



**Banners Gate & Parklands
Community & Neighbourhood Forum**

162nd September 2022

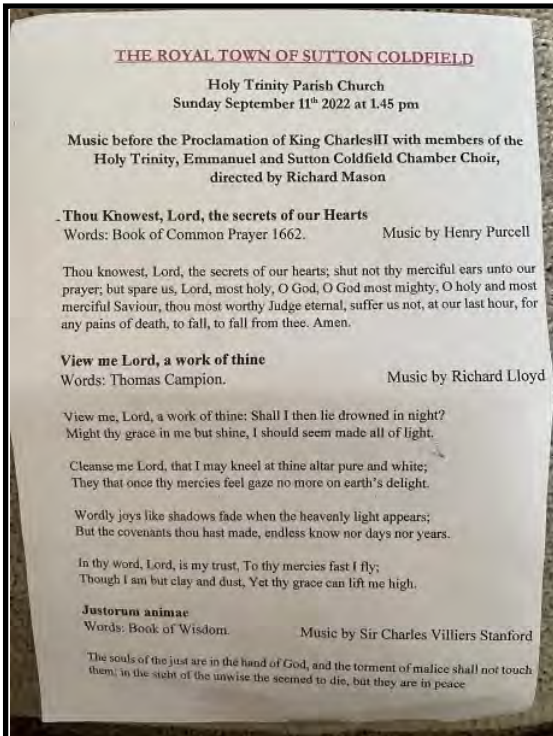
bannersgateneighbourhoodforum.com

**Queen
Elizabeth II
1926-2022**



Ive done my duties
Paddington, please
take me to my
husband





Philip came to me today,
and said it was time to go.
I looked at him and smiled,
as I whispered that "I know"

I then turned and looked behind me,
and saw I was asleep.
All my family were around me,
and I could hear them weep.

I gently touched each shoulder,
with Philip by my side.
Then I turned away and walked,
with my angel guide.

Philip held my hand,
as he lead the way,
to a world where Kings and Queens
are Monarch's every day.

I was given a crown to wear
or a halo known by some.
The difference is up here,
they are worn by everyone.

I felt a sense of peace,
my reign had seen it's end.
70 years I had served my Country,
as the peoples' friend.

Thank you for the years,
for all your time and love.
Now I am one of two again,
in our palace up above.

From Stella G

Her Majesty The Queen's Lying-in-State



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What a September this has been! If there is one thing this country of ours is good at it is putting on a display. I thought the Olympics and the Jubilee were good but they both paled into insignificance compared with the funeral of a Queen that most people have known since birth.

Rob Pocock: BINS BLITZ

As readers will be aware, I've been challenging the City Council to improve the reliability of the bin collection service for some while. The Monday collections in Banners Gate, New Oscott and Parklands have been particularly hard hit by missed bin collections in recent years.

My 'big mouth' has now got me the reward I guess I deserve! I've been officially appointed by the City Council leader to head up an Independent internal Inquiry into the cause of the problems. This gives me the right to go 'ferreting about' getting the 'inside story' of what's been causing all the trouble for so long.

A reliable bin collection service is a basic civic right for all residents. For some people it's actually the main thing they get from their taxes. And I don't want to go finger-pointing at the crews themselves. We have to give credit to our bin crews – it's as tough a job as there is, getting up at 4am and being on the streets in the worst of the icy winter weather, and in the sweltering heat of summer. I personally witnessed crewmen, dressed head to foot in heavy protective clothing, out in the height of the recent summer morning heatwave collecting bins – at over 100 degrees Fahrenheit.

But in the end, there is no excuse for the missed collections. Crew shortages, missing drivers, faulty vehicles, poor labour relations – these excuses have to stop. I will leave no stone unturned in an effort to get to the root of the problems, and my Inquiry will set firm proposals for putting things right. It will then

be down to the Council leadership to take the decisions to implement the proposals, and I very much hope they do.

NEW SUTTON PARK BOLDMERE GATE CAR PARK – OPENING SOON!

The final conversion of the Sutton Park Boldmere Gate car park is now under way. The car park will be finally converted for public use and opened to the public, soon in the autumn once the work is completed on the final adaptations. It was constructed with various features specific to the Commonwealth Games usage, e.g., power and utilities surface connections and base plates which need to be capped out and made safe before being open to general access.

In addition, there are going to be some extra 'legacy works' as part of the autumn restoration to make the area round the Gate safer – new speed humps, signage, and pedestrian crossing areas will be installed. It has been a long wait – but the end to the dreaded previous 'pothole paradise' is now in sight.



Max Hatton: This has been a very sad month for many with the passing of Her Majesty Queen Elizabeth II, I'm sure like many of you, I have been touched by the public displays of mourning and appreciation for HM The Queen. Monarchist or not, it is the end of an era, and it may also be a time for many of us to stop and reflect on our loved ones that have sadly passed. Autumn is upon us, and with it many changes coming. The days are growing shorter, the leaves will start to turn and fall,

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and we pack away the lawn mowers until the Spring. We are lucky to have such leafy neighbourhoods and Sutton Park so we can see the autumn leaf fall in all its glory, and it's a great time of year to take walks wrapped up warm. The temperatures are cooling after a very hot summer and life seems to be returning to normality. Students will be starting the new school year or possibly even a new school/university, I'd like to wish all the best to those starting the new academic year.

Some exciting news for Sutton Coldfield Town Centre, there is a Farmers and Craft Market launching on Sunday 25th September, due to be held the last Sunday of the month. It is great to see local and independent businesses take up shop in Sutton Town Centre and providing a variety of goods. I'm also looking forward to attending our next Full Town Council meeting, due to be held on Tuesday 27th September at 7pm. Until then Gatepost readers, have a great month!



Jan Cairns: Is it just me or has the past few months just flown by! Autumn is beginning to show with changes to the leaves and a chill in the air.

Her Majesty Queen Elizabeth II, it moved us to profound grief but also a greater appreciation of the life of service and dedication to our nation made by Her Majesty. The impact that she had on local people was evidenced by the volume of messages left in condolence books and floral tributes at Vesey Memorial Gardens and other places across our town.

Looking slightly ahead, I will soon be launching this year's Mayor's Challenge, which allows every junior and infant school in Sutton Coldfield the opportunity to apply for a grant towards a specific theme. Previous themes have included Reading for Pleasure and Environmental projects. This year I would like to focus on wellbeing. Promoting children and young people's wellbeing is a key part of keeping them safe, helping them develop and ensuring they have positive outcomes into adulthood. Schools in Sutton Coldfield play a vital role in the promotion of wellbeing through a range of activities and approaches to support the academic, physical, mental, emotional and social development of children. I will soon be writing to schools with details on how they can apply.

Until next time, stay safe and well.

Following the sad news of the passing of

NEW MARKET

We are launching a new Farmers & Craft Market on the last Sunday of the month 10am-2pm.

Market dates this year will be:

Sunday 25th September

Sunday 30th October

Sunday 27th November

There will be free children's face painting, live music and fabulous fresh produce on sale.



Follow us at Visit Royal Sutton Coldfield BID



www.suttoncoldfieldtowncouncil.co.uk

Annual Community Conference – Sutton Vesey Public Meeting Sat 1st October, 2.30pm – this is our next official City Council Ward Forum meeting, agenda attached. It's in the form of an Annual Community Conference, where all residents across the Ward area can come together and raise improvements needed in our neighbourhoods. There will be displays and updates from community groups, and a round-table 'workshop' session where residents work together to develop ideas jointly. The ideas raised at the meeting will then be considered for inclusion in our official Ward Action Plan that eventually gets approved by the City Council, and (hopefully!) implemented over the next four-year period 2022-26. It's being held at the Newman Centre (former Carpenters Arms) off Boldmere shopping street. Please come – it promises to be a lively and interesting event!

Launch of new Sutton Park Boldmere Gate Car Park. You'll be aware that this car park has been re-built out of the previous 'pothole paradise' using money from the Commonwealth Games, as it was used as a base for the successful Triathlon event. People have asked us, why is it not open to the general public yet? Well, it will be soon, but the reason for the delay is to allow it to be finally converted for general public use. It was originally constructed with a number of features specific to the CWG use, e.g., power and utilities surface connections and base plates that need to be capped off and made safe prior to general public use. There are also a number of additional 'legacy' improvements to be added. These include three new speed humps at the entrance to the Park, Electric Vehicle charging points and disabled bays in the car park, a new virtual cattle grid, new signage to warn drivers of the advisory 5mph speed limit, and better signed and marked pedestrian walkways at the entrance. Contractors are about to start work on these final conversions, and then it will be open to the public at long last.



Announcement and Agenda

Sutton Vesey Ward Forum: Public Meeting –

ANNUAL COMMUNITY CONFERENCE

Date: Saturday 1st October 2022

Venue: Newman Centre (former Carpenters Arms),

Main Hall, 13a, Boldmere Road, B73 5UY

Start Time : 2.30pm

Agenda

1. **Chairs Introductions** – Councillors Rob Pocock and Kath Scott
2. **Notice of recording** – Meeting Chair to advise that the meeting is being held in public and a record of decisions will be available for public future record.
3. **Introduction to Annual Community Conference – Ward Action Plan**
 - Summary of recent survey results / Citizens Panel findings
 - Re-cap on the Ward Action Plan 2018-22 and items outstanding
 - Followed by public questions / answers
4. **Resident Action Planning – Interactive Workshops**
 - Residents to complete survey sheets and mark ideas on maps
5. **Break – exhibitions and displays by Community / Voluntary Groups**
 - Walkabout stage, view what's going on across the Sutton Vesey Ward
6. **Open Discussion**
 - a. Proposals for Ward Action Plan from residents (based on 4 and 5 above)
 - b. Rob Pocock and Kath Scott will summarise next steps for Action Plan
7. **Any Urgent Business**
8. **Future meetings – Next one is scheduled for Thurs 10th Nov, 7.30pm**

If you wish to receive future Ward meeting dates and details by email please email
Lesley Bannister , Community Governance Manager, Tel: 0121 464 - 4194
E-mail: Lesley.bannister@Birmingham.gov.uk

From St Columba's Church



St Columba's Church.
Banners Gate.

