



Banners Gate & Parklands Community & Neighbourhood Forum

160th July 2022

bannersgateneighbourhoodforum.com

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For Banners Gate residents, an actual face to face forum meeting, an AGM, on Monday 25th July at 7.30 pm. We have some important decisions to make following the pandemic. Please do your best to turn up so that we have as many opinions as are out there to help make the best decisions.

Our speaker will be Julian Routh, beekeeper, to talk about bees, the Varroa parasite and other matters, such as, how can we manage without them. Julian will also answer your questions and, hopefully, to sell us some of his excellent honey.

Talking about selling, several residents have mentioned a *Sales and Wants* page. If there is a demand for such a page then we'll see what the response is to: **a free advert about the size of a business card to run for one month, unless repeated by the sender, otherwise it will be removed before the next edition.**



Jan Cairns: Hello all, summer nights are my favourite! We are so lucky that the weather is remaining glorious if not a little too hot for some of us. Please stay safe in the intense heat of the day.

I said in my last article that I would update you on some of the activities that I have been taking on as Mayor of Sutton Coldfield and I have been humbled to visit Hope Food Bank Birmingham that originated in Sutton Coldfield for their one-year anniversary. I have been overwhelmed to witness the dedication of the team and how hard they work for such long hours collecting, distributing, and preparing the food packages for our residents in need. I hope to visit them again soon to support their cause whilst I am Mayor.

I have also been to see a group of brave women who have joined together in support of each other through Up Creative to have a support community in Falcon Lodge where they can share their experiences, have a shoulder to lean on and support each other's families through the hardest of times and the best of times.

The Jubilee Flower Festival at Wylde Green United Reformed Church was an absolute treat to see all the different floral displays in honour of the Queen's wonderful 70 years of service depicting what is close to her heart including Balmoral, Sandringham, Britannia and her love of the country, her dogs, and her horses. The displays were second to none.

Sutton Coldfield Town Council hosted a garden

competition and I have had the pleasure of visiting the winning gardens to see what beauty in nature and arduous work coming together looks like particularly when embracing local wildlife and recycling. All the winners' gardens were a sight to behold, and they were very worthy winners. Congratulations again to you all.

Judges from the Royal Horticultural Society (RHS) visited Sutton Coldfield last week to assess the town's entry into the Heart of England in Bloom competition. I was delighted to greet judges before they were taken on a tour of Sutton Coldfield and shown the various displays, projects and initiatives that have been installed and delivered over recent months. Results will be announced mid-September.

Our town's annual Civic Sunday service took place on 10th July. This is a traditional civic event that promotes celebration of the town's civic heritage. I was proud to be representing the town in continuing a remarkable tradition along with Deputy Lieutenant Dr John Craggs who was representing The Crown and our MP, Rt Hon Andrew Mitchell.

Lastly, a date for your diary this summer – 28th July, not only is this the beginning of the Commonwealth Games, the 2022 Queen's Baton Relay will pass through Sutton Coldfield. I encourage you to get involved and embrace the arrival of the Baton. I hope you have a lovely, safe summer and enjoy the celebrations and buzz around the Commonwealth Games.

AVAILABLE IN LARGE PRINT. TEL: EDITOR AT 605 4947

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Max Hatton: Hello Gatepost readers! I hope everyone is keeping cool and staying hydrated with the hot weather we have had recently. Summer is here and with it the six weeks holidays, and what an exciting summer we have in store for Sutton and Birmingham!



I've kickstarted my summer volunteering for the Boldmere Summer Festival on Sunday 17th July. The Boldmere Futures Partnership work tirelessly to ensure we have such great local

events that are enjoyed by so many. It was great to see first-hand the work that goes into running and organising the festival. The amount of work carried out in the background is immense and there is a brilliant team of organisers and volunteers that truly embody community spirit and it is due to them that we have such great events. We have fantastic businesses up and down Boldmere High Street that also work extremely hard to make sure these events are successful. It was also great to see so many local independent businesses at our stalls this year, there was a lot of variety and some excellent food stalls!

The music was a highlight for me as well, we had some brilliant acts this year and I am excited to see if we can draw in more local talent to perform at future festivals! Walking up and down the high street it was heart-warming to see so many families and friends enjoying the day and the weather. For those that frequently attend the festivals you will know how great they are, but this year's felt particularly special.

There will still be plenty of activities going on throughout the town and city this summer, Boldmere is hosting the Commonwealth Games Triathlon on Friday 29th and Sunday 31st July at Boldmere Gate. This is a great chance for local residents to see some of the Commonwealth Games action on their doorstep! Sutton Park is always a great place to visit in the summer holidays, we have free cycle hire for residents at your local docking stations running between 27th July and 8th August so take the opportunity to cycle through the park if you can!



Rob Pocock: MONMOUTH DRIVE ISLAND AT STONEHOUSE ROAD JUNCTION

Banners Gate and Parklands residents will be familiar with the regular appearance of road crash damage on this traffic island. It was hit twice by traffic going

west (out of Sutton) earlier in the year, and then again a few weeks ago with a car going eastbound (towards Sutton). This latest car was being driven at speed by a driver without tax or insurance, under the heavy influence of intoxication. It mounted the island, bounced off, crashed through the safety bollards that we had got installed just weeks earlier, ploughed through the nearby resident's hedge and then skidded 30 yards across his lawn, stopping just feet away from his house. The driver staggered out, wandered off and disappeared, still not yet traced it seems.

Better signs and speed limits will not stop total idiots of this kind. We are looking at stronger physical barriers to protect this vulnerable property. However, other accidents have happened with drivers apparently not seeing the island properly. It seems pretty high profile to me, but nevertheless we are talking to the City Highways department about better signage, including a bolder 'chevron' sign on the actual stonework of the island itself. If you approach the island now from the Banners Gate end, you can just about make out a battered and faded 'chevron' stuck on the side of the island – this is one of the things we want to get renewed so at least any law-abiding driver has no excuse. Other signage improvements are also being considered. There is no accounting for the behaviour of complete lunatics, but for the rest of our community this should be a helpful local improvement.

ROADS AND PAVEMENTS

While on the subject of roads and highways, we are getting to the time of year when Kath and I are asked by the highways contractors, Kier Highways, to feed in our views on outstanding improvements needed. We have already lodged the part of Westwood Rd from Reay Nadin up to George Frederisk Rd requesting re-surfacing, and the pavements on Longmoor Rd and Hollyhurst Rd. Any other suggestions just email me on rob.pocock@birmingham.gov.uk. We don't get to make the decisions ourselves but at least we can make sure that residents' views are made known to the people who do decide.

'TIP TRUCK' TOUR STRIKES AGAIN!

This very popular service is coming back again to our area in mid-August. This time it's going to be parked up in the Parklands estate, at the foot of Avery Road. I have arranged this for the school holidays, given the area is crammed with cars during school-run time. Drop by between 7am and midday on the appointed day with any large items of rubbish, garden waste, loft and shed clearance etc. I don't have the exact date yet but please email me as above and I'll add you to the notification list.

Happy 99th birthday, Harold.



In the Banners Gate Community Hall's monthly Coffee Morning, on Tuesday, 19th July we had an early celebration of Harold Jones's 99th birthday, due on Friday, 22nd July.

Harold has raised over £20,700 for the Motor Neurone Disease Association and is still raising funds, so we also celebrated that fact with special cakes that included the MNDA logo.

We are all looking forward to the big one this time next year.

HAPPY 99th BIRTHDAY, HAROLD.

Stop Press:

Yesterday (Thursday) Harold's home was invaded by representatives of the Lord Lieutenant's office, representatives of Harold's old army company and representatives of The Motor Neurone Disease Association who were enamoured with Harold's birthday cakes.

Today (Friday) it will be an invasion of Harold's family.





Sunday Mornings at St Columba's

Rev Beccy invites you to a warm and welcoming
service at 10am

*The service lasts about an hour
with tea, coffee and a chat in the hall afterwards.*

All are welcome: everything is explained as we go
along and is on a big screen at the front.

Come exactly as you are - full of questions, full of faith,
full of doubts or completely empty and in need of an
hour of peace.

You are welcome.

More on Air Quality

We hear that churches and schools are showing their concern about vehicles that sit waiting with their engines running. But now they can take advantage of the Eco Sutton offer: a notice board paid for by lottery funding which encourages considerate behaviour. If you are interested in putting up one of these notices you can get in touch via their website:

www.ecosutton.co.uk

**PLEASE STOP
IDLING YOUR
ENGINE...**

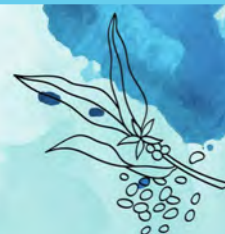
...think of the elderly
and the young



Thank you



*Coffee
Morning*



*Last Friday of every month
10.30 - 12pm*

*St Columba's Coffee
Morning is not on in July
and August but we are back
in September, full
throttle, by hosting a
Macmillan Coffee Morning
on Friday 30 September
10 o'clock until 1pm.*

St Columba's News.

In recent decades we have all become increasingly aware of the crucial importance of our relationship with nature and the damage global warming is doing to our world.

We cannot replace a melted ice cap or return vast areas of the rain forest to its former glory, however there is much that can be done either individually or through an organisation to help lessen the impact that climate change is causing globally, both at home and abroad. International news shows the poorest countries and their peoples are the hardest hit, in response to these facts the church as a whole launched Eco Church, a national environment programme in order to track and most importantly address its own carbon emissions.

So how is St Columba's fitting in with all of this and performing a vital role within the Banners Gate locality? After all schools, businesses, families and a whole raft of voluntary organisations are continually working hard to reduce, reuse, recycle on a daily basis throughout Sutton and beyond. Just a few examples are:

1. Ongoing involvement with the A Rocha UK Eco Church programme which actively supports the reduction of our carbon footprint. Nationally over 5,000 churches are involved and this number is growing rapidly.
2. Effective recycling facilities for plastic, glass and paper for all Church users
3. LED lighting throughout the church and its buildings.
4. Dual flush toilets to reduce water usage.
5. Consistent purchase of domestic 100% recycled paper goods.

Church service arrangements for Sunday 31 July
(Commonwealth Games weekend)

Due to traffic disruption associated with the Commonwealth Games in Sutton Park, the usual 10.00 am Sunday service will not take place. A short Communion service will be offered at 08.00 am instead.



What an amazing year we have had! I can't quite believe it is the end of another school year but am so proud of all that has been achieved in school this year. Highlights include: RockKidz, Bikeability, swimming provision, Health for Life award, Gold School Games award, Christmas plays, prize-giving, residential, Team GB athletes visiting, Y6 SATS scores, the Platinum Jubilee, themed lunches and much, much more! There are some photographs of summer highlights below which showcase just how fabulous our pupils are.

As Y6 leave us, they head into a new chapter with our love, support and acceptance. They are a truly amazing bunch of young people who we are so proud to have supported on their primary school journey. We know that wonderful things await them at secondary school and wish them the very best for September.

All that remains for me to say, is THANK YOU to our school community for your support and positivity. On behalf of the Sutton Park Primary team—have a fantastic summer break!

Mrs. Middleton, Head of School



Follow us on twitter @SuttonParkPri

Calendar events and diary dates:



All of the information you need for September and the return to school

can be found here: [http://](http://www.suttonparkprimary.co.uk/images/foryou/SPP_SEPTEMBER_22_INFORMATION_PACK.pdf)

[www.suttonparkprimary.co.uk/images/foryou/](http://www.suttonparkprimary.co.uk/images/foryou/SPP_SEPTEMBER_22_INFORMATION_PACK.pdf)

[SPP SEPTEMBER 22 INFORMATION PACK.pdf](http://www.suttonparkprimary.co.uk/images/foryou/SPP_SEPTEMBER_22_INFORMATION_PACK.pdf)



Nursery places available.

Speak to a member of our staff to find out more.

We would love to welcome you into the Sutton Park family.

enquiry@suttonparkprimary.co.uk
0121 484 7300
www.suttonparkprimary.co.uk
@SuttonParkPri



Prince Albert
COMMUNITY TRUST



BELIEVE
INSPIRE
ACHIEVE

Baby and Parent Groups

My daughter is one now and I am due to return to work in July but we have spent the last year together visiting the many fabulous playgroups and classes around Sutton Coldfield so I thought I would share them with you. These are either based on my personal recommendation, or ones that have been recommended by friends. It is by no means an exhaustive list, and most only operate in term time.

They are a great way to get out of the house each day, for babies and children to socialise. The stay and play groups are a great way to meet other adults and to socialise too, and you may even be able to enjoy a hot cup of tea (usually included in the play group admission donation/fee).

I will also share the timetable for free classes funded by Spurgeons Children's Charity. The 30 min "Story/Singing session" at Boldmere library on Tuesdays at 09:30, 10:00 and 10:45 is lovely.

Monday:

Messy Tots at Sutton Coldfield URC [1, Brassington Ave, Sutton Coldfield, B736AA](#): 10:00-11:30

Tiny Talk (sign language) at Chester Road Baptist Church, Chester Road, B735HU
Baby group 11:15-12:15 and Toddler group 09:45-10:45

Tuesday:

All-Star twinkles at St Peters Church, Maney Hill Road, B72 1JJ: 9.45-11.15

'Moo Music' at Deanery C of E Primary School, [Fox Hollies Road](#), Walmley, [Sutton Coldfield B76 2RD](#): 11:35-12:10

Soft Play at the Indoor Big Play Barn, The Children's Farm, Middleton Lane, Middleton (free for 12 months and under before 11am)

Wednesday:

Britwell Toddler Group, Wylde Green United Reform Church, Sutton Coldfield, B73 5SW: 09:30-11:30

Soft Play at the Indoor Big Play Barn, The Children's Farm, Middleton Lane, Middleton (free for 12 months and under before 11am)

Thursday:

All-star twinkles at St Peters Church, Maney Hill Road, B72 1JJ: 9.45-11.15

Four Oaks Play Group, [155 Lichfield Road, Sutton Coldfield, West Midlands, B74 2UU](#): 09:30-11:15

Moo Music at Boldmere Methodist Church, Boldmere Rd, Sutton Coldfield: 11:35 - 12:10

Soft Play at the Indoor Big Play Barn, The Children's Farm, Middleton Lane, Middleton (free for 12 months and under before 11am)

Cllr. Amy Millichope (Sutton Coldfield Town Council)
amy.millichope@suttoncoldfieldtowncouncil.gov.uk

Monday am

9.30-11.30am
KID's West Midlands
Support Group
Referral only
Castle Vale

9.30-10.30am
First Word's
(12-24 months)
Lakeside- call to register
interest

10.00-11.00am
Walking For Wellbeing
Lakeside

10.00-11.30am
Family Support Drop-In
1st and 3rd Monday of
each month
Lakeside

HIGH IMPORTANCE

* Please ensure that you bring NHS number's with you for anyone attending each week, this is highly important to ensure that staff can sign you in and out effectively *



Tuesday am

9.30-11.00am
Play and Learn
under 5's
Castle Vale

9.30-10.00am
10.10-10.40am
10.45-11.15am
Story/Singing Session
Under 5's
Boldmere Library

10.00-11.00am
Walking For Wellbeing
Lakeside

10.00-12.00pm
The feeding Lounge
Lakeside

For any Breastfeeding advice please contact any of the Children's Centres or come along for support to one of the groups.



