



Banners Gate & Parklands Community & Neighbourhood Forum

161st August 2022

bannersgateneighbourhoodforum.com

If you want **Gatepost** emailed to you, including cartoons and puzzles, in full colour, wherever you live, **free of charge**, every month, please send an email to bgatepost@gmail.com with "Email Gatepost" in the subject line. You can cancel at any time by email with "Stop Gatepost" in the subject line.

I asked for photos of the Commonwealth Games and yes, I did receive some, sixty-four from Paul Long for starters. The collection was so large that you will have received this Gatepost and another, with just Paul's photos and the Bees talk from Julian Routh at our forum meeting on 25th July. Thank you Paul and Julian.

Apart from that, August has been a relatively quiet month. The weather has regained its senses and lost its desire to fry us all and, as I type, it is raining. It rained so much today, driving back from Stoneleigh for granddaughter's Young Drivers driving lesson, that I had cause to use the rear window wiper and yes, it needs replacing. How I miss Wilco, but the nice man, Sandy, in Halfords garage in South Parade rang around and found me one, to be fitted tomorrow.

GCSE results were out today. My congratulations for your excellent results: my condolences if you did not do so well. Just remember the millionaires that failed at school. Click [here](#) for eight, including Deborah Meaden and Sir Richard Branson to name but two you may know. [Here's](#) fifteen with a few other names you know. Don't give up, they didn't.



Rob Pocock: COMMONWEALTH GAMES 'LEGACY'

I was apprehensive when first hearing that the CWG Triathlon event was coming to the streets of our Sutton Vesey Ward – there was bound to be disruption and inconvenience to local residents, with road closures and restricted access to areas of Sutton Park. However all the feedback I have received since the event, has been very positive. In particular I was struck by the number of people who commented on how proud they were of our area being on public show to the world, the stunning helicopter views of our neighbourhood and the Park, and the very warm welcome and rousing vocal applause given to the cycle athletes on their road stage around our streets. The cheers were as loud for the stragglers at the end as they were for the contestants battling for the lead!

Now it's time to make sure there is a positive long-term legacy from the Games. Congratulations to the Friends of King George V Playing Fields for designing a commemorative notice board charting the history of the Games and the role King George V played in first creating the modern 'commonwealth' format. I'll be keen to support other legacy projects so if you have any ideas please get in touch via rob.pocock@birmingham.gov.uk

SUTTON PARK AUTUMN NATURE TOUR

While on the subject of the Park, it's time to plan

the regular Autumn Wildlife and Nature Tour that I organise annually, led by our expert Park Rangers. The date is on a Saturday later in September, we take a fascinating walk around the woodland restoration project and the recent heathlands scheme in the area to the east of Longmoor Pool. Each year you can track the emergence of new wildlife and plant species that are arriving as a result of the progressive clearance of areas suffering from the overgrown woodland canopy. If you're interested in receiving an invitation to attend this year's autumn trail, just drop me an email at the address above and I'll send you more details and joining instructions.



Janet Cairns, Town Mayor & Vesey Ward Councillor

What a summer! Sutton Coldfield hosted an array of events over the last few weeks, with particular highlights including The Queen's Baton Relay and the Triathlon and Para-Triathlon of the Commonwealth Games competition. These events and the superb sunny weather brought visitors from all over the world to Sutton Coldfield and I have received many very positive comments about our wonderful Town.

Sutton Coldfield is full of interesting people with great stories, and a fascinating history. I have been Mayor for just over 3 months, and it is a pleasure to announce that I have nominated my

AVAILABLE IN LARGE PRINT. TEL: EDITOR AT 605 4947

Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: **605 4947**, or bgatepost@gmail.com **Next deadline: September 22nd**

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

daughter Megan as my consort for the rest of my Mayoral term. Megan, who is in her 20s has cerebral palsy and is a permanent wheelchair user. Megan and I are really looking forward to meeting as many residents and community groups over the Autumn / Winter period with September already looking busy with Heritage week and the Britain in Bloom results being announced.

I will also be launching the Mayor's Challenge for 2022/23 which every junior and infant can apply for and be awarded £650. Further details will be announced shortly.

Until next month, stay safe and well.



Max Hatton: Hello Gate Post readers! It has certainly been an exciting August for Sutton Coldfield and Birmingham.

The Commonwealth Games was a huge success, and we have demonstrated to the World how amazing Birmingham is. The main highlight for me was watching world renowned athletes cycling up the Jockey Road and seeing so many people out cheering and enjoying the events. And how brilliant were the closing and opening ceremonies? You can tell a lot of work went into these performances, and with limited time Birmingham delivered. I was also stunned when Ozzy Osbourne appeared on stage, the only band missing was ELO! It was brilliant to see the

city buzzing, and to hear such positive comments from visitors. I think we can put to rest all the jokes about Birmingham being a dull place.

I hope everyone is enjoying their summer holidays, we have been blessed with some great weather this August and I hope you all have had a chance to enjoy this time with family and friends, whilst also keeping cool as the temperature got a bit too hot at times. I've recently returned from a great weekend in Barmouth, North Wales, it might not be our closest beach but it's definitely worth a visit if you're looking for a local break. Barmouth has always been a popular destination for Brummies, it makes a great day trip by car, coach or train, in fact the train is direct and it's a really beautiful route.

I'd like to congratulate all students who have recently received their A Level and GCSE results. Considering the last two years have been so disruptive to your education, you have persevered and completed your exams under circumstances none of us would want. So well done and I hope you all received brilliant results. For those that might not have achieved their desired grades, it is not the end. I didn't get into my first choice but ended up at Swansea University, it turned out to be the best 4 years I could have imagined.

Don't forget, our next Full Town Council meeting will be held on Tuesday 27th September. Enjoy the rest of your summer all!

Friends of the Gates

Do you care about our park and would you like a say in its future?

Back in 2019 Friends of the Gates was formed with the hope of improving the area around and between Boldmere and Banners Gate entrances. This group is independent, not part of the City Council and as such is able to apply for grants not available to local government. Consultations with park users identified a wish list of improvements but Covid and concentration of Sutton Park staff on preparations for the Commonwealth Games have slowed progress. We have, however, had one outstanding success with the award of sufficient money to allow us to purchase two 'Tramper' off-road mobility scooters which will make more of the park paths accessible to disabled visitors. Also the new car park at Boldmere Gate has removed one item from our wish list.

Now that the Commonwealth Games are over and Covid is hopefully under control allowing us to meet in person we can return to our original desire to improve our side of the park although there are considerable restrictions imposed on what can be done due to its designations as a Site of Special Scientific Interest, a National Nature Reserve and, partly, a Scheduled Ancient Monument. A meeting is being arranged for September 27th at 7.30 pm in the Community room at the Harvester in Boldmere Road. If you'd like to come to the meeting, to be part of our group and have a say in what we ask for, if you have ideas how we can raise money to fund developments or if you'd like to join us but can't make the meeting please email Gill Chant at thechants@btinternet.com and we'll keep you informed.

St COLUMBA'S CHURCH

Invites you to a



COFFEE MORNING!

FRIDAY 30 SEPTEMBER

10 AM ~ 1 PM.

St. COLUMBA'S CHURCH

**please come along and help
us raise lots of cash!**



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.



Mum & Little One Yoga

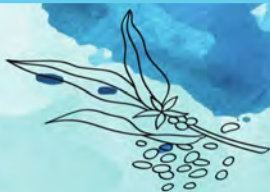


- Rebuild your strength and fitness
- Connect with other local mums
- Bring little one along too!
- £45 for 5 weeks

**Term starts 12th
September
1pm Monday
St Columba's Church,
B73 6TX**

www.yogabodybirmingham.co.uk

Coffee Morning



*Last Friday of every month
10.30 - 12pm*



*St Columba's
Church Hall
Banners Gate Rd,
Sutton Coldfield,
B73 6TX*

YOGA AND WILLOW WREATH WORKSHOP

3RD DECEMBER 2022, 9AM
ST COMLUMBA'S CHURCH,
B73 6TX

A RELAXING YOGA SESSION
REFRESHMENTS
MAKE AND DECORATE YOUR
OWN WILLOW WREATH

£40 PER PERSON
INCLUDES EVERYTHING

www.yogabodybirmingham.co.uk

Fill your street with friendliness®



www.as-one.uk/birmingham

as one®

Local communities
in partnership with

Birmingham
City Council

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.

And now for some local Banners Gate news

Jim, originally from Aston, and Loretto, originally from Charlestown in County Mayo, Ireland, married in August 1972, after meeting in the Sacré Coeur Hotel in Galway where both happened to be staying on holiday - and they met again on the Galway Racecourse, amongst thousands of people, and so decided it was meant to be! They were delighted to be able to celebrate fifty years of marriage with friends and family before returning to Ireland a week later, to celebrate their actual anniversary in Galway where it all began!



Here is Harold's report of the day the visitors turned up

My Regimental Association turned up in some force having travelled from near Southampton and presented me with the Plaque with its additional inscription.

They also brought the cake and bottles of champagne for the toasting. They were Colonels and Lt. Colonels but they were not in World II so they plied me with so many questions about my experience.

The Lord Lieutenant of West Midlands' Deputy Lieutenant was also present and he has also been a great help making connections for my fund raising for MND that has now reached £20,861.00.

The two young ladies were from MND, Mandy who works locally and Amanda who has been my great help, from Head Office.



Sutton Coldfield College

Courses for adult learners starting this September

If you are looking to improve your job prospects or learn a new skill, we can help. At Sutton Coldfield College, we offer part-time learning opportunities across a broad range of subjects for adult learners. If you need to improve your maths or English, we can help! Some of our courses are free!

IT'S YOUR FUTURE.

OWN IT!

We are enrolling in August and September!

To view the full list of courses visit bmet.ac.uk



Sutton Coldfield College
part of BMet



Left School this summer? You could start with us in September

Our specialisms include: A levels, Accounts, Art & Design, Business, Creative, Digital Media, Esports, Early Years and Education, Health & Social Care, Performing Arts, Uniformed Services, STEM subjects, Sport and Travel and Tourism. We also run a variety of Sports Academies. We have something for everyone!

IT'S YOUR FUTURE.

OWN IT!

[f BMet](https://www.facebook.com/BMet) [@BMetC](https://twitter.com/BMetC) [i BMetCollege](https://www.instagram.com/BMetCollege)

Visit bmet.ac.uk to find out how to enrol and start something new!



Sutton Coldfield College
part of BMet





**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	

**Asking the
same question
over and over again.
over and over again.
over and over again.
over and over again.
over and over again.**

**It's not called
getting old, it's
called getting ill.**

If you or a loved one are
experiencing memory loss,
it could be a sign of dementia.

Help and support is just
a phone call or click away.

alzheimers.org.uk
0333 150 3456





CARERS look after family, partners or friends in need of help because they are ill, frail or have a disability and the care they provide is unpaid.

