

BANNERS GATE & PARKLANDS COMMUNITY & NEIGHBOURHOOD FORUM



164TH NOVEMBER 2022

bannersgateneighbourhoodforum.com

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A Merry Christmas and a Happy New Year to all our contributors, advertisers and readers.

Were you at the Boldmere Festival, if not, why not? There was a spot of rain but it cleared by mid afternoon. There seemed to be more stalls than usual, maybe the word is out about how successful the Boldmere Festivals are. Paul Long had arranged a photographer and has sent me a link to the photos to save using Gatepost space as I am very close to the inbox limit of 10 MB. It also looks better on your screen - here it is: https://flic.kr/s/aHBqjAqd2p. Please do not forget our trial Sales and Wants on page 77.



Max Hatton: Hello Gatepost readers!
What a fantastic month it has been, the
Boldmere Christmas Festival was a huge
success! We may have had a bit of a
downpour, but despite the rain we still had

huge crowds of people enjoying the festivities. It was a privilege to have been involved with the festival and I'd like to offer a massive thanks to the team of volunteers, stalls, local businesses and the Boldmere Futures CIC who without them we would not have such fantastic community events! So much work goes on behind the scenes and they all truly deserve our recognition and thanks, particularly for packing down in such wet conditions!

We saw some fantastic local talent on stage throughout the day, it's brilliant to see such great local acts get involved with the Christmas Festival and I hope to see their involvement continue in future events! The Boldmere Summer and Christmas Festivals are such a great example of community spirit. People from all ages and backgrounds come together to enjoy the day, rain or shine, and that is what makes our community so great.

It was moving to see so many join the national moment of silence on Remembrance Sunday in Sutton Town Centre. We came together to reflect and pay our respects to our brave armed forces past and present and give hope that we never again see the horrors of previous wars.

Christmas is around the corner and for many it is an exciting time of year but for others it can be daunting. For some it's a time of families and friends coming together and celebrating the festivities, and for others it may be a sombre time of year as they are missing

loved ones around the table. For those that are feeling lonely or anxious this time of year please know there is support for you. We have some brilliant community groups that offer support or coffee mornings for you to attend, please feel free to reach out to me if you have any questions

(max.hatton@suttoncoldfieldtowncouncil.gov.uk)

A quick Christmas tip from me: I've always found it daunting buying multiple presents for my immediate family (not including the younger ones) but over the last few years my parents, aunt and siblings have been taking part in a Secret Santa! We each pick one name at random and buy that one person a decent gift, rather than buying multiple smaller gifts. It's made Christmas shopping less stressful and takes a fraction of the time! However, you celebrate the Christmas holidays I hope it's a wonderful!

Our next Full Town Council meeting will be held Wednesday 14th December 7:00pm at the Trinity Centre, I hope to see you there!



Rob Pocock: It's not often you get to have a truly exciting evening as a Councillor, but I did have an unforgettable one last Monday, in the back of a Police car! I was invited to join one of the WMP Traffic Patrols on their night shift. Arriving at the Sutton Police

Station at 8pm, our local Sergeant was briefing patrol officers on the parts of our area where car theft has been rising. High end cars are the target, and catalytic converters as there is a lot of money to be got from the precious metals they contain. Two Police Officers then escorted me to their patrol vehicle, a policeman driving and a policewoman directing our

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patrol guided over the radio from the central coordination unit.

We wove our way around hotspots such as the Warwick Road and Honiley / Welshman Hill estates, then around Banners Gate. We stopped a suspicious vehicle parked up by the garages on Reay Nadin Road close to the Community Hall, turned out to be a secret but legal assignation! We were heading onto George Frederick Road when an emergency call came in on the speakers. The policewoman said to me, are you prepared to get involved in a vehicle chase? I was still wondering if it was now time to go home when suddenly we were off like a rocket!

I used to get queasy on fairground rides as a kid and now remembered just why. Blue lights flashing, sirens wailing, we went all the way to Perry Barr in about 10 seconds! I have to give it to the bloke driving, he was a true specialist. We wove in and out of traffic, skated round islands, I was clutching onto the back seat base for dear life, on the trail of a cloned vehicle identified close to Soho Road. A police drone had the vehicle in sight and directions came in continually from the monitoring base - he's turned left onto Grove Lane - now on Hamstead Road - reversed into Nineveh Road etc. etc. The navigating policewoman said, we cannot force a stop but if we get there, we are permitted to use a 'stinger'. This is the point I started to quietly panic...

Luckily the clone was stopped by another patrol before we arrived. So, we made a gentler return toward Sutton. Pulled in a couple of drivers making dangerous manoeuvres. Interestingly it was the policewoman who did the talking. Firm but fair, dishing out warnings. Back in Sutton a suspect vehicle went into the Princess Alice Retail Park and parked up. Driver had no ID and only a phone he said was his brother's. Within 10 seconds the police had the details of the vehicle - hire car, when it had been hired, details of the hirer etc. I was not aware that as a driver it is a legal duty to carry identification with you at all times. Police do not have to have a reason for stopping you, they can do that and request your ID at any time. I must remember that in future!

By 11pm I was back and home. The two officers were on 12-hour shift, 7pm to 7am so my adventure was probably just a 'warm up' to the main part of their

night's work. But my short experience was a real eye opener into the brilliant and exceptionally demanding work our Police are doing every night, to help keep us safe while we sleep sound in our beds.



Jan Cairns: Hi Gatepost readers! Well the big countdown to Christmas is well and truly on! The town is shining bright with Christmas lights and many shops are starting to get that glittery festive look.

On Sunday I had the pleasure of attending the Boldmere Christmas Light switch on,

which the Town Council proudly provided funding for. Along with other Christmas events I am due to attend in the next few weeks, I really am starting to get in the festive spirit.

Attending last Sunday's festival reminded me how lucky we are to have so many small independent traders across the town, selling a huge range of interesting gifts and goodies. This year in particular it's going to be so much more important that we support them as much as we can. Like everyone, they will be feeling the crunch of this current cost of living crisis, and on the back of Covid, I encourage you all to shop local where possible.

I was honoured to lay a wreath on behalf of residents at King Edward Square War Memorial to remember the service and sacrifice of those in our Armed Forces and those who gave their lives for our country. The service was well attended, and it was fantastic to see so many young people across the town showing their respects.