The past two weeks have stirred up a whole range of emotions. Grief and gratitude are just two that people expressed during the media coverage that followed the death of the Queen. Like many others I watched "The Queue" begin to grow and wondered about the people joining it. However, it wasn't long before I was receiving updates from friends about the progress that they had made as they stood in line, and of the conversations that they were having with strangers as they slowly moved on the journey to Westminster Hall. All of it to say thank you to someone they had never met, but who had been a part of their lives for so long.

And as the ten days of mourning unfolded, we were told again and again that the old order had ended, that everything had changed.

Which makes this week feel especially strange – because in many ways much has stayed the same.

Things still feel uncertain, perhaps more so than two weeks ago. My new revised gas bill came today, and I am sure many of us are feeling a similar anxiety about the coming winter months. The news has moved away from the Royal Family and is now refocussed on world events. Putin is making the headlines and once again we must look very hard to find any good news in the midst of the reporting.

On Monday you may have heard Archbishop Justin talking about the hope that comes with faith. You may also have seen excerpts of the Queen's Christmas Messages repeated, in which she would speak clearly of the hope and strength that her Christian faith gave her. It is a hope that I give thanks for in my life, and it is a hope that is available to all.

St Columba's Church attempts in its own small way to offer a witness to that hope in our community of Banners Gate. One of the ways we do that is to encourage people to get together, and on the last Friday of each month we hold a Coffee Morning at 10.30am, to which you are all invited. This month (September 30) we will be raising money for Macmillan. So, if you fancy a natter and some lovely cake, and if you would like to support a wonderful charity come and join us.

The church will also be open to offer a space for quiet reflection, where you can remember someone special, simply pause for thought or to look for some hope in the midst of these challenging times. Simply come and enjoy the peace and quiet if that is what you need. We will say morning prayer at 10am and remain open during the coffee morning.

We would love to welcome you and share the journey and hopefully, just as my friends who stood up to 18 hours in the queue, share stories and make new friends.

I hope to see you there.

Revd Beccy

0121 354 5873

vicar.bannersgate@gmail.com



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.

Slimming World taste the freedom

FREE
membership
when you buy a
Slimming World
course!
*1st Aug to 31st Oct 2023

eat out and
lose weight!

St Columbas Church hall
Banners Gate Road
Wednesdays 7pm
☎ Karen 07759170289
Or just come along!

Facebook Twitter Instagram #SWtastethefreedom
slimmingworld.co.uk
No competing groups. See our website for more information.

Slimming
WORLD
touching hearts, changing lives



Mum & Little One Yoga

Yoga
Body

- 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

Yoga
Body

YOGA AND WILLOW WREATH WORKSHOP

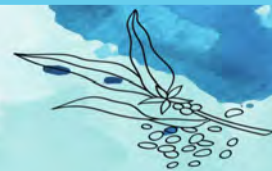
3RD DECEMBER 2022, 9AM
ST COMLUMBA'S CHURCH,
B73 6TX

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

£40 PER PERSON
INCLUDES EVERYTHING

www.yogabodybirmingham.co.uk

Coffee Morning



*Last Friday of every month
10.30 - 12pm*

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



Priority: 5 4 3 2 1



Free Firefighter Festival Fun

Hello, everyone.

We hope you're keeping safe and well.

We're really excited to share details of a fantastic FREE event in Birmingham city centre next weekend (Fri 30 Sept and Sat 1 Oct).

It's the UKRO Festival of Rescue, which we're hosting on behalf of the UK Rescue Organisation - and you're invited!

Hundreds of firefighters from nearly 40 UK fire and rescue services will compete across a range of challenges at the city's Smithfield site, including rope rescue, trauma care, releasing injured people from crashed cars and searching for people in collapsed structures.

Not forgetting our water rescue challenges - at The Lloyds in Ironbridge on 30 Sept and at Bartley Sailing Club, Bartley Reservoir on 1 Oct.

And we're proud to be introducing the UK Firefighter Fitness Challenge to this year's festival, as well as a special competition for Fire Cadets.

But that's not all! There'll also be fairground rides, discounted food and fire engines to explore, plus a community village where you can get lots of helpful tips for keeping safe and well at home.

Not forgetting an appearance by the The Red Devils parachute display team on the Saturday (weather-permitting, time to be confirmed)

For the latest details of the two-day festival, visit: <https://for-wmfs.co.uk/>

No tickets are required, you can just turn up on the day!

You can also follow the festival's Twitter feed by following @UKRO2022

We really hope you can join us!

West Midlands Fire Service

[UKRO-Montage.jpg](#)

Message Sent By

James Round (West Midlands Fire Service, Digital Communications, West Midlands)

E-mail!

I have received a communiqué from abroad, Wales to be exact. Residents of Banners Gate, especially Westwood Road and the congregation of St. Columba's Church, will remember David Fleming. If you have not heard of his whereabouts, please read on, produced on his new laptop, so I am reliably informed.



Hi Tony,

After a fall in the garden, I found it difficult to cope with the house & garden and painful to climb stairs. For some time, my daughter has suggested I go and live with them at their bungalow in mid-Wales, Llandrindod Wells, an undertaking of swings and roundabouts.

I lived in Westwood Rd for over 60 years, so I left all my neighbours and friends from St Columbus behind, but here it is very quiet, the air is fresh and the country scenery is wonderful and green, and lots of sheep - lots and lots - and lots. The roads are very smooth, and empty. 3 or 4 cars in half a mile is a traffic jam.

Although Llandrindod is the County Town of Powys it's quite spread out and (to me) more like a large village with the shops in two or three narrow streets. There is a cottage hospital, but anything

serious is sent to Hereford, Swansea or Cardiff.

The photo is taken from my bedroom window of Elan Valley, due west towards Aberystwyth, 42 miles away. Due West, so we get some



magnificent sunsets, and Aberystwyth University has a society devoted to watching the sunsets.

There are a lot of garden centres around, useful for a coffee or snack, and as you can see, I've bought a scooter to get around. So, you see, swings and roundabouts.

Regards to all,

David

Disabled people's right to escape from fire



Sarah Rennie and Georgie Hulme is organizing this fundraiser.

In support of disabled people's right to escape their flat in a fire, and in the fight for justice for those who died in Grenfell Tower, please help us hold the Government to account so that it takes fire safety seriously for everyone.

In 2017, 72 people died in the Grenfell Tower fire. A significant proportion were disabled people, along with their relatives who refused to leave them. No disabled or vulnerable person living there had an evacuation plan.

The Grenfell Tower Inquiry recommended that all disabled people living in high-rise buildings should have the right to a personal emergency evacuation plan ("an evacuation plan"). The Prime Minister promised to implement all of the Inquiry's recommendations in full.

Five years on and the Home Office has announced that it will not give disabled people the right to evacuation plans - on the basis of "practicality, cost and proportionality." We believe the Government must be held to account for failing to make the fundamental changes it promised in the wake of the Grenfell Tower fire. We have therefore instructed our legal team to issue proceedings to seek permission for a Judicial Review.

Our lawyers are acting on a 'no win no fee' basis and, although we hope our legal challenge will be successful, the Home Office could seek their legal costs against us if we lose. We cannot afford these as what's left of our savings has been set aside for the £000s we must pay for remediation of our flats.

Please click the link [here](#) to be taken to a website of this story and the opportunity to give a donation.

Louise Connop
Engagement Manager (Midlands)
Thomas Pocklington Trust
Louise.Connop@pocklington-trust.org.uk
07980903253
www.pocklington-trust.org.uk



[Make Health Accessible](#)

I hope you are all well.

For the first time at an SLC event, we will be virtually attending a VI Forum being hosted by the West Yorkshire Sight Loss Council!

The West Yorkshire team have kindly invited us to virtually join their Cost-of-Living Forum that will be taking place on Monday 3rd October 10:00am – 1:00pm.

We will be hosting the online VI forum at Focus Birmingham, 48-62 Woodville Road, Harborne, B17 9AT.

This is an exciting opportunity to be part of our first virtual region VI Forum. Throughout the day, we will discuss cost-of-living challenges and offer practical advice on how to manage your finances more effectively.

This event is available to blind and partially sighted people living in the West Midlands, so please share this event with any of your contacts, the more the

merrier! 😊 Lunch and refreshments will be provided.

Guest speakers from [Citizens Advice](#), [RNIB](#) and energy specialists, will be connecting from live-stream. Topics will include advice on available benefits, help with energy price rises, and effective budget management. Following on from the speakers, there will be a practical workshop on budgeting. The event will offer knowledge, skills, and support in how to manage your finances in the current climate, before finishing the session with lunch and the opportunity to network with other visually impaired peers from across our region.

I have attached two documents to this email. The first document includes the

event information, so please share with your contacts 😊 and the second document includes information on accessible transport links to Focus Birmingham.

To register or find out more, please email ashleigh.bryant@pocklington-trust.org.uk or call 07580445847.