**IF YOU LOOK AFTER SOMEONE WITH A DISABILITY OR
LONG-TERM HEALTH CONDITION AND WOULD LIKE TO
MEET OTHERS IN A SIMILAR SITUATION, THEN PLEASE
JOIN OUR**

CARERS CAFÉ & FLEXI CARERS

11.30am – 1.30pm

(1 hour coffee & 1 hour gentle exercise)

(Every 2nd and 4th Tuesday of month)

Tuesday 9th & 23rd August 2022

Tuesday 13th & 27th September 2022

Tuesday 11th & 25th October 2022

Tuesday 8th & 22nd November 2022

**UNITED REFORMED CHURCH
1 BRASSINGTON AVENUE
SUTTON COLDFIELD
B73 6AA**

£2 per session. Please ring office to book a place. All Carers welcome so please come along in comfy clothes and flat shoes or trainers to enjoy exercise, coffee and a chat.

**CALL 0121 355 1006
FOR MORE INFORMATION
AND BOOK YOUR PLACE**



OUR PLACE
community hub

Carers United is a charity registered in England and Wales (1165802).
Registered office: Our Place Community Hub, Farthing Lane, Sutton Coldfield, West Midlands B72 1RN Tel 0121 355 1006

Table Tennis Club



We have been playing table tennis at Wyndley Sports and Leisure Centre in Sutton Coldfield for over 30 years. The club started on Wednesday mornings when two couples hired a table to play for one hour. Over the course of time others joined them and it gradually grew to six tables with new members having to go on a waiting list.

We have all standards from beginners to experts. We play doubles and enjoy mixing in with others of a similar standard. We have an enjoyable time meeting people and it is good exercise. In the Lockdown, we were closed but re-opened in September 2021.

If you would like to join us you would be most welcome.

We play on a Wednesday morning from 9.30 to 11.30 am. Just come along and have fun.

June Bell.

If anybody wants any further information, please contact June Bell: 0121 378 1146. junebell@talktalk.net

Paraprosdokians

(Winston Churchill loved them)

They are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous.

1. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
2. You do not need a parachute to skydive. You only need a parachute to skydive twice.
3. I used to be indecisive. Now I'm not so sure.
4. To be sure of hitting the target, shoot first and call whatever you hit the target.
5. Going to church doesn't make you a Christian any more than standing in a garage makes you a car.
6. You're never too old to learn something stupid.
7. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

Birmingham Heritage Week in Sutton Coldfield



Surprising Science - Astounding Inventions

Sat, Sep 10, 10:30 AM

Free



Holy Trinity Open Day

Sat, Sep 10, 11:00 AM

Holy Trinity Parish Church • The Royal Town of Sutton...
Free



Tour of no. 1 High Street, Sutton Coldfield

Mon, Sep 12, 9:30 AM + 1 more event

NLegal • The Royal Town of Sutton Coldfield
Free



Walk in Moor Hall area, Sutton Coldfield

Mon, Sep 12, 2:00 PM

Moor Hall Hotel & Spa • The Royal Town of Sutton Coldfield
Free



Archaeology in Sutton Park: finding, recording, explaining and protecting

Mon, Sep 12, 7:00 PM

Trinity Centre • The Royal Town of Sutton Coldfield
Free



Sutton Park Archaeology Walk

Tue, Sep 13, 10:00 AM

The Town Gate • The Royal Town of Sutton Coldfield
Free



Tour of nos. 46 and 52 High Street, Sutton Coldfield

Wed, Sep 14, 2:00 PM + 1 more event

Eddowes Perry & Osbourne Solicitors (EPO Lawyers) • Th...
Free



Holy Trinity bell-ringing open practice

Wed, Sep 14, 6:00 PM

Holy Trinity Parish Church • The Royal Town of Sutton...
Free



A local history walk around Maney, Sutton Coldfield

Thu, Sep 15, 10:30 AM

Beeches Walk • The Royal Town of Sutton Coldfield
Free



St Peter's, Maney, Open Day

Thu, Sep 15, 11:30 AM

St Peters C of E Church • The Royal Town of Sutton...
Free



Sutton Coldfield and its surroundings in the Middle Ages

Thu, Sep 15, 2:00 PM

Holy Trinity Parish Church • The Royal Town of Sutton...
Free



Film showing: The 1957 World Scout Jamboree

Sat, Sep 17, 3:00 PM + 1 more event

Toby Carvery Sutton Park • The Royal Town of Sutton...
Free



New Hall Mill, Sutton Coldfield - Heritage Open Day

Sun, Sep 18, 10:00 AM

New Hall Water Mill, Sutton Coldfield • The Royal Town of...
Free



Holy Trinity Churchyard Walks

Sun, Sep 18, 2:00 PM + 1 more event

Holy Trinity Parish Church • The Royal Town of Sutton...
Free

A selection of events taking place in Sutton Coldfield during Birmingham Heritage Week

For more information please click [here](#).

For Birmingham events please click [here](#)



Say, "Hello" to Joan. Joan is a Sutton Coldfield Town Council Volunteer.

What is she doing? She is picking up rubbish of a size that can easily be put in a pocket and dropped in a bin or wait until you arrive home and put it in your own bin.

Joan starts at Darnick Road, picks up on the houses side of Monmouth Drive, crosses over at the traffic lights and picks up all the way along the park side of Monmouth Drive until she reaches Avery Road. Joan then picks up until she reaches the shops where she deposits her bag of rubbish.

Why does Joan do it? It is not because she earns any money. It is because some people are uncaring about their environment and just throw away whatever piece of rubbish they have in their hands and because Joan does care about her environment.

Please think before you throw away.

Joan belongs to the Sutton Coldfield Litter Action Group who are funded, for equipment (hi vis, litter picks, etc), by Sutton Coldfield Town Council. You can contact them through their Facebook Page: <https://en-gb.facebook.com/groups/228286172291621/>

There is also a little bit more info about them in the Bloom portfolio (page 7) <https://suttoncoldfieldtowncouncil.gov.uk/royal-sutton-coldfield-in-bloom-2022/> . Click on the link and have a browse, it has excellent page-turning software, almost a real book!

There it is on the left, but you'll need to use the plus and minus buttons to read it.

7



SUTTON COLDFIELD
LITTER ACTION GROUP



A dedicated group of volunteers who all have one goal in mind - keeping Sutton Coldfield free from litter!

Formed only 18 months ago the growth of this group which now has over 800 volunteers is phenomenal. Come rain or shine, their aim is to keep Sutton Coldfield clean and tidy.

This strong army of volunteers created an 'adopt a road' campaign, cleaning up over 500 streets across Sutton Coldfield. They have teamed up with local schools and businesses to raise awareness of the negative impact litter has for us all and to promote an awareness of litter and its effect on the community.

A recent litter pick saw the group walk nearly 8 miles, with a stop count of over 20,000 collecting 27 bags of rubbish. Sutton Coldfield Litter Action Group (known locally as SCLAG) are extremely passionate about their area, keeping it tidy for residents, visitors, the environment and wildlife.

To find out more visit Sutton Coldfield Litter Action Group on Facebook.



Treasurer of 'Friends of Perry Park', Valerie Edkins, has praised the enthusiasm of the local litter-picking team who cheerily set about clearing up month after month – whatever the weather. With the Commonwealth Games over, the team is 'busier than ever with their litter-picking efforts'. And there was a 'full turn-out of volunteers for the August litter-pick in the park'.

Valerie confirms litter-picks take place in Perry Park on the second Sunday of every month. So why not volunteer for Sunday the 11 September? The meet-up details (Church Tavern car park, B42 2LA - 2pm) are on the poster. *'It's not difficult - in fact it's fun - and you'll meet lots of friendly community-minded folk'*. Equipment is provided. She adds the proviso that *'if something else is going on in the park, it may not happen'*. So do check with Valerie.

Besides litter picking, of interest could be 'bat walks' and plans are afoot for regular group walks and a tree survey.

Contact is valerie@geminirose.co.uk – mobile 07956 487745 text or message only.

Sheila Pennell



The poster features a circular logo at the top center with a stylized tree and the text 'FRIENDS OF PERRY PARK'. Below the logo, the words 'Help Wanted' are written in a large, red, sans-serif font. Underneath, in a smaller red font, is 'Join us for a Litter Pick in Perry Park.' The text continues in a smaller black font: 'WE MEET AT 2PM ON THE CHURCH TAVERN CAR PARK. CHURCH RD B42 2LA. EQUIPMENT SUPPLIED BUT DO WEAR SUITABLE SHOES. NOT FLIP FLOPS, EVERYONE WELCOME SO BRING THE FAMILY.' The date 'SUNDAY September 11th 2022' is highlighted in red. At the bottom, it says 'We really do want your help in returning your park to the community. REMEMBER USE IT OR LOSE IT YOUR PARK NEEDS YOU'.

FRIENDS OF
PERRY PARK

Help Wanted

Join us for a Litter Pick in Perry Park.

WE MEET AT 2PM ON THE CHURCH TAVERN CAR PARK.
CHURCH RD B42 2LA.
EQUIPMENT SUPPLIED BUT DO WEAR SUITABLE SHOES. NOT FLIP FLOPS,
EVERYONE WELCOME SO BRING THE FAMILY.

SUNDAY
September 11th 2022

We really do want your help in returning your park to the community.
REMEMBER USE IT OR LOSE IT
YOUR PARK NEEDS YOU



Richard Heysmith, Deborah Heysmith, John Edwards and Karen Davis. Taking the photo is Valerie Adkins, treasurer of 'Friends of Perry Park'.

Commonwealth Games Triathlon event in Boldmere



A crowded Boldmere shopping centre on 29 July as the leaders approach

The men's and women's races were on 29 July and the disabled and relay races were on 31 July. The parking area just inside Boldmere Gate, near to Miller & Carters, had been converted to a finishing post area and headquarters for the BBC coverage.



High speed turn into Antrobus Road

Hundreds of people lined the streets all around the cycling circuit which had been cleared of vehicles and lined on both sides by temporary barriers, with much cheering and applauding to encourage the tired contestants. Many more spectators chose positions inside the park to witness the swimming and running. There was a helicopter hovering above during the races.



Boldmere Road and Antrobus Road. 29 July. Men's triathlon at 11.30.



Highbridge Road / Boldmere Road

One of the many temporary road closures in the area

The barriers were removed on the Friday night and on Saturday 30 July, Boldmere Road was miraculously transformed back into the usual busy shopping centre with parked cars on both sides as normal.

By Sunday morning the whole process had been reversed ready for 2 more races.



Handy local shop should any of the contestants get a puncture



Gold medal winner for England :
Alex Yeet



Silver medal winner for England :
Georgia Taylor-Brown

The triathlon event proved to be very successful for the home nation, with Gold for the men's event and silver in the women's race later in the day.

Some of Allan's views of the Games. Thank you Allan

More Eric true tales

More stories from my theatre capers.

In 2014 local Manor Musical Theatre Company performed Oklahoma! A very well respected theatre critic of amateur shows was in attendance on the opening night. He gave a favourable report as he generally did, to encourage local amateurs. His only negative was *"Just one point about the Stetson our hero wears, however. Was he fitted for it before that impressive curly wig arrived in the post?"*

"Looks a might small to me, pardner". The said critic was mortified when I informed him that Curly had a very good head of hair and he had it curled each night prior to the show. It was the custom to post up on the dressing room notice board the following night for all to see, the critique to boost the morale of the cast. I was worried we might lose our leading man; thankfully HE took it in good spirit.