The Town Council is working alongside voluntary, community and faith groups, support organisations as well as Birmingham City Council to identify, support and promote Warm Spaces across Sutton Coldfield. A Warm Space is free to enter and is safe and welcoming. They can also help to maintain physical and mental health and wellbeing providing an opportunity to share resources and signpost residents to other organisations and services. Residents can find more information on the Town Council's website and social media.

I look forward to meeting many residents and community groups throughout the month of December, until next time, stay safe and well.



Cafe Oasis at the United Reformed Church in Sutton Coldfield are seeking a relief volunteer minibus driver to help on Mondays with bringing visitors to our

warm and welcoming centre.

The successful applicant will be a caring and experienced volunteer driver with a positive and welcoming disposition and a clean driving licence. Safeguarding training would be a distinct advantage.

For further information please contact Julie Lewis by emailing: cafe.oasis@scurc.org.uk or telephoning 07713970096.



Hello from St Columba's Church.



St Columba's Church. Banners Gate.

This year the Tesco Christmas advert begins with the words "Britain there is a joy shortage" and then helpfully shows you all the things that you can buy, you know, to help bring you joy. Which is good of them, isn't it!

In church we believe that the Christmas season is of course joyful, after all we are celebrating the world changing, life altering gift of Jesus, but it also encompasses so many different emotions. The Christmas story includes, hardship, challenge, disappointment, unexpected surprises, and a radical change of plans. Things don't turn out as are expected and whilst there is a promised joy filled ending, it isn't quite what people thought it would be.

Amid difficult times, I think the Christmas story celebrates the realities of life. It doesn't pretend that everything will be perfect, let's leave that up to the advertisers, but it does offer each of us hope, hope for better days to come.

So, this Christmas why not come and share in that hope with us – we would love to see you! Revd Beccy (0121 354 5873 /vicar.bannersgate@gmail.com)









Sunday Mornings at St Columba's

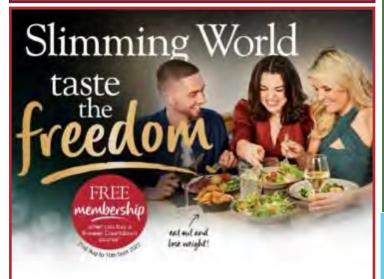
Rev Beccy invites you to a warm and welcoming service at 10am

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.



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





















Since September, school has been very busy with the launch of class-led assemblies, more Roots to Fruit enrichment, two themed lunch menus and some amazing learning happening across the curriculum.

Mrs Dunning has launched our school value for this half term: Inspire. This builds on from our Autumn term 1 focus on our core value 'believe'. This half term we will continue to come together for two whole-school assemblies each week. On Mondays we will focus on our core school values, on Thursday we will be celebrating success with our 'best seat in the house' assembly.

We have also hosted 3 open events for prospective parents. Applications are now open for Reception admissions in September 2022. If you have been unable to attend these events but are interested in Sutton Park for your child, please do not hesitate to contact our school office on 0121 4647355 or via email en-

quiry@suttonparkprimary.co.uk It would be my pleasure to I show you around and answer any questions you may have. I

Mrs Middleton, Head of School |



Follow us on twitter @SuttonParkPri

Whole-school countdown to Christmas:

Every year we count down to Christmas together with a whole-school storybook. We've previously enjoyed two stories about the Christmasaurus - a magical Christmas dinosaur. This year we are indulging in the third book in the series.

We come together as a school each day to share two chapters. It is amazing to have all of our pupils sharing the same adventure story at the same time. A real highlight of the festive season!



Christmas Fayre:

If you or anyone you know has a small business and would like a stall at our Fayre, please direct them to email enquiry@suttonparkprimary.co.uk F.A.O Mrs Middleton. A single donation of £10 is required per stall.

Our Christmas Fayre is returning on Friday 9th December from 3:30 until 5pm. Admission tickets will be charged at 50p per person and will automatically enter you into our hamper raffles. Mrs Macfarlane is once again creating 3 of her amazing hampers (beauty, chocolate and festive delights). For pupils, there will be a stocking design competition so prepare to get crafty, creative and imaginative! Winners for both the hampers and stocking competition will be announced during the Fayre and will take their prizes home that evening.

Join us for bauble-decorating, mince pie munching, game playing, prize winning fun!



- BELIEVE - INSPIRE - ACHIEVE

Today marks the start of the <u>Cold Weather Alert System</u>, which forms part of the <u>Cold Weather Plan for England</u>. This plan aims to prevent the major avoidable effects on health during cold weather periods by raising awareness and sharing guidance to protect the most vulnerable.

Paying attention to cold weather is essential. Whilst it is a significant health risk for many, simple preventative actions often could avoid many deaths, illnesses and injuries associated with the cold.

Please share the following resource information with your staff, service users and partner networks to help ensure there is ongoing awareness and preparedness during this time:

Organisation	Resource information	Link / Contac information
	Cost of Living	
Birmingham City Council	For those worried about the rising cost of energy bills, food and transport, BCC has put together some helpful information to help. This includes guidance on how to access grants, debt advice and other funds that citizens may be entitled to.	BCC cost of living support information
	Heating Your Home	
Birmingham City Council	BCC has produced guidance on several schemes now available to Birmingham residents to tackle fuel poverty, from free installation of central heating, switching energy supplier, support with fuel debts, energy saving measures, energy efficient appliances and more.	BCC guidance
Simple Energy Advice	SEA provide free advice on energy efficiency, grants and bills.	Telephone: 0800 444 202
	Winter Wellness	
Age UK	Age UK has produced guidance on keeping well this winter, including information on staying healthy, keeping spirits up, managing money, looking after each other, preparing for severe weather and getting the flu jab.	Age UK guidance
Birmingham City Council	A network of free-to-use Warm Welcome sites is being made available across Birmingham to provide free, warm and welcoming spaces where people can come to take part in activities, access services and get practical advice and support, as well as meet members of their community.	BCC Warm Welcome information
	As winter approaches and with the mounting financial pressures facing people, BCC want to support communities with information on what they can do to stay mentally and physically well. The "A Bolder Healthier Winter" campaign includes a series of evidence-based live webinars and recordings that can be accessed online.	A Bolder Healthier Winter resources
	BCC has produced guidance on staying safe during severe weather, including dedicated information on winter weather, thunderstorms, lightning, gales and high winds.	BCC guidance
Met Office	The Met Office has produced a range of seasonal advice to help deal with the worst weather throws at us, including guidance on travel, your home, health and wellbeing, your community and being weather ready for winter.	Met Office guidance
NHS	The NHS has produced guidance on how and why to get the Flu and Covid-19 booster vaccinations ahead of the winter period, as well as other guidance on how to stay well this winter. This information is available in in large print, audio, British Sign Language and easy read versions.	NHS guidance
SignHealth	SignHealth has produced flu vaccine guidance in British Sign Language.	SignHealth flu guidance

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 <u>here</u> to be taken to a website of this story and the opportunity to give a donation.