Wednesday am

9.30-11.00
Hug in a Mug— Adults only
Referral only
Holland House

9.30-11.00am
Play and Learn
under 2's
Lakeside

9.30-11.00am
Play and Learn
over 2's
Lakeside

DID YOU KNOW?

... National recommendations are that pregnant women and young children should take vitamin D supplements.

ASK FOR YOUR FREE VITAMINS AT RECEPTION OR CALL YOUR LOCAL CHILDREN'S CENTRE



Thursday am

9.30-11.30am
KID's West Midlands
Support Group
Referral only
Lakeside

9.30-11.00 am
Hug in a Mug—
Referral only
Castle Vale

Start date to be confirmed-
9.30-11.00 am
Stepping Stones
Referral only
Featherstone

9.30-11.30am
Employment and Training
Drop-In
Castle Vale

Family Support

Need some advice and support? Ring to speak to our Duty Family Support Worker who can help and advise. If we cannot, we will help to identify a service that can.

Friday am

9.30-11.00am
Play and Learn
over 2's
Holland House

(Start date to be confirmed)
9.45-11.15 am
Play and Learn
Under 5's
Falcon Lodge Community Centre

9.30-10.30am
First Word's
(12-24 months)
Castle Vale

Adult Education
Register your interest in Survival English- This looks at those basic skills needed to help with communication early on. A creche will be provided.



We would love to receive some feedback about a service or group you have attended - this will help us to identify future groups and activities.

*Please turn over for the afternoon activities...

Birmingham Community Healthcare NHS Foundation Trust

Monday pm

12.40-2.40pm
Hug in a Mug-Referral only
Lakeside

1.30-4.00pm
Employment and Training
Drop-In
Lakeside



Lakeside Children's Centre
Lakes Road, Erdington,
Birmingham, B23 7UH
Telephone: 0121 752 1970
Open 9am - 5pm
Some car parking space
available, disabled parking plus
plenty of on street parking

Featherstone Children's Centre
29 Highcroft Road,
Erdington, Birmingham,
B23 6AU
Telephone: 0121 752 1870
Open 9am-5pm
On street parking available

Castle Vale Children's Centre
372 Yatesbury Avenue,
Castle Vale, Birmingham,
B35 6DG
Telephone: 0121 752 1920
Open 9am - 5pm
On street parking available

Tuesday pm

12.45-2.15pm
Hug in a Mug-Referral only
Featherstone

12.45-2.45pm HENRY
Sutton Venue
(Venue to be confirmed)

1.00-3.00pm
Employment and Training
Drop-In
Holland House

Holland House Children's Centre
Holland Road,
Sutton Coldfield,
Birmingham, B72 1RE
Telephone: 0121 752 1860
Open 8.30am-4.30pm
Parking on Duke Street- 2 hours
without pay and display

Boldmere Library
119 Boldmere Road,
Boldmere, Sutton
Coldfield, B73-5TU
On street parking available

Falcon Lodge Community Centre
Church Hill Road,
Sutton Coldfield, B75 7LB
On street parking available

Facebook Pages
Erdington Children's
Centre
Sutton Coldfield Children's
Centre

www.startwellbirmingham.co.uk

Wednesday pm

1.00-2.00pm
Walking For Wellbeing
Holland House



Please note - We offer Baby Massage, please enquire with your local Children's Centre

Need support with your wellbeing? Contact your local Children's Centre to enquire about Walking for Wellbeing or Hug in a Mug.

Employment, Training and Volunteering

Get support with CV writing, interview skills and accessing courses such as Survival English, Crafts, Introduction to Childcare and many more. We also have a range of volunteering opportunities within the Children's Centre Contact: Zaheer on 07974 255788 or Natalie on 07870 981272

Health Activities Call In

We can support you with:-

- Introduction to solid food
- Oral health
- Bottle to cup transition
- Fussy eating
- Safety in the home
- Healthy eating and nutrition

Contact Tal on: 07816 364241
or Paula on: 07816 364232

Thursday pm

1.00-2.00pm
Walking For Wellbeing
Castle Vale

1.15-2.45pm
Play and Learn
under 2's
Featherstone

1.30-4.00pm
Employment and Training
Drop-In
Featherstone

1.00-2.30pm
Family Support Drop-In
2nd and 4th Thursday of
each month
Holland House

Friday pm

1.15-2.45pm
Play and Learn
over 2's
Featherstone

1.00-2.30pm
Play and Learn
under 2's
Holland House

We offer a number of courses including:-

- Promoting Happier Parenting
- Domestic Abuse Support
- Solihull Approach
- Healthy Eating Nutrition for the Really Young (HENRY)
- Incredible Years Parenting Programme

Please call your local Children's Centre to enquire or/and book on.

Language Through Play

If you have concerns around your child's speech and language development, we offer sessions to help support and enable parents/carers to optimize their child's speech and language skills. The support is through our Little Talker's sessions and home learning with talking tips and activities from the 'Wellcomm Toolkit'.

Please enquire at any of our Children's Centre's to find out how to access support.



Time Sensitive.



Community and Volunteer Support Worker Cafe Oasis at Sutton Coldfield United Reformed Church

Part Time, 18 hours per week, normally Monday, Tuesday, Friday, 9 am to 3 pm but with some flexibility. Real living wage (currently £9.90 per hour). Currently funded until September 2023

Café Oasis is our community at Sutton Coldfield United Reformed Church in the centre of the Royal Town. The Community and Volunteer Support Worker (CVSW) role is key to our building relationships with community groups, volunteers, carers and café customers.

The Community and Volunteer Support Worker (CVSW) will:

- connect and build relationships with other community groups enabling the provision of assistance, support, and encouragement for the continuing and increasing needs of the café service users, its volunteers (some with learning difficulties), and their carers.
- develop links with smaller charities and self-help groups and help people develop such groups to try out their ideas through building community relationships, forming new links with other groups in our local community through local networking.
- working together with the existing Café Oasis team to assist in attracting new volunteers, while developing the necessary pastoral and developmental support for existing volunteers.
- working to support the needs of the Café customers many of whom are elderly and feel isolated.

The role also includes developing links with:

- the Parish Nurse, based at the church centre, to improve health care where needed and to develop health education for all involved at the café.
- café volunteers,
- food bank
- local Neighbourhood Networking Scheme
- other community links (e.g. Town Council, Community Hub)
- Customers receiving home delivered meals as well as those attending on site.

The CVSW will need to be energetic, curious, and committed to supporting people to reach their full potential and adaptable to respond to the developing situation and the reopening of the café and meeting facilities.

Application pack available by email from: minister@scurc.org.uk

No C.V.'s please

Closing date 29th July 2022



**ROYAL SUTTON COLDFIELD
TOWN COUNCIL**

Future Meeting Dates

Full Council

17th May 2022

Agenda Item 20

Meeting	Date	
Planning and Highways Committee	Tuesday 7 th June 2022	✓
Amenities, Leisure and Community Services Committee	Thursday 16 th June 2022	✓
Strategy and Resources Committee	Tuesday 21 st June 2022	✓
Full Council	Tuesday 28 th June 2022	✓
Planning and Highways Committee	Tuesday 5 th July 2022	✓
Full Council	Tuesday 19 th July 2022	✓
Planning and Highways Committee	Tuesday 2 nd August 2022	
Planning and Highways Committee	Tuesday 6 th September 2022	
Amenities, Leisure and Community Services	Tuesday 13 th September 2022	
Strategy and Resources Committee	Tuesday 20 th September 2022	
Full Council	Tuesday 27 th September 2022	
Planning and Highways Committee	Tuesday 4 th October 2022	
Strategy and Resources Committee	Tuesday 11 th October 2022	
Full Council	Tuesday 18 th October 2022	
Planning and Highways Committee	Tuesday 1 st November 2022	
Amenities, Leisure and Community Services	Wednesday 9 th November 2022	

Neighbourhood Forum: Commonwealth Games update

With only a handful of weeks to go until the Commonwealth Games Triathlon comes to Boldmere, excitement is really building up.

Each race will have 4 laps and so there will be plenty of opportunity to see the cyclists.

Boldmere's high street will be buzzing but won't be able to accommodate all 30,000 expected visitors so we are hoping that residents along the course will prepare in a big way for this once in a lifetime event.

Some suggestions of how you can get involved.

Use a long coaxial TV lead and put your TVs in the front garden so neighbours and others can enjoy watching the swimming and running.

Decorate the pavement and your driveways and walls using pavement chalk (chunky) with flags and pictures.

Putting up flags or bunting outside your house for the team(s) you are supporting and getting small flags to wave. (bunting only on private land not pavements)

Put out some chairs on the pavement for both yourselves and visitors to the area and welcome visitors with a hot or cold drink.

Charge your phone ready to take lots of photographs that can be shared on the Boldmere Facebook group – www.facebook.com/groups/boldmere

Friday 29th July

Men's Individual Race - start 11.01am
(cycling round Boldmere around 11.25am)

Women's Individual Race - start 14.31pm
(cycling round Boldmere around 14.55pm)

Sunday 31st July

Para Individual Race - start 11.01am
(cycling round Boldmere around 11.25am)

Mixed Team Relay Race - start 14.31pm
(cycling round Boldmere around 14.55pm)

Boldmere Futures have used funding from Triathlon England to provide street entertainers around the cycling course before and between races around the residential areas and then after the races in Boldmere's high street. This will include a magician, stilt walker, Spider Man, balloon modeller and a clown. Look out for them as they will be moving around the course.

Please see the website www.boldmere.org/b2022 for further details about the races and for how road closures will affect you. There is a link on that page for the Birmingham 2022 Get Set page where you can find out more about how to apply for

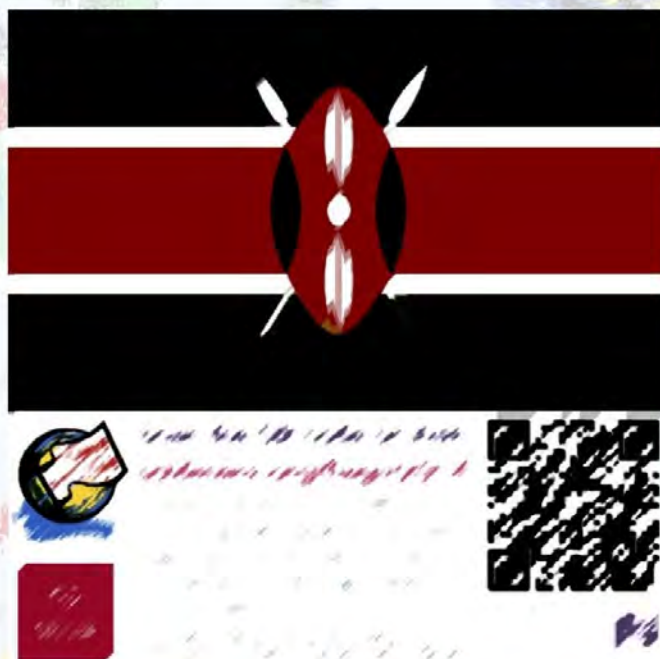
parking permits to access your property before roads are fully closed.

Boldmere Neighbourhood Forum are also excited that we will soon be able to reveal a top secret new feature arriving in Boldmere at the beginning of July. Watch this space and keep an eye out on the streets.



Flying the Flag for Boldmere

Boldmere Futures are delighted to present a trail of 59 flags around the Boldmere area that will be launched in early July. Each flag will be attached to a lamppost or signpost and will include a flag of the Commonwealth and a QR code. Anybody can participate and it doesn't all have to be done on one day, in fact it's a great trail to spread out over a few evenings.



The trail starts by Powell's Pool at Boldmere Gate where there will be a commemorative plaque to form part of Boldmere's new history of hosting the Triathlon for the Commonwealth Games. The trail then finishes in the heart of Boldmere where there will be a new 8m high flagpole installed.

Scanning a QR code (just use your mobile phone camera app) will take you to a web page which will tell you what the country is and some more information about that country's flag. We've shown a sample of what the flags will look like, but in order not to spoil the surprise, we've blurred out some of the content.

There will be two trail maps available. One will be in a printed format which we hope to distribute to all homes in Boldmere, but will also be available from local shops in Boldmere. This map will also be available as a printable download on the website www.boldmere.org/flags where you can also find out more about the project.

The other map will be an interactive map that you can use on a mobile device to see the locations in real-time and monitor your own position using GPS. Clicking on a flag will tell you about the location of the flag including a photograph of the location.

Pippa Goode & Paul Long of Boldmere Futures have managed the project "We're now hoping that members of our community will now contribute artwork, videos, dances, poetry or personal stories related to each country (or flag's physical location) that can be shown on each flag's web page. "

Please email Hannah on commonwealthflagproject@outlook.com if you are able to make a contribution to the digital art.

Dear neighbour

**IMPORTANT INFORMATION REGARDING THE COMMONWEALTH GAMES
TRIATHLON AND PARA TRIATHLON IN SUTTON PARK: FRI 29 AND SUN 31 JULY**

The Birmingham 2022 Commonwealth Games are rapidly approaching and we're making sure you know how the Triathlon and Para Triathlon will impact local residents and businesses with road and parking restrictions on Friday 29 and Sunday 31 July.

Restrictions on local roads

The map overleaf shows the road restrictions in place for the event. Some local roads in Boldmere will be used for the bike element of the Triathlon, and the roads within this 'field of play' will be closed to keep the athletes, staff, spectators and public safe. The roads forming the cycle route (in dark green on the map overleaf) will need to be clear of parked cars from 6pm on Thursday 28 and Saturday 30 July. Any vehicles on the roads after this time will be towed.

All other road closures and restrictions are formally in place from 6am to 6pm on both Friday 29 and Sunday 31 July. Local residents on closed roads within the field of play have between 6am and 9.15am to leave the area in their cars via staffed vehicle crossing points (shown in light green on the map overleaf). Residents can return in their cars via the vehicle crossing points when the final athlete has completed the course and it is safe to reopen the roads.

People are able to walk around the area, and there will be marshals on hand to assist people to cross the field of play safely where needed using the clearly signed pedestrian crossing points.

Closed road	Staffed vehicle crossing point 6am - 9.15am 29 & 31 July
Carwath Road / Corbridge Road / Dalkeith Road / Denholm Road / Falstone Road / Halton Road / Melrose Avenue / Stirling Road	Exit the area from Melrose Avenue onto College Road
Heathlands Road / Ivy Road / Redacre Road	Exit the area from Ivy Road onto Antrobus Road
Jockey Road	Exit towards Birmingham Road

There will be some changes to bus stops and routes in the area and the site www.birmingham2022.com/getset and Twitter @getset2022 will have all up-to-date information.