Thanks, and best wishes

Lu and the West Midlands SLC teams 😊

[We're campaigning to increase awareness of the AIS and ensure blind and partially sighted people can access the healthcare they need.](#)

[Help us to raise awareness of this important issue by downloading the letter below and sending it to anyone you know working in the NHS.](#)



Sutton Coldfield District Children's Centres Activity Calendar - 12th September - 9th December 2022

Monday

10.00 - 11.00 am
Little Talkers
Referral only
Our Place
Community Support

HIGH IMPORTANCE

Please ensure that you bring NHS numbers for everyone attending a group session.

This is highly important to ensure that staff can sign you in and out effectively.



Tuesday

9.30 - 11.30 am
HENRY
Referral only
Holland House

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

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

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



Wednesday

9.30 - 11.00 am
Play and Learn
0-5's
Start date TBC
Emmanuel Church

10.00 - 12.00 pm
Solihull Approach
Parenting Programme
Venue and date TBC

DID YOU KNOW?...

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

Ask for yours at reception or call your Children's Centre.



Thursday

9.30 - 10.30 am
First Words Together
(12-24 months)
Starting October
Holland House

1.00 - 2.30 pm
Play Learn
Under 2's
Holland House

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



Friday

10.00 - 11.00 am
Play and Learn
0-5's
Falcon Lodge
Community Hub

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

WATCH THIS SPACE?

We are currently looking into community venues within Sutton District to be able to delivery more services for children and families.



Birmingham Community Healthcare NHS

Other Children's Centre information

Addresses:

Holland House
Children's Centre
Holland Road,
Sutton Coldfield,
Birmingham, B72 1RE
Telephone: 0121 752 1860
Open 8.30 am - 4.30 pm

Parking on Duke Street- 2 hours
without pay and display

Our Place Community Hub
Farthing Lane,
Sutton Coldfield, B72 1RN
Parking on Duke Street 2 hours
without pay and display.

Baldern Library
119 Baldern Road,
Sutton Coldfield, Birmingham
B73 5TU
On street parking available

Emmanuel Church
Corner of Little Green Lane
and Birmingham Road,
Sutton Coldfield, Birmingham
B72 1YG
Parking available on
car park opposite.

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

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
who can.

Facebook

Join in on Facebook with
comments, likes, shares
and ideas.

Sutton Coldfield
Children's Centre

Wellbeing Support

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 Education

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: Natalie on 07870 981272

Parenting Support

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 on/and book on.



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.

Health Activities

- 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

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 Talkers sessions and
home learning with talking tips and activities from the
Wellcome toolkit.

Please enquire at any children's centre to find
out how to access support.

Eric's another holiday adventure



Some years ago, a friend asked me if we would like to join him and his family on a Villa holiday in northern Spain. It was a really nervy adventure because we were travelling through France and down into Spain, him towing the family caravan and me towing his small cabin cruiser with my company car.

The plan was to spend a couple of nights getting there and back home, his family sleeping in the van and my wife and me in his small, cabined boat. Each night on the camp sites it was a struggle for my wife and I to clamber into the boat. Being the last in I handed the bucket up, much to her embarrassment, as there was no loo in the boat. On finally arriving in Spain after a long day and getting split up occasionally in the larger towns we arrived at our destination. My wife was not amused when my friend apologised as he had left the key to the villa at home. However, he recalled the owners saying it was a circular shaped villa, on looking around most of them were. We parked up while he and family drove off to try and locate site agents who would know the property and that's another story. My wife said, "If they don't come back by dusk, we are stopping in the nearest hotel." So not a good start to the holiday.

We eventually got to the villa and on the first night slept on a most uncomfortable put-you-up bed deciding their caravan would be more comfortable. The good idea was spoilt by the August heat in the van and constant mosquitoes. To make matters worse, due to the high level of villa building in the area, there was water rationing and we had to stockpile water and use the swimming pool water for the loo. The boat we had hoped to use was another disaster, my friend and I took it out for a trial run and the engine failed so we had to paddle back to shore. As the cost of the engine repair was too high, it was only used as accommodation on the return trip. The disaster gets higher on the Richter scale by me delaying the cross-channel ferry departure time by 30 minutes. I had a carnet document to prove the purchase of the boat's outboard engine in the UK, (before we joined the EU) This I was to get stamped at every country checkpoint in both directions, but no one had stamped it going out they just waived me through.

We boarded the boat and settled down in the lounge and an announcement was made, "Would the owner of the registration numbered car please report to the purser's office ASAP?" I blanched as it was me and the French customs were delaying the ferry sailing until my carnet was stamped. I had to hop into a car and be swiftly ferried down the dock, push in front of burly truck drivers for my stamp. No sympathy from my friend who said, "The next announcement will be from the Captain for you to walk the plank."



Footnote: My how things change I bet the French customs still rigorously check all boat engines' validity!!!

Eric Jones October 2022

I didn't believe these laws at first but have found them to be true from actual experience.

1. Law of Mechanical Repair -After your hands become coated with grease, your nose will begin to itch and you'll have to pee.
2. Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.
3. Law of Probability- The probability of being watched is directly proportional to the stupidity of your act.
4. Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.
5. Supermarket Law - As soon as you get in the smallest line, the cashier will have to call for help.
6. Variation Law - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.
7. Law of the Bath - When the body is fully immersed in water, the telephone rings.
8. Law of Close Encounters - The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.
9. Law of the Result - When you try to prove to someone that a machine won't work, it will.
10. Law of Biomechanics -The severity of the itch is inversely proportional to the reach.
11. Law of the Theatre & Sport Arena - At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance, or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.
12. The Coffee Law - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
13. Murphy's Law of Lockers - If there are only 2 people in a locker room, they will have adjacent lockers.
14. Law of Physical Surfaces - The chances of an open-faced jam sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.
15. Law of Logical Argument - Anything is possible if you don't know what you are talking about.
16. Brown's Law of Physical Appearance - If the clothes fit, they're ugly.
17. Oliver's Law of Public Speaking - A closed mouth gathers no feet.
18. Wilson's Law of Commercial Marketing Strategy - As soon as you find a product that you really like, they will stop making it.
19. Doctors' Law - If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better... But don't make an appointment, and you'll stay sick. This has been proven over and over with taking children to the pediatrician.

Thank you Cllr Terry W



**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	



Sunshine Cafe

Dementia Friendly Memory Cafe

11am-1pm

1st Wednesday of the month

St Chads Church, Sutton Coldfield

**Are you someone living with dementia or a carer?
We offer a friendly and caring environment - as well
as tea & coffee and cakes etc, and a place where you can
access local information, mutual support,
encouragement and activities tailored to your needs.**

Door to door transport available

Free access to Wi-Fi

Contact Kathryn 07375 416161 or Eileen 07919 972104

St Chads Church, Sutton Coldfield, Hollyfield Road, B75 7SN



We have been on holiday, back from Brittany today, boo hoo.

Attached is a group photo taken yesterday at a neighbours' party which was simply amazing after all the anti-social restrictions suffered the last couple of years.

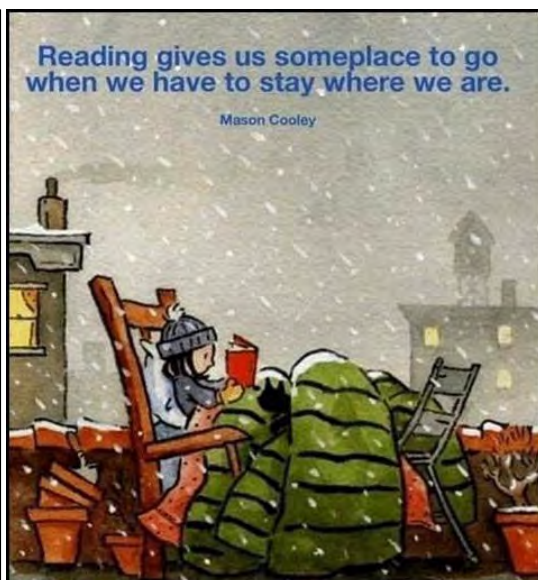
Judi G

That is Judi at the end of the second row down, (not the one with the beard on the right, the one with the blonde hair on the left) with Irvine standing behind her.

Tony



For my very good friend Frank, and all the other technophobes who love books and hate Kindle.



WELCOME TO THE READER

'The Reader is the best thing I have ever belonged to, as a group member and a volunteer.'

- Joyce, Liverpool

Experience the joy of reading aloud together in a Shared Reading group – for free and for everyone.



Shared Reading brings people together in person (and when that's not possible, online) in small groups to read aloud from a book, short story or poem.



Groups meet on a weekly basis and are a great way for people to connect; to what they're reading, to themselves and to each other.



A friendly volunteer provides a warm welcome and something specially chosen to read. Group members join in the reading and conversation, or just sit back and listen.



There's no right or wrong way to enjoy Shared Reading – just come along and experience it for yourself!

MAKE YOUR STORY PART OF OURS

Sutton Coldfield Library's Shared Reading group meets every other Thursday at 2.15pm

No preparation or regular commitment is required, meet at the soft seating area and join in if you want, or just observe.

For more information, speak to staff members Sally or Richard, or email

sharedreading@foliosuttoncoldfield.org.uk



The Reader - Charity Number - 1126806 (Scotland SC043054)



Birmingham
City Council



ROYAL SUTTON COLDFIELD
TOWN COUNCIL

COMMUNITY
LIBRARIES



The
Reader

What's On at Sutton Coldfield Library

FOR FAMILIES

Every Monday

English for Ukrainians Class - 10 - 11.30am - Come along to our friendly class to learn English and make new friends.

Cuppa Club with Baby Serenity 9.45 -11.15am - Do you want a lovely, quiet place to bring your little ones to play and catch up with a friend, or make some new friends? To book your place please use their website: [Bookwhen.com/ babyserenity](http://Bookwhen.com/babyserenity)

After-school Lego Club - 3.15 - 4.30pm - Come and play with our Duplo and Lego blocks.

