 pm 3 – 7pm 10.00 am 1st Sunday of month 9.00–11 am 10.30 am 11.00 am 3.00–7.00 pm 7.30–8.30pm	Create at Gate with K & S Global Communion Family Communion Loveworld Church Family Worship Chikara Karate Kai Love world Church Soul Yoga	Community Hall Banners Gate CC St. Columba's Community Hall Banners Gate CC Scout Hall Community Hall Community Hall	Kathy Weston Pastor Chris 07565 Ola Samuel 07565 Nigel Willis Paul Murphy 07837 Ola Samuel 07565	628 6651 65 27 62 354 5873 65 27 62 353 0230 39 57 89 65 27 62
For details see website at <a href="http://www.stcolumbasbannersgate.co.uk">www.stcolumbasbannersgate.co.uk</a> <a href="http://www.bannersgatechurch.com">www.bannersgatechurch.com</a>				
Mon 6.15am - 7.15am 9.15 - 10.15 11am - 1.00pm 7.30 – 9.00 pm	Stay in Focus Fitness Imagi-Play Dementia Care Line Dancing	Community Hall St Columbas Community Hall Community Hall	Ellie Smith Barbara H-Walker Diane Pursall	553 6483 747 4659
Tues 6.15 am – 7.15am 3rd in month 9.15 - 12.00pm 6.30 – 7.30 & 7.30 – 9.00 7.45 pm	Stay in Focus Fitness Coffee Morning 3rd Tuesdays Line Dancing Chikara Karate Kai	Community Hall Community Hall Community Hall St. Columba's	When they restart Diane Pursall	747 4659
Wed 9.30, 11.00 & 12 10.30 - 12.30 1.15 - 2.15 6 pm - 7pm 7.15–8.15 7.00 pm	Baby Sensory Guide Dog Training Imagi-Play Mid-week Service Bible Study Yoga, Midlands SlimmingWorld	Banners Gate CC Community Hall St Columbas Community Hall Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Ellie Smith Ola Samuel 07565 Angela Brookes 07939 Karen 07759	82 56 22 360 0286 65 27 62 54 73 92 17 02 89
Thurs 6.15 am - 7.15am 10.00 am 10.00–11.00 am 12.45 - 2.45 4.30–6.30 6.30 – 9.45 pm 7.15 – 10.15 pm (3rd of each month) 7.30 pm	Stay in Focus Fitness Holy Communion Yoga Kiddibops Teachitright Zig Zag Dance Studio Bridge Townswomen's Guild	Community Hall St. Columba's Community Hall Community Hall Community Hall St. Columba's Community Hall Banners Gate CC	Tricia 07954 Rachel 07807 07809 Warren 01902 Sylvia Cunningham 07870 Josie Orme	354 5873 40 39 43 61 43 10 55 16 61 897 900 352 1042
Saturday 8.30–9.30 am	Soul Yoga			
Updated on Thursday 2022 02 17				

**BOOKING SECRETARIES:**  
Community Hall mobile: 075 65 54 68 21  
Banners Gate CC - June Dadd 07443 22 65 30  
St. Columba's - Sallyanne Rowley 693 0084  
Scout Hall - A & R Talliss 353 8166

**UNIFORMED ORGANISATIONS:**  
**Scouts:** Margaret Drummond, 33rd GSL  
353 5203 **Girguiding:** 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  
03444 111 444

### BANNERS GATE COUNSELLING CENTRE

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, when we  
are back to normal  
(whatever that turns out to  
be).**

 **The Townswomen's Guild**  
Patron HRH The Princess Royal GCVO

**Thurs. 17th March AGM & Alison Jolley - Sutton in Bloom**

**Thurs. 21st April Chris Lowe, Storyteller**

Our vibrant Guild meets on the 3rd  
Thursday of the month in the Westwood  
Hall, Banners Gate Community Church at  
7.30pm.  
Contact Sue nation on 353 4114

**Banners Gate Community Church, Westwood Road**

**Upcoming events**

**27 FEB** The Attitude of Christ  
☑ Sunday, February 27, 2022  
🕒 10:30am-12:00pm  
⌵ Show more

**4 MAR** Coffee & Fellowship  
☑ Friday, March 4, 2022  
🕒 2:30pm-5:00pm

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

**33<sup>rd</sup> Sutton Coldfield Scout Group,**  
H.Q. Coppice View Road

Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years  
Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years

Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years  
Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

**Contact 0121 353 5203**  
Email: margaretdrummond1@btinternet.com



**Girguiding 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.

Girguiding 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
	Thurs 5.00 - 6.00pm	39th Rainbows	St Columba's Hall		354 5873