Sutton Coldfield District Children's Centres

Activity Calendar -12th September-9th December 2022

Monday

10.00 - 11.00 am Little Talkers Referral only unity 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 H

9 30 - 10 00 nm 10.10 - 10.40 am 10 45 - 11 15 am

Story and Singing Session Under 5's

1.00 - 3.00 pm

Employment and Training Drop-In

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

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 Word's Together (12-24 months) Starting October Call to register interest Holland House

> 1.00 - 2.30 pm Play Learn Under 18 months

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



Friday

10.00 - 11.30 am Play and Learn 0-5's Run in conjunction with

DLP North Cluster

Falcon Lodge Community Hub

1.00 - 2.30 pm Play and Learn Over 18 months

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 INHS



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.

Farthing Lane,

Sutton Coldfield, B72 1RN Parking on Duke Street 2 hours without pay and display.

119 Boldmere Road, Sutton Coldfield, Birmingham **B73 5TU** On street parking available

anual Church

Corner of Little Green Lane and Birmingham Road, Suttan Coldfield, Birmingham B72 1VG Parking available on car park apposite.

Falcon Lodge Community Hub

Church Hill Road, Sutton Coldfield, Birmingham B75 7LB On street parking available

Need some advice and support?

Family 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

Jain in an Facebook with comments, likes, shares and ideas

> Sutton Coldfield Children's Centre

Wellaumo Support

Need support with your wellbeing?

Contact your local children's centre to enquire about Walking for Wellbeing or Hug in a Mug.

Other Children's Centre information

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 an 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 or/and book on.

FEEDBACK

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 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 Wellcomm toolkit.

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

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

4000

To all the local people who love visiting

Princess Alice Park - please come along to an informal get-together to learn more about forming a Friends of Princess Alice Park

Group (in collaboration with Birmingham Open Spaces Forum) – with a view to developing this wonderful Community asset further, depending on what our local Community feels it needs from this Park.

Date: Monday morning 5th December Venue: St Columba's Church Hall, Banners

Gate Road, Sutton B73 6TX Time: From 10.30 am - 12.30.

All welcome. Refreshments provided.

Contact for further details, or to offer your support or any ideas that you might have to develop the Park by email:

<u>friendsofprincessalicepark@gmail.com</u> or check out the Facebook page and send us a message.



Anyone else got their camellia in flower yet? Mine's 2 months early.

Hazel





Come and have your blood pressure checked here at Sutton Coldfield United Reformed Church by Sue our Parish Nurse, Tuesdays between 10-12.



Everything you ever wanted to know about the



is in

this link:

https://mailchi.mp/9ea842528e96/suttoncoldfield-nns-autumn-newsletter? e=708593d0d0

Read it to the end because you may never know what you need until you see it.

A few more of Eric's unbelievables

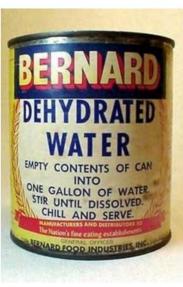




RICHARD FINK CO., Dept. 93, 396 Broadway, N. Y.



















Cancer support centre in hunt for new home after price rise forces move

A centre which supports people with cancer across the West Midlands has launched an urgent hunt for a new base after a huge increase in fees meant it could no longer stay in its home of 11 years.

The Cancer Support Centre in Sutton Coldfield has around 500 clients, with an army of volunteers and a team of specialist therapists who help them deal with the trauma of a cancer diagnosis.

The centre offers therapy and wellbeing sessions, information, advice and a friendly safe space for people looking for reassurance or support. The charity was set up 21 years ago and for the past 11 it has been based in Lindridge Road, within the St Giles Hospice Supportive Care Centre.

The lease ends in January but as the cost of living increases, the price of rent and room hire has also gone up and the charity can not afford to stay.

Marie Moore, vice chair of the CSC trustees, said: "Our priority is to reassure our clients, volunteers and staff that our service and support will continue and our huge thanks goes out to them in this time of change.

"After 11 years of sub-leasing space at Lindridge Road, St Giles, our landlord, has given notice for us to quit by January 17. We have been actively working with them over the past two months to identify if there is a way in which we could continue to share the building.

"Sadly, a workable solution has not been found and the new price to rent the space is well beyond our reach.

"We are now in the challenging position of having to find an alternative home very quickly to make sure there is no disruption to our service.

"Our intention is that we will remain in Sutton Coldfield, or the immediate surrounding area."

Marie said the charity survived through the Covid pandemic by moving some services online through Zoom sessions and YouTube videos and this would continue regardless.

"We do need our face-to-face support to continue though," she added.

"It's so important for our clients – sometimes all they want is a cup of tea and a chat in person. We can offer support, advice and reassurance and that's all better done face-to-face."

continued on next page...

The charity has enlisted the support of Sutton Coldfield MP Andrew Mitchell and the trustees are now calling for the community to get behind them and help in the search.

Marie said temporary premises would be accepted in the short term if a search for a long-term home was not immediately successful. She urged anyone who is aware of any suitable premises or who can help in any way to get in touch.

"With the help of our teams, clients, supporters and the public, we hope to end this uncertainty quickly," she added. "If we work together, this will be easier to cope with and manage."

Anyone who knows of suitable premises or who would like to make a donation should call <u>0300 012 0245 or</u> email <u>info@suttoncancersupport.org</u>

For more details about the centre, visit www.suttoncancersupport.org













SandNats Fungi Foray.

On Sunday October 23^{rd s} starting at 2pm Sandwell Naturalists held a Fungi Foray in Sandwell Valley led by Lukas Large.