Term Time Only

Every Friday

Pre-School Story Time 10 - 10.30am - Bring your under 5s along to enjoy some stories, rhymes & musical instruments.

NCT Bumps & Babies Cafe 10.30am - 12.30pm - Join NCT Sutton Coldfield's free Bumps & Babies group with breastfeeding support. See their Facebook page for further details:

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

Every Saturday

Lego Club or Boardgames 2.30 - 4.30pm - We alternate between Lego Club and Boardgame sessions every Saturday. See our social media for more details.

First Tuesday of the month

Stay & Play 10.30am - 12.00pm - Bring your under 4s for a good bit of fun on the soft play equipment. Please speak to a member of staff for prices and to book a place

FOR ADULTS

1st Saturday of the Month

Royal Sutton Coldfield Town Council Advice Surgery 9.30 - 11.30am - Monthly advice surgery with Councillor Pears and other Sutton Trinity Councillors.

Every Tuesday

IT Help from FOLIO volunteer Geoff 2 - 4pm - Geoff is available to help with how to use a desktop computer or laptop to smart phones and tablets / iPads. To book a place please ask at the Information Desk.

Sutton Coldfield Local History Research Group 2 - 4.30pm - SCLHRG meet weekly in the library. For more information visit their website: [https:// sclhrq.org.uk](https://sclhrq.org.uk)

Thursday 15th & 29th September

Shared Reading Group 2.15 -3.45pm - if you enjoy discussing all types of literature join our small group that meet on alternate Thursday afternoons. More details can be found on our social media.

Sutton Coldfield Library

Email: sutton.coldfield.library@birmingham.gov.uk

Phone: 0121 464 2274

SUTTON COLDFIELD LIBRARY

45 Lower Parade B72 1XX 0121 464 2274

OPENING HOURS FROM 16TH MAY 2022

Monday 9am-1pm and 2pm-5pm

Tuesday 9am-1pm and 2pm-5pm

Wednesday CLOSED

Thursday 9am-1pm and 2pm-5pm

Friday 9am-1pm and 2pm-5pm

Saturday 9am-1pm and 2pm-5pm

Sunday CLOSED

NB: Computers shut down automatically
15 minutes before library closing



Pre-school Stay & Play
First Tuesday of the Month
10.30am—12.00pm



For children aged 4 and under
Tea, Coffee and Squash is available.

A charge of £2.50 is required (Minimum)
Please call 0121 464 2274 two weeks before
each session to book your place as places are
limited.



Pre School Story time

At

Sutton Coldfield Library

Starting Tuesday 3rd May 2022

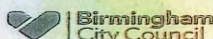
Every Tuesday & Friday

10.00am—10.30am

Stories, songs, rhymes and lots of fun!

No Booking Required

Children must be accompanied by an adult at
all times.



FAMILY FUN AT SUTTON COLDFIELD LIBRARY

Every Monday

After-school Lego Club - 3.15 - 4.30pm

Come and play with our Duplo and Lego blocks
Term Time Only

Every Tuesday

Pre-School Story Time 10 - 10.30am

Bring your under 5s along to enjoy some stories, rhymes & musical
instruments.

Every Friday

Pre-School Story Time 10 - 10.30am

Bring your under 5s along to enjoy some stories, rhymes & musical
instruments.

Every Saturday

Lego Club or Boardgames 2.30 - 4.30pm

We alternate between Lego Club and Boardgame Sessions every
Saturday. See noticeboard on landing for exact dates.

First Tuesday and Last Friday of the month

Stay & Play 10.30am - 12.00pm

Bring your under 4s for a good bit of fun in the soft play equipment
area. Refreshments served for adults and children. Session costs from
£2.50 and booking opens 2 weeks before session. Booking is essential.

Adults must remain with children during events.

sutton.coldfield.library@birmingham.gov.uk 0121 464 2274

Kingstanding Library

OPENING TIMES

Kingstanding Library

Kingstanding.library@birmingham.gov.uk

0121 464 5193

756 Kingstanding Road

Birmingham B44 9ST

Monday closed

Tuesday 10:00-1:00 2:00-6:00

Wednesday closed

Thursday closed

Friday 9:00-1:00 2:00-5:00

Saturday 9:00-1:00 2:00-5:00

Sunday closed

**Please note computers switch
off 15 minutes before closing**

Are you over 65?*

Are you experiencing hardship?



***Born on or before
30th September 1956**

A one-off household support payment of up to £200.00 is being made available to help eligible households, exclusively targeting citizens aged over 65 in Birmingham.

The fund is in direct response to increasing food and energy costs. It could be used for necessities like food, energy bills or repairs for household items.

Please give us a call anytime
Monday- Friday, between
10am and 4pm on

0121 748 0897



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Making lives and communities better

bvsc



What do you want to know
about **computers**, **tablets**,
or the **internet**?

We are here to help you
break through the jargon so
you can **get online**.



GET ONLINE

with a **free** and **easy** course!



To find out more or to book
your place, please contact:

0121 678 7224
cds@digitalinnovators.co.uk

GET ONLINE

with a **free** and **easy** course!

What kind of things will I learn?

- Switching on your device
- Get familiar with the mouse and keyboard
- Let's get you on the internet
- The benefits of the internet
- Create an email address
- Use Facebook to contact friends and family
- Video calling
- Book an appointment online with your GP
- Online shopping
- Online forms
- Staying safe online



To find out more or to book
your place, please contact:

0121 678 7224
cds@digitalinnovators.co.uk

For a change, here is an art quiz. Good luck!

1. *The Hay Wain* by John Constable depicts a rural scene on which river?
2. What are the three drooping objects in *The Persistence of Memory* by Salvador Dalí?
3. Who created the work of art known as *Campbell's Soup Cans*?
4. Who created the famous sculpture *The Thinker*?
5. Which form of pottery takes its name from the Italian for *baked earth*?
6. Which arts' movement was founded by Pablo Picasso and Georges Braque?
7. *Triptych–August 1972* is an oil on canvas triptych by which Irish-born artist?
8. Which former England cricketer own's a gallery in Chipping Sodbury and is a well known artist?
9. *A Rake's Progress* is a series of eight paintings by which English artist?
10. Sir Quentin Saxby Blake is an English cartoonist, illustrator and children's writer best known for illustrating books by which author?
11. Who created the *Angel of the North*?
12. Which well-known Roy Lichtenstein artwork features a comic-book style plane shooting down an enemy plane?
13. Claude Monet painted water lilies but where is his garden in France?
14. Who was the artist known as the Customs Officer?
15. What flower was one of the signature elements of the Glasgow School style and name any two of “The Four” who strongly influenced the development of the Viennese Art Nouveau movement?
16. Who advertised “La Goulue” in a night club in Paris?
17. Who painted bizarre pottery in the 1920s?

Answers

1. River Stour 2. Clocks 3. Andy Warhol 4. Auguste Rodin 5. Terracotta 6. Cubism 7. Francis Bacon 8. Jack Russell 9. William Hogarth 10. Roald Dahl 11. Antony Gormley 12. Wham! 13. Giverny 14. Henri Rousseau 15. The rose. Margaret and Francis MacDonald, Charles Rennie Mackintosh and Herbert MacNair. 16. Henri de Toulouse-Lautrec 17. Clarice Cliff.

BUTTER

GOOD AND GOOD FOR YOU

YOUR NUTRITION TIP:
BUTTER IS SLIPPERY.
THAT'S WHY WE EAT
AS MUCH AS POSSIBLE
TO LUBRICATE OUR
ARTERIES AND VEINS.

NICO TIME CIGARETTES

THE SMOOTH TASTE EXPECTANT MOTHERS CRAVE!

Christmas morning she'll be happier with a Hoover

(and Hoover effect)

HOVER

© 1954 Hoover Company

For a better start in life start COLA earlier!

How soon is too soon?

Not soon enough. Laboratory tests over the last few years have proven that babies who start drinking cola during that early formative period have a much higher chance of gaining acceptance and "fitting in" during those awkward pre-teen and teen years. So, do yourself a favor. Do your child a favor. Start them on a strict regimen of soda and other sugary carbonated beverages right now. For a lifetime of guaranteed happiness.

The Soda Pop Board of America
1515 W. 14th Ave. - Chicago, Ill.

FREE for CHUBBIES

Fall and Winter Fashion Book full of charming Chubby-size Clothes

Girls' sizes 8½, 10½, 12½, 14½
Teen sizes 16½, 18½, 20½, 22½

It pictures the newest dresses, coats, suits, sweaters, underthings, skirts, blouses for girls and teens too chubby to fit into regular sizes (and everything is priced the same as "regular sizes").

Lane Bryant

Beneficial to Young and Old

"GESUNDHEIT, GRANDPA"

Cultivate the RAINIER BEER habit

It brings the glow of health and gives a new lease on life... No medicine can equal it as a **TONIC**

SEATTLE BREWING & MALTING CO. Seattle, Wash.

VIBRATING BRA FOR SATISFYING RELAXATION

Now available an amazing bra that allows you to enjoy a stimulating, satisfying massage in the privacy of your own home. Gentle, soothing vibrations for satisfying relaxation and tension relief.

Very few women are lucky enough to have the firm, perfect figure needed to go without a bra. With your **VIBRA BRA™** you also receive a program of diet and exercise to firm and develop your bust line. This bonus program will help aid circulation and strengthen weak muscles and help shape and firm your bustline to its loveliest proportions. Regain youthful looking firmness and fullness.

Totally safe, tested and approved by leading authorities. Just put it on like a bra, turn it on, and relax. Read, sew, watch television because you can wear it anywhere. It works on one absolutely safe battery.