Finally we do hope you get to watch and enjoy some of the events. There's a lot going on in the park and Boldmere and it should be a great atmosphere on each day. So thank you in advance for your co-operation.

	Friday 29 July	Sunday 31 July
11am	MEN Swim 750m Bike 20km (four laps of 5km) Run 5km (two laps of 2.5km)	PARA TRIATHLON Swim 750m Bike 20km (four laps of 5km) Run 5km (two laps of 2.5km)
2.30pm	WOMEN Swim 750m Bike 20km (four laps of 5km) Run 5km (two laps of 2.5km)	RELAY Swim 300m Bike four laps of 5km (one per athlete) Run four laps of 2km (one per athlete)

Regards

The Get Set for the Games team

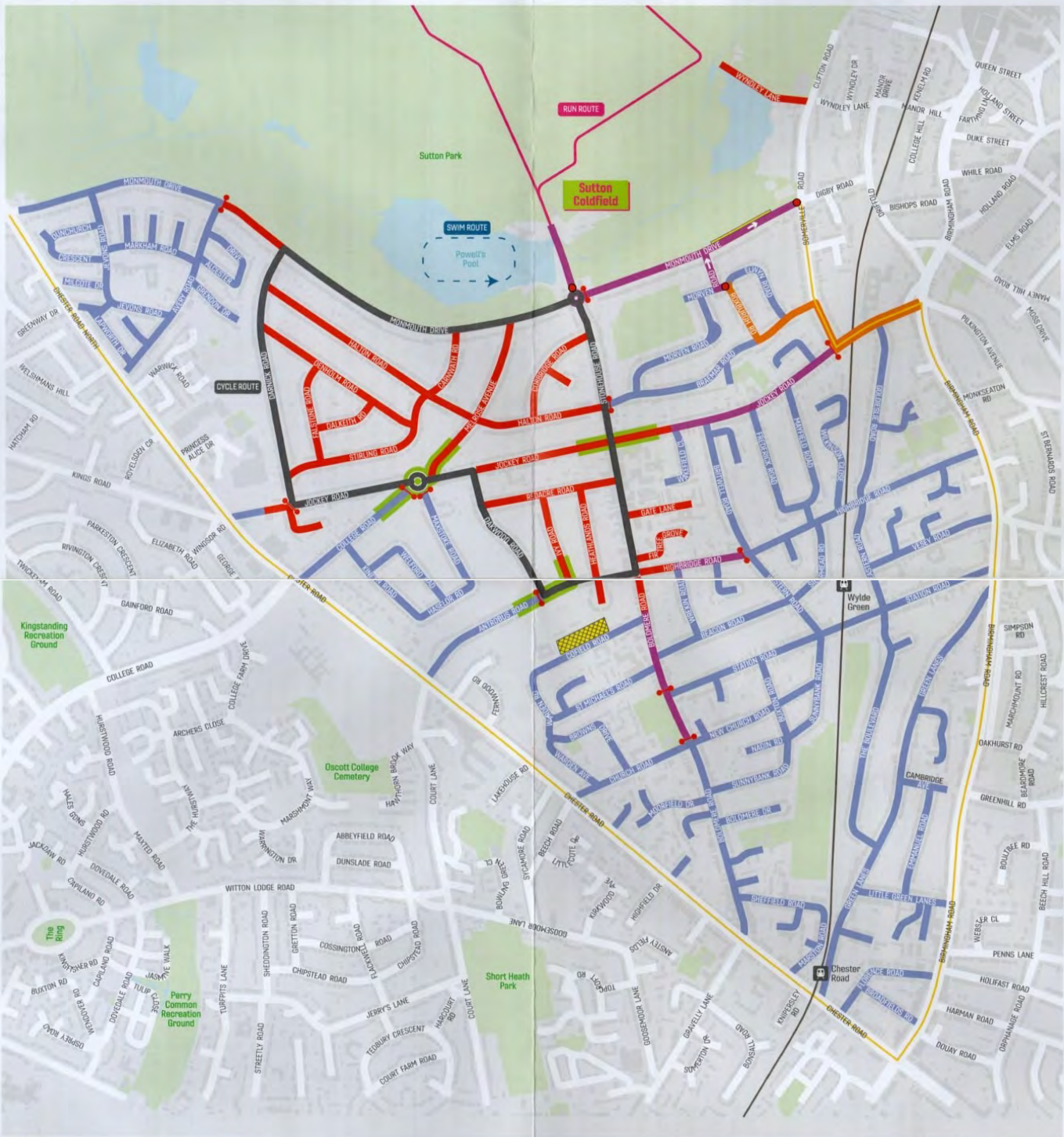
Working together



Birmingham 2022

Sutton Park - Triathlon

**GET SET
FOR THE
GAMES**
23 JULY - 29 JULY



Contains Ordnance Survey data. © Crown copyright 2022.

KEY

- | | | | |
|--|--|---|--|
| — Road closed | — No stopping | Venue load zone | Taxi Rank |
| ● Road closed at this point | — Traffic diversion | — Triathlon route | <div style="border: 1px solid black; padding: 5px; width: fit-content;">*Only for
Businesses
and residents
of the road</div> |
| — Road closed with exceptions* | ● Vehicle permit checkpoint | National Rail station | |
| — Local Access only | — Vehicle crossing point
Between 6:00am - 9:15am
and after the final athlete has finished | | |

Vesey Forum - 02 July 2022 14.30

The Effects of the Triathlon Event upon Boldmere, Vesey Ward and Sutton Coldfield

Over 40 local residents ignored the rain and attended this meeting at the Newman Community Centre in Boldmere. The meeting was jointly chaired by Councillor Rob Pocock and Councillor Kath Scott, and they were assisted by Sarah Boundy from the Commonwealth Games organisers and Donna Jones from the Community Police Service.



The triathlon events will take place on the 29th and 31st July, two races on each day. Each event will comprise of a swimming race in Powells Pool, a cycling race around the streets of Boldmere and a running section within Sutton Park. Several roads will have to be closed and free of parked vehicles (even those of the residents), other roads and areas will be restricted for most of the days in question.

There will be several roadblocks and marshals stationed around the course. Contingency measures will be in place for emergency vehicles. Tickets for selected areas of prime viewing have been sold out but around 20,000 visitors are expected in all and pedestrians will be free to roam around the course as the events develop. There will be BBC coverage at key points and there will be additional catering facilities, particularly in Sutton Park.

There will be several roadblocks and marshals stationed around the course. Contingency measures will be in place for emergency vehicles. Tickets for selected areas of prime viewing have been sold out but around 20,000 visitors are expected in all and pedestrians will be free to roam around the course as the events develop. There will be BBC coverage at key points and there will be additional catering facilities, particularly in Sutton Park.

The event will require considerable traffic management and bus routes will take diversions. Vehicles left in certain roads required for the cycling event would be towed away if parking restrictions were ignored.

It is intended to deliver explanatory leaflets to every house directly affected by the triathlon, and a letter will be delivered to each house and business in a wider area by 18 July.

A member of the audience asked about the proposed "Taxi - rank" in Cofield Road and whether the normal congestion of that road and access for home care vehicles had been taken into consideration.

Response: The stretch of road for taxis is marked to inform visitors where to go to access a taxi. Measures will be taken to ensure taxis do not obstruct the flow of traffic.

Others in the audience asked why the roads were closed for so many hours when the cycling sections of each race would only last 30 minutes, and why the whole event could not be held within the park.

Response: The organisation of all events is governed by the International Commonwealth Games organisation and there are laid down regulations concerning preparations for the course to be secured in whatever country the games are to be held in a given year. Sutton Park does not have sufficient hard surfaced roads to hold the cycling section within the park.

In answer to other questions, it was made clear that traders in the area could remain open but not take deliveries, entertainment would be provided, and there were contingency measures for litter control.

Several organisations will benefit from grants associated with the Games. Recipients include Friends of Mossy Bank, Friends of the Spinney, Gatepost newsletter and King George Playing Fields. Friends of Mossy Bank will be investing in increased bio-diversity - planting poppies and cornflowers, research into the Manor House which once occupied the site, helped by living relatives of the inhabitants. Friends of the Spinney will be organising events and tours and increasing their publications.

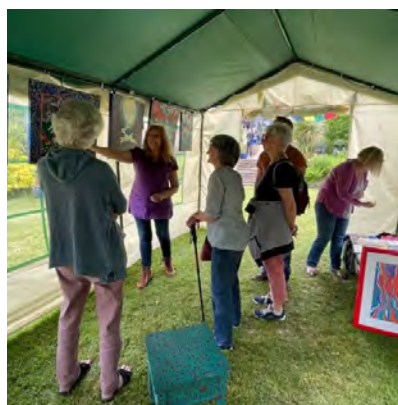
The meeting concluded with other local matters:

1. Boldmere Festival on 17 July.
2. £20,000 extra has been gained for lowering kerbs at junctions in the area.
3. The traffic island at the junction of Monmouth Drive and Stonehouse Road is to be made more visible following a series of vehicle strikes.
4. Speedwatch scheme is to continue, possibly at a lower rate.
5. Schools Bill is currently at the House of Lords. New regulations are coming in. Kath Scott is leading the response from Birmingham City Council.

The meeting closed at 16.05.

Thank you, A. C. Gilbert

Some scenes from the Art Trail. Thank you Petra



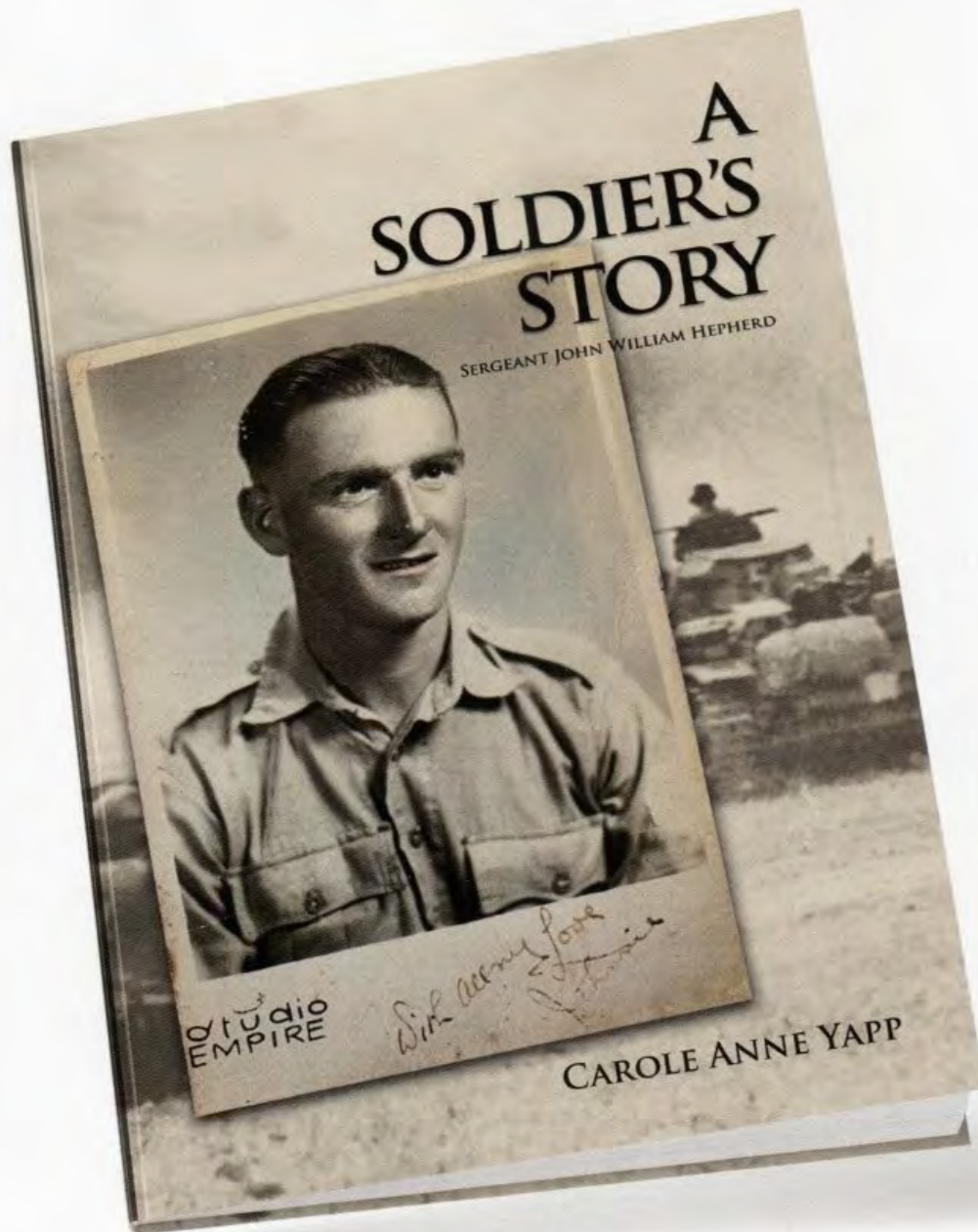
These are from Ed in California, number 8 is my favourite. Thanks Ed.



A Cynical Senior might say. . .

1. **As I've grown older, I've learned that pleasing everyone is impossible, but annoying everyone is a piece of cake.**
2. **I'm responsible for what I say, not what you understand.**
3. **Common sense is like deodorant. The people who need it the most never use it.**
4. **My tolerance for idiots is extremely low these days. I used to have some immunity built up, but obviously there's a new strain out there.**
5. **It's not my age that bothers me; it's the side effects.**
6. **I'm not saying I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.**
7. **As I watch this generation try and rewrite our history, I'm sure of one thing: It will be misspelled and have no punctuation.**
8. **Me, sobbing: "I can't see you anymore. . . . I'm not going to let you hurt me again." My Trainer: "It was one sit-up."**
9. **As I've gotten older, people think I've become lazy. The truth is I'm just being more energy efficient.**
10. **I haven't gotten anything done today. I've been in the Produce Department trying to open this stupid plastic bag.**
11. **If you find yourself feeling useless, remember it took 20 years, trillions of dollars, and four presidents to replace the Taliban with the Taliban.**
12. **Turns out that being a "senior" is mostly just googling how to do stuff.**
13. **I want to be 18 again and ruin my life differently. I have new ideas.**
14. **God promised men that good and obedient wives would be found in all corners of the world. Then he made the earth round. . . and laughed and laughed and laughed.**
15. **I'm on two diets. I wasn't getting enough food on one.**
16. **I put my scale in the bathroom corner and that's where the little liar will stay until it apologizes.**
17. **My mind is like an internet browser. At least 19 open tabs, 3 of them are frozen, and I have no clue where the music is coming from.**
18. **Hard to believe I once had a phone attached to a wall, and when it rang, I picked it up without knowing who was calling.**
19. **Apparently RSVPing to a wedding invitation "Maybe next time" isn't the correct response.**
20. **She says I keep pushing her buttons. If that were true, I would have found mute by now.**
21. **Sometimes the Universe puts you in the same situation again to see if you're still a dumbass.**
22. **There is no such thing as a grouchy old person. The truth is that once you get old, you stop being polite and start being honest**

Here's a book by a local writer, Carole Anne Yapp



A Soldier's Story is a moving and assiduously researched account of the military experiences of the courageous John William Hephherd in the Second World War. It is a fitting tribute to a remarkable man who typified the grit, valour, and determination of the British people to defeat the evil of Nazism.