The sun came out in the afternoon so about 20 people including several children turn up for the foray through the trees and the undergrowth starting at Forge Mill Farm (now called Sandwell Visitor Centre). We walked through the wood towards the M5 crossing over on the pedestrian footbridge going through Priory Woods leading to Icehouse Pool and Cascade Pool. Then onto the Sandwell Priory/Sandwell Hall ruins (once home of the Earl of Dartmouth) and the "Holy Well" from there back the way we had come to return to the carpark around 4-30pm.

The mushrooms and toadstools were everywhere once you had your eye in to spot them. The children were brilliant at finding them. The only disappointment was that the fairy toadstool (Fly agaric) was in short supply as only one was found and that was fully open and because of the heavy rain we had been having most of the white spots had been washed off.

Everyone appeared to have enjoyed the event and wanted to know when the next one would be.



Photos by Valerie Edkins or Matt Lloyd

Another story from Eric.

The situation regarding isolation and loneliness particularly at this time of the year reminds me of a true situation concerning my Mother and Auntie Kitty, both now sadly departed.

However, back in the mid-nineties, each widowed, they decided to get together daily at my Mother's house and share a meal. It would make commercial sense to cook for two rather than one and beat loneliness. Whilst conversing, my Mother would, every day, cook lunch and Kitty would either knit or crochet away.

The problem was that Kitty had an exceptional appetite, particularly for potatoes. I used to have to take loads of them in because my Mother could not carry them.

I compiled this little verse, at the time, entitled "Two into One".

This tale is about two lasses, Kitty and Phyllis by name,
Who reckon its wartime famine, as makes scoffing taters to blame.
They tell us two can live cheaper than one, including taters and all,
But in time it takes peeling for a meal, Kitty can crochet a shawl.
As their humble tater carrier, I know my place, and it's hard satisfying demand.
Cheap spuds best suited for mash, chips, or baked, keep me scouring the land.
I always wondered why they kept the old Anderson shelters down in the garden for so long after the war. Hitler thought it was cover for folk,
Phyllis and Kitty knew better than that, it's for keeping our tatters in store.
Just received an SOS – short on spuds. So, I am off and must be gone.
I'm convinced it's a myth, not a fact, that two can live cheaper than one.

Eric Jones November 2022.

Would appreciate your support at my choir concert at Birmingham Town Hall, a wonderful festive experience guaranteed while supporting the local "Birmingham Children's Hospital".





SUTTON COLDFIELD CHARITABLE TRUST CELEBRATES 10-YEAR ANNIVERSARY SINCE NAME CHANGE

Sutton Coldfield Charitable Trust awards grants to local organisations and individuals to alleviate hardship and has recently celebrated the 10-year anniversary of its name change from 'Sutton Coldfield Municipal Charities' to 'Sutton Coldfield Charitable Trust'.

The name change appropriately reflected the purpose of the organisation within the town, as an independent charity.

This anniversary represents a key milestone for the Trust and has allowed the opportunity for the organisation to reflect on some significant achievements over the past decade, including awarding £11.8 million in grants, 971 grant applications from individuals and organisations and 3,100 applications for school clothing grants.

Sutton Coldfield Charitable Trust's grants have supported key projects that include schools, community organisations, sports clubs and faiths. Some of the organisations that the Trust has funded over the past decade include, 'Home Start', 'Stepping Stones', 'Spitfire Advice and Support Services' and 'Speight of the Arts'.

Ray Goodwin, Chief Executive at Spitfire Advice and Support Services, commented: "The Trust has previously financially supported our 'Money and Advice Service Centre', and the continuation of this grant allowed us to implement this service to the local community as a long-term programme. With a total grant of £34,000, we have been able to provide free and confidential advice to over 174 disadvantaged families to help them achieve their full potential."

Since the Trust's Almshouses were built in the 1800s, the Trust has prioritised maintaining the current forty-six properties to the highest standard; over the past decade, the charitable trust spent over £1m on refurbishing the properties which continue to be maintained and improved to a high standard.

Sutton Coldfield Charitable Trust continues to support individuals and organisations in the local area to enhance the quality of life for all in the Royal Town. This is vital during the current cost-of-living crisis. Today, the Trust's assets include 1,000 acres of land, many commercial properties and financial investments, which provide an income to help alleviate hardship for those in the borough of Sutton Coldfield.

Richard Beard, Chief Executive at The Jericho Foundation, added: "Being granted two special awards by the Trust has been significant to the development of our modern apprenticeship scheme. The grants have allowed us to support over 64 young individuals in kickstarting their career."

Tina Swani, Chief Executive at Sutton Coldfield Charitable Trust, said: "We are delighted to announce the 10-year anniversary of the Trust's name change and to be able to reflect on some of the many significant grants that we have awarded to organisations and individuals over the past decade.

2012 - The name of the Trust was changed to 'Sutton Coldfield Charitable Trust'

2014 – A Special Award of £670,000 was made to the Sutton Coldfield YMCA by the Trust.

2016 – Nearly £1.2m in grants plus a Special Award of £200,000 was made to the Good Hope Hospital.

2018 – A total of £1.36m was made in grants, including a Special Award of £297,252 to the Jericho Foundation.

2020 – Following the COVID-19 pandemic, the Trust awarded over £1.2m in grants and made another award to the Jericho Foundation, totalling to a £339,636 grant over three vears.

2021 – The Trust celebrated the 75-year anniversary of the Almshouse Association and helped 737 children with uniform grants throughout the year.

"We hope that over the next decade, Sutton Coldfield Charitable Trust's grants will continue to create a positive impact and help to alleviate hardship for those in the local area, particularly during the current cost of living crisis."

For further information about Sutton Coldfield Charitable Trust or media enquiries, please contact Emily Burnett emily@weareliquid.com or Antonia Hall antonia@weareliquid.com.

ENGLISH LANGUAGE

Subject; Mandarin to English.

A friend went to China and was given a brochure by the Hotel.

Obviously, it was translated directly word for word.

Getting There

Our representative will make you wait at the airport. The bus to the Hotel runs along the lake shore. Soon you will feel pleasure in passing water. You know that you are getting near the Hotel because you will go round the bend. The Manager will await you in the entrance hall.

He always tries to have intercourse with all new guests.