Vibra-Bra guaranteed for one year against any defects of manufacture or materials.

Send the coupon below with your check for only \$9.95 today and receive your bra and bonus program. Include your bra size.

MAIL NO-RISK COUPON TODAY!

AMERICAN IMAGE CORP., Dept. S-479-K
278 Park Avenue South, New York, N.Y. 10010

Please send me your **VIBRA-BRA** and Program for only \$9.95

Name _____ Size _____ Color _____

I enclose ☐ Check ☐ Cash ☐ Money Order \$ _____

Address _____ City _____ State _____ Zip _____

United States Government Patent Applied For

OWN A Motorola AND YOU KNOW YOU OWN THE BEST

HOW TELEVISION BENEFITS YOUR CHILDREN

Motorola, leader in television, shows how TV can mean better behavior at home and better marks in school!

Motorola TELEVISION

Let this magic mineral, ASBESTOS, protect the buildings on your farm!

JM

Asbestos! The magic mineral of the Middle Ages. Today, still a "magic" mineral; fireproof, rot-proof, and practically indestructible. When combined with portland cement it is manufactured into products which are especially important on the farm, because they provide permanent protection against fire, weather, and wear. Read this folder. Learn how to put this magic mineral to work on your farm.

COCAINE TOOTHACHE DROPS

Instantaneous Cure!
PRICE 15 CENTS.
Prepared by the
LLOYD MANUFACTURING CO.
219 HUDSON AVE., ALBANY, N. Y.
For sale by all Druggists.
(Registered March 1885.) See other side.

GOSH, HONEY, YOU SEEM TO THRIVE ON COOKING, CLEANING AND DUSTING - AND I'M ALL TUCKERED OUT BY CLOSING TIME. WHAT'S THE ANSWER?

VITAMINS, DARLING! I ALWAYS GET MY VITAMINS

...and here's a few from Hazel, thank you Hazel.



Sometimes, not saying anything is the best answer. You see, silence can never be misquoted.

The School Called Today And Said "Your Son Is Telling Lies"

"Well" I Replied "He Must Be Really Good Because I Don't Have Any Kids"



Apparently exercise helps you with decision making. It's true. I went for a run this morning and decided I'm never going again.



I woke up this morning determined to drink less, eat right and exercise... But that was 4 hours ago...when I was younger and full of hope.



Someone said "Nothing rhymes with orange."

I said "No it doesn't."

There's a fine line between a numerator and a denominator.

Only a fraction of people will find this funny.

BE BOLD BE BIRMINGHAM

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](#)
- [Commissioning Manager](#)
- [Senior Commissioning Officer](#)
- [Commissioning Officer](#)
- [Commissioning Support Officer](#)

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



Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity No. 264641.

0800 020 020



Because we are Carers too

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

Carers United is a charity registered in England and Wales (1360802).
Registered office: Our Place Community Hub, Paribang Lane, Sutton Coldfield, West Midlands B72 1BN Tel 0121 355 1006



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.

Do you look after someone with an illness, disability or long term health condition? Do you have questions you want answering?

CARERS RIGHTS DAY EVENT

**10.30am – 1.00pm
FRIDAY 25th NOVEMBER 2022**

at

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

**TO BE OPENED BY COUNCILLOR JAN CAIRNS, MAYOR OF THE
ROYAL TOWN OF SUTTON COLDFIELD,
& MEET OTHER LOCAL COUNCILLORS.**

**COME ALONG AND GET ADVICE, SUPPORT AND INFORMATION FROM A
VARIETY OF DIFFERENT ORGANISATIONS.**

HAND MASSAGES, REFRESHMENTS, RAFFLE.

COME AND SHARE YOUR EXPERIENCES.

Everyone is welcome.

Call 0121 355 1006 for more information.



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

- **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



Do Not Watch Street Harassment In Silence

ARE YOU OKAY?

Street harassment is on the rise and is often not an isolated incident. We know the long-term impact can harm mental health and change people's behaviour. Victims often feel guilty, ashamed, and blame themselves.

Witnessing street harassment and not safely intervening sends the message to those experiencing it that it's okay and society normalises it. Ongoing acceptance of street harassment contributes to a toxic culture. We want to change this, but we need your help.



Today we are launching a campaign that targets **bystanders** (those who witness street harassment), be those Neighbourhood Watch members or not.

The campaign encourages those who see someone being harassed in public to ask the victim if they are okay when they feel safe doing so. Those three little words let them know that they stand by them and that street harassment is never okay.

This simple action is a delay technique and part of the 5Ds of bystander intervention developed by Right to Be. By asking, 'Are you okay?' we become active bystanders and send the message that harassment is not okay. There are further actions that people can take, but our campaign focuses on the simplest step everyone can take.' Deborah Waller, Head of Communications and Digital, Neighbourhood Watch Network

Watch this [short video](#), or learn more about what we mean by street harassment, what else can be done about it, and reporting and support for victims by visiting ourwatch.org.uk/streetharassment.

Visit ourwatch.org.uk/areyouokay to download all the resources you might need to support our campaign and share this message far and wide.

If you see it, ask it!

ourwatch.org.uk/streetharassment

NEIGHBOURHOOD WATCH NETWORK, Central Support Team

Follow us... ourwatch.org.uk / [Facebook](#) / [Twitter](#) / [Instagram](#) / [LinkedIn](#)

Neighbourhood Watch Network is a charity registered in England & Wales, CIO no: 1173349

Message Sent By

Central Support Team (NWN, Neighbourhood Watch Network, England and Wales)





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.

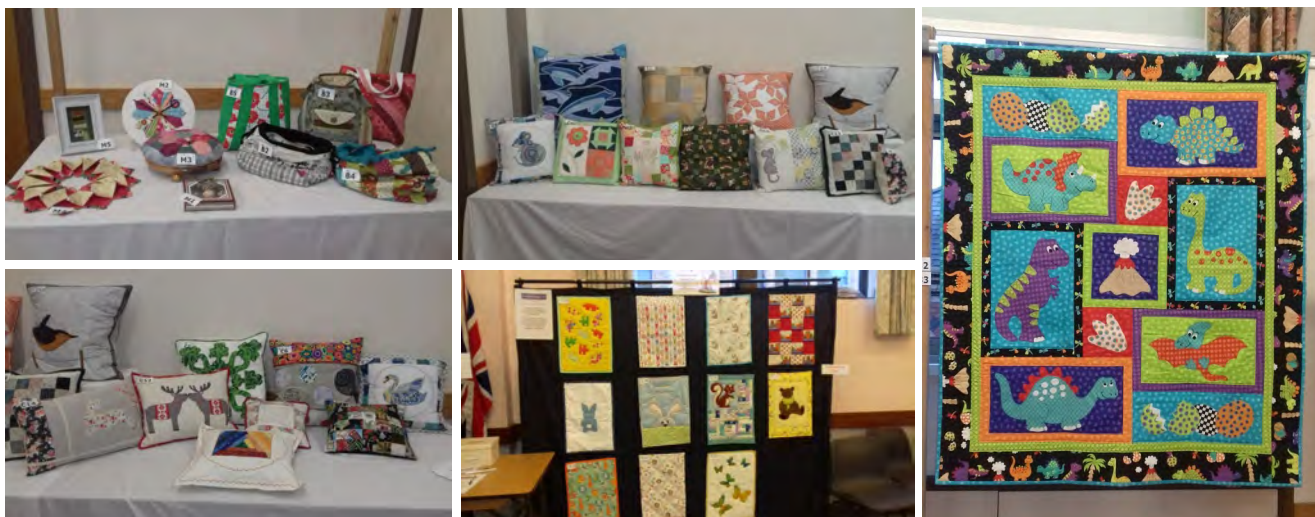
WHAT KIND OF THINGS DO YOU MAKE? Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many members 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 OCTOBER: second Tuesday, 11th October 7.30 to 9.30 and / or fourth Wednesday 26th October 2.30 to 4.30.






ZERO TO HERO training

FREE FOR ALL YOUNG ADULTS AGED 14 - 21 YEARS OLD

**FUN HYPNOSIS EXPERIENCE
EMPOWERING TEENAGERS AND YOUNG ADULTS**

- Increase confidence & self-esteem
- Eliminate anxiety & fear
- Improve performance in sports and exams

**SUTTON COLDFIELD TOWN FOOTBALL CLUB
FRIDAY 21ST OCTOBER 5PM - 7PM**

LIMITED SPACES BOOK NOW
<https://freddyjacquin.com/zero-to-hero-fun-hypnosis-workshop/>



Zero to Hero training

FREE* for all young adults aged 14 - 21 years old

Under 18 years old must be accompanied by a parent, guardian, coach or teacher
£45.00 investment fee for parents, guardians, coaches and teachers.

**Increase confidence & self-esteem
Eliminate anxiety and fear
Improve performance Sports & Exams**

Zero to Hero Your Hypnotists
The internationally renowned
Freddy Jacquin & Lisa Davenport

Our goal is to help as many young adults as we can to overcome their anxiety, fear, low self-esteem, and increase their confidence and self belief.

Lisa and Freddy have created an interactive, fun and entertaining way to help our younger at a time they need it most. Using the most contemporary psychological techniques and proven hypnosis techniques.

We aim to help as many young people as possible, so there is absolutely no charge for any young adults.

Because of the nature of the techniques being used any young person under 18 years old, must be accompanied by an adult over the age of 21 yrs. Each adult can bring up to three young people in their charge.

All we ask is that each parent, teacher, coach, or guardian invests £45.00 to attend.