Carl Chinn

**Available to purchase at Waterstones, Sutton Coldfield
or online at www.printingwow.co.uk**

For all enquiries email: caroleyapp@gmail.com

There's more about this book on the next page

It's no secret that our local community is filled with creatives and the latest thing to come from that pool of talent is *A Soldier's Story*, the epic tale of John William Hepherd's wartime journey, written and researched by his daughter Carol Anne Yapp.

I asked her to tell us a little about her father's experience and the journey to writing *A Soldier's Story*.

As with many returning soldiers, my father never spoke about his experiences and, when he passed away, all of that knowledge disappeared along with him. Long before I put pen to paper, I spoke with my mother and she told me that she had destroyed all the letters that had passed between her and my father during the war years. I was astounded that she'd burn all of that history and it left me with questions that I thought I would never know the answers to.

After my mother passed away in 2004, I found dad's medals along with a box containing old family photographs. Whilst I was looking through this wonderful collection, I came across a letter that dad had written in 1943. The contents of this letter were unbelievable and something stirred inside me making me want to know more.

Beginning in 1941 he wrote of how he sailed from Liverpool in a convoy of troop ships to Bombay, then, on arrival, travelled 700 miles to Lahore and eventually his unit was sent to Egypt.

A after many months of heavy shelling, the line fell to Rommel's army and he managed to escape to safety with only 37 men of the battalion.

He was then sent to Cyprus to refit and became part of the reformed Kings Own Royal Regiment.

After reading this, I needed to know more and after two years of research and speaking to historians, I discovered that the battalion was sent to fight on the Island of Leros.

When this too was taken by the Germans, he was placed on a cattle truck and taken to a prisoner of war camp in Poland.

Miraculously and after many trials and battles, he finally made it home to his wife, after five years.

John William Hepherd's story is one of immense courage. He was wounded in 1943, held captive in a prisoner of war camp and nearly died from a combination of double pneumonia, pleurisy and starvation during the long march to freedom.

Pick up your copy of *A Soldier's Story* at Waterstones Sutton Coldfield.

'*A Soldier's Story* is a moving and assiduously researched account of the military experiences of the courageous John William Hepherd in the Second World War. It is a fitting tribute to a remarkable man who typified the grit, valour, and determination of the British people to defeat the evil of Nazism.' Review by Carl Chinn



More Eric true stories

Some funeral mirth in a couple of true stories.

I recall attending a funeral with a packed congregation when the vicar put his hand on the coffin with the final farewell words. A mobile phone suddenly went off next to me with the "Match of the Day" theme tune. The congregation all turned their gaze to me. I wanted to say, "It is him not me." but decided a deliberate glare directed at the guilty party was the best course of action.

My most embarrassing moment, however, involved going to the wrong funeral of a friend's father. I had assumed it was being held at the Oratory in Birmingham where his family members had either been wed or christened.



"Hang on, that's the Match of the Day theme tune."

I duly arrived in good time, having never been to a Catholic service before, when seeing no one I recognised, I thought perhaps the family process behind the coffin. Doubt crept in when lots of school children filed in leaving me trapped in the middle of a row. It was an early morning service perhaps equivalent to the old school morning service of my youth I thought.

When the coffin was processed in with no family members following and the priest's opening words were, "*We say farewell to a beloved **Sister.***" my worst fears were now confirmed. I was now trapped in the row unable to escape. My main consoling thought was thank goodness I did not put my condolence card on the coffin when I came in, as it had the words, "To a kind and gentle **man.**"

My opportunity to escape came when Holy Communion was taken. I filed out of my row behind the children and spotted a side door, believing it to be my escape route. I was wrong again. This time as I shuffled in and closed the door carefully behind me, I turned to find I had entered a side chapel startling three priests, praying at the altar. Making my apologies I returned from whence I came and exited the Oratory. I recall thinking afterward, "I have lived a Mr. Bean comedy sketch." I was however on safe ground with the committal that followed, I was certain of the address, honest!

I arrived just as the tail end of the family procession was making its way up to the plot. All were looking stern-faced until I apologised for missing the service explaining my error. Much mirth ensued along the procession of mourners.

I was asked if I was coming to the wake or did I have more funerals to attend that day?

Eric Jones July 2022



Wylde Green Neighbourhood Forum Public Meeting is at the Community Hall, Emscote Drive, Wylde Green, B73 5NE, on Wednesday 21st September, 2022 - at 7.30 pm.

SUNDAY 31ST JULY

10.30AM TILL 2.30PM



JOIN US TO
CELEBRATE THE
COMMONWEALTH
GAMES



FREE FAMILY
DAY FILLED WITH
WITH
ARTS, CRAFTS,
GAMES, FITNESS
SESSION



By Playarea

EMAIL
srooke@live.co.uk

*For more
Information*

RACES
Including
Egg and Spoon
Bean Bag
Under 14s
Register at
10.30am

B76 2XB no parking

Booking Form for 31st July 2022

Return by 27th July to 81 Springfield Crescent B7 6 2ST

Name(s) of Competitor

*Contact details

Age(s)

Circle races and times you wish to enter.

(Each race will be age appropriate)

Time Slots

Morning 11.00/11.15/11.30

Afternoon 12.30/12.45/13.00

- Race: Egg and Spoon y/n
- Race: Bean Bag y/n
- Adult & Child Race: Three-Legged Race y/n
- All ability: Throw the "Discus" y/n

Adult Fitness with Alan Long GP 11am

Parental Consent

I agree that my child/ this adult is fit and well enough to take part in this race.

Signed Dated

*After the event your details will not be retained unless you are happy for us to keep them so you can be contacted about further events

All events are weather dependent. Please ensure that your child is wearing sun cream and appropriate footwear.



Dance
to health®



FREE dance classes for visually impaired people

- Fun and effective exercise.
- Increase your strength and balance, enabling you to enjoy an active and healthy lifestyle.
- Social time included.

Come along to a **taster session** on Tuesday 6th September
10:30am – 12:30pm **followed by weekly sessions**
at Wyndley Leisure Centre Clifton Rd, Sutton Coldfield B73 6EB

To book your place:

call us on 0121 478 5222 or email: info@focusbirmingham.org.uk

"I can feel my legs are stronger. I went to a family christening at the weekend and my relatives couldn't believe the difference in me. My entire posture has changed."

"Most importantly the sessions turned us all into a bunch of friends"

"It sort of uplifts you. Gives you a lovely feeling. I can come in depressed and go out feeling on top of the world"



Aesop
Arts Enterprise with
a Social Purpose

www.dancetohealth.org

[@dancetohealth](https://twitter.com/dancetohealth)

Volunteering at Focus Birmingham

**BE THE
CHANGE**
**VOLUNTEER &
MAKE THE DIFFERENCE**



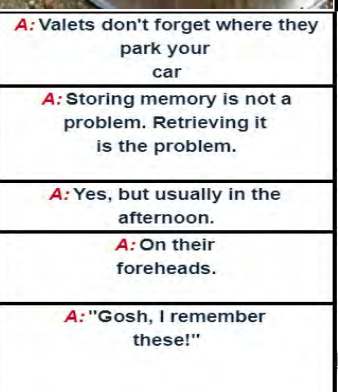
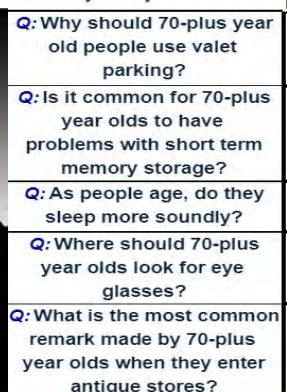
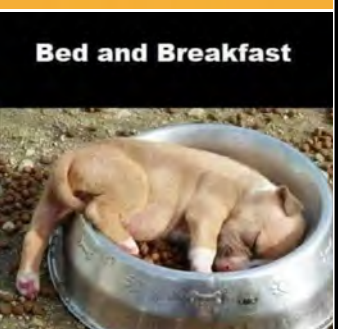
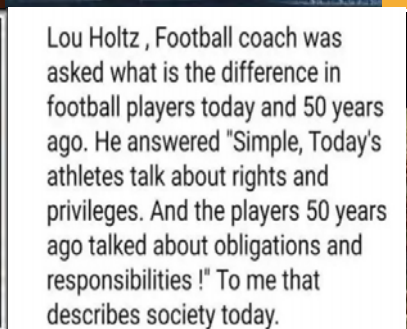
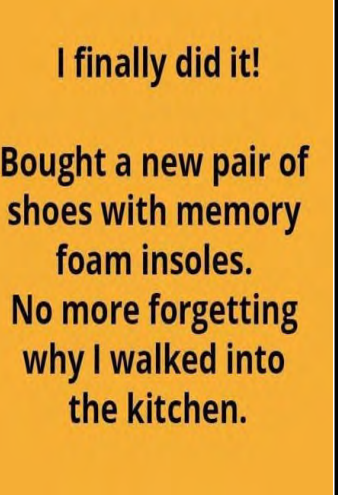
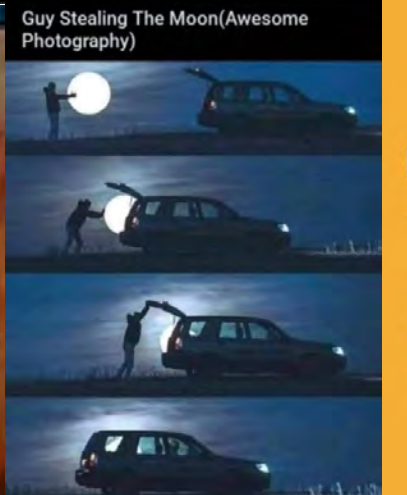
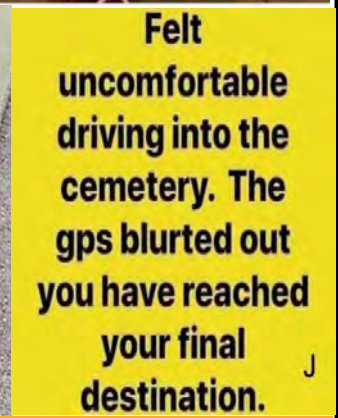
Focus Birmingham are a local charity that supports people with visual impairment and sight loss across Birmingham.

We are looking for a Dance Group Activity Volunteer at Wyndley Leisure Centre, Sutton Coldfield on a Tuesday from 10.30am to 12.30pm.

If you are able to help individuals attending, to make connections and social interactions, act as sight guide and are friendly, welcoming, flexible and reliable please contact the Volunteer Co-ordinator on 07734373408 or email: volcoord@focusbirmingham.org.uk



Registered Charity 106 5745



Sutton Trust plant Yew tree to mark the Queen's Platinum Jubilee

[Sutton Coldfield Charitable Trust](#) was joined by the local community to plant a Yew tree at Manorial Wood, as part of the Queen's Canopy tree planting initiative to mark her Majesty's Platinum Jubilee.

Chairman of Sutton in Bloom Terry Wood joined SCCT staff and Keith Dudley, Chair of Trustees to plant the commemorative Yew tree, as well as two long-serving almshouse residents, children from Little Sutton Primary School, West Midlands Police Cadets and two local chartered foresters.

Tina Swani, chief executive of Sutton Coldfield Charitable Trust, said: "It's fantastic that we were able to be part of the Queen's Canopy planting at Manorial Wood, and what a great way to mark the Platinum Jubilee.

"We'd like to thank everyone who was involved in the project and for helping us plant the Yew tree, which will be here and part of Sutton Coldfield for generations to come."

The tree planting commemorated a significant milestone in the Queen's reign, celebrating 70 years on the throne, and within that time the Trust - which has origins that can be traced back to the Tudor times – has achieved its own milestones that align with royal events.

1528 – The Royal Charter established the Royal Town of Sutton Coldfield in 1528, during the reign of Henry VIII - father to the first Queen Elizabeth. Four years before she was born, the first ever almshouses were also built at a total cost of £608.

1558 – Queen Elizabeth came to the throne, when Royal Town Sutton Coldfield was celebrating its 30th birthday.

1926 – 10 Almshouses in Walmley were being built, just as Queen Elizabeth II had been born and electricity was installed three years later.

1971 – Princess Anne opened a new Residents' Lounge and 13 dwellings on Walmley site. Trustees decided to rent a TV and buy a piano for the lounge.

Silver Jubilee in 1977 – Sutton Coldfield officially became part of the city of Birmingham. Around this time, the first grants to educational organisations were being made and included awards to five primary schools, a school music association and a sports association.

Ruby Jubilee 1992 – The Trust hit the £1 million mark for grants awarded that year. This is the first time the Trust granted this amount of money, which was a total of £1,357,163 to help individuals and organisations across Sutton Coldfield.

Diamond Jubilee 2012 – The name of the Trust was changed to Sutton Coldfield

Charitable Trust, to reflect the Trust's role more appropriately, within the town, as an independent charity which no longer has a direct association with the local authority. This year, Princess Alexandra opened new warden's flats in Walmley, and more trees were planted to mark the Queen's Diamond Jubilee.

To find out more information about Sutton Coldfield Charitable Trust, please visit:

www.suttoncoldfieldcharitabletrust.com/almshouses.htm



One lot deserves another lot: complaints from Thomas Cook Vacations' dissatisfied customers

1. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."
2. "They should not allow topless sunbathing on the beach It was very distracting for my husband who just wanted to relax."
3. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
4. "We booked an excursion to a water park, but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
5. "The beach was too sandy. We had to clean everything when we returned to our room."
6. "We found the sand was not like the sand in the brochure. Your brochure shows the sand as white but it was more yellow."
7. "It's lazy of the local shopkeepers in Puerto Vallarta to close in the afternoons. I often needed to buy things during 'siesta' time -- this should be banned."
8. "No-one told us there would be fish in the water. The children were scared."
9. "Although the brochure said that there was a fully equipped kitchen, there was no egg-slicer in the drawers."
10. "I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts."
11. "The roads were uneven and bumpy, so we could not read the local guide book during the bus ride to the resort. Because of this, we were unaware of many things that would have made our holiday more fun."
12. "It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."
13. "I compared the size of our one-bedroom suite to our friends' three-bedroom and ours was significantly smaller."
14. "The brochure stated: 'No hairdressers at the resort.' We're trainee hairdressers and we think they knew and made us wait longer for service."
15. "When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners."
16. "We had to line up outside to catch the boat and there was no air-conditioning."
17. "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."
18. "I was bitten by a mosquito. The brochure did not mention mosquitoes."
19. "My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you responsible and want to be re-reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked."
20. From a brochure for a Swiss lake-side hotel " There are French widows in every room, offering delightful prospects"

BE AWARE ...THEY WALK AMONG USAND THEY MAY BE ENTITLED TO VOTE

Thanks Hazel

Local speaker Sheila Pennell has just heard about our super Gatepost newsletter (where has she been?!) and thought she'd let us know about her local talks. For ten years she's been giving talks all over Sutton and surrounds about how her Mom won a date with Liberace - and how it went. She says it's 'humorous and makes everyone laugh'. And she has been invited back so often, she's worked-up another talk - about her years as a journalist and freelance writer. Of course, friendship groups and WI meetings 'closed due to Covid' but now they are mostly up and running again. And Sheila has bookings for 2023 as well as for the rest of this year. Recently she delighted Britwell Ladies with her '15 minutes of fame' Liberace talk - and stayed on for their Jubilee celebration tea - scones, strawberries, jam and cream. And as the saying goes 'a good time was had by all'.