In the second half of a scout gang show I was in at Birmingham Town Hall, the opening number was *Romany Road*, a gypsy theme where my partner and I sang, danced, and got married at the end. The only time I wore earrings and red leather knee-high boots possibly?? Previous Gang Shows had never had a dance with a lift before, though very basic by today's "Strictly" standards. The climax was for my partner to run at me and put her foot in my low-slung clasped hands to throw her up in the air. She would twist around and land on my shoulder. I would open my arms wide as the curtain slowly came down. The lifts worked every time on the many rehearsals, however, about halfway through the week she did not land squarely, so I was leaning backward trying to balance her but eventually, she started to slide down my front. It was comical. The first three rows who saw me clutching her with both arms by the time the curtain was approaching the closed position, were in fits of laughter.

A footnote, my family and wife were in a stage-side box but missed my big moment in the end, whilst getting lost returning from the interval bar, I also needed a stiff drink on exiting the stage.

Eric Jones August 2022



Tickets are now available and will sell rapidly for this very popular family show from local Manor MTC

Support local theatre groups and our wonderful Town Hall

SUTTON COLDFIELD CHARITABLE TRUST PAVES WAY FOR BOXING CLUB DEVELOPMENTS AND COMMUNITY PROJECTS

Sutton Coldfield Charitable Trust, the organisation that awards grants to local groups and charities to alleviate hardship and support other needs in the community, has provided several grants to Amateur Boxing Club, Rectory ABC.

The grants, which in total reach almost £100,000 since the first in 2013, have gone towards extensive improvements at the club, including extending the club to a second room, and have allowed for the facilities to be updated to provide a safe and functional environment for local boxers to train.

The not-for-profit club was launched and is managed by Phil Brennan, who said: “We are extremely lucky to have grants like this available. These funds which go towards rent, club improvements, putting on shows and things like minibuses provide us with the reassurance that the club can remain open and allow us to concentrate on applying for other grants whilst, of course, prioritising training our members.

“As a result of Covid, we have seen a significant drop in the number of students that have returned to the club, but we’re looking to the future and want to encourage anyone of any age to join us and give boxing a go.”

Given the recent excitement in Birmingham’s sporting summer, Team England experienced success in the boxing with hometown hero Delicious Ore and Leamington Spa’s Lewis Williams winning gold medals, supporting grassroots sports clubs has never been more important.

Club Founder and Senior Coach Phil Brennan said “With the ongoing help and support from the Trust, the club gets the opportunity to apply for grants we would not normally be able to prioritise, and so widen the scope of what we do within the community” RABC has recently been involved in the Birmingham 2022 Festival’s Creative City Programme, where 108 community groups around Birmingham worked with artists to flood the city with new creative work as part of the Birmingham 2022 festival.

The club used their successful grant bid to do the artistic ‘Boxer Beats’ project. Working with local artists and club members the project developed a connection between the two groups through the common thread of rhythm, creating tunes based on individual Rectory boxer’s style and movements, with filming taking place onsite at the new and improved Rectory ABC club.

“We have also had other successful grant bids allowing us to run programmes to help local people suffering with stress and depression, and service people suffering from PTSD. We have put grant money towards after school programmes and summer holiday schemes. We are able to do fundraisers for local hospitals, the Birmingham Homeless and Children’s charities, we have raised tens-of-thousands over the past 15 years. This is all possible because of the help from SCCT which frees us from the usual amateur sports club concerns of raising money for equipment, rent etc. We get the opportunity to ‘pay it forward’ in our community and we are very happy to do just that.”

continued on next page ...

David Cole, Grants Manager at Sutton Coldfield Charitable Trust, said: “We are delighted to have been able to provide consistent support to Rectory ABC over the last 9 years, and seeing the changes that have taken place captured on film as part of their Boxer Beats project is fantastic.

“We are always looking for new and exciting groups and charities within Sutton Coldfield to award grants to, and the Rectory Amateur Boxing Club project is a perfect example of our funds being put to fantastic use for the benefit of the community.”

To view the full Boxer Beats video, head to <https://youtu.be/73tm28laIEA> and for more information on Sutton Coldfield Charitable Trust, please visit <https://www.suttoncoldfieldcharitabletrust.com/>.





It is Europe's largest local authority serving more than a million residents. [Birmingham City Council](#) works all year round to deliver for the people who live here. But a huge workforce is needed to provide services for the UK's [second city](#). At the moment, the council has more than 12,000 employees from all walks of life.

Birmingham City Council jobs

- [Specialist Snr Educational Psychologist](#)
- [Catering and Facilities Assistant](#)
- [General Assistant](#)
- [Commissioning Manager](#)
- [Senior Commissioning Officer](#)
- [Commissioning Officer](#)
- [Homeless Centre Support Officer](#)
- [Commissioning Support Officer](#)
- [Cityserve Programme Manager](#)
- [Business Support Manager](#)
- [Senior Public Health Officer - BLACHIR](#)
- [Mobile Patrol Officer](#)
- [Careline Operator](#)
- [Housing Solution Caseworker Manager](#)
- [Revenues Officer](#)



Birmingham Art Circle **Exhibition** 'New Beginnings'

at the
RBSA Gallery

**Tuesday 30th August -
Saturday 10th September**

Admission Free



Opening Hours:

Tuesday to Saturday 10.30 am - 4.30 pm



<https://birminghamartcircle.co.uk/>

Eight more laughs from Eric



"Great Scott, Ingrey, it's the Ottoman Empire!"



Prince Andrew
Commemorative
Coin



Me: What's the wifi password?
Bartender: You need to buy a drink first.
Me: Okay, I'll have a coke.
Bartender: Is Pepsi okay?
Me: Sure. How much is that?
Bartender: \$3
Me: There you go. So what's the wifi password?
Bartender: You need to buy a drink first. No spaces, all lowercase.



I threw a ball for my dog.
 It's a bit extravagant but he's worth it and looks good in a dinner jacket

Pulled out a nose hair today to see if it hurt...

judging by the reaction of the man asleep next to me on the bus, it seems pretty painful...

Here is something from Olive and John, but sent in independently.

And on the 8th day, God created Seniors...

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys, and other things, thus doing more walking. And God looked down and saw that it was good

Then God saw there was another need. In His wisdom He made seniors lose coordination so they would drop things, requiring them to bend, reach, and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the toilet, thus providing more exercise. God looked down and saw that it was good.

So if you find, as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

Nine Important Facts to Remember as We Grow Older

9. Death is the number 1 killer in the world.
8. Life is sexually transmitted.
7. Good health is merely the slowest possible rate at which one can die.
6. Men have two motivations: hunger and hanky-panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
5. Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
4. Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
3. All of us could take a lesson from the weather. It pays no attention to criticism.
2. In the 60's, people took LSD to make the world weird. Now the world is weird, and people take Prozac to make it normal.
1. Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

Please share this wisdom with others; I need to go to the toilet



- **Improve where you Live?**
- **Make new Friends?**
- **Make a Difference?**
- **Get Fit?**



StreetWatch has been kept really simple, it is about going for a walk with your neighbours, getting to know people in the area and building up a sense of community spirit.

We ask for a minimum of 2 hours a month but you can do as much as you like.

The whole point of StreetWatch is about being that visible presence to DETER crime and anti-social behaviour, NOT deal with it- that's our job. If you see something that needs to be dealt with, call us.

All members are vetted and trained; the training is very simple and just involves making sure that people are aware of what we are asking of them, this takes approx. 1 hour. After training we register members on the forum which enables you to communicate with us.

We go with you on your first 2 walks to check you are confident and know what you are doing and then you go out independently.

There must be 2 people on each walk for safety and you are given a high visibility jacket with "StreetWatch" on it so people know you are part of an organised group. After that you organise your own walks, go where you want to, for how long you want, when you want!

At the training people usually swap phone numbers and set up chat groups such as WhatsApp to organise the walks - all very simple and low key, you can even walk your dog at the same time if you have one.


It really is up to the group themselves how much or little they do, StreetWatch is for the community, by the community.


Interested?

To get involved or for more information please email -

streetwatch@west-midlands.pnn.police.uk

or call 07391 864 258

 @StreetWatchWM

 I am proud of what I do



191004-001618



Preventing crime, protecting the public and helping those in need
www.west-midlands.police.uk

A young monk arrives at the monastery.
He is assigned to helping the other monks in copying the old canons and laws of the church, by hand.



He notices, however, that all of the monks are copying from copies, not from the original manuscript.

So, the new monk goes to the Old Abbot to question this, pointing out that if someone made even a small error in the first copy, it would never be picked up! In fact, that error would be continued in all of

the subsequent copies.

The head monk, says, "We have been copying from the copies for centuries, but you make a good point, my son."



He goes down into the dark caves underneath the monastery where the original manuscripts are held as archives in a locked vault that hasn't been opened for hundreds of years. Hours go by and nobody sees the Old Abbot.



So, the young monk gets worried and goes down to look for him. He sees him banging his head against the wall and wailing.

"We missed the **R**! We missed the **R**! We missed the bloody **R**!"



His forehead is all bloody and bruised and he is crying uncontrollably.

The young monk asks the old Abbot, "What's wrong, father?"