Phone Freddy direct for more details: 07519 723106
or book your place
<https://freddyjacquin.com/zero-to-hero-fun-hypnosis-workshop/>



Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach



In the last 24 hours have you paused, taken a break and allowed your mind, body and soul to be relaxed and calm?
Have you set aside some time to be still, to reflect on your life and its direction?
Are you looking to make positive changes to your life but don't know how?
Are you struggling to find a meaning or purpose to your life?
Are you struggling with feeling stuck and unable to move forward?
Do you need guidance to a problem you are facing?
Would you like help to identify and set life goals?

If these questions resonate with how you are feeling, Heal and Transform can offer you a number of services to help support and guide you to reach your goals.

Heal and Transform is a place where the focus is on you and what you need. It's your time to focus on making positive changes in your life. Whether you are stressed or just looking to recharge, Heal & Transform can help.
To find out more please get in touch.

Telephone: 07773845454
Email: healandtransform@yahoo.com
Website: www.healandtransform.co.uk

Lawyers believe a man is innocent until proven broke.

~ Robin Hall

Kill one man and you're a murderer, kill a million and you're a conqueror.

~ Jean Rostand

Having more money doesn't make you happier. I have 50 million dollars but I was just as happy as when I had 48 million.

~ Arnold Schwarzenegger.

We are here on earth to do good unto others. What the others are here for, I have no idea.

~ WH Auden

In hotel rooms I worry. Am I the only guy who sits on the furniture naked.

~ Jonathan Katz

If life were fair Elvis would still be alive today and all the impersonators would be dead.

~ Johnny Carson

I don't believe in astrology. I am a Sagittarius and we're very skeptical.

~ Arthur C. Clarke

Hollywood must be the only place on earth where you can be fired by a man wearing a Hawaiian shirt and a baseball cap.

~ Steve Martin

Home cooking. Where many a man thinks his wife is.

~ Jimmy Durante

America is so advanced that even the chairs are electric.

~ Doug Hamwell

The first piece of luggage on the carousel never belongs to anyone.

~ George Roberts

If God had intended us to fly he would have made it easier to get to the airport.

~ Jonathan Winters

Thank you, John S.

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



Sutton Coldfield Speakers' Club

Achieve Confidence in Public Speaking

Next Meetings: Thurs 13th & 27th
October 7:45 pm for 8:00 pm start
Little Aston Village Hall Little Aston
Lane Sutton Coldfield B74 3UF

Visitors always welcome

Build Confidence - Make New
Friends - Have Fun

Tel: 07957 860924

Email: info@suttonspeakers.co.uk

<http://www.suttonspeakers.co.uk/>

AGE concern
Birmingham

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





Watch for autumn's returning birds

As the weather cools and the leaves turn golden, there's plenty to enjoy in nature. Many birds such as redwings (pictured) and fieldfares, as well as huge numbers of ducks, geese, swans and other wetland birds, spend autumn and winter in the UK. Discover which special guests you should keep your eyes peeled for.

[Autumn arrivals](#)



Welcome to Notes on Nature.

This week, many of us have been reflecting on the sad passing of our patron, Queen Elizabeth II. Her love for the countryside was well known and her support for conservation was unwavering.

Although some of you may have missed your regular Notes on Nature email last Saturday, we hope you saw the [tribute](#) that we shared instead.

The countryside can be a source of great joy, as well as a place for quiet reflection, and nowhere more so than our nature reserves. With autumn turning leaves glorious colours, berries and fungi appearing, and many birds migrating to and from the UK, nature offers many riches to enjoy.

Take a look at our autumn arrivals board to discover the birds that are flying in this autumn and read on to discover your nearest RSPB nature reserve.



Siân Duncan
Notes on Nature editor



What bird can I hear?

Step outside or open your window and chances are you'll hear a bird calling. But can you tell what bird it is? This guide will help you identify the birds that you are most likely to hear right now.

[Your bird call guide](#)



Welcome to Notes on Nature.

As all nature-lovers know, listening to birds can be a real tonic – calming busy minds and reconnecting us with something beyond our hectic lives.

The good news is this wellbeing-boosting sound is not confined to spring and summer. Even at this time of year birds will be calling out, so with a careful ear – and our guide – you can soak up the healing sounds of nature.

In other news, we are very concerned by a bill introduced by the UK Government this week that could see vital environmental protections ripped up. Read on to find out what this could mean for nature.

With best wishes,



Siân Duncan
Notes on Nature editor

Which?

This month, we reveal the running costs you can expect from your appliances from October, find out if you can use your boiler more efficiently and we give our recommendations for great peat-free composts.

Save money running your appliances



We've analysed the energy use of washing machines, fridge freezers, ovens, dishwashers [and even TV sets](#) to find out how they affect your annual energy bills. Plus, our experts explain ways of reducing the energy use for each appliance listed.

[Running costs revealed](#)



Cheapest way to run a combi boiler

When cutting the costs of your heating bill, easy answers are few and far between. But for combi boiler owners, changing one simple setting could start to save you energy and money straight away. We explain how this is possible, whether it's suitable for your central heating system and how to get started

[How to run yours more efficiently](#) .



Dangerous Corner (presented to the Lic...

Studio, Tuesday 27th September - Saturday
1st October

[MORE](#) | [BOOK](#)



Crooners

Main Auditorium, Thursday 29th September
- 7.30pm

[MORE](#) | [BOOK](#)



Best of British TV Comedy

Main Auditorium, Friday 30th September -
7.30pm

[MORE](#) | [BOOK](#)



An Evening of Burlesque

Main Auditorium, Saturday 1st October -
7.30pm, Sunday 16th October - 7.30pm

[MORE](#) | [BOOK](#)



Royal Opera: Madama Butterfly (Live Re...

Studio, Sunday 2nd October - 2pm

[MORE](#) | [BOOK](#)



Coldplace

Main Auditorium, Sunday 2nd October -
7.30pm

[MORE](#) | [BOOK](#)



NTLive: Jack Absolute Flies Again (Liv...

Studio, Thursday 6th October - 7pm

[MORE](#) | [BOOK](#)



Beyond the Barricade

Main Auditorium, Friday 7th October -
7.30pm

[MORE](#) | [BOOK](#)



The Shock of the Old

Studio, Friday 7th October - 7.45pm

[MORE](#) | [BOOK](#)

**Fundraising Evening at
Rambert Dance in Peaky
Blinders**

Tue 27 Sep

[Book Now](#)



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

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

Events, Main House

**Rambert Dance in Peaky
Blinders**

The Redemption of Thomas Shelby

Tue 27 Sep – Sat 2 Oct

Tickets from £22.50

[Limited Availability](#)

[View Trailer](#)



Sister Act

Everyone's favourite nun on the run!

Tue 6 Oct – Sat 15 Oct

Tickets from £26.50

[Book Now](#)



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 Beal** 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.

Looking for something new and exciting to do in Birmingham?! Well, grab a ticket and join Jumprov, the UK's first Black and Brown Improv group for a night of fun featuring live sketch comedy which is completely made up on the spot using suggestions from you, the audience.

Part of Birmingham Comedy Festival, Friday 7 to Sunday 16 October 2022. For more information, see: www.bhamcomfest.co.uk

**Birmingham
COMEDY
Festival** 7-16 Oct
2022
bhamcomfest.co.uk

Events, Main House

Jumprov! - Oct 2022

A fun night of improvisation comedy!

Sat 8 Oct

10.30pm advance, 12.00 on the day

[View Info & Book](#)



FREEDOM

Joe McElderry honours George Michael

Sat 9 Oct

Tickets from £22.50

[View Info & Book](#)

FREEDOM
THE MUSIC OF
GEORGE MICHAEL

FREEDOM starring **Joe McElderry** pays homage to George Michael, one of World's most iconic music legends. Celebrating George Michael's immense catalogue of Grammy award winning hits **FREEDOM** will have audiences on their feet and reminiscing with fast-paced classics and sensational ballads performed by Joe and a full live band. This high energy show will take you on an unmissable journey through George's greatest hits including: *Freedom*, *Careless Whisper*, *Wake Me Up Before You Go Go*, *Father Figure*, *Jesus To A Child*, *FastLove*, *Too Funky*, *Club Tropicana*, *Cowboys And Angels*, *Amazing*, *Outside*, *Faith*, and many more.

Following his X Factor win Joe hit the number one spot with winner's single *The Climb* and has since enjoyed success touring across the UK along with being crowned winner of the second series of Popstar to Operastar in 2011 and the first series of The Jump in 2014. In 2015, Joe played the lead role of Joseph in the UK tour of *Joseph and the Amazing Technicolour Dreamcoat* as well as the title role in The Who's rock musical *Tommy*.

Don't miss the chance to experience this stunning tribute to one of the World's most loved artists coming to Birmingham Hippodrome next year.

DISCLAIMER: Please note that this is a tribute production and is not affiliated or endorsed by the George Michael estate.

This production is now on sale to [Friends](#) and [Patrons](#) of Birmingham Hippodrome. Become a [Friend](#) today. General booking will open Tue 6 Sep, 11am Blackstory Partnership presents **SHE'S ROYAL**, a brand new stage production revealing the untold relationship between Her Majesty Queen Victoria and two extraordinary women of colour, Sarah Forbes Bonetta and Sophia Duleep Singh. Discover the hidden journey of how these extraordinary women of colour became subjects of the Queen's court, how they were nurtured to become aristocratic high society English ladies, and became so close to one of the world's most powerful monarch's that they were referred to as the Queen's god-daughters.