To book Sheila, check out her flyer. The details are therein.



Sheila Pennell – Brummy born-and-bred

Tales about the old days, Liberace, Ringo – and cats!

**** No notes – all from the heart ****

1) '15 minutes of fame' – old days/nostalgia talk, including humorous anecdotes (and photos) of when Mum Kathleen won a date with Liberace, and Sheila's own claim to fame as a young trapeze artist in Skeggie in 1962, performing at the same holiday camps as Ringo before he joined the Beatles. 'A good fun, lively and cheery talk'. Interactive too – inviting the group to share their memories and anecdotes from the past.

2) Cats and kittens – a cat care talk, starting with a quiz to see how much the group already know about cats, and then maybe dispelling a few myths. Sheila has been a volunteer with Cats Protection and Team Cat Rescue for several years – roles have included fostering, fund-raising and publicity. Aim is to entertain and promote an understanding of cats and their welfare needs with photographs and props. Interactive – encouraging everyone to share their own cat anecdotes and memories and ask questions. **This talk can be adapted to suit schools, brownies – all sorts of groups as well as an adult audience via different visual aids.*

3) The story behind the story. Sheila's years in journalism and the stories covered – scoops – from murderers to mistresses - the stories behind the headlines. Sheila has worked for the Daily News, Sutton Observer group, and currently writes human and animal interest stories for popular national magazines. Talk can cover competitions won – holidays in Morocco, Greece and Paris. Large laminated 'cuttings' serve as props.

Background: Brummy born and bred. After school Sheila joined a trapeze act and later, back in Brum, moved thru' admin work, teaching and journalism – Daily News and Sutton Observer group. Later career changes included estate agency and Social Services. Won the Blarney Stone award at Sutton Coldfield Speakers Club. Awarded Distinction in C & G media techniques, journalism and radio. Now an occasional freelance writer for magazines covering human interest



BIRMINGHAM

Bulletin



24 June 2022



The Queen's Baton Relay route revealed!

The Birmingham 2022 [Queen's Baton Relay](#) will visit all ten of the city's Parliamentary constituencies during the final two days of its 294-day journey.

Hundreds of new computers for community libraries

Hundreds of new, higher-quality [computers for public use](#) have been installed in all community libraries in the city. In total, 520 PCs are now available across Birmingham, making it easier for those residents who struggle to access digital devices.



Peace Gardens to host Covid memorial service

Birmingham's Peace Garden is to host a special [Covid memorial service](#) – open to the public – bringing together the city's faith leaders in a celebration of thanksgiving and to remember those lost during the pandemic, on Sunday (26 June).

Funding for community groups to help celebrate Games

Funds totalling more than £1million have been given to 247 projects in the second round of awards for a council programme designed to [help people celebrate the Birmingham 2022 Commonwealth Games](#).



Bid for European Athletics Championships 2026

UK Athletics has confirmed it has officially submitted a [joint bid with the council to host the European Athletics Championships](#) at

Birmingham's Alexander Stadium in 2026.

City celebrates Windrush Day

The Library of Birmingham was lit in blue waves to mark Windrush Day, on 22 June, in recognition of the generation that arrived to help rebuild Britain after WWII and their contribution to British life. Discover how the Windrush generation and their descendants made Birmingham their home in a new, free exhibition at the [National Trust's Back to Backs](#).



Support for new plan to make smoking obsolete by 2030

Organisations across Birmingham and Solihull have welcomed the publication of the Khan Independent Review into [Smokefree 2030 policies](#) and support the review's four key recommendations.

Plans to showcase city's vibrant creativity and cultural scene

Plans to help Birmingham tourism recover from the pandemic and further [promote the city as a national and international destination](#) are set to go before the city council's cabinet.



Refugee Week – why actions must speak louder than words

Refugee Week is 20-26 June. Cllr John Cotton, Cabinet Member for Social Justice, Community Safety and Equalities, has written a blog

on why our actions must speak louder than words when it comes to [welcoming refugees fleeing war and persecution](#). [Little Amal](#) also made her first journey to Birmingham city centre as part of the week.

Welcome to Birmingham Bulletin, with the latest news and events from Birmingham City Council.



Summer fun with Bring it on Brum!

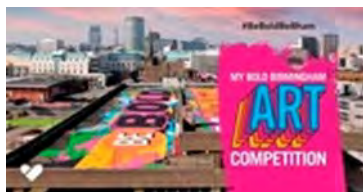
Birmingham's summer holiday activities and food programme is back!

FREE activity clubs are available for children aged 4-16 who are eligible for benefits-related free school meals and for those with disabilities or special educational needs.

[More info on Bring it on Brum](#)

Paint brushes at the ready for kids' art competition!

This summer – to celebrate Brum hosting the Games – we're launching a great [art competition for children](#): My Bold Birmingham.



The winning entrant will have their artwork displayed on digital screens across Birmingham!

Get on board and vote Birmingham!

Birmingham has been shortlisted as one of the potential locations for the Great British Railway HQ! And you can [have your say in the public vote](#)!

Council appoints permanent chief executive



Deborah Cadman, [Birmingham City Council's current interim chief executive](#), has been appointed to the role of chief executive on a permanent basis, following a formal recruitment

process. Ms Cadman is pictured with the council's leader, Cllr Ian Ward.

Funding bid set to boost plans for levelling-up city

The city council's Cabinet has agreed to submit [five bids worth £82million](#) for funding from the second tranche of the Government's Levelling Up Fund (LUF).

Where will the Queen's Baton Relay be in lead-up to Games?

Travelling over land, air and sea, the Queen's Baton will journey across more than 180 communities and over 2,500 miles of England this month. [Want to know when the baton will be in your area in the next three weeks?](#) Find out [all you need to know about the Games](#).



Houses in Multiple Occupation (HMOs) consultation

The council has launched a [consultation on a proposed Additional Licensing Scheme](#) across the city, which will cover all 69 wards in Birmingham, made up of approximately 12,000 properties, that will last five years.

Birmingham, Sandwell & Westside Jazz Festival returns

The [Birmingham, Sandwell & Westside Jazz Festival](#) is returning for its 38th year, from 15-24 July. More than 100 jazz and blues performances,



talks, workshops and film showings will take place throughout the region: from bars to shopping centres and parks to libraries.

Birmingham Bull Ring Markets is supporting the festival with events set for 16 and 23 July.

Eid ul-Adha begins this weekend

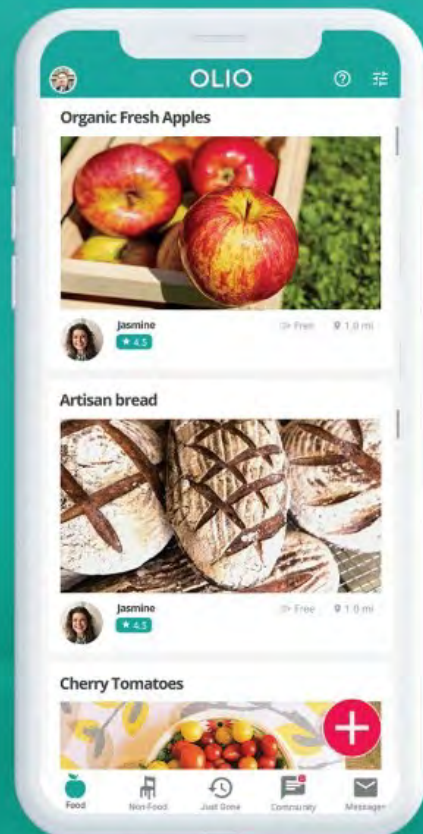
Eid ul-Adha – the second of the two major Eid festivals celebrated by Muslim people each year – will begin on the evening of Saturday 9 July, and end on the evening of Wednesday 13 July. We wish everyone celebrating a safe and happy Eid. **Eid Mubarak!**

Thank you Jane, in Westwood Road, for bringing this to our attention.

Love food, hate waste?

Give and get surplus food for free.
Join the food sharing revolution today!

OLIO
The Food Sharing Revolution



What is OLIO?

OLIO is a free app connecting neighbours with each other, and volunteers with local businesses, so food can be shared instead of thrown away.

Why use OLIO?

Fight food waste

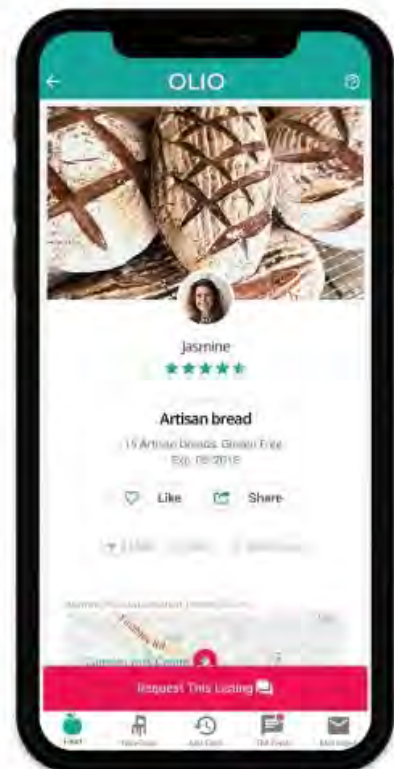
Homes in the UK waste over 25% of their weekly grocery shop, food which could have been shared, eaten and enjoyed.

Meet your neighbours

Turn strangers into friends, by sharing food with your community.

Choose who you share with

Check out a user's profile and star rating before sharing with them.



Download our app:



Follow us on:



www.OLIOex.com

BBC Evening Standard TimeOut The Guardian

Tales of the unexpected

Each summer our Wildlife Enquiries team get reports of weird and wonderful sightings, from hummingbirds on the loose to giant ghostly webs cloaking trees and bushes. So what's going on? We reveal all!



This week, our Wildlife Enquiries team crack a case of mistaken identity and reveal the truth behind some unusual wildlife sightings. Plus, with hot weather hitting much of the UK, we look at how birds keep cool and how to help them.

We're also excited to launch our bee-eater nest cam. Streaming live from Norfolk, it will give you front row seats to all the action, wherever you are. But be warned – it's addictive viewing!

Whatever you're up to, I hope nature brings a splash of colour to your week.



Siân Duncan
Notes on Nature editor

Which?

Where are all the A-rated fridges?

Fridge freezers with energy ratings of A+, A++ and even A+++ have disappeared from shops. Now only two A-rated options are available, and you'll pay a premium for them. Our guide clears up the confusion around the new energy-rating system and helps you to choose an efficient fridge that won't break the bank.



Stay cool without air conditioning



The heatwave might have you dreaming of an air conditioner, but they use the same amount of energy in an hour that a fridge uses in a day. So what cheaper, more eco-friendly options are there? We round up our top tips for the hot weather, including why keeping your windows closed can actually keep you cooler.

Use tech to cut your energy bills

Many of us are already changing our daily habits in a bid to reduce energy use and cut bills, but there are other techy ways you could make savings. We're looking at the technology designed to keep control of your electricity usage – find out which smart tech, including apps and smart plugs, can help.



Surprise, surprise – scammers taking advantage of surging costs

At this difficult time, we're all looking for the best financial advice and any cheeky discount we can get our hands on, but please remain vigilant. Fraudsters are trying to capitalise on this, from supermarket giveaways to petrol gift cards – [make sure you know what to look out for](#).

PS Please share this information with your friends, family and neighbours – anyone who may find it helpful. Alternatively, they can [sign up here](#) to receive this directly to their inbox.



Rhythm of the Dance

Main Auditorium, Friday 29th July - 7.30pm



Buddy Holly & The Cricketers

Main Auditorium, Saturday 30th July - 7.30pm



Go Your Own Way - The Fleetwood Mac Le...

Main Auditorium, Friday 5th August - 7.30pm



Confracta

Studio, Friday 5th August - 7.45pm



Outdoor Theatre - Much Ado About Nothin...

LG, Friday 12th August - 6.30pm



Summer School - A Play in a Week

LG, Mon 15th - Fri 19th August - 10am-4pm



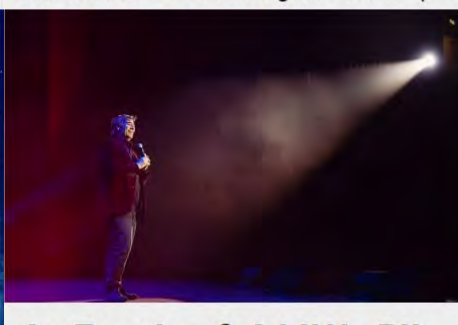
André Rieu's Maastricht Concert: Happy...

Studio, Saturday 27th August - 6.30pm,
Sunday 28th August - 1pm



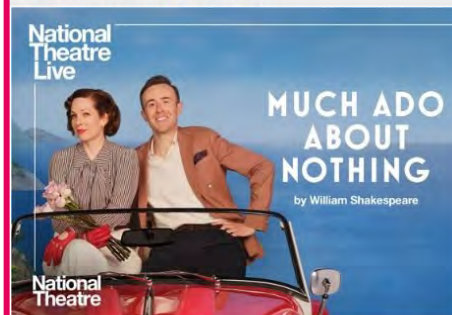
Opera Boys: A Night at the Musicals

Main Auditorium, Friday 2nd September



An Evening & A Little Bit of A Morning...

Main Auditorium, Saturday 3rd September - 7.30pm



NTLive: Much Ado About Nothing (Live S...

Studio, Thursday 8th September - 7pm



One Night of Tom Jones

Main Auditorium, Thursday 8th September - 7.30pm



Solve-Along-A-Murder-She-Wrote

Studio, Friday 9th & Saturday 10th September - 7.45pm

Musicals, Main House
We Will Rock You
It's a kinda magic!