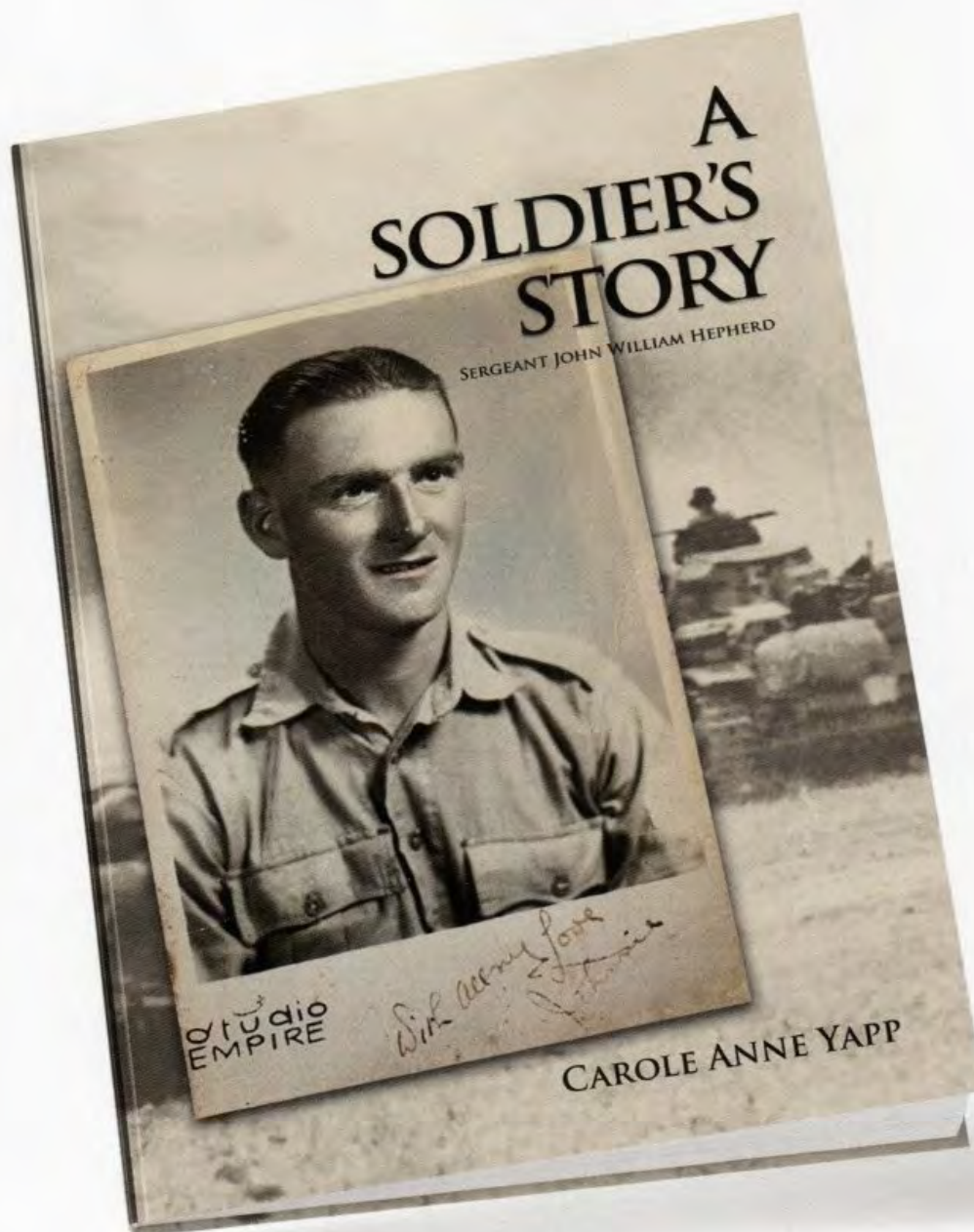
With a choking voice, the old Abbot replies,

"The word was ...

CELEBRATE

Thank you John S

ICYMI, 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 Hephherd'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.

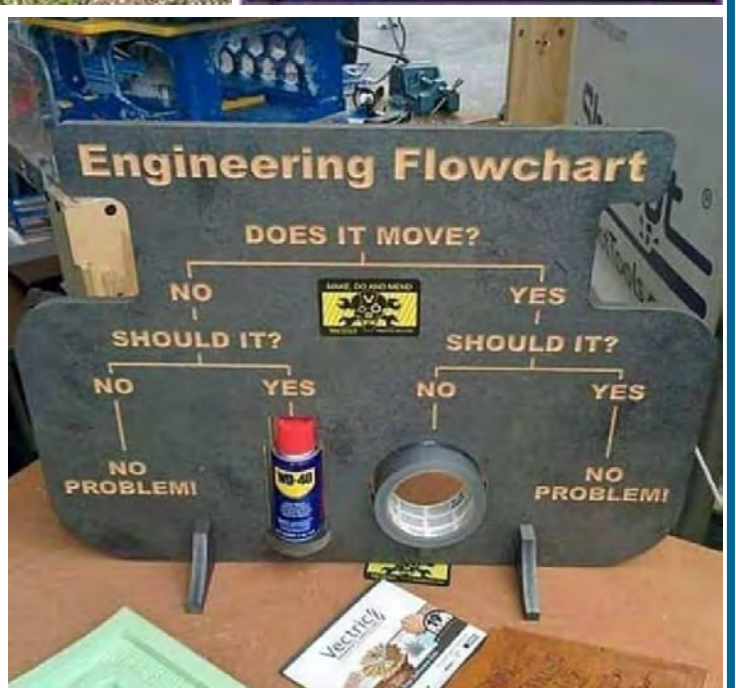
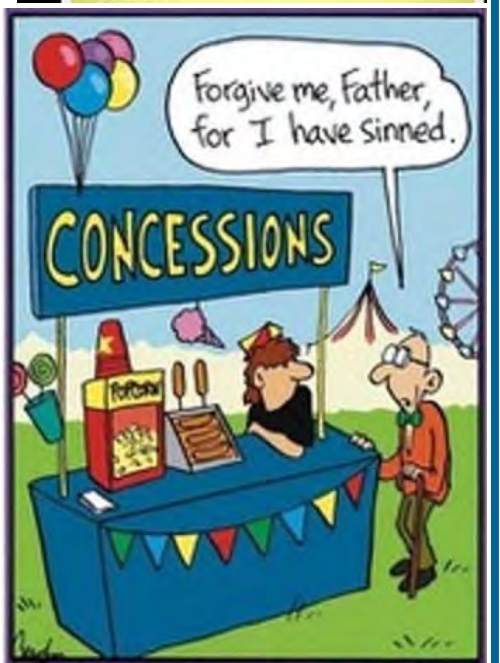
Miraculously and after many trials and battles, he finally made it home to his wife, after five years.

John William Hephherd'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 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.' Review by Carl Chinn





Quiz of General Knowledge, Sport, Music, Movies/TV, History and Science.

1. The first atom bomb was dropped on which Japanese city?
2. What is dermatophobia the fear of?
3. The Velocipede was a nineteenth-century prototype of what?
4. Which is Britain's oldest Sunday newspaper, published for the first time in 1791?
5. Who was declared the Sportsman of the Century in 1999 by both the prestigious US magazine 'Sports Illustrated' and the BBC?
6. Which country is regarded as the primary practitioner of the game of polo?
7. Who has scored a record 277 points in Rugby World Cup football?
8. Who scored both goals in the final as Manchester United lifted Alex Ferguson's first European trophy in 1991?
9. Living easy, living free, season ticket on a one-way ride.'
10. I got this feeling inside my bones, It goes electric, wavey when I turn it on.'
11. Scare myself to death, that's why I keep on running; Before I've arrived, I can see myself coming'
12. This love has taken its toll on me; She said goodbye too many times before'
13. What is the name of the possessed girl played by Linda Blair in 'The Exorcist'?
14. Which influential and controversial 1970s thriller starring Clint Eastwood featured a serial killer called Scorpio
15. Who won an Oscar nomination for his portrayal of American activist Malcolm X?
16. Which two actors have played Spider-Man in Hollywood versions of the story in the twenty-first century?
17. Which city was the first capital of the Russian Empire in the ninth century? a) Yeliky Novgorod b) Omsk c) St Petersburg
18. Who led the Gallic tribes in their resistance to Julius Caesar's Roman legions?
19. Who was Prime Minister when Britain joined the European Union?
20. The Soviet Union and seven other countries signed which mutual assistance treaty in 1955?
21. What typically makes up between 0.5% and 3% of the dry weight of tobacco?
22. What is the hard, set polymer used in old-fashioned telephones and electrical insulators?
23. What is the third most common gas in the earth's atmosphere after Nitrogen and Oxygen?
24. Zn is the symbol of which chemical element?

12. Maroon 5 – This Love
 13. Regan. 14. Dirty Harry. 15. Denzel Washington. 16. Tobey Maguire and Andrew Garfield. 17. Yeliky Novgorod.
 18. Vericgetorix. 19. Ted Heath. 20. Warsaw Pact. 21. Nicotine. 22. Bakelite. 23. Argon. 24. Zinc. 1. Hiroshima.
 Hughes. 9. AC/DC – Highway to Hell. 10. Justin Timberlake – Can't Stop the Feeling. 11. Robin Williams – Feel.
 2. the fear of skin disease. 3. A bicycle. 4. Observer. 5. Muhammad Ali. 6. Argentina. 7. Jonny Wilkinson. 8. Mark



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.



Wylde Green Neighbourhood Forum



WyldeGreenNF



WyldeGreenNF

WYLDE GREEN NEIGHBOURHOOD FORUM PUBLIC MEETING & AGM

Wednesday 21st September 2022 19:30

Wylde Green Community Hall, Emscote Drive, B73 5NE

SPEAKERS & PRESENTATIONS:

Encouraging biodiversity to our own gardens and sub-urban areas

Encouraging Birds — Ben Dolan (West Midlands Bird Group)

Encouraging Butterflies & Moths — Richard Clinton (Hill Hook Nature Reserve)

Plus WYLDE GREEN MATTERS - An update

For more information and any inquiries, see our **WGNF Community Board** on the external wall at the side of Sainsburys, or contact,

The Secretary, Wylde Green Neighbourhood Forum, c/o Wylde Green Community Hall, Emscote Drive, B73 5NE; or e-mail p.brown148@btinternet.com



FREE RAFFLE UPON ENTRY

**WIN A £20 GIFT CARD FOR TWO DINERS AT THE FARINA
MEDITERRANEAN RESTAURANT (BEECHES WALK)**

Your Name:

Tel. Number:

Email:



If links do not work click [HERE](#) and read it on your browser.



26 August 2022

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



SEARCH for 'Best Brummies' underway to celebrate Games' success: do YOU fit the bill?

We've just launched a [Be Your Personal Best campaign](#), to honour the success of Brum's Games. And we want YOU to share YOUR 'personal best' stories: the achievements, and everyday acts, YOU take great pride in! So, please help us with our hunt for inspirational Brummies with a story to tell: from playing an instrument, to starting a business, to volunteering: EVERYONE has SOMETHING to shout about!

- To nominate someone – or put yourself forward – just email BeBold@birmingham.gov.uk with 'Personal Best' in the subject field.

Heartfelt solidarity with Ukraine

Brum was super-keen to celebrate Ukraine Independence Day with our Ukrainian twin city on 24 August. Birmingham joined forces with Ukrainian community organisation, Centrala, to celebrate our city's strong affiliation with Zaporizhzhia: which we've been twinned with since 1973 – and have lots in common with, hence our Eurovision bid on behalf of the people of Ukraine.



JAW-DROPPING beauty on our doorstep: PoliNations, 2-18 September, Victoria Square



PoliNations is set to bring our Games' cultural programme to a SPECTACULAR close. You'll see an epic super-garden take over the centre of Birmingham for a two-week festival this September: with giant, architectural trees, thousands of plants, FREE events, workshops, live music, dance, spoken word – and drag.

FREE Games' sports equipment: up-for-grabs!

Top-notch sports equipment from the Games is all set to be gifted to local sport groups in Birmingham and the West Midlands: with 16,000 FREE sports items – including bikes, boxing gloves, basketballs will be made available.



Affordable food



Are YOU looking for affordable, nutritious and delicious recipes to enjoy? Join a [GREAT online cooking community](#) and download some brilliant recipe ideas.

JABS save LIVES!

The council's [Vacc-Immune Project](#) is about raising awareness of ALL vaccinations in Brum. Help support this great project – and share YOUR views.



Adult Education could change YOUR life!



Birmingham [Adult Education Service](#) has HUNDREDS of new part-time courses starting September. What do YOU fancy doing? Got questions? Email information@baes.ac.uk or call 0121 303 4318.

And, finally...CELEBRATE: make the most of the Mela!

Before we go, we MUST encourage everyone, this weekend, to take the opportunity to enjoy the [Sandwell & Birmingham Mela](#) – the biggest South Asian music festival in Europe, with music, dance, food, arts and crafts that bring the sights, sounds and spicy aromas of South Asia to Victoria Park, Smethwick on bank holiday 27-28 August.