She's Royal

UNPRODUCED

Tue 14 Oct – Sat 15 Oct

Tickets £15

[View Info & Book](#)

BLACKSTORY PARTNERSHIP PRESENTS
**SHE'S
ROYAL**



**Birmingham Royal Ballet
- Into the Music**

Calculate the marriage of music and movement

Fri 21 Oct – Sat 22 Oct

Tickets from £15

[View Info & Book](#)

[View Trailer](#)



Into the Music
Forgotten Land
Hotel
The Seventh Symphony

BRE's autumn triple bill celebrates the marriage of music and movement. Two UK premieres bookend a world premiere on this unmissable mixed programme curated by Carlos Acosta, with each piece set to a major orchestral score performed live by the Royal Ballet Sinfonia.

Much-missed German choreographer Uwe Scholz worked regularly with classical repertoire – and never more dramatically than in his setting of Beethoven's vibrant **Seventh Symphony**, a work famously described by Wagner as 'the apotheosis of the dance'. Choreographer Morgann Runacre-Temple and composer Mikael Karlsson team up for the world premiere of **Hotel**, a surreal journey into the secrets and lies that live behind closed doors. And to close, Jiri Kylian's magnificent **Forgotten Land** is 'a great primer to why Kylian is one of the most revered choreographers of the 20th century' (*The Guardian*) – a gripping journey into memory and loss set to Benjamin Britten's magnificent *Sinfonia da Requiem*.

Hotel is a Ballet Now commission. Ballet Now is generously supported by Oak Foundation's Special Interest Programme. This production is supported by The Linbury Prize for Stage Design. The biennial Prize, the most important of its kind in the UK, brings together the best of emerging designers with professional theatre, dance and opera companies. The Linbury Prize for Stage Design is funded by the Linbury Trust.

Image: Forgotten Land: Nederlands Dans Theater. © Joris-Jan Bos.

This production is now on sale to [Friends](#) and [Patrons](#) of Birmingham Hippodrome. Become a [Friend](#) today. General booking will open Tue 6 Sep, 11am Ever wondered just how ballet dancers do what they do? This is your chance to look behind the scenes and watch Birmingham Royal Ballet's talented dancers in their final preparations for a performance of world class dancing. Birmingham Royal Ballet will be holding the following classes on stage to compliment their season at Birmingham Hippodrome:
Sat 22 Oct, 11.15am
Sat 25 Feb, 11.15am

**Birmingham Royal Ballet
- Class on Stage**

Ever wondered just how ballet dancers do what they do?

Sat 22 Oct – Sat 25 Feb 2023

Tickets from £12.50

[View Info & Book](#)





Sutton Coldfield TOWN HALL



0121 296 9543



enquiries@suttoncoldfieldtownhall.com



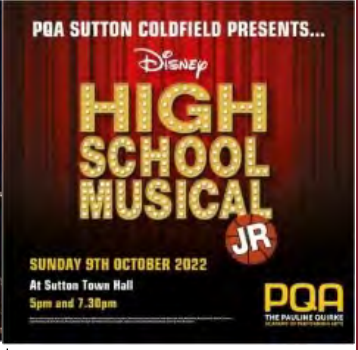
THURSDAY 29TH SEPTEMBER
2022



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



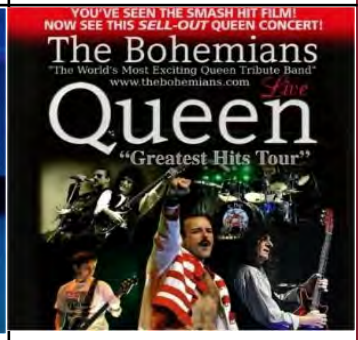
FRIDAY 11 NOVEMBER
2022



SATURDAY 12TH
NOVEMBER 2022



FRIDAY 18 NOVEMBER
2022



SATURDAY 19TH
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...



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



HIGHBURY THEATRE CENTRE



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

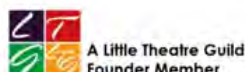


	It Runs in the Family by Ray Cooney <i>Hospital chaos and comedy. Funny? Hilarious!</i>	13 September 2022 to 24 September 2022 at 7.30pm
	Art by Yasmina Reza translated by Christopher Hampton <i>Painting unleashes a bitter war of words</i>	18 October 2022 to 29 October 2022 at 7.30pm
	The Strange Case 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



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.



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



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

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...



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Four Oaks
Financial Services Limited
providing positive solutions

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

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

Proud to support our nominated charity

buddy bag
foundation



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**NEW FRIENDS, NEW INTERESTS
A WARM WELCOME**

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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

OCT 27th - 29th 4th Lichfield

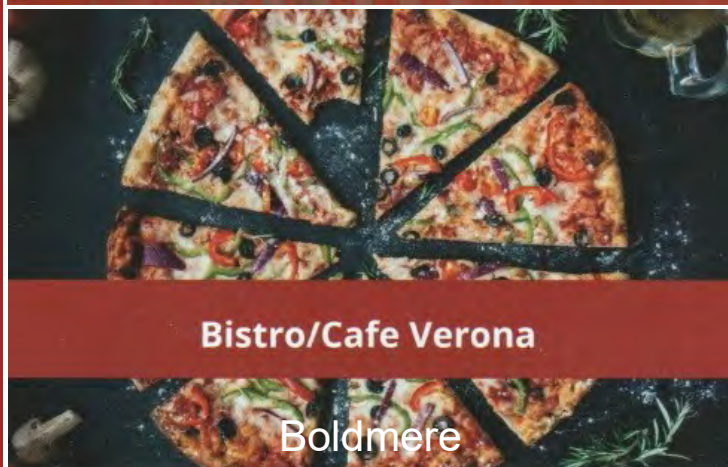
Oktoberfest



TICKETS FROM £20.00



[f Lichoktoberfest](#) [i Lichoktoberfest](#) admin@lichfieldoktoberfest.com



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?
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- Attend Social events?
- Learn about studio photography?
- Develop your camera skills?
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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

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*
Facebook- *Beauty by Ella*
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 2.30 pm 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 11th October.

Demonstration- Mark Entwistle " Secret Life of Colour ".

Further details : Chris Reeves

tel: 0121 354 6264.



**Do you love plants? Enjoy looking at gardens?
Spending time with like-minded people?**

Come and join us at
**'The Royal Sutton Coldfield Fuchsia & Gardening
Guild'**



We meet on the 2nd Thursday of
each month (excluding January)
at

**Banners Gate Community
Church, Westwood Rd, B73
6UH**

Doors open at 7:30pm for an
8:00pm kick off.

Refreshments available.

We have speakers each
month on all aspects of
gardening & wildlife,
often bringing plants for
sale. Fuchsias are always
available including
varieties not widely
available.

Have a look at our Facebook
page and website
'www.suttonfuchsia.co.uk' or
telephone our secretary Gail
on 0121 353 3373 for more
information.



We are a growing society, please come and join us!

The Sutton Coldfield Fuchsia Society & Gardening Guild.

Our first annual show to take place at Banners Gate Community Church was held on Saturday 20th August. From the moment the doors opened, people filtered through. What a fabulous day it was!!

Our new members were keen to put plants on the bench, so this made it hard work for the judges! The first seventeen classes were all fuchsias, including small 3½" pot class, hanging pots, variegated foliage, fuchsias grown in unusual containers, species, and my personal favourite, 'Depict the fuchsia name.' Here members are given a 30" wide space, to show a fuchsia, and make a display of items relating to its name. This year's entries included 'Garden News', 'Jet', 'Silver Surfer', and the winning entry, 'The Flying Scotsman'. The winner of Best in Show in this section, was a hanging pot of a beautiful variety called Delicate Purple, grown by our secretary Gail.

The open classes, 18 to 24, covered hostas, house plants, roses, patio pots, succulents and flowering plants and flower arranging. This section proved to be very popular with our members and visitors alike. The succulent display was particularly stunning, and maybe after our summer this year, these plants may be the way to go.

As the weather was on our side, not too sunny, but lovely and warm, visitors were able to take their tea and cake outside to sit and chat, helping to make the atmosphere delightful.

We were delighted to welcome Sutton's mayor, Janet Cairns along, who spoke very warmly about her visit, and also two fuchsia growers from Bolton and Carlisle, Keith and Eric, who travelled a good distance to come along and man a demonstration table to pass on their knowledge of fuchsia growing. They were kept busy for the whole event, and lots of people left clutching new plants!

I know we gained a new member or two during the event, but we would love more. We have plenty of ideas for the coming meeting, so if you have any interest in plants and gardening, please come along and join us.

The September meeting will be looking at how to overwinter our plants, the best use of the greenhouse, if you have one, keeping in mind the energy costs, and also getting feedback from our members on how they felt the show went and how it can be bettered for next year.

Our meetings are held on the second Thursday each month, doors open at 7.30 for an 8.00p.m. start. You can join for the year for £10 or pay just £2 to come as a visitor. You will be guaranteed a warm welcome, and if you would like any further information, please give Gail, our secretary a call on 0121 353 3373. **Our Best in Show →**



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 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

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsltd



www.militarychef.co.uk



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

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



**18 Beeches Drive, Birmingham B24 0DU
redogihandmade@gmail.com
07305 564 108**



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: 5)

See options 1 2 3

My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See option 1 2

I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option 3

I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options 1 4

Other Support

Birmingham and Solihull Women's Aid
Support for women and children affected by domestic violence and abuse
0800 800 0028 | www.bswaid.org

Shelter
Housing advice
0808 800 4444 | england.shelter.org.uk

MoneyHelper
Advice to help improve your finances
0800 138 7777
07701 342 744 (WhatsApp)
www.moneyhelper.org.uk

Step Change
Debt charity offering debt advice and money management
0800 138 1111 | www.stepchange.org

Turn2Us
Information and financial support
0808 802 2000 | www.turn2us.org.uk
benefits-calculator-2.turn2us.org.uk

The Active Wellbeing Society
Listen and Connect support people to feel heard, connect with others, be active, live well and access information
0121 728 7030
listenandconnect@theaws.org
www.theaws.co.uk/listen-connect

Healthy Start Vouchers
To help buy fruit, vegetables and milk if you're on a low income and pregnant or have a child under 4.