Mon 4 Jul – Sat 30 Jul 2022
Tickets from £31

[Book Now](#) [View Trailer](#)



Due to demand, we have added two extra weeks of performances for **We Will Rock You!** Performances from **Mon 18 until Sat 30 July** have the best availability.

The worldwide smash hit musical by **Queen** and **Ben Elton** returns to the UK. The multi-million-pound show dazzles all the senses in breath-taking style. Guaranteed to blow your mind, this musical phenomenon is not to be missed!

Since 2002 over 16 million theatre-goers in 19 countries have been thrilled by this awe-inspiring production. With 24 of Queen's biggest hits delivered in a show that boasts the scale and spectacle that marked the bands' legendary live performances.

This production was affected by Birmingham Hippodrome's temporary closure. The performances due to take place between **Mon 17 – Sat 29 May 2021** are being rescheduled to **Mon 4 – Sat 16 Jul 2022**. Ticket holders for these dates have been contacted. Please bear with us at this time and we thank you for your continued patience. For further information, [please click here](#).

Get ready to **TURN BACK TIME** in this outrageous new musical!

35 smash hits – one pop goddess
Music icon turned Hollywood royalty, the Grammy®, Oscar®, Emmy® and Golden Globe® award-winning Queen of reinvention has conquered it all. It's now time to turn back time with this fiercely fabulous kick-ass new musical, from the writer of *Jersey Boys*.

Three Chers is better than one! Three West End stars play Cher as we span her iconic career: **Millie O'Connell** (*SIX*, *RENT*) as **BABE, Danielle Steers** (*Bat Out of Hell*, *SIX*) as **LADY** and the Olivier Award-nominated **Debbie Kurup** (*Prince of Egypt*, *The Bodyguard*) as the ultimate diva, **STAR**.

The Cher Show tells the incredible story of Cher's meteoric rise to fame, flying in the face of convention at every turn. This HUGE new production features a fresh take on her show-stopping costumes which earned her the title of "the ruler of outrageous reinvention" (*VOGUE*).

In a dazzling glitter fest sparkling with Cher's signature wit and style, you'll be spinning in the aisles to the sounds of her biggest hits, including *If I Could Turn Back Time*, *Strong Enough*, *Gypsies Tramps and Thieves*, *The Shoop Shoop Song*, *I Got You Bebe*, and *Believe*.

Book now for a joyous party musical fit for the Queen of pop.

Musicals, Main House
The Cher Show
Cher. She has and always will.

Tue 2 Aug – Sat 8 Aug
Tickets from £27

[Book Now](#) [View Trailer](#)



IT'S TIME TO TURN BACK TIME
35 SMASH HITS – ONE POP GODDESS

The CHER Show
A NEW MUSICAL

BOOK ELISE OTI WAHSE
ARLENE PHILLIPS GABRIELLA SLADE

Musicals, Main House
Les Misérables
Back by popular demand!

Tue 9 Aug – Sat 27 Aug
Tickets from £36

[Book Now](#) [View Trailer](#)



Les Misérables
FOR THE 21ST CENTURY

Returning by popular demand following a sell-out run, Cameron Mackintosh's acclaimed production of Boublil and Schönberg's musical **Les Misérables** returns to Birmingham Hippodrome in August. This brilliant new staging has taken the world by storm and has been hailed "Les Mis for the 21st Century". With scenery inspired by the paintings of Victor Hugo, the magnificent score of *Les Misérables* includes the songs *I Dreamed a Dream*, *On My Own*, *Bring Him Home*, *One Day More*, *Master Of The House* and many more. Seen by over 120 million people worldwide in 52 countries and in 22 languages, *Les Misérables* is undisputedly one of the world's most popular musicals.

Storm the barricades for a ticket!

This production was affected by Birmingham Hippodrome's temporary closure. The performances due to take place **Tue 8 Jun – Sat 3 Jul 2021** have been rescheduled to **Tue 8 – Sat 27 Aug 2022**. Ticket holders for the original dates have been contacted.

Students from the West Midlands Centre for Advanced Training (CAT) perform a mixed bill of original works commissioned by some of the most influential national and international choreographers including Mthuthuzeli November, Monique Jonas, Christopher Radford & Azizi Cole, Akeim Toussaint Buck, Ashwini Kalsekar, Subash Viman and Mayuri Boonham.

Dance, Patrick Studio
CAT Summer Showcase 2022
Come, see and inspire again!

Sat 13 Aug
Tickets from £8

[Book Now](#)



dancexchange.org.uk/centre-for-advanced-training/

Musicals, Outdoor
Birmingham 2022 Festival presents A Crime & Place & Birmingham Hippodrome production
To The Streets!
Presented in association with West Midlands Arts Centre, City of Birmingham Museums Trust and Birmingham City Council

Fri 19 Aug – Sat 29 Aug
Tickets £15

[Book Now](#) [View Trailer](#)



TO THE STREETS!

An uplifting new concert musical, inspired by the Bristol Bus Boycott, performed in the heart of communities across the West Midlands.

It's 1963 and the Swinging Sixties have arrived: The Beatles release their debut album, the mini skirt is born and the Civil Rights movement is gaining ground in America. Back in the UK, the country is emerging from the Big Freeze. As temperatures thaw, tensions are running high in Bristol where the Omnibus Company refuses to employ Black or Asian drivers or conductors. Paul Stephenson, an idealistic youth worker, takes to the streets to stand up for equality. Lorraine, a teenager, newly-arrived from Jamaica, joins the fight and, in so doing, finds her voice and becomes part of a movement that changes history. With an explosive, feel-good score bursting with ska, calypso and rock 'n' roll... this is a story of standing up for what you believe in, allyship, and – ultimately – finding joy.

Book by Roy Williams | Music & Lyrics by Tim Sutton | Directed by Christopher Haydon | Choreography by Dannielle 'Rhimes' Leconte | Design by Soutra Gilmour

This is an outdoor event and takes place at parks across the West Midlands:


WASWASA – Whispers in Prayer is an immersive theatrical experience by artist **Mohammed Ali** that explores the act of Islamic prayer and what that means in a modern, secular society. The physical act of prayer now extends beyond religious spaces to places such as parks and city-squares; it spills over into our everyday worlds. It is even visible in sports arenas with athletes prostrating to the ground or raising hands to the sky in moments of triumph. Can we draw parallels between an act of personal faith and our quest to achieve a higher state of focus? The audience is invited to walk through a combination of live performance, art installation and projected film zones that disrupt the conventions of theatre, placing them at the very heart of the story. Mohammed Ali together with his Soul City Arts team aim to demystify this familiar yet misunderstood tradition of Islamic prayer through an extraordinary multi-disciplinary show that will challenge our perceptions.

Credit for video and images: Mohammed Ali

Drama, Music, Visual Arts, Patrick Studio
Birmingham 2022 Festival presents
WASWASA – Whispers in Prayer
Soul City Arts in association with Birmingham Hippodrome, University of Birmingham, University of Warwick and Goldhill Live Events, part of the Goldhill School of Music & Drama

Thu 25 Aug – Sat 3 Sep
Tickets from £10

[Book Now](#) [View Trailer](#)



WASWASA
AN IMMERSIVE PERFORMANCE EXPLORING THE ACT OF ISLAMIC PRAYER IN SECULAR SOCIETY

Musicals, Main House
Beautiful – The Carole King Musical
The earthy soul musical returns.

Tue 30 Aug – Sat 3 Sep
Tickets from £27

[Book Now](#) [View Trailer](#)



Beautiful
The Carole King Musical

A brand new production of the award-winning West End and Broadway show, **Beautiful – The Carole King Musical**, returns to Birmingham Hippodrome.

Long before she was Carole King, the chart-topping music legend, she was an ordinary girl with an extraordinary talent. *Beautiful* tells the inspiring true story of King's remarkable rise to stardom, from being part of a hit songwriting team with her husband Gerry Goffin, to her relationship with fellow writers and best friends Cynthia Weil and Barry Mann, to becoming one of the most successful solo acts in popular music history.

Along the way, she wrote the soundtrack to a generation, with countless classics such as *(You Make Me Feel Like) A Natural Woman*, *Take Good Care of My Baby*, *You've Got a Friend*, *So Far Away*, *It Might as Well Rain Until September*, *Up on the Roof*, and *The Locomotion*.

Based on the Pulitzer prize-winning novel by Alice Walker and adapted for the stage by Pulitzer Prize and Tony award-winner Marsha Norman, *The Color Purple* tells the story of courageous heroine Celie, as she journeys through joy, despair, anguish and hope in her own personal awakening to discover her unique voice in the world.

Winner of Best Regional Production (WhatOnStage awards), the critically acclaimed Birmingham Hippodrome and Made at Curve production is a moving and soul-raising family chronicle set in racially divided southern America in the 1900s.

As the years go by, abused and oppressed Celie becomes resigned to her unfortunate lot in life, but when her friendship with fiercely independent Sofia and love affair with profoundly evocative singer Shug start to shake things up, she begins to question her world, and understand that there must be more to life.

With a profoundly evocative score by Grammy award-winners Brenda Russell, Allee Willis and Stephen Bray and drawing inspiration from jazz, ragtime, gospel and blues, this landmark musical celebrates life, love and the strength to stand up for who you are and what you believe in.

BASED UPON THE NOVEL WRITTEN BY ALICE WALKER AND THE WARNER BROS./AMBLIN ENTERTAINMENT MOTION PICTURE BOOK BY MARSHA NORMAN
MUSIC AND LYRICS BY BRENDA RUSSELL, ALLEE WILLIS AND STEPHEN BRAY

THE COLOR PURPLE WAS PRODUCED ON BROADWAY AT THE BROADWAY THEATRE BY OPRAH WINFREY, SCOTT SANDERS, ROY FURMAN AND QUINCY JONES. THE WORLD PREMIERE OF THE COLOR PURPLE WAS PRODUCED BY THE ALLIANCE THEATRE, ATLANTA, GEORGIA. THE COLOR PURPLE IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH THEATRICAL RIGHTS WORLDWIDE, 1180 AVENUE OF THE AMERICAS, SUITE 640, NEW YORK, NY 10036, WWW.THEATRICALRIGHTS.COM

Musicals, Main House
The Color Purple
Celebrating the best and the brightest of Black women

Tue 13 Sep – Sat 17 Sep
Tickets from £20

[Book Now](#) [View Trailer](#)



THE COLOR PURPLE



Sutton Coldfield TOWN HALL



0121 296 9543



enquiries@suttoncoldfieldtownhall.com



TUESDAY 16TH AND
WEDNESDAY 17TH AUGUST



SATURDAY 20TH AUGUST 2022



SATURDAY 10TH SEPTEMBER
2022



THURSDAY 15TH
SEPTEMBER



FRIDAY & SAURDAY
15TH & 16TH SEPTEMBER



FRIDAY & SAURDAY
7TH & 8TH OCTOBER



The Great British musical Oliver! has entertained the world for over 50 years and follows the plucky Oliver Twist in his plight around Victorian London. The Tony award winning musical with music and lyrics by Lionel Bart is a well-loved British stage show based upon the 1883 novel Oliver Twist by Charles Dickens.

The Manor Musical Company at Sutton Coldfield Town Hall
Upper Clifton Road, Sutton Coldfield, B73 6AB. Disabled Booking: 0121 296 9543



The Manor Musical Theatre Company is an amateur musical theatre company, with charitable status, based in Sutton Coldfield.
See [Manor Musical Theatre Company](#) tour dates



If you live in England, you can use this service to find a walk-in coronavirus (COVID-19) vaccination site. You can get a dose of the COVID-19 vaccine from a walk-in site without an appointment. You do not need to be registered with a GP.

<https://www.nhs.uk/vaccine-walk-in>

NATIONAL BLOOD DONATION

Appointments only:

Telephone:

0300 123 2323



SUPPORT US

On the 3rd April 2019, Royal Sutton Coldfield Town Hall was transferred back to the people of Sutton Coldfield and gave management of the building to Royal Sutton Coldfield Community Town Hall Trust. Now a fully-fledged charity-run venue, with your support we can continue to transform and build Royal Sutton Coldfield Town Hall back to its former glory...

THE GIRL ON THE TRAIN

8-17 SEPTEMBER 2022

Based on the best-selling novel by
PAULA HAWKINS

and the Dreamworks film adopted by
RACHEL WAGSTAFF & DUNCAN ABEL

directed by
DEXTER WHITEHEAD

BOOK NOW FOR OUR 2022/23 SEASON

BRING THIS FLYER ALONG TO GET **ONE FREE DRINK** ON ANY PRODUCTION IN OUR NEW SEASON



DO YOU KNOW THAT FOR EACH PRODUCTION WE DO IT TAKES A MINIMUM OF
15 VOLUNTEERS PER NIGHT... AND THAT DOESN'T INCLUDE THE ACTORS!

Acting, Directing, Musical Theatre, Backstage, Stage Management, Props, Set
Building, Maintenance, Bar, Box Office, Coffee/Programme Selling, Sweets, Costume &
Dressmaking, Front of House, Fundraising, Publicity, Lighting, Sound

IF YOU ARE A MEMBER AND ARE INTERESTED IN HELPING US WITH ANY OF THE ABOVE PLEASE LET US KNOW.

Highbury Players announce new season



WHAT'S ON? HIGHBURY PLAYERS PLAYS FOR 2022-23

	It Runs in the Family by Ray Cooney <i>Hospital chaos and comedy. Funny? Hilarious!</i>	13 September 2022 to 24 September 2022 at 7.30pm
	Art by Yasmina Reza translated by Christopher Hampton <i>Painting unleashes a bitter war of words</i>	18 October 2022 to 29 October 2022 at 7.30pm
	The Strange Case of Dr Jekyll and Mr Hyde by Robert Louis Stevenson adapted by Nick Lane <i>Horrific, dark psychological fantasy</i>	29 November 2022 to 10 December 2022 at 7.30pm
	The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society Murder Mystery by David McGillivray and Walter Zerlin Jr <i>Bring tissues for tears of laughter</i>	31 January 2023 to 11 February 2023 at 7.30pm
	Love, Love, Love by Mike Bartlett <i>Contrasting successful baby boomers and struggling millennials</i>	20 February 2023 to 25 February 2023 STUDIO at 7.30pm
	Death of a Salesman by Arthur Miller <i>The tragedy of the common man</i>	14 March 2023 to 25 March 2023 at 7.30pm
	Blood Brothers (play version) by Willy Russell <i>A tale of two brothers and the hand of fate</i>	25 April 2023 to 6 May 2023 at 7.30pm
	Di and Viv and Rose by Amelia Bullmore <i>Sometimes opposites make great friends</i>	22 May 2023 to 27 May 2023 STUDIO at 7.30pm
	Calendar Girls by Tim Firth <i>Friendship, fame and a calendar with a difference!</i>	13 June 2023 to 24 June 2023 at 7.30pm

Highbury Players' plays are performed Tuesday to Saturday over two weeks, with Studio plays performed Monday to Saturday.