FREE Course



Charity no: 517303

www.birminghamsettlement.org.uk

Level 1 award in Skills for Living and Work - Preparing for work in the Adult Social Care Sector

This course is accredited by the Open College Network West Midlands and on successful completion you will receive a Level 1 Qualification

This free course will introduce you to the rewarding career choice of working in the Adult Social Care Sector, and will cover:

- Personal development and growth - self confidence and self esteem
- Provide an overview of the Adult Social Care Sector with a focus on working in addiction and recovery
- An introduction to substances and addictions and their impact
- Employability skills - CV Writing and personal action planning your next steps and goals



For more information, contact Shantella on 0121 250 0777

You can access this
free course at any
one of our three
sites - see below for
details!



Charity no: 517303

www.birminghamsettlement.org.uk



Birmingham Settlement 610
6 week course

Two 5 hour sessions per week
Start date: 8/9/2022

610 Kingstanding Road,
Birmingham, B44 9SH



Birmingham Settlement Ladywood
12 week course

One 5 hour session per week
Start date: 19/9/2022

The Red Shed by Edgbaston
Reservoir, 79 Selwyn Road,
B16 0SL



Birmingham Settlement Aston
6 week course

Two 5 hour sessions per week
Start date: 13/10/2022

359-361 Witton Road, Aston,
Birmingham, B6 6NS

CALLING ALL QUILTERS! OR ARE YOU INTERESTED IN LEARNING ABOUT QUILTING? WHY NOT COME TO OUR GROUP?

Sutton Coldfield Trinity Quilters was founded in 1996, our aims are to further the skill and art of patchwork and quilting. We meet at Holy Trinity Parish Church, Mill Street twice per month: the second Tuesday evening from 7.30-9.30 pm and the fourth Wednesday afternoon from 2.30-4.30 pm. Our new programme commences on Tuesday 13 September 2022 with a talk about miniature quilting.

ABOUT OUR MEETINGS: Our meetings are varied: we have leading quilters who give talks, demonstrations and workshops in their particular specialism, as well as sit and sew meetings, social evenings, demonstrations, as well as a Christmas Party and Show and Tell evening. In this year's programme we have a number of speakers: one will be speaking about the small quilt kits she designs (there will also be a pop up shop!) another is taking us on her Japanese Journey of quilting and many others. We also have two trips a year, one to the Malvern Quilt Show in May and another to a quilting outlet for retail therapy (different each year).

WHO CAN JOIN? Anyone who is interested in patchwork and quilting - you don't need to be an expert! We positively welcome beginners to the craft and members are more than willing to share their knowledge. In addition, one of our members is a qualified P&Q teacher and runs workshops and classes in and around Sutton Coldfield.

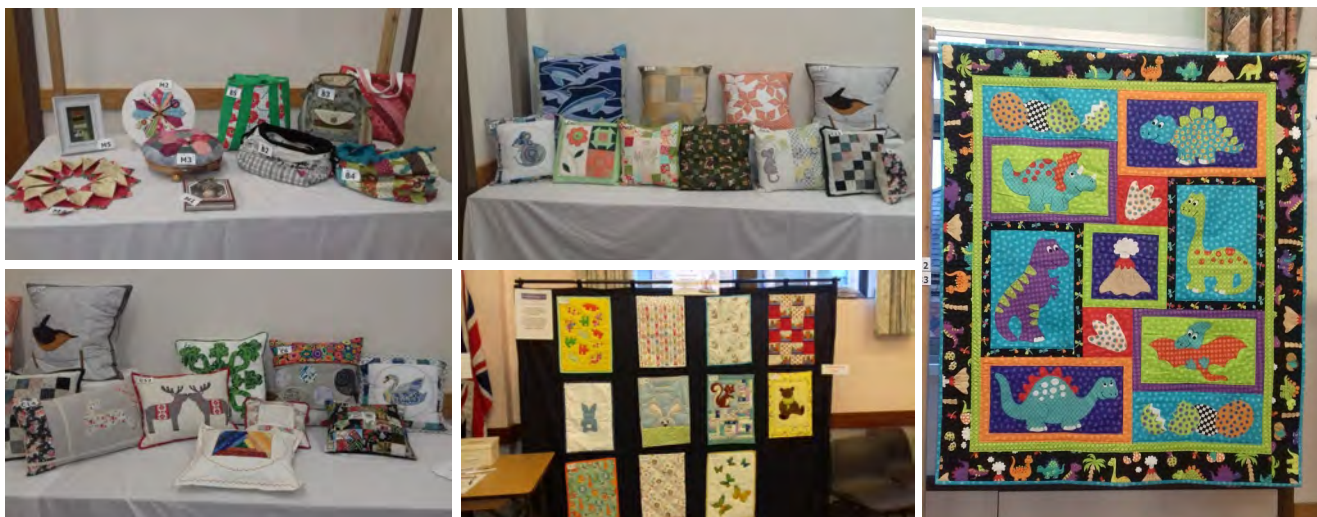
WHAT KIND OF THINGS DO YOU MAKE? Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many members also make quilts for Linus UK, a charity which gives quilts to children and young people in hospital, hospice or in need. Whilst we do not "make" things at meetings, we have demonstrations and workshops and some sit and sew sessions.

HOW MUCH WILL IT COST? Members pay an annual subscription of £20, due in September or £10 from January, plus £4 for each meeting attended. Visitors are welcome and pay £6 per meeting attended.

BENEFITS OF MEMBERSHIP: Firstly, you'll benefit from the skills and expertise of fellow quilters as well as a reduced attendance fee. We have an extensive library for the use of members, for a small borrowing fee. We also hold an exhibition every two years (the next one is in 2024) and you will have the opportunity to show your work.

WANT TO KNOW MORE? You can contact me, Carol Morden, Chair on 0121 352 1485, I'm always pleased to talk to people who are interested in the art of patchwork and quilting. You can also find out about us on Facebook - Sutton Coldfield Trinity Quilters.

WE LOOK FORWARD TO SEEING YOU IN SEPTEMBER!





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

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



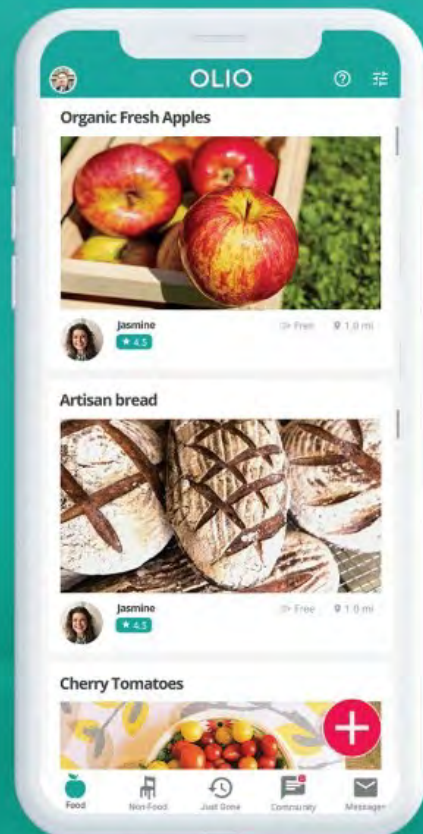
Registered Charity 106 5745

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

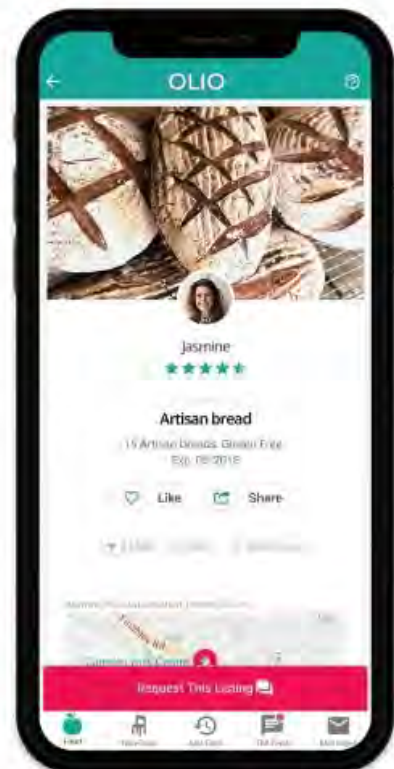
Homes in the UK waste over 25% of their weekly grocery shop, food which could have been shared, eaten and enjoyed.

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

Scruffy birds and missing drakes

Confused by the birds you're seeing at the moment? You're not alone. It's moulting season for many species and this can result in dramatic – but temporary – changes to their appearance.

[Understanding moulting](#)



Welcome to Notes on Nature.

High summer and with it a high chance that you may see some unusual looking birds. As birds moult, even familiar species can look very strange indeed. In this video we look at what's going on in the bird world, identify some of the birds you've seen and explain how you can help them through this transition.

This week, we can also finally announce a very exciting project we've been working on which will bring dramatic scenes of UK wildlife to your screens, presented by Sir David Attenborough.



Siân Duncan
Notes on Nature editor

Which?

This week, we look at how to make gardening easier now and in the future.

How to make gardening easier



Keeping your garden looking its best can be a big job. Discover our top five ways you can adapt your outdoor space to your particular needs, so taking care of your plants doesn't mean compromising on your wellbeing. From raised beds to choosing less needy plants, here's what we recommend for taking the strain out of gardening now and in the future.

[Care for you and your garden](#)



Autumn's best destinations and value breaks

Bag a deal to one of the top destinations to visit in September while beating the summer crowds and high prices. Plus, to get you inspired for a hot getaway come October, find out which places we rate for [great-value breaks for the half term](#)

[September's ideal getaways](#)

Which?

Scam Alerts.

Fake Currys email giveaway

New phishing emails impersonating the well-known electrical retailer Currys offer you the chance to win a free Smeg kettle. The email contains a dodgy link leading to a website where you're asked to complete a survey about your shopping habits and pay a delivery fee to receive the 'free' kettle.

Find out [how to spot and avoid this scam](#).

Blackmail and sextortion emails

Reports have spiked in recent weeks of people receiving emails threatening to expose personal information about them if money isn't transferred. Scammers typically claim they've hacked your device and then detail your personal information, such as your usernames and passwords, threatening to expose your data unless you transfer money to them.

If you receive an email like this, don't panic. That's exactly what the scammers want and it's likely nothing will come of it. But here's what you can do if you receive one and [how to check if your email address or password has been compromised](#).

Fake energy refund emails circulating again

We sent out a warning about this in May, but it's back and doing the rounds. With tomorrow's energy price cap announcement, please be cautious of any energy emails appearing in your inbox.

Find out [how to spot a scam energy rebate email](#).

There's now a much easier way to make us aware of scams directly with our [scam sharer tool](#). Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

Stay safe,

Which? Scam Alert team

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.



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



The Roy Orbison Story - Barry Steele

Main Auditorium, Saturday 10th September - 7.30pm
MORE | [BOOK](#)



The Black Blues Brothers

Main Auditorium, Sunday 11th September - 7.30pm
MORE | [BOOK](#)



The Doctor Will See You Now - An Eveni...