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

Central England Law Centre
Accredited immigration and asylum advice. Legal advice to access services and financial support
0121 227 6540
enquiries@centralenglandlc.org.uk
www.centralenglandlc.org.uk

ASIRT
Advice on immigration and support options for people facing destitution because of the precarity of their immigration status
0121 213 5893 | www.asirt.org.uk

Migrant Help
Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK
Asylum helpline: 0808 8010 503
ASCorrespondence@migranthelpuk.org
www.migranthelpuk.org (Webchat available)

The Refugee and Migrant Centre
Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship
0121 374 0140 | infoham@rmcentre.org.uk
www.rmcentre.org.uk

About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below. You can access the 'Worrying About Money?' leaflets online at www.foodaidnetwork.org.uk/cash-first-leaflets. The information on this leaflet was last updated on 06/12/21.

Feedback? What did you find useful about this guide? www.bit.ly/moneyadvicefeedback



Step 2: What are some options?

1 Council Support Schemes

People on low incomes may be eligible for **Housing Benefit**, **Council Tax Support** and **Discretionary Housing Payment** from the council. This will depend on your current circumstances. You may also be eligible for a **Council Tax Discretionary Hardship Payment**, **Crisis Grant** or **Community Support Grant Payment**.

Find out more at: www.birmingham.gov.uk/benefits

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you find cheaper deals on things like gas and electricity and make sure you're not missing out on things like school clothing grants or free school meals.

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

4 Benefit Advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Job Seekers Allowance or Employment Support Allowance do not (not a loan).

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

Step 3: Where can I get help? Each of these services offer free and confidential advice.

BIRMINGHAM CITY COUNCIL

Neighbourhood Advice Service
Advice on benefits, debt, housing and other money-related issues
0121 216 3030

Help with options: 1 2 3 6

CITIZENS ADVICE BIRMINGHAM

Advice on benefits, debt, housing and more
0344 477 1010
enquiries@bcabs.cabnet.org.uk
www.bcabs.org.uk

Help with options: 1 2 3 4 5 6

THE PROJECT

Benefit, debt and housing advice
0121 453 0606
www.theprojectbirmingham.org

Help with options: 1 2 3 4 5 6

BIRMINGHAM SETTLEMENT

(West Birmingham) Advice service on benefits, debt and managing your money
0121 250 0765
money.advice@bsettlement.org.uk
www.birminghamsettlement.org.uk

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

Advice on money, benefit, housing and employment issues
0121 747 5932 | info@castlevalle.org.uk
www.spitfireservices.org.uk

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support
0121 227 6540
enquiries@centralenglandlc.org.uk
www.centralenglandlc.org.uk

Help with options: 6

DISABILITY RESOURCE CENTRE

Advice and advocacy services for disabled people
03030 402 040 | dro@disability.co.uk
www.disability.co.uk

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty
0800 328 0006
www.capus.org

Help with options: 3

WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home
0808 196 8298 (option 1)
www.warmerhomesWM.org.uk

Help with options: 1 2 4 6

Other Support

Stop Loans Sharks
Investigates and prosecutes illegal money lenders and provides support for borrowers
0300 555 2222 | www.stoploansharks.co.uk
reportaloanshark@stoploansharks.co.uk

Local Energy Advice Partnership (LEAP)
Energy and money saving service
0800 060 7567 | support@applyforleap.org.uk
www.applyforleap.org.uk

Age UK Birmingham
Information, advice and helpline services for older people (50+), their families and carers
0121 437 0479 | info@ageukbirmingham.org.uk
www.ageuk.org.uk/birmingham

Birmingham Mind
Providing advice, information and signposting for people affected by mental health issues
0121 262 3555 | help@birminghammind.org
www.birminghammind.org

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.

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



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



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

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

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

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

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

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



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

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

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

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

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

Welcome to



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

WHERE YOU WILL FIND OUR WEEKLY FOOD BANKS

Erdington

Tuesday 10.00 am - 10.30 am
Stockland Green Methodist Church,
Slade Road, B23 7JH

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

Falcon Lodge

Wednesday 2pm - 3 pm
the rear of Falcon Lodge Methodist Church,
Lingard Road, B75 7LB

Mere Green

Friday 12 - 1pm
Ark Community Church Centre,
St James Road, B75 5EH

T: 07869 820025
E: info@hopefood.org.uk
Charity reg 1195019

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

Pregnant? Children under four?

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

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



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

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

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



Sign up today www.healthystart.nhs.uk
or telephone 0345 607 6823

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

Healthy Start



Birmingham
City Council

HEALTHY START **NHS**

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

Falcon Lodge



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

Mere Green



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

Where are we in Falcon Lodge?

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

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

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



Where are we in Mere Green?

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

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

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



Email: info@hopefood.org.uk

NOSTALGIC

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



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



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

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

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



Our Classes September '21

Walmley Community Hall Mondays Babies 9:45am & 11:35am Mixed Age 10:40am & 12:30pm	Aldridge Community Centre Tuesdays Babies 1:15pm Mixed Age 2:05pm
Great Barr Community Hub Wednesdays Babies 9:45am Mixed Age 10:40am	St. John's Church Hall, Shenstone Thursdays Babies 9:45am Mixed Age 10:40am
Banners Gate Community Hall Thursdays Babies 1pm Mixed Age 1:55pm	

Streety Classes coming soon...

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

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

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




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

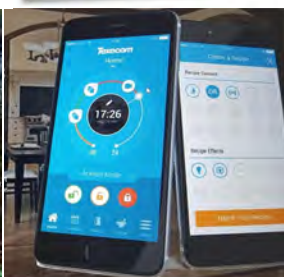
The Birmingham Carers Hub team have all received enhanced dementia training and we have launched a new service offering support to carers of people with dementia. We have also appointed a small team of Specialist Dementia Carer Advisors.

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

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Every Monday

10am—12noon

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

Every Monday

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

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

All attendees must show proof
of both covid vaccinations

Every Thursday

10am - 12noon

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

"Friends on Fridays"

10.30am - 12.30pm

Supported by

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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

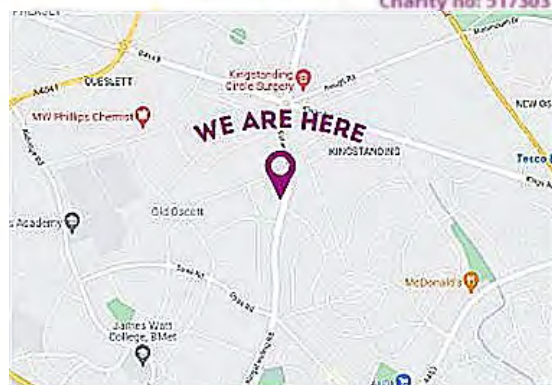
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FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- 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



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Birmingham
B44 9SH

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nasar.mahmood@bsettlement.org.uk

Job Club offers:

- Career information, advice & guidance
- Employability skills workshops
- Job search support
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- Interview skills
- Computer skills & internet search techniques
- Resources & ongoing support

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face-to-face and through Zoom & WhatsApp. We'd
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out more!

Find us here:

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Birmingham
B44 9SH



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



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SUTTON COLDFIELD URC
- CAFE OASIS



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Do you look after someone with an illness, disability or long term health condition? Do you have questions you want answering?

CARERS RIGHTS DAY EVENT

**10.30am – 1.00pm
FRIDAY 25th NOVEMBER 2022**

at

**UNITED REFORMED CHURCH
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SUTTON COLDFIELD
B73 6AA**

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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:
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And register with parkrun to get your barcode




See front page

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Banners Gate Community

Hall Coffee Mornings.

The next is on 18th October
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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)

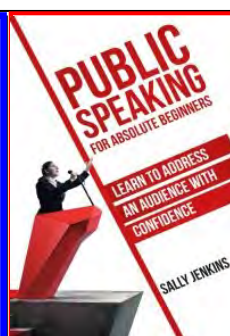
The kitchen is approx. 11' x 7'
(3.4m x 2.2m)

The Jarrett room is approx. 13' x 8'
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The ladies has 2 cubicles and a nappy changing table. There is a gents/disabled toilet.

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For further booking information go to:
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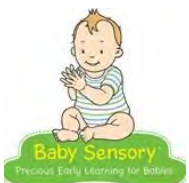


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BERT & GERT'S
We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.
The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.
Our aim is to support, encourage & promote small local businesses.
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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>18th October</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 6.30 – 9.45 pm 6.30 – 9.30 pm (3rd of each month) 7.30 pm	Holy Communion Yoga Zig Zag Dance Studio Bridge Townswomen's Guild	St. Columba's Community Hall St. Columba's Community Hall Banners Gate CC	Tricia 07954 Warren 01902 Sylvia Cunningham 07870 Sue Nation	40 39 43 897 900 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					
BOOKING SECRETARIES: Community Hall mobile: 075 65 54 68 21 Banners Gate CC - Nigel Willis 07711 284562 St. Columba's - Sallyanne Rowley 693 0084 Scout Hall - A & R Talliss 353 8166		UNIFORMED ORGANISATIONS: Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191			

Banners Gate
Community hall
Coffee Mornings
The next is on
18th October
At 10 o'clock

 **The Townswomen's Guild**
 Patron HRH The Princess Royal GCVO
 Thurs. 20th October - Howard Drury
 Thurs. 17th November - Red Cross
 Thurs. 15th December - Christmas Party

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.

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