The Hotel

This is a family Hotel, so children are very welcome. We of course are always pleased to accept adultery. Highly skilled nurses are available in the evenings to put down your children. Guests are invited to conjugate in the bar and expose themselves to others.

But please note that ladies are not allowed to have babies in the bar. We organize social games, so no guest is ever left alone to play with themselves.

The Restaurant

Our menus have been carefully chosen to be ordinary and unexciting. At dinner our quartet will circulate from table to table and fiddle with you.

Your Room

Every room has excellent facilities for your private parts. In winter every room is on heat. Each room has a balcony offering views of outstanding obscenity!

You will not be disturbed by traffic noise since the road between the Hotel and lake is used only by pederasts.

Your Bed

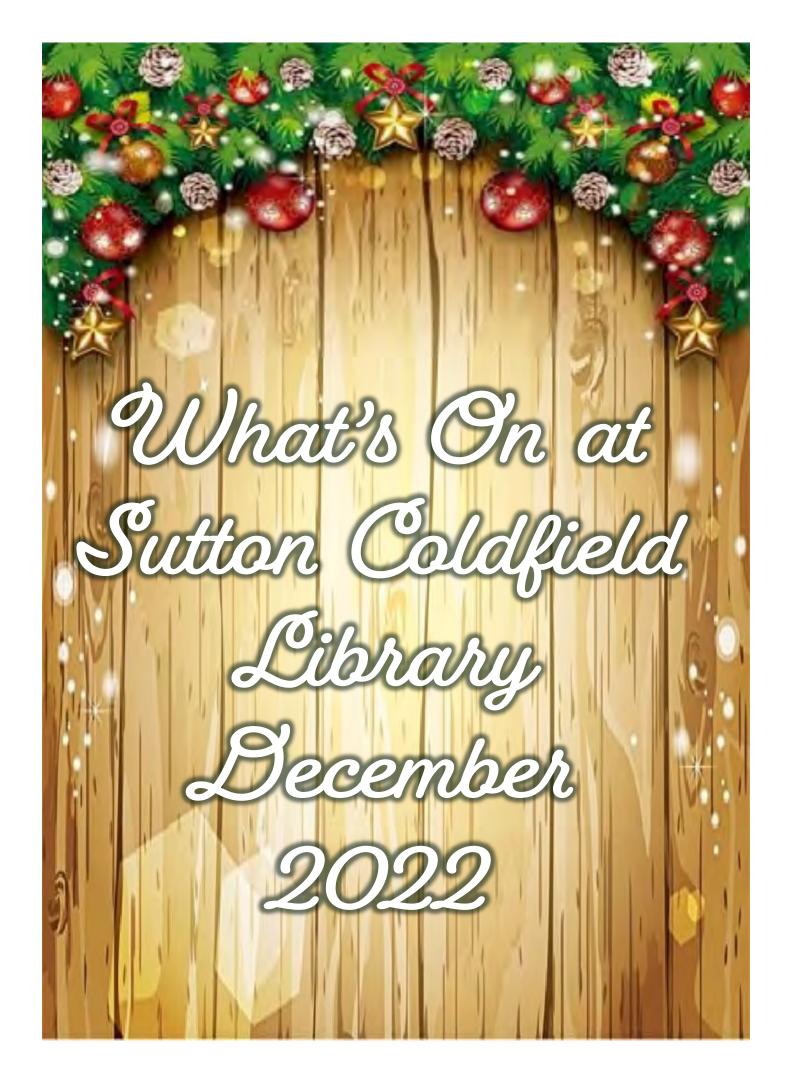
Your bed has been made in accordance with local tradition. If you have any other ideas, please ring for the chambermaid. Please take advantage of her. She will be very pleased to squash your shirts, blouses and underwear. If asked, she will squash your trousers

Above All

When you leave us at the end of your holiday, you will have no hope.

You will struggle to forget it!

Our apologies to all our Chinese Friends for this, I hope it makes you laugh as well.





FOR FAMILIES Every Monday

English for Ukrainians Class - 10 - 11.30am - Come along to our friendly class to learn English and make new friends. Ukrainian Coffee Morning - 11.30am - Join other Ukrainian people for an informal cuppa and chat every Monday. 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 - 12.00pm - Join NCT Sutton Coldfield's free Bumps & Babies group with breastfeeding support. Soft Play places must be pre-booked. See their Facebook page for further details:

https://www.facebook.com/NCTSuttonColdfield

Every Saturday

<u>Lego Club or Boardgames 2.30 - 4.30pm</u> - 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

Saturday 3rd December

<u>Poetry Matters group 10.30am - 12.30pm</u> - Join like-minded poetry lovers in the library for poetry readings and discussions.

1st Saturday of the Month

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

Saturday 3rd December

<u>Talk with local historian and author Peter Shergold 11.30am -</u> Join local historian and author Peter Shergold in his amazing talk 'Home Front' - about Sutton Coldfield in the Second World War, and his new 2 volume book about the same subject.

Every Tuesday

<u>Sutton Coldfield Local History Research Group 2 - 4.30pm</u> - SCLHRG meet weekly in the library. For more information visit their website: https://sclhrg.org.uk

Thursday 8th December

<u>Shared Reading Group 2.15 -3.45pm</u> - if you enjoy discussing all types of literature join our small group that meet on alternate Thursday afternoons. Please note that there will only be one Shared Reading session in December. More details can be found on our social media.

1st, 2nd & 3rd Thursday of the month

<u>Craft & Chat Group 10am -1pm</u> - if you enjoy knitting, or any other type of needlecraft or crafting, or would like to get started come and visit our friendly group based in the library. Normally situated in the soft seating area. No booking necessary.

Thursday 15th December

<u>BIPC</u> - Want to start your own business? Not sure where to begin? One to one appointments for business advice and intellectual property are available. Use the link to book: bit.ly/brecseminars

Sutton Coldfield Library

Opening hours

Monday: 9.00am-1pm & 2pm-5pm

Tuesday: 9.00am-1pm & 2pm-5pm

Wednesday: CLOSED

Thursday: 9.00am-1pm & 2pm-5pm

Friday: 9.00am-1pm & 2pm-5pm

Saturday: 9.00am-1pm & 2pm-5pm

Sunday: CLOSED

Follow us on Social Media

sutton.coldfield.library@birmingham.gov.uk www.facebook.com/SuttonColdfieldLibrary www.twitter.com/SuttonLibrary www.instagram.com/suttoncoldfieldlibrary



Kingstanding Library



Improve your CV. Grow your potential.