Main Auditorium, Friday 16th September - 7.30pm
MORE | [BOOK](#)



The Upbeat Beatles

Main Auditorium, Saturday 17th September - 7.30pm
MORE | [BOOK](#)



Priscilla Queen of the Desert (present...


Main Auditorium, Tuesday 20th - Saturday 24th September
MORE | [BOOK](#)



Pam Ayres - Live 2022

Main Auditorium, Sunday 25th September - 5pm
MORE | [BOOK](#)

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 Guildhall Live Events, part of the Guildhall School of Music & Drama
Thu 26 Aug - Sat 3 Sep
[Book Now](#) [View Trailer](#)



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

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*.

Midlands, Main House
Beautiful – The Carole King Musical
The sold-out musical returns
Tue 30 Aug - Sat 3 Sep
Tickets from £27
[Book Now](#) [View Trailer](#)



Midlands, Main House
The Color Purple
Commissioned by, and for the Birmingham Hippodrome
Tue 13 Sep - Sat 17 Sep
Tickets from £25
[Book Now](#) [View Trailer](#)



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 (WhatsOnStage 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 glamorous 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. A CURVE and Birmingham Hippodrome Production. 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

A unique performance/installation narrating local stories originated during Covid. [Amina Khayyam Dance Company](#) engaged local Birmingham women with creative activity reaching them through WhatsApp and Zoom. Using traditional Kantha – a south Asian form of embroidery, participants worked with Artists Abeda Begum and Bhajan Hunjan to tell their Covid experiences and stories. In the final part of the project the Kanthas are kinetically progressed to Kathak by Amina Khayyam to a music score of Borodin's Nocturne specially adapted by Jonathan Mayer to Indian instrumentation.

In association with Ashiana Community Project and Birmingham Settlement.

Dance, Patrick Studio
Kantha Katha-K
A unique performance/installation narrating local stories originated during Covid lockdown
Tue 20 Sep - Wed 21 Sep
Tickets £10
[Book Now](#) [View Trailer](#)



Midlands, Main House
HEAR ME NOW
A dynamic evening of sparkling new writing and performance from Midlands creatives
Fri 23 Sep
£8 in advance, £10 on the door - 8pm onwards
[Book Now](#)



A dynamic evening of sparkling new writing and performance from Midlands creatives, celebrating the launch of *Hear Me Now* (Volume 2), a unique collection of over 100 brand new monologues written by and for actors and writers who are either from the Global Majority and/or deaf and disabled. With 10 new performance pieces, live DJ and two panel discussions with leading industry figures, *Hear Me Now* is the first collaboration of a new partnership between Birmingham Hippodrome and national new writing and artist development organisation [Tamasha](#). *Hear Me Now* (Volume 2) is published by Bloomsbury, produced by writer-producer Titilola Dawodu and Tamasha, collaborating with 100 actors, 50 writers, 5 dramaturgs, 10 facilitators, signers, access workers, audio engineers, directors across 10 theatres and regions of England.

By order of the **Peaky Blinders!** Join our dazzling fundraising event on Tue 27 Sep alongside the world premiere of **Rambert Dance in Peaky Blinders: The Redemption of Thomas Shelby** written by Steven Knight, creator of the global TV hit series. Wow clients, teams, family and friends as we invite you to step back in time and join us for an atmospheric evening set against a Peaky Blinders backdrop. You and your guests will revel in a spectacular night of hospitality and entertainment at our first major event in three years! Tickets are £110 per person and include...
• Front Circle ticket for the world premiere of this incredible show
• A welcome drink and evening access to our Peaky styled Patrick Studio
• Tasty pie supper served standing street food style from Birmingham based pie vendors [Pietanic](#)
• Interval sweet treat
• Exclusive post-show party & trademark Hippodrome surprises
A donation to our wider community and artistic ambitions including the work of [Hippodrome Projects](#).

Event starts at 6pm, Rambert's Peaky Blinders kick off the show at 7.30pm

Midlands, Main House
Fundraising Evening at Rambert Dance in Peaky Blinders
Tue 27 Sep
[Book Now](#)



Dance, Main House
Presented as part of the Birmingham 2022 Festival
Rambert Dance in Peaky Blinders
The Redemption of Thomas Shelby
Tue 27 Sep - Sat 2 Oct
Tickets from £22.50
[Book Now](#) [View Trailer](#)



Written by Steven Knight | Director / choreography Benoit Swan Pouffer
A [Rambert](#) production in association with Birmingham Hippodrome
WORLD PREMIERE
A new dance theatre event, delving into the backstory of Tommy Shelby and the Peaky Blinders, written by the creator of the global hit television series. Opening in the trenches of Flanders, a personal story unfolds in post-war industrial Birmingham as the Shelby family navigate the decisions that determine their fate and Tommy is intoxicated by mysterious newcomer, Grace. Dazzling, athletic dance and stunning dramatization, with an iconic eclectic Peaky soundtrack, and a live on-stage band. Book tickets now: By Order of the Peaky Blinders. Co produced with The Lowry. Inspired by the television series Peaky Blinders created by Steven Knight in association with Caryn Mandabach Productions. Peaky Blinders TM © Caryn Mandabach Productions 2022. Licensed by Caryn Mandabach Productions

Brace yourselves sisters – the habit is coming to Birmingham Hippodrome! Don't miss this eagerly anticipated brand new production of the Broadway and UK smash hit musical **Sister Act** direct from London. All your prayers have been answered with a stunning cast, including TV and West End legend **Lesley Joseph**, Olivier Award-winner and star of *Tracy Beaker* **Clive Rowe**, West End sensation and *Hairspray* favourite **Lizzie Bea** and *Emmerdale* and *Waitress* star **Sandra Marvin** as Deloris, everyone's favourite nun on the run! Disco diva Deloris' life takes a surprising turn when she witnesses a murder. Placed under protective custody she is hidden in the one place she shouldn't be found – a convent! Encouraged to help the struggling choir, she helps her fellow sisters find their true voices as she unexpectedly rediscovers her own. Featuring original music by Tony® and 8-time Oscar® award-winner Alan Menken (Disney's *Aladdin*, *Enchanted*) and songs inspired by Motown, soul and disco, this heavenly musical is joyous and uplifting in equal measures. A musical sent from above, **Sister Act** is the brilliant, must-see show which raises the spirits and warms the soul time after time.

Midlands, Main House
Sister Act
Everyone's favourite nun on the run!
Tue 4 Oct - Sat 16 Oct
Tickets from £20.00
[Book Now](#)





Sutton Coldfield TOWN HALL



0121 296 9543



enquiries@suttoncoldfieldtownhall.com



SATURDAY 10TH SEPTEMBER
2022



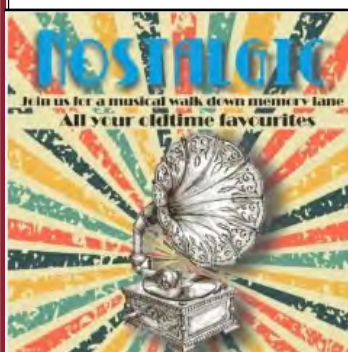
THURSDAY 15TH
SEPTEMBER



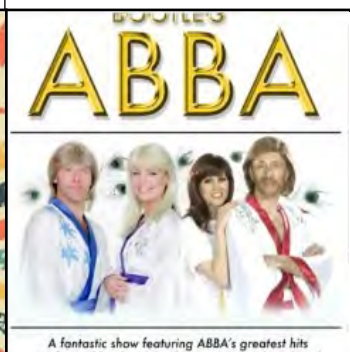
FRIDAY & SATURDAY
15TH & 16TH SEPTEMBER



TUESDAY 20TH - SATURDAY
24TH SEPTEMBER 2022



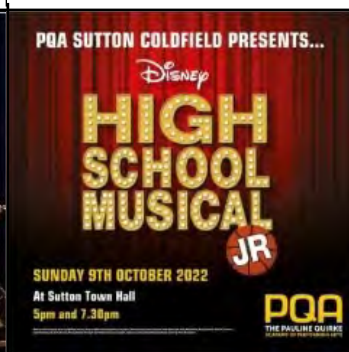
THURSDAY 29TH SEPTEMBER
2022



FRIDAY 30th SEPTEMBER 2022



FRIDAY 7TH & SATURDAY 8TH
OCTOBER 2022



SUNDAY 9TH OCTOBER 2022



SUNDAY 9TH OCTOBER 2022



TUESDAY 18TH OCTOBER 2022
SATURDAY 22ND OCTOBER



TUESDAY 25TH OCTOBER -
SATURDAY 29TH OCTOBER



TUESDAY 1ST NOVEMBER 2022



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



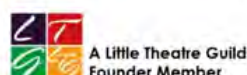
WHAT'S ON? HIGHBURY PLAYERS PLAYS FOR 2022-23

	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

D81 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
142 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

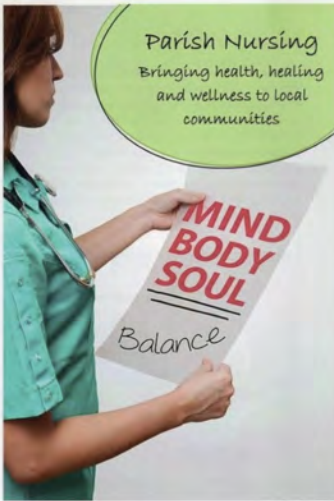


Suitable for all abilities and fitness levels.
For clients of the Centre. We ask for a £5 donation per session.

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

buddy bag
foundation



Four Oaks Financial Services Limited is an appointed representative of Quilter Financial Services Limited and Quilter Mortgage Planning Limited, which are authorised and regulated by the Financial Conduct Authority.

Registered in England and Wales, Registered Number 4814506
Registered Address: 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 0NX.

This message and any attachments are confidential and may be privileged or otherwise protected from disclosure. If you have received it in error, please telephone or email the sender and delete this message and any attachment from your system. If you have received it in error, you must not copy this message or attachment or disclose the contents to any other person. Any views or opinions expressed in this email are those of the author only.

Email communications are not secure. For this reason, Four Oaks Financial Services Limited cannot guarantee the security of the email or its contents or that it remains virus free once sent.

Please note that email passing through the servers of Four Oaks Financial Services Limited or Quilter Financial Planning Limited (or any of its subsidiaries), may at any point be monitored or intercepted as part of the company's internal security policy. Thank you for your co-operation.

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 PRODUCTIONS & LIVE! 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 @LICHTHOPEST

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:



Contact: Colin – 07966-745741

[https://](https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/)

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.



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



Tai Chi Beginners - New class at Banners Gate Community Hall, starting Friday 16th September 2022 10:30-11:30 am.

Learn the basics of Tai Chi and increase your flexibility and suppleness while experiencing meditation in movement.



Tai Chi is a Chinese exercise system and has been called meditation in movement. People come to Tai Chi for a variety of reasons including relaxation and to improve balance and health.



You will be introduced to basic Tai Chi stances and exercises and learn how to practice these using safe and effective posture and technique in a relaxed manner. Most classes will start with loosening exercises and will finish with some Chi Gung (breathing exercises). You may also do some individual and partnered exercises including Tai Chi walking.