All Highbury Players' plays are amateur productions presented by arrangement with the relevant licence holders as identified on each play's marketing materials. We reserve the right to amend the season if circumstances change.

highburytheatre.co.uk



0121 373 2761

Highbury Cinema announces new season



WHAT'S ON? HIGHBURY CINEMA FILMS FOR 2022-23

	The Ladykillers (1955) <i>Classic crime comedy at its best</i>	Sunday 18 September 2022, 7pm	
	Parasite (2019) <i>A fascinating insight into how jealousy can corrupt</i>	Sunday 23 October 2022, 7pm	
	West Side Story (2021) <i>Successful update of the 1957 musical</i>	Saturday 19 November 2022, 7pm	
	Encanto (2021) <i>A magical, musical comedy about what it means to be family</i>	Wednesday 28 December 2022, 2.30pm	
	The Highwaymen (2019) <i>Persistent and stubborn pursuit of a notorious gang eventually succeeds</i>	Saturday 7 January 2023, 7pm	
	The Guard (2011) <i>The FBI are about to discover that things work differently in Ireland</i>	Saturday 21 January 2023, 7pm	
	Killers of the Flower Moon (2022) <i>Engaging and unexpected outcomes for a complex murder investigation</i>	Sunday 12 February 2023, 7pm	
	Chicago (2002) <i>Fast paced action that will have you rooting for one of the murderesses</i>	Sunday 19 March 2023, 7pm	
	The Last Duel (2021) <i>The true story of a woman who defied a nation and made history</i>	Saturday 15 April 2023, 7pm	
	House of Gucci (2021) <i>A family divided, reunited and exposed to betrayal, revenge and murder</i>	Saturday 20 May 2023, 7pm	
	Gran Torino (2008) <i>Disgruntled war veteran sets out to reform his teenage neighbour</i>	Sunday 18 June 2023, 7pm	
	News of the World (2021) <i>Another Tom Hanks masterpiece of engaging acting at its best</i>	Saturday 22 July 2023, 7pm	

highburytheatre.co.uk

We reserve the right to amend the season if circumstances change.

0121 373 2761

Picked up at the Health Fayre at URC, Tuesday 5th July.

BEARFEET


Personal and Professional footcare in the comfort of your own home

Julie Evans DipCFHR, MPS Pract.

Foot Health Practitioner

Home visits available for:

- Toe nail Trimming
- Corn Removal
- Callus/ Hard skin/Cracked heels
- Athlete's Foot
- Verrucae
- Ingrowing toenails
- Fungal nail Treatment
- Diabetic Footcare



Unable to reach or cut your own nails?

TO BOOK CALL 07514 555782

Sutton Coldfield, Four Oaks, Streetly and surrounding areas

Appointments available Monday - Friday 9am-3pm

Email: info@bearfeet.co.uk

Member of the Accredited Register of Foot Health Practitioners

DBS Checked and Fully Insured.

The Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



Come and learn new things about yourself, learn ways of helping yourself to stay well, have fun and meet new people!

Working to provide a place of sanctuary and support to all those affected by cancer

The Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 6JB

Website: www.suttoncancersupport.org

Telephone: 0300 012 0245 email: info@suttoncancersupport.org



Dementia Connect; a new personalised support service from Alzheimer's Society

If you need dementia support, we're here for you

Alzheimer's Society DEMENTIA CONNECT

Home Instead
It's us, it's personal

Memory Cafes

Do you know someone living with memory loss?

<p>Every Monday 10.30am - 12.30pm Wylde Green URC Britwell Road Sutton Coldfield B73 5SW</p>	<p>Every Tuesday 10.30am - 12.30pm All Saints Church Centre Belwell Lane Four Oaks, B74 4TR</p>
<p>Every Thursday 10.30am - 12.30pm Aldridge Community Centre Middlemore Lane WS9 8AN</p>	<p>Friends on Fridays 10.30am - 12.30pm Sutton Coldfield Methodist Church South Parade B72 1QY</p>

Join us at one of our memory cafes, a safe place where people living with dementia, along with their family member/friend/carer can meet, make friends, have fun, interact and be stimulated.

All attendees must show proof of both covid vaccinations

To book your place at any of our cafes or for further information please contact Sue
07422 406168
sue.bevington@suttoncoldfieldhomeinstead.co.uk

Home Instead Plantbrook House
104 The Parade,
Sutton Coldfield
B72 1PH
0121 525 4200

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

Type 2 diabetes:
What to do if you're at risk

TYPE 2 DIABETES
KNOW YOUR RISK

The Cancer Support Centre
A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45
Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul

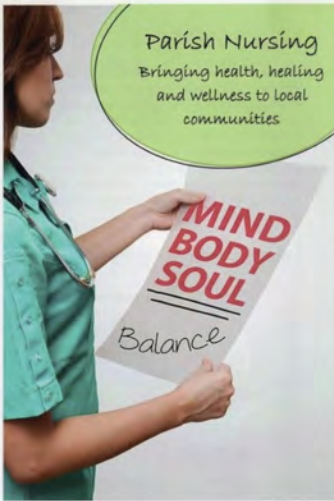


Suitable for all abilities and fitness levels.
For clients of the Centre. We ask for a £5 donation per session.

www.suttoncancersupport.org
Telephone: 0300 012 0245 email: info@suttoncancersupport.org
The Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 6JB
Charity number: 1089658 Reg Companies House, Cardiff No: 4202897

Parish Nursing
Bringing health, healing and wellness to local communities

MIND BODY SOUL
Balance



Parish Nursing Ministries UK

The Cancer Support Centre

THE WALKING GROUP IS BACK!

Blackroot Bistro, Sutton Park
every Monday at 10:30am.

Anyone affected by Cancer is welcome.
All abilities catered for.

To register please call 0121 378 6295
or email info@suttoncancersupport.org.








Make a difference to a child in emergency care

[Donate now](#)



100% of money donated goes to the cause
£25 supplies a child entering emergency accommodation with their own Buddy Bag.

Recipient of The Queen's Award for Voluntary Services in June 2022 to recognise the outstanding work by all of our

What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



Ask your Four Oaks Financial Services Ltd adviser about our Lifestyle Financial Planning Service - we will be happy to show you how our cash flow modelling software can predict your financial future.



Four Oaks

Financial Services Limited

providing positive solutions

Four Oaks Financial Services Ltd, 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 0NX

Tel: 0121 323 2070 www.fouroaksfs.com

Please note that all our telephone calls are recorded for compliance and training purposes.

Proud to support our nominated charity



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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

FRANK WOOF CREATIVE SYMPHONICA PROMOTIONS & LAFAR PRODUCTIONS PRESENTS

lichfield RELOADED

THREE GREAT CONCERTS ONE AMAZING WEEKEND

FRIDAY 12TH AUGUST 5.00PM - 11.00PM	SATURDAY 13TH AUGUST 5.00PM - 11.00PM	SUNDAY 14TH AUGUST 1.00PM - 7.00PM
IBIZA PROMS SYMPHONICA ORCHESTRA LIVE BANDS & DJ SETS	BRITPOP PROMS FULL TRIBUTE ORCHESTRA DJ SETS & LIVE BANDS	DISNEY PROMS 50 PIECE ORCHESTRA DISNEY 'SING A LONG' & SPECIAL GUESTS
		

TICKETS START FROM: ADULTS £20 & CHILDREN (UNDER 11) £10
STREET FOOD TRADERS | BARS & COCKTAILS | FUNFAIR
WESTERN BYPASS FIELDS, LICHFIELD, STAFFORDSHIRE, WS13 7BN
MORE INFO FOLLOW US ON SOCIAL MEDIA @LICHTHOFFEST

SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

Every Wednesday night: 8pm to 10.30pm (Doors open 7pm)

All Welcome-Pay at the Door (No Club Membership Fee)

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained

for a great night out.



For details of the Bands playing and entrance price, please see our Facebook Page as listed below:

<https://www.facebook.com/SuttonColdfieldTradJazzClub/>



Contact: Colin – 07966-745741

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

At The Legion Club, Rectory Road, Sutton Coldfield

West Midlands B75 7AL

The First Tuesday of every month: 8pm to 10.30pm
(Doors open 7.30pm)

All Welcome- Guitarists, Guitar singers, and Listeners.

Pay at the Door (No Club Membership Fee) £3.00 entrance fee

Live Music, Bar, Parking, & Socialising

We look forward to seeing you to be entertained

for a great night out.



For more details, please see our Facebook Page as listed below:

<https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/>

Or Contact: Sandra on 07932-395158

Or Gary J. ON 07799-111843





Trinity Photography Group

Do You Want To...

- Improve your pictures?
- Go on photography walks?
- Attend Social events?
- Learn about studio photography?
- Develop your camera skills?
- Learn about editing software?

If so... come and join us.

"TPG welcomes photographers of all ages and levels, from beginners to advanced. We encourage and support those who are new to photography.

We provide: Theme night & practical workshops, speakers, activities, competitions and social events. Above all we want to make photography enjoyable and fun"

**We meet 8-10pm every Monday at
The Royal British Legion on Rectory Road,
Sutton Coldfield, B75 7AL.**

We do have a small fee: member's £2.50/visit, non-member's £3.50/visit



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

Affiliated to the Photographic Alliance of Great Britain through the Midland Counties Photographic Federation.



Trinity Photography Group

**Monday nights 8pm - 10pm
The Royal British Legion
Rectory Rd - Sutton Coldfield B75 7AL
www.Trinity-photography-group.com**

Improve your pictures Competitions
Editing Studio Photography
Photography walks Improve camera skills
New members welcome Social events



Join us and learn how to sing and perform.
Make friends, have fun and improve your
mental and physical wellbeing.

We meet on Monday evenings at
**Grove Vale School Monksfield Avenue
Great Barr Birmingham B43 6AL.**

Available for Events, Concerts, Shows, Parties etc.

Contact us:

www.secondcitysound.org.uk

Email: members@secondcitysound.org.uk

Or Telephone Elaine 0121 384 4729

Registered Charity No. 1153445

CYCLE WITH US

Quiet lanes, Non-competitive, Very sociable.
Wednesday leave 1.30pm, back about 4.30pm
Saturday leave 10.00am, back about 1.00pm
20 to 25 miles, 10 mph. Café stop

Enquiries John Bedford 0121 353 5136

**Women's self defence class every
Wednesday, 7pm to 8pm, at
Banners Gate Community Hall**

Learn personal awareness
Situational awareness
Reality based techniques
Gain confidence
Feel empowered

For more info www.phcombat.co.uk

£8.50



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
www.secondcitysound.org.uk

f facebook.com/secondcitysound.org.uk
Charity No. 1153445

Community Coffee Morning:

Every Wednesday 10:30am - 12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

Do drop in. **Open to all.** Arrive in the 1st hour
to socialise with friends.



By car: the church centre is approached from
Upper Holland Road (Plantsbrook School) and
using postcode B72 1RB in SatNavs. There is
parking (incl. disabled spaces) around church.

By bus or by train: it is just a short walk across
the ring road, from the town centre.

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

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Luxury manicures/pedicures
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*for any queries or to book in
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B.Ed (Hons)

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email: sutton.piano.teacher@gmail.com

STREETLY FLOWER ARRANGERS' CLUB

We meet monthly 2nd Tuesday 2.30pm 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 9th August - Demonstration 'Rosadundance' with Katherine Kear.

Further details Chris Reeves tel: 0121 354 6264.

The Sutton Coldfield Fuchsia Society & Gardening Guild.

At our July meeting we were delighted to welcome Mick Poultney, 'the Compost King' as our guest speaker.

Mick is a proper Black Country bloke from Halesowen, and gave us a very entertaining talk on how to produce our own compost, using everything from kitchen scraps, coffee grounds, tea bags, egg boxes, horse manure, and everything in between, all broken down by worms. I confess, as the owner of a small garden, with just an old black bin as a compost bin, I went home buzzing at the prospect of ramping up my production. Bostin!

This year has gone incredibly quickly, and I cannot quite believe that our annual show takes place next month on August 20th. After we reopened after lockdown, in new premises, having had several long-standing members step down, we have all worked very hard on rebuilding the society, and this will be our first show under our new banner of 'Gardening Guild'. Every month this past year, we have welcomed new faces, and our membership is steadily growing, but we still have room for plenty more.

At our August meeting, just 10 days before the show, we will be talking everyone through how to stage their plants, and how everyone can be involved in making the day a success. I truly hope that lots of our new neighbours in and around Banners Gate will come along on Saturday 20th August and have a look at us. The doors will be open at 1 o'clock till 3.30. There will be refreshments, a plant sale, and our world famous 'plant tombola'.

Entrance just £1 with accompanying children free. If you would like any further information about our society, please give me a call on 0121 353 3373. P.S. One of the classes at the show is 'a fuchsia grown in an unusual container' and this one is growing in my old gardening boot!!



ANNUAL SHOW

Saturday August 20th

**At Banners Gate Community Church,
Westwood Road B73 6UH**

Doors open 1.00p.m. till 3.30p.m.

Entrance £1 Accompanying children free

Plant sales-Refreshments-Plant tombola-Demonstrations



AGE concern
Birmingham



Whatever your garden needs we have vetted and DBS checked gardeners. Call one of the team on 0121 362 3650 to find out more.



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

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

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07305 564 108



Digital Future- Learn Digital Skills For Free!

Age Concern Birmingham will be working alongside Good Things Foundation in an exciting new project. As part of the Government funded Community Renewal Fund, many 18-65 year olds living in the West Midlands will be eligible to receive free digital skills sessions at Age Concern Birmingham on Boldmere Road.

Over half of participants will also be eligible for a tablet that they may keep free of charge. If you would like to develop employability skills, progress to further education or simply learn more online skills and you meet the following criteria then please get in touch!

Eligibility criteria:


Between 18-65 years old - Live in West Midlands - In insecure employment, such as part time or zero hour contracts, unemployed or a carer - Are not currently enrolled on a further education course - Have low skills or experience on a technological device.


Then get in touch with us via: **Phone-** 07432739018

Email- joe.millington@ageconcernbirmingham.org.uk



DEVELOP SKILLS WITH DIGITAL FUTURE





AGE CONCERN BIRMINGHAM ARE WORKING WITH GOOD THINGS FOUNDATION TO PROVIDE FREE AND ACCESSIBLE TRAINING SESSIONS TO HELP YOU REACH YOUR DIGITAL GOALS


THE SESSIONS ARE AIMED AT PEOPLE WHO WANT TO PROGRESS TO FURTHER EDUCATION, GAIN EMPLOYABILITY SKILLS OR SIMPLY WANT TO LEARN BASIC DIGITAL SKILLS


OVER HALF OF PARTICIPANTS WILL RECEIVE A NEW TABLET FREE OF CHARGE


THE PROJECT IS FUNDED BY THE UK GOVERNMENT THROUGH THE COMMUNITY RENEWAL FUND


IF YOU ARE BETWEEN 18 AND 65 AND COULD BENEFIT FROM THIS TRAINING THEN CONTACT US

Get In Touch

Address

76-78 Boldmere Road,
Sutton Coldfield, B73 5TJ

Phone

07432739018

Email Address

joe.millington@ageconcernbirmingham.org.uk





Later Life Planning Services



Age Concern Birmingham are working with Wills Made Clear Ltd to provide a quality, personalised and local service offering; Wills, Free Will Reviews, Powers of Attorney, Trusts, Equity Release and more at competitive prices.