Access FREE workshops, classes and courses in STEM skills – from Level 2 to Level 6 – delivered by Birmingham City University, Aston University and Solihull College & University Centre.

STEM = Science, Technology, Engineering and Maths. Also includes business & management, IT & computing, sustainability, social care, digital creativity and more.

Eligibility

Participants must be aged 18 and over, have the Right to Work in the UK, and live in Birmingham, Solihull, Redditch, Bromsgrove or Wyre Forest.

To check our full list of training opportunities and to sign-up, visit bcu.ac.uk/stem-up



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.



Your guide on getting more from your visit to Cannock Chase

Visit Cannock Chase

Cannock Chase is a designated Area of Outstanding Natural Beauty (AONB) and nestled right in the heart of our District. An internationally recognised site, demonstrating the beauty of the English countryside, and a place to enjoy the great outdoors.



Historically the area was once a royal hunting forest; the area includes high sandstone heather, pine plantations, birch woodland and bracken heathland providing habitats for wildlife. The special qualities relating to the area's landscape, wildlife, cultural heritage and history make the Cannock Chase Forest a special place.



Cannock Chase Heritage Trail - A great walking and cycling route linking Rugeley, Hednesford & Cannock

Cannock Chase Heritage Trail meanders for 10 miles through Cannock Chase District. The trail itself can be accessed at any point, as it meanders across a wide range of ground surfaces, from main roads, ancient paved streets to the open countryside of Cannock Chase For further information, please visit www.cannockchasedc.govuk/ www.fannockchasedc.govuk/ w

Cannock Chase District is nestled on the

edge of the West Midlands, in the county of Staffordshire. We are an historic, proud

Hednesford and Rugeley.

and only 10 minutes walk from

Cannock Rail Station. And why

not explore, walk and mountain bike in the Cannock Chase Area of Outstanding Natural Beauty - less than 20 minutes drive from our three town centres.

District spanning three town centres: Cannock.

McArthurGlen Designer Outlet West Midlands. only a 20 minute walk from Cannock town centre

Cannock Chase is the premier location for mountain biking in the West Midlands.

We have biking routes to suit all abilities and ages, from relaxing family rides around the Fairoak Pools and through the picturesque

valleys on the Sherbrook Trail, to two red graded trails 'Follow the Dog' and The Monkey Trail', built for those serious mountain bikers seeking an adrenaline rush.

For information about accessibility to the countryside and details of disabled sport, support carers and family organisations visit www.accessiblecountryside.org.uk/staffordshire

Contact Us Email visit@cannockchasedc.gov.uk



What's On at Streetly Community Library 2022-23

1st Wednesday of each month 11-12 Adult Reading Group
2nd Wednesday of each month 10.30-12 Poetry Group
3rd Tuesday of each month 11.15-12.15 Crime Club Reading Group
3rd Wednesday of each month 10-12 Knit, Stitch and Chat
(The Children's section will be closed during the above sessions)

Every Wednesday during term time 2.15-2.45 Story Time

Every Friday 10-11.30 Reading Friends Social Group—join us for a cuppa and a chat

Every Saturday 12-1 Local Councillors' Surgery

Saturday 19th November 11-12.30 Lego Fun

Saturday 3rd December 11-3 Friends of Streetly Library Christmas Celebration with local singer Tom Heyes, face painting, refreshments and drop-in children's crafts

Fridays 2nd & 9th December 12.30-2.30 1-2-1 ICT Help — 8 sessions available, booking essential

Saturday 17th December 11-12.30 Lego Fun

Saturday 14th January 11-11.30 Story Time with our local PCSOs

Wednesday 18th January 2-4 Fostering Information Event

Saturday 21st January 11-12.30 Lego Fun

Saturday 18th February 11-12.30 Lego Fun

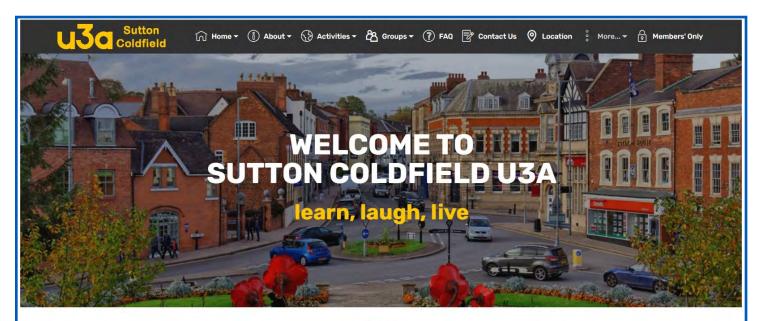
Saturday 18th March 11-12.30 Lego Fun

Saturday 15th April 11-12.30 Lego Fun

Streetly Community Library, Blackwood Road, Streetly, B74 3PL 01922 654864 streetlylibrary@walsall.gov.uk

I enjoyed these statements. Have a good day!

- 1. "Just remember, once you're over the hill, you begin to pick up speed." My favourite!! So true!
- 2. There is more truth than fiction in the following! Enjoy!!!
- 3. Don't be worried about your smartphone or TV spying on you. Your vacuum cleaner has been collecting dirt on you for years.
- 4. If you can't think of a word, say, I forgot the English word for it. That way people will think you're bilingual instead of an idiot
- 5. I'm at a place in my life where errands are starting to count as going out.
- 6. I'm getting tired of being part of a major historical event.
- 7. I don't always go the extra mile, but when I do, it's because I missed my exit.
- 8. My goal for 2022 was to lose 10 pounds. Only have 14 to go.
- 9. Ate salad for dinner. Mostly croutons and tomatoes. Really just one big round crouton covered with tomato sauce and cheese FINE, it was a pizza... OK, I ate a pizza! Are you happy now?
- 10. I just did a week's worth of cardio after walking into a spider web.
- 11. I don't mean to brag, but I finished my 14-day diet food supply in 3 hours and 20 minutes.
- 12. A recent study has found women who carry a little extra weight live longer than men who mention it.
- 13. Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
- 14. Senility has been a smooth transition for me.
- 15. Remember back when we were kids and every time it was below freezing outside, they closed school? Yeah, me neither.
- 16. I may not be that funny or athletic or good looking or smart or talented. I forgot where I was going with this.
- 17. I love being 80, I learn something new every day and forget 5 other things.





u3a is a UK-wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment.