Tai Chi has a number of health benefits including improved:

Flexibility - Posture - Co-ordination - Stamina and cardiovascular health - Balance - Blood pressure levels - Body awareness - Use of intrinsic strength

The classes are suitable for beginners with no prior experience, but please wear comfortable clothes that allow free movement.

Each session cost £5

For further information please contact Phil Shelton on 07772 42 43 70 or email philipshelton56@yahoo.com



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

Mobile in Sutton Coldfield!

*Gel manicures/pedicures
Luxury manicures/pedicures
Gel extensions*

BIAB gel overlay

*for any queries or to book in
message me on...*



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

Facebook- [Beauty by Ella](https://www.facebook.com/BeautybyElla)

07825001242

Piano and Clarinet Tuition
Children and adults

Josephine Hughes
B.Ed (Hons)

Tel: 0121 3557355
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 13th September - Workshop with Lee
Berrill 'Recycle & Re-use'.

Further details Chris Reeves tel: 0121 354 6264.

The Sutton Coldfield Fuchsia Society & Gardening Guild.

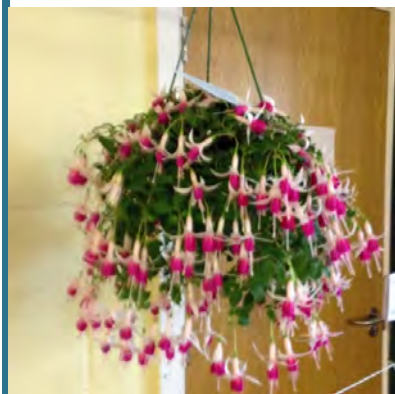
Over the last twelve months, since reopening after lockdown, our membership has built nicely. Over the last year we have welcomed speakers on many topics, from hostas to compost, but last month we concentrated on what to do in the run up to the show.

Growing fuchsias in small pots during this incredible summer, has been to say the least, challenging! Fuchsias do not like direct, hot sunshine. Small pots can dry out within the hour when subjected to the sort of temperatures we have experienced. So, my days have been spent constantly moving plants into shade. It is always best to water first thing in the morning, or late at night, as water splashed on leaves will scorch and ruin the look of the plant.

Especially at this time of year, you need to keep your eyes open for bugs like whitefly, greenfly, capsid bug and red spider mite to name a few. And I haven't even mentioned rust!!! The key is to get your plants at their peak of flowering, bug free, clean leaves, and on the table for show day. Simple! Of course, the show is not just about fuchsias, since we changed our society name to include general gardening. This year will be the first-time members will have the chance to show other flowering plants, hostas, succulents, house plants, roses, flower arranging will all help the show to be an interesting event.

We have been very fortunate to be supported by our local garden centre, Halls, who have donated a wonderful wooden planter set as a raffle prize. So, some lucky gardener, will by now have had the set delivered, and will be no doubt planting them up. At the September meeting, we will be looking at how to overwinter our plants, maybe taking early cuttings to get a head start on the year ahead, and hopefully chatting about how successful our first show was.

Please come along and join us, we are a friendly group and you will be made very welcome. We meet every second Thursday at Banners Gate Community Church; doors open at 7.30 for an 8.00 start. If you would like any more information, please drop our secretary Gail a call on 0121 353 3373



This space
could be yours.
Ring 0121 605
4947 if you need
further
information



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 cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



www.militarychef.co.uk



**MILITARY
Chef**
#veteranowned

Unit 10 Market village
65 south parade
Sutton Coldfield
B72 1QU

Info@militarychef.co.uk
Trade@militarychef.co.uk

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsltd



18 Beeches Drive, Birmingham B24 0DU
redogihandmade@gmail.com
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 6TJ

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

Healthy Start

Care your family's healthy start



* 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.

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.

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





Lisa Marie
FLOWERS & THERAPY

FREE LOCAL DELIVERY OR COLLECTION
 From Banners Gate Road
 @lisamarietflowersandtherapy

Contact Lisa Marie on 07765 135497



Lottie Lea
PHOTOGRAPHY

Newborn and Family Photographer




Www.LottieLea.Com
 Facebook:
www.facebook.com/LottieLea
 Instagram:
 @LottieLea.BabyPhotographer

KIDS & ADULTS

KARATE

Mon 6-7pm 10yr +
 Wed 5-545pm 7-9yrs
 Wed 6-7pm 10yrs +
 Booking Required
 07886089473
www.chishiki.co.uk




Manor Crafts

Decorative Arts and Crafts for All Occasions

0779 439 3477
www.manor-crafts.co.uk



Floral Design Classes

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



Contact number above if interested.

Banners Gate C.C Westwood Rd B73

Made with PosterMyWall.com

Age concern no longer have their: **Our Trusted Tradesperson Scheme** has the right trade, whatever you job. From builders to plumbers and electricians all of our tradespeople are vetted, DBS checked and working to current guidelines.

But you could try the [NO ROGUE TRADERS HERE](#) scheme run by many councils, including Birmingham.

[No Rogue Traders Here](#) works in partnership with Trading Standards to keep a list of traders across the West Midlands who have been interviewed and quality checked.

Click [here](#) for the link that takes you through the Birmingham City Council website for additional confirmation.



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

communittea cafe AGEconcern
Birmingham

Groups are back at the
Communittea Cafe



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

We have spaces available

For more information call 0121 362 3650

communittea cafe

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



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

This space is
for Tina when
she sends in
her
advertisement,
unless
someone beats
her to it.



AGEconcern
Birmingham



Meet Jane Jagers

Pop into the Communittea Cafe

and meet our partner, Wills Made Clear.

Come and have a chat about....

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

Call 0121 362 3650 for more information.

COUNTRYWIDE SECURITY SYSTEMS

MIDLANDS



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

Phone no. 0121 386 2639

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



Norbury Maintenance

Handyman Services, Gardening,
Patio/Driveway Cleaning

Insured - Affordable - Reliable

T: Dave Edwards 07305931199
E: norburymaintenance@gmail.com

Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

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

Email: rosie_p25@hotmail.co.uk



Tailored Print

We print and supply the following items at very competitive prices

Banners - Business Cards - Compliment Slips

Correx Boards - Envelopes - Flyers

Leaflets - Letterheads - NCR Products

Presentation Folders - Promotional Products & More...

Contact us today for a free no obligation quotation

T: 07706236527

E: contactus@tailoredprint.co.uk W:



Home
Instead

To us, it's personal

Memory Cafes

Do you know someone living with memory loss?

Every Monday

10am—12noon

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

Every Monday

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

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

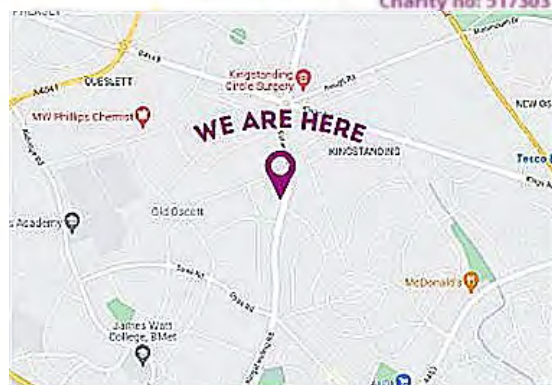
0121 323 4200



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

birmingham settlement
developing communities, changing lives



birmingham settlement
developing communities, changing lives

Digital Skills Job Club & Employment Support

We can
help!

Are you
unemployed
and looking
for work?

Weekly face to face I.T and Job Clubs
at the 610 Community Centre.
If you would like to have a chat or book
a place, please contact Nasar on:

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

Job Club offers:

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

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

Find us here:

610 Community Centre
610 Kingstanding Road
Birmingham
B44 9SH



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



Come join us!

MON, TUES, THURS & FRI
10AM-2PM

DRINKS, SNACKS AND SANDWICHES
HOT MEALS 12PM-2PM || FOOD DELIVERY
AVAILABLE

Find us in Sutton Coldfield United Reformed Church
1 Brassington Av, Sutton Coldfield, B73 6AA

CAFE OASIS IS SUPPORTED BY THE
VOLUNTEERS AND STAFF AT SUTTON
COLDFIELD UNITED REFORMED CHURCH.
REGISTERED CHARITY NO. 1131424



SUTTON COLDFIELD URC
- CAFE OASIS



Events

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

Vacancies

Volunteering opportunities available including:
wait staff, pot washers, event cover, befriending,
admin

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

Room hire

Want to hire a room? Whether you want to host a
small group right through to an opera, we have
rooms available.

Contact: office@scurc.org.uk or 0121 355 1217

Teachitright
Learn. Develop. Succeed.

FREE trial classes worth £40

95% OF PARENTS RECOMMEND US

80% more over

11+ Tuition classes

We are in Sutton Coldfield, Streetly, Walsall & Solihull

Taking bookings NOW! for September 2022

Try a FREE Trial Class!

Please call:
01922 863104
07809 614310
www.teachitright.com

Ofsted Approved

CRIDINGEE POSITIVE ACCEPTED

"A little progress each day adds up to big results"

DEMENTIA CAFE

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

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

10am-11:30am every Tuesday
Commencing 23rd November 2021

Communita Café
76-78 Boldmere Road
B73 5TJ

Tel: 07876 826006

Email: dementiacarers@birminghamcarershub.org.uk

birmingham carers hub

AGE concern

Maths Tuition

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

G. Rogers

Painting and Decorating
Interior & Exterior
High Class Service
Free Quotations

Tel: 0121 355 0226
Mob: 07879 020 204

GR

Do you want to learn Mandarin Chinese?

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

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

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

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

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

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

Email Luc at luchubbard@hotmail.com



Chongshin Do Academy of Martial Arts



Kickboxing * Jujitsu * Self-Defence * Fitness



Established in the area for over 22 years

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

Enthusiastic and experienced instructors

Four chances to grade a year for lower grades

Local and national kickboxing and jujitsu competitions open to all students

Contact Gary on 07921 132 860

or email: chong.fouroaks@gmail.com



Mondays & Wednesdays

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

Kids 6.00pm - 7.00pm

Adults 7.00pm - 8.30pm

THE LOFT PILATES & YOGA STUDIO

199 TYBURN RD ERDINGTON B24 8NB



Pilates Rehabilitation

Mondays 945am

Tuesdays 6pm

07886089473



- | | |
|---|--------------------------------|
| 1 | Traditional Pilates Exercises |
| 2 | Rehabilitation Exercises |
| 3 | Tone Up & Improve Strength |
| 4 | Improve Flexibility & Mobility |
| 5 | Improve Sleep & Well Being |
| 6 | Improve Balance & Coordination |

The Loft Pilates
& Yoga Studio



Pregnancy YogaLates Class



THE LOFT PILATES
& YOGA STUDIO



Pregnancy YogaLates Class

Suitable for 2nd & 3rd
Trimester or non pregnant
beginners.
Cimspa L4 Instructor
Pre/Post Natal Qualified

Starts Thursday 1st Sept 22
615-7pm
£6

Register now

07886089473

Pregnancy YogaLates Class




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




See front page

STEPH LEES

O S T E O P A T H Y

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

Osteopathic Treatment can help with the following;

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



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



The Clarence Spa, 312 Clarence Road, B74 4LT

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

FREE MEAL!