To book an appointment contact us at
info@ageconcernbirmingham.org.uk
or call us on **0121 362 3650**



Sutton Area Walking Group



SAWG News, the Sutton Area Walking Group (SAWG) is a community walking group, which was thought of and is led by Janice Booker. It started in May 2021, via the local community App Next Door. There's a monthly Discussion Group Meeting to discuss walk timetables and Social Events. We raised nearly £100 for the Macmillan Charity by holding a Macmillan Charity Garden Family Tea Party and then coming together as a group at Christmas for a curry evening.

The purpose of SAWG is to promote healthy living, fitness and to have fun through the exercise of regular walking in the fresh air. It's group walks take place in The Sutton Coldfield Area every week and twice monthly away walks within 15 miles of Sutton Coldfield and it is open to all age groups, walking abilities, dog walkers with leads and wheelchair users.

The SAWG is a welcoming and friendly group that walks together throughout the year apart from winter. It is free to join, and members receive weekly emails with updates.

The SAWG has restarted its walks as of 10th February 2022, in line with the government's current Covid 19 guidelines.

We held a first birthday walk with a quiz challenge on Wednesday 18th May 2022, possibly more to come.

Come and join us!!

It's FREE and all welcome, including dogs.

We meet weekly at 6.30pm - Locally

Twice Monthly at 10.00 on a Sunday - Away walks (within 15 miles)

Leader = Janice Booker

Email SAWG2021@hotmail.com

<https://www.facebook.com/SAWG-Sutton-Area-Walking-Group-110720591191275>

Please go onto Facebook, like and follow our page so that any new posts become part of your news feed.

Hope Food North Birmingham

Hope Food North Birmingham celebrated it's first anniversary in June. To mark the occasion, we had a small event at our base in Wilmcote Drive. Attendees included supporters, trustees, local councillors and the Mayor of Sutton Coldfield. Pastor Stephen Eaves from the Ark Community Church also performed a blessing.

In our first year, Hope Food has run 163 food banks in Falcon Lodge, Mere Green and Erdington. At these three weekly food banks, we are currently welcoming around 125 people through our doors each week providing food to help support around 330 people. We also delivered 1,839 crates of food, within hours of expiry, to 8 different hostels across the city in the evening between 9 and 11pm.

In addition, we supplied surplus food to other food banks and organisations that run food programmes for the homeless. To date we have made 336 deliveries, donated 1,343 crates of surplus food and delivered 628 food parcels to struggling families.



Most Wanted Items

UHT Milk, Cereal
Jars of Pasta and Curry Sauce
Pasta and Rice
Meals in a Tin (like Chilli Con Carne)
Tins of Meat, Tins of Fish
Tins of Baked Beans, Tins of Soup
Packets of Biscuits, Squash, Tea, Coffee
Nappies, Wipes, Baby Food
Toiletries, Toilet Paper, Feminine Products



Food Donation Stations

Ark Church, St James Rd, B75 5EH - Wed 10-12
Canwell Church, London Road, B75 5SL
Co-op, Clarence Road, B74 4LU
Co-op, Slade Road, B75 5PF
Co-op, Thornhill Road, B74 3EH
Co-op, Rectory Road, B75 7RU - by the Boot Pub
On the Breadline, Worcester Lane, Four Oaks, B75 5QS
One Stop, Springfield Road, B76 2SZ - by the Anvil Pub
Sutton Coldfield Library, B72 1XX - first floor
Sutton Coldfield Town Hall, B73 6AB - Friday 10-2
Walmley Convenience, Walmley Road, B76 1QN



Hope Food is a local charity based in Mere Green which is helping to serve those most in need in our local community. We operate a 'pop-up' food bank service run by volunteers at community centres three times a week in Mere Green, Falcon Lodge and Erdington.

Anyone who comes along can collect a free bag of essential food, and can stay for a while afterwards to enjoy a hot drink and cake.

To enable us to run our Hope Food days we rely on surplus food collected from supermarkets, and generous donations made by the public. Unfortunately, in the midst of the current cost of living crisis, the need for our services is greater than ever and the numbers attending our food bank days are increasing every week.

We are therefore appealing for more donations from local residents to help us to help others in need.

All donations would be greatly received and the food products we need most are:

- * Tinned meals
- * Sauces that go with pasta
- * Tinned meat and fish
- * Tinned vegetables and beans
- * Tinned desserts (fruit, sponge or rice puddings etc)
- * Longlife milk
- * Squash
- * Biscuits and kid's snacks



We have number of donation points located all over Sutton where you can just pop in and leave any donations in our wire basket stands. Our Hope Food donation points can be found in local convenience stores, churches and the Town Hall - as per the list printed here.

Thank you so much for your kind-hearted generosity and support. Every single item donated will help to make a real difference to those most in need in our local community in these challenging times.

IF YOU WOULD LIKE TO SUPPORT OUR WORK PLEASE MAKE A DONATION USING THIS LINK. [Just Giving Link](#)

ARK Church	St James Rd, Sutton Coldfield, B75 5EH
Canwell Church	Brockhurst Lane, Sutton Coldfield B75 5SL
Co-op Clarence Road	316 Clarence Rd, Four Oaks, B74 4LU
Co-op Slade Road	Slade Rd, Sutton Coldfield, B75 5PF
Co-op Thornhill Road	46-48 Thornhill Rd, Sutton Coldfield, B74 3EH
Co-op Rectory Road	Rectory Road, Sutton Coldfield, B75 7RU
On the Breadline	Hillcrest Farm, Worcester Lane, SC. B75 5QS
One Stop (By Anvil)	225 Springfield Rd, Sutton Coldfield, B76 2SZ
Sutton Library	Lower Parade, Sutton Coldfield, B72 1XX
Sutton Town Hall Food Bank	Upper Clifton Rd, Sutton Coldfield, B73 6AP
Walmley Convenience	38-40 Walmley Rd, Sutton Coldfield. B76 1QN

Hope Food – North Birmingham. A charitable incorporated organisation registered in England. Charity registration number 1195019. Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

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
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
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



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

NOSTALGIC

Join us for a musical walk down memory lane
All your oldtime favourites



Last Thursday of every month
Sutton Coldfield Town Hall
1.00pm until 3.30pm
£3.00 entry Raffle £1.00
Refreshments available



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	Aldridge Community Centre Tuesdays Babies 1:15pm Mixed Age 2:05pm
Great Barr Community Hub Wednesdays Babies 9:45am Mixed Age 10:40am	St. John's Church Hall, Shenstone Thursdays Babies 9:45am Mixed Age 10:40am
Banners Gate Community Hall Thursdays Babies 1pm Mixed Age 1:55pm	

Streety Classes coming soon...

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

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

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Contact number above if interested.

Banners Gate C.C Westwood Rd B73

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AGE concern Birmingham

Do you have any jobs around the home that need some attention?

Spring is the perfect time to get the little jobs done.

Our Trusted Tradesperson Scheme has the right trade, whatever your job. From builders to plumbers and electricians all of our tradespeople are vetted, DBS checked and working to current guidelines.

We also work with many partners including legal and independent financial advice and are a Stannah Stairlift demonstration centre.

So whatever your need, call the team on 0121 362 3650 to find out more.



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

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

communit^{ea} cafe AGEconcern Birmingham

Groups are back at the
Communit^{ea} Cafe



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We have spaces available

For more information call 0121 362 3650

communit^{ea} cafe

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In collaboration with Birmingham MIND

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Every Friday - 2pm-3pm

A mixed open discussion adult group in a safe
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Free refreshments

For more information or to attend please contact
Phone number: 07734 959909
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AGEconcern
Birmingham



Meet Jane Jaggers

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Call 0121 362 3650 for more information.

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Email: rosie_p25@hotmail.co.uk



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E: contactus@tailoredprint.co.uk W:



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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

Join us at one of our memory cafes
- a safe place where people living
with dementia, along with their
family member / friend / carer
can meet, make friends, have fun,
interact and be stimulated.

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

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

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Digital Skills Job Club & Employment Support

Are you
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Weekly face to face I.T and Job Clubs
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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
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
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1 Brassington Av, Sutton Coldfield, B73 6AA

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REGISTERED CHARITY NO. 1131424



SUTTON COLDFIELD URC
- CAFE OASIS



Events

22/6/22 - Afternoon Tea - £12pp
5/7/22 - Health Fair - Free

Vacancies

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Contact: cafe.oasis@scurc.org.uk or 07713 970096

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Email: dementiacarers@birminghamcarershub.org.uk

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*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)
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*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)
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*5% discount for advance payment of five or more sessions
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or email: chong.fouroaks@gmail.com



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Kids 6.00pm - 7.00pm

Adults 7.00pm - 8.30pm

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Mondays 9.45am

Tuesdays 6pm

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| 2 | Rehabilitation Exercises |
| 3 | Tone Up & Improve Strength |
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| 5 | Improve Sleep & Well Being |
| 6 | Improve Balance & Coordination |

The Loft Pilates
& Yoga Studio




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
And register with parkrun to get your barcode




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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 or call 07592071889 for more info or to book a space.

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0121 353 2586

See front page



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



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Eat For Your Heart's Sake

Kingsway
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Worship and Communion Service
Sunday 10:00am

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

Please look for the Beacon Room – Everyone welcome

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Contact Details: 07565652762
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.

The next is on 20th September
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



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.

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)

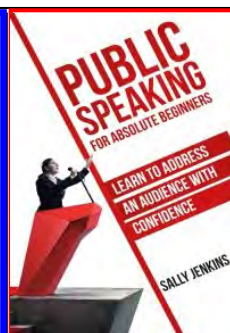
The Jarrett room is approx. 13' x 8'
(4m x 2.5m)

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



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sallysjenkins@btinternet.com 0121

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Banners Gate

Community Hall,

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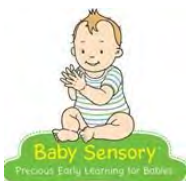


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Lee.nugent1@virginmedia.com



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Saturday Mornings
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B73 6UH
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BERT & GERT'S
We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.
The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.
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1st & 3rd Saturday of the Month
Plus scan here for a full list of additional dates..
Redditch Kingfisher Centre
2nd Saturday of the Month
Tamworth Ankerside
4th Saturday of the Month



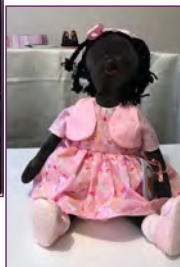
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Calebs Rainbows is the dream of Rosemary Ferrell a great grandmother with a passion for making beautiful dolls with a story. "Every doll is different". Rosemary loves all things creative, be it sewing, knitting, drawing, or baking and she has, having been to college, decided to turn her hobby into a business as there is a demand for her products.

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All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

Contact email: Jenna@robotreg.co.uk for times and availability

Tuesday and Wednesday - Baby Sensory

Contact Tracy at email: suttoncoldfield@babysensory.co.uk for times and availability



Small Groups
*For where two or three are gathered in my name,
there am I among them*

Our ladies group is up and running and we are hoping to start a men's group shortly. Make new friends and learn about the bible in a more social and informal setting.

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.	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
Sun (1st) 11.00 –2.00 pm 10.00 am 1st Sunday of month 10.00-12 pm 10.30 am (fortnightly) 11.00 am 3.00—7.00 pm 7.30—8.30pm	Create at Gate with K & S Family Communion Loveworld Church Sunday Gathering Chikara Karate Kai Love world Church Soul Yoga	Community Hall St. Columba's Community Hall Banners Gate CC Scout Hall Community Hall Community Hall	Kathy Weston Ola Samuel 07565 Nigel Willis Paul Murphy 07837 Ola Samuel 07565	628 6651 354 5873 65 27 62 353 0230 39 57 89 65 27 62	
For details see website at www.stcolumbasbannersgate.co.uk www.bannersgatechurch.com					
Mon 9.15 -10.15 11am - 1.00pm 6.00—7.00 7.30 – 9.00 pm	Imagi-Play Dementia Care Self Defence & Fitness Line Dancing	St Columbas Community Hall Community Hall Community Hall	Ellie Smith Barbara H-Walker Adam Claxton Diane Pursall	553 6483 747 4659	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
Tues 3rd in month 9.15 - 12.00pm 6.30 – 7.30 & 7.30 – 9.00 7.45 pm	Coffee Morning 3rd Tuesdays Line Dancing Chikara Karate Kai	Community Hall Community Hall St. Columba's	When they restart Diane Pursall Paul Murphy 07837	747 4659 39 57 89	
Wed 9.30, 11.00 & 12 10.30 - 12.30 1.15 - 2.15 7.00—8.00 7.00 pm	Baby Sensory Guide Dog Training Imagi-Play Self Defence SlimmingWorld	Banners Gate CC Community Hall St Columbas Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Ellie Smith Peter Howard Karen 07759	82 56 22 360 0286 17 02 89	
Thurs 10.00 am 10.00—11.00 am 4.30—6.30 6.30 – 9.45 pm 6.30 – 9.30 pm (3rd of each month) 7.30 pm	Holy Communion Yoga Teachitright Zig Zag Dance Studio Bridge Townswomen's Guild	St. Columba's Community Hall Community Hall St. Columba's Community Hall Banners Gate CC	Tricia 07954 07809 Warren 01902 Sylvia Cunningham 07870 Sue Nation	40 39 43 61 43 10 897 900 82 98 37 353 4114	Banners Gate Community hall Coffee Mornings The next is on 20th September At 10 o'clock
Friday 10.30—11.30 7.00 - 8.00 pm	Tai Chi Sign Language Classes	Community Hall Community Hall	Philip Shelton Shakila Kosar		
Saturday					
BOOKING SECRETARIES: Community Hall mobile: 075 65 54 68 21 Banners Gate CC - Nigel Willis 07711 284562 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			

The Townswomen's Guild

No meeting in August

Thurs. 15th Sept. Pete Gosling - Don't Fret an Acoustic Band

Our vibrant Guild meets on the 3rd Thursday of the month, 7.00–10.00 in the Westwood Hall, Banners Gate Community Church.

Contact Sue Nation on 353 4114

Banners Gate Community Church

Westwood Road. B73 6UH

We currently meet fortnightly on Sunday mornings from 10.30am for fellowship, worship, prayer and learning together in an informal setting, with other gatherings throughout the week.

To find out more visit our website at www.bannersgatechurch.com.

St Columba's Church

Coffee Morning

Last Friday of the month

10.30 - Noon

All Welcome

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

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

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.

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