Sutton Coldfield u3a





https://scu3a.org.uk/



Who do you think you are?

At a U3A Genealogy/Family History Group you will get lots of advice to help you start on your path to discover your family's past...

Family History can be a lonely activity and you may prefer the companionship of others on the trail of their ancestors' past. If that's the case, our U3A Genealogy Group is a great place to share tips, find help and get advice!

Why not contact:

Sutton Coldfield U3A Genealogy Group

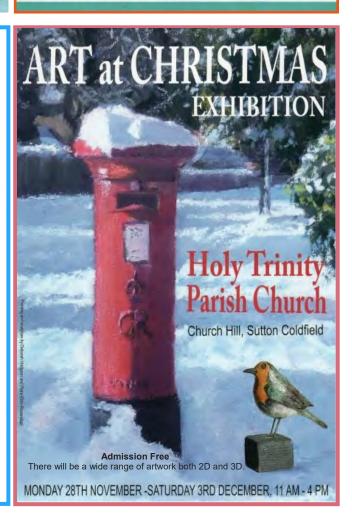
we meet the third Tuesday of the month at the United Reformed Church Centre, Brassington Avenue in Sutton at 2.00pm

For more information go to: www.scu3a.org.uk





Asking the same question over and over again. over and over again. over and over again. over and over again. over and over aga 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. Alzheimer's Help and support is just Society a phone call or click away. United Against alzheimers.org.uk 0333 150 3456







Birmingham City Centre German Market

While you may be armed with a seasonal shopping wish-list, you can guarantee that the pick pockets and purse dippers will be out in force to cause heartache and misery.

According to last year's police statistics across a number of UK cities, December is when shoppers are traditionally out in force and is the most popular time of the year for thieves to strike.

In Birmingham alone, £20,000 worth of valuables were taken by pickpockets during the festive season.

People travel afar to visit the German market and so do pickpockets!!!

DO

- Do keep purses and bags closed and secure at all times
- Do conceal your wallet in a buttoned or zipped pocket where it doesn't bulge
- Do carry bags in front of you or diagonally across your chest
- Do return cards to your purse or wallet quickly and zip it up or button it.
- Do use a money belt if you're carrying a significant quantity of cash
- Do keep your valuables out of sight.
- Do keep a list, separate from your wallet and phone, of contact numbers of family in case your phone is stolen.

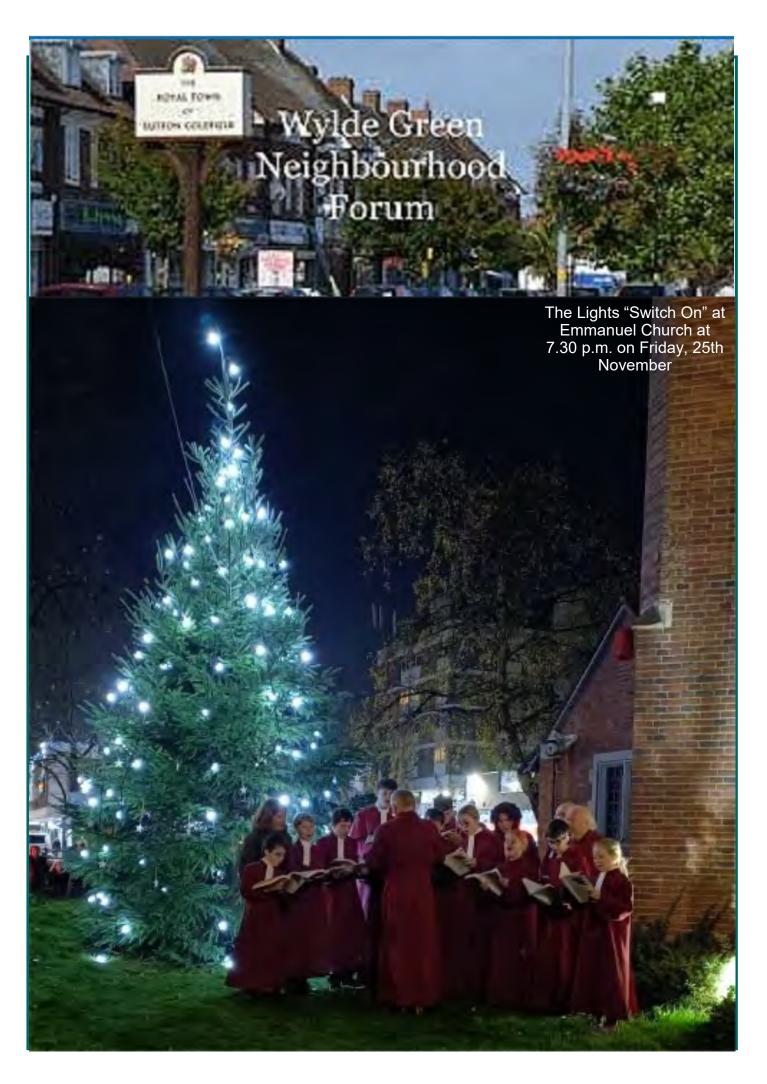
DO NOT

- Do not place your mobile phone or wallet in your back pocket
- Do not hang your bag or any items on the back of a chair
- Do not leave anything on the back of a pushchair
- Do not place your belongings out of sight on the floor including shopping bags
- Do not show your money keep it safely in your pocket and when using the ATM, always ensure that your money has been secured in your purse or wallet before turning away.

Have a look at our short video <u>here</u> with PC Evans in Birmingham city centre. kind regards

Message Sent By

Stefanie Sadler (Police, Engagement & Consultation officer, Birmingham Partnerships)





Find Help In Brum Are you concerned about the rise in cost of living?

Find some helpful contact details for advice and support.

Birmingham City Council and partners are working to support and offer guidance to our residents during the cost of living criss in the UK.

We want to support as many of our residents as possible across key areas which are putlined in this leaflet.

Warm Welcome:

We are working with the local community and a partnership of voluntary and community sector organisations to expand a network of warm spaces. These spaces will be available for people to use and visit during the winter period and beyond.

period and beyond.