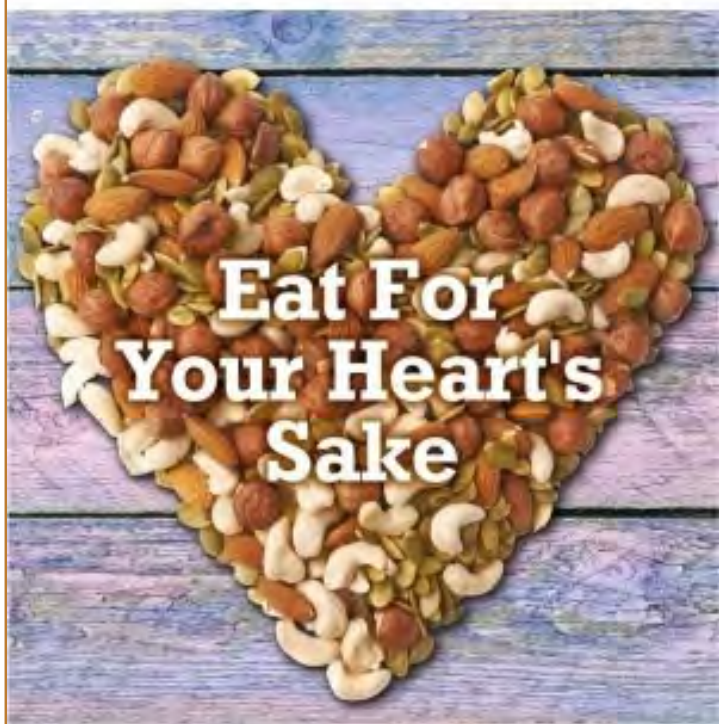
Every Saturday
from 3rd April
1pm - 2pm
610 Kingstanding Road

www.foodcycle.org.uk

NEW

GrapeTree

Feel Good Foods



**Eat For
Your Heart's
Sake**

KN LOCKS & MAINTENANCE

TEL 0121 353 2214 / MOBILE 07971375080
DOUBLE GLAZING REPAIRS AND LOCKSMITH SERVICES

- EMERGENCY CALL OUT
ALL TYPES OF LOCKS FITTED INCLUDING ANTI-SNAP CYLINDERS
MISTED UNITS REPLACED
UPVC DOOR ADJUSTMENT/ REPAIR
HANDLES / HINGES/ LETTERBOXES REPLACED



Kingsway Christian Fellowship (Pheasey)

Worship and Communion Service
Sunday 10:00am

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

Please look for the Beacon Room – Everyone welcome

WDC Service Solutions Ltd

Complete Door Security and Access Solutions

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

www.wdcservicesolutions.com service@wdcservicesolutions.com
sales@wdcservicesolutions.com T: 0121 285 3222

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

LoveWorld
SUTTON COLDFIELD

Specially invite you to

Worship WITH US

EVERY WEDNESDAY & SUNDAY

LoveWorld Sutton Coldfield: Banners Gate Community Hall
35 Reay Nadin Drive, Sutton Coldfield B73 6UR
Contact Details: 07565652762
loveworldsuttoncoldfield@gmail.com

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)

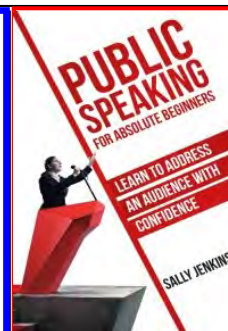
The Jarrett room is approx. 13' x 8'
(4m x 2.5m)

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



Public Speaking for Absolute

Beginners

by Sally Jenkins

Tips on constructing and presenting all types of speeches.

Available on Amazon or direct from the author:

sallysjenkins@btinternet.com 0121

Lucky & Buntys
Childrens Entertainment

0777 333 9214



HATHA YOGA



Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.

R&B Builders Ltd.

RAFAL SZPAK

Landscaping & Fencing Services

Buildings Maintenance

07828-275-288

www.rbbuilders.net

Rafszpak@gmail.com



Create the best party possible for your little ones

Birthdays, Weddings, Christenings, Fetes, School Workshops, Plays and much more

We can cater for anything including: Full Party Entertainment, Mascots, Soft Play, Bouncy Castles, Face Painting,



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

PetStay

Home Dog Boarders since 2005

Would you like to be one of our dog carers?

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



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

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

Paul White Electrical

No Job too small

Paul Andrew White
Electrician

111 Wandsworth Road
Birmingham
B44 9LY
07403445651

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



Give your little Mozart
a musical head-start

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

www.rhythmcircle.co.uk



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



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

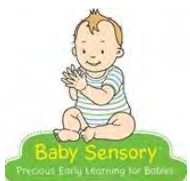


SWIMMING LESSONS

for ages 4 and upwards:
Wednesday & Friday Evenings
Local Pools ~ All Abilities

Badge Work ~ Qualified Instructors
0121 353 6616

www.swimminglessonsinsuttoncoldfield.co.uk



**0 - 13 months
Baby Development Class**
Wednesdays 9.30, 11.00 and 12.30

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

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

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

Lee Nugent

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



Personal Training

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

Katie Ingle
T: 0788 886 7850
E: kilfitfitness@outlook.com
IG: @kilfitfitness
FB: kilfitfitness

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

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



**Sports
Massage 360**

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



HOME TUITION

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

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

Tracy: 0780 329 3351





PRICES START FROM
£20 per hour

11+ & CATCH-UP **TUITION** AVAILABLE

MORE INFORMATION

Small Group Sessions
1:1 Online Coaching
Saturday Mornings
Banners Gate
Community Church,
B73 6UH
07719857450

CARING FOR CARERS

Supporting carers through
loss and bereavement

Have you experienced a
recent loss of a loved one?

Are you caring for
someone who is near the
end of their life?

Would you like to meet
other carers who share
similar experiences?

Do you need support to
help you through the
grieving process?

Contact our friendly team now
on 0121 809 5902 or
caringforcarers@communitiesinsync.info
for more information



COMMUNITIES
IN SYNC



Birmingham
City Council

Manor



Crafts

Decorative Arts and Crafts for All Occasions

0779 439 3477

www.manor-crafts.co.uk



GRACECHURCH

The Crafty Lawyer @
Beach House Sixty-four
Arts & Crafts - Handmade Greeting Cards - Unique Gifting

Mantone Craftwork
07956802889
Create a selection of greeting card designs, 3D Decoupage
Favartage (which is an award Decoupage)
All sized Plaques of your choice relating to a Birthday or Wedding

OSCAR
much more than pet food®
Nikki Southwick-Gough
Nutritional Advisor
T: 0121 4139878
M: 07714 218678
E: nikki.southwickgough@oscars.co.uk
f /OscarPetFoodsSuttonColdfield
t @oscarstwelpline
www.oscars.co.uk




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.
Our aim is to support, encourage & promote small local businesses.
PROUD INDEPENDENT SMALL BUSINESS
WWW.BERTANDGERTS.CO.UK

Mary's
Where to find your Treat Day
Order for Postal
BROWNIES ♥ BLONDIES ♥ FLAPJACKS ♥ COOKIES
WWW.MARYSCUPCAKES.CO.UK
Or visit us at our weekly Markets
Sutton Coldfield The Parade
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



Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



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.

Page2Page book club
Independent & Usborne Organiser
"supporting schools and families to improve literacy and learning"
Ruth A Ible
(BA Hons, DipSW)
www.page2pagebookclub.co.uk
info@page2pagebookclub.co.uk
07818 401 440

URBAN CITY WOODSHOP
Reclaim, Reuse, Recycle
Bespoke and Handmade projects
www.urbancitywoodshop.com
Tristram Henderson
Woodworker/Maker
364 Slade Road
Erdington Birmingham
(Rear of Slade Road Mts)
07482173018
Email: info@urbancitywoodshop.com




The Elements Glass
Handmade
Danielle Tittley
07971 684057
theelementsglass@hotmail.com
@theelementsglass
www.theelementsglass.co.uk

Furniture makeovers & upcycled items
Jiggity Junk Quirky Furniture
Commissions and off the peg items.
Etsy: www.etsy.com/uk/shop/JiggityJunk
Instagram: @jiggityjunk_quirkyfurniture
WhatsApp: 07481 894 093



Julia Westwood
FINE ART
T: 07971 800025
E: hello@juliawestwood.co.uk
W: juliawestwood.co.uk
f i B R REDBUBBLE



Kia Whitcombe
Logos, mix covers, visualizers, prints
kiawhitcombe.com
@kiawhitcombe
kiawhitcombe@hotmail.com
Prints available now at Bert & Gert's Sutton Coldfield

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

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.	<div>Useful telephone numbers</div> <div>Sutton and Kingstanding</div> <div>Police: 101</div> <div>Good Hope: 424 2000</div> <div>Outpatients: 424 2000</div> <div>NHS Health helpline:</div> <div>Call 111 it's 24/7</div> <div>Citizens Advice</div> <div>03444 111 444</div> <div>BANNERS GATE</div> <div>COUNSELLING CENTRE</div> <div>Accessible and Affordable</div> <div>Counselling to Adults in the</div> <div>Community. The Upper Room</div> <div>St. Michael's House</div> <div>198 Boldmere Road</div> <div>Sutton Coldfield</div> <div>Tel : 0121 354 6544</div> <div>For information or an</div> <div>appointment please ring after</div> <div>10 a.m. daily, except</div> <div>Wednesday</div> <div>Banners Gate</div> <div>Community hall</div> <div>Coffee Mornings</div> <div>The next is on</div> <div>20th September</div> <div>At 10 o'clock</div>
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					
11amto1.00pm 6.00—7.00 7.30 – 9.00 pm	Dementia Care Self Defence & Fitness Line Dancing	Community Hall Community Hall Community Hall	Barbara H-Walker Adam Claxton Diane Pursall	553 6483 747 4659	
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	Diane Pursall Paul Murphy 07837	747 4659 39 57 89	
Wed 9.30, 11.00 & 12 10.30 – 12.30 7.00 – 8.00 7.00 pm	Baby Sensory Guide Dog Training Self Defence SlimmingWorld	Banners Gate CC Community Hall Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale 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	
Friday 10.30—11.30 7.00 - 8.00 pm	Tai Chi Sign Language Classes	Community Hall Community Hall	Philip Shelton Shakila Kosar		
Saturday					
<div>BOOKING SECRETARIES:</div> <div>Community Hall mobile: 075 65 54 68 21</div> <div>Banners Gate CC - Nigel Willis 07711 284562</div> <div>St. Columba's - Sallyanne Rowley 693 0084</div> <div>Scout Hall - A & R Talliss 353 8166</div>		<div>UNIFORMED ORGANISATIONS:</div> <div>Scouts: Margaret Drummond, 33rd GSL</div> <div>353 5203 Girlguiding: Carol Gardner,</div> <div>Vesey West District Commissioner 350 7191</div>			

Banners Gate
Community hall
Coffee Mornings
The next is on
20th September
At 10 o'clock

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