There are several existing Warm Welcome Spaces within local communities across the city. Warm Welcome Spaces are:

inclusive and non-judgmental
heated and free to access.

The services at each space will vary but may include:

information on further support and available guidance opportunities to participate in activities and learn new things free internet access, computers and charging points a friendly environment to connect with others within the community

You can find details of our current Birmingham Warm Welcome Spaces at

www.birmingham.gov.uk/warmwelcome

Keeping checking back online as more spaces will be launched weekly.

Benefits and Money Advice:

During the cost of living crisis, it is also important to ensure you have access to the right benefits and money advice for you. There are several information portals below which can help.

To find out what benefits you are entitled to, it is best to use the Benefits Calculator provided by the Government. Find out more by using this link

www.gov.uk/check-benefits-financial-support
Birmingham City Council has also developed several support factsheets which
provide useful information on a range of debt related issues. You can view and download Information or www.birmingham.gov.uk/debtadviceteam
If you are strucolino with debt and need advice and support you can also

www.birmingham.gov.uk/helpinbrum

There are also other services who offer free and confidential advice:

The Project - Benefit, debt and housing advice 0121 453 0606 | www.theprojectbirmingham.org

Citizens Advice Birmingham - Advice on benefits, debt, housing and more 0344 477 1010 | www.bcabs.org.uk

Disability Resource Centre - Advice and advocacy services for disabled people 0.3030 402 040 www.disability.co.uk

Energy Efficiency:

As energy costs rise we are committed to reducing energy bills and helping everyone to keep warm as we head into the winter months.

There are several schemes already available for residents, with full information and guidance available at

www.birmingham.gov.uk/energyhelp

There has been a significant rise in energy scams linked to the cost of living crisis.

There is some helpful support on the Birmingham City Council website to avoid these scams

www.birmingham.gov.uk/energyscam

Food Support:

The cost of living crisis full made it much more difficult for many people to afford food. If this is something you are experiencing, there are several information points below which can help.

We know that accessing a foodbank or other projects for the first time can be dauting. However, the volunteers do their utmost to make visitors feel welcome.

With one visitor saying "It was just a small personal touch that made you feel welcome and on the occasions where I was on a tiny budget, it also felt like somebody did care that times were tough."

To find a foodbank or other food support please visit

http://www.birmingham.gov.uk/foodhelp

Healthy Start card

If you are 10 weeks pregnant or more, have a child under four years old, or you or your family get certain benefits, you may be able to qualify for a Healthy Start card.

The card has money on it to be used in shops to buy; plain liquid cow's milk; fresh, frozen, and tinned fruit and vegetables; fresh, dried, and tinned pulses; and infant formula milk based on cow's milk. You can also get free vitamins.

To find out more and way to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

You can also check if your child can get free school meals,

visit www.birmingham.gov.uk/school-meals to see if you are eligible. (This will also automatically register you for the Holidays, Activities and Food Programme.)

More Information Available

Even more information is available on the Birmingham City Council website www.birmingham.gov.uk/helpinbrum which can guide you to various organisations depending on the help you may require. Alternatively, phone 0121 303 9944 and one of our customer service team will be able to help you.

Other Support Available

There is also a lot of support at a local and national level. Here are some key contacts if you need information or guidance:

Age UK Birmingham Information, advice and helpline services for older people (50+), their families and caress 0121 437 0479 | <u>www.ageuk.org.uk/birmingham</u>

Providing advice, information and signoosting for people affected by mental health issues 0121 262 3555 |www.birminghammind.org

Advice to help improve your finances 0800 138 7777 | www.moneyhelper.org.uk

Stop Loan Sharks

Investigates and prosecutes illegal money lenders and provides support for borrowers 0300 555 2222 | www.stoploansharks.co.uk

Turn2Us

Information and financial support 0808 802 2000 www.turn2us.org.uk

Birmingham and Solihull Women's Aid

an and children affected by domestic violence and abuse Support for women and children affice 0800 800 0028 www.bswaid.org

Shelter Housing advice 0808 800 4444 Lengland.shelter.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 | www.theaws.co.uk/listen-connect

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

Spitfire Services

4 Issues 01217475932 www.spitfireservices.org.uk

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.









Early Help is a network of local organisations, here to ensure services are accessible for families who need support.

Use the QR code to access our Family Connect Form

Fill in your details and what support you're looking for, and we will be in touch.































If you need more information, or support filling out the form, contact your Community Connectors. Danielle & Louise communityconnectors@ourplacesupport.org







Let your inner beauty emerge

Heal & Transform

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 quide 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.

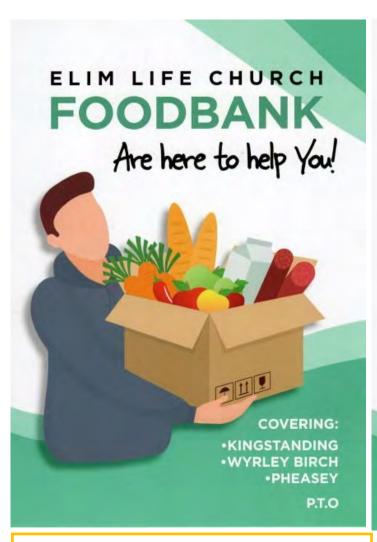
Telephone: 07773845454 Email: healandtransform@yahoo.com Website: www.healandtransform.co.uk





Come and have your blood pressure checked here at Sutton Coldfield United Reformed Church by Sue our Parish Nurse, Tuesdays between 10-12.







ELC 28 ROMNEY WAY PHEASEY B43 7TL

OPEN WEDNESDAYS

Referrals

WEDNESDAYS IN BY 12NOON

Parcel Collection:

WEDNESDAYS 12NOON-2PM

Also available from ELC Kingstanding, Warren Road B44 8QD

WEDNESDAYS 9.30AM-2.30PM

foodbank@elimlifechurch.co.ul CALL: 0121 360 1239

ONLINE FORMS: www.elimlifechurch.co.uk



LEASE NOTE:
ferrals must be made by 12noon on Wednesdays
lease note a request does not guarantee a parcel)

Sutton Coldfield Speakers' Club

Achieve Confidence in Public Speaking

Next Meetings: Thurs 10th & 24th November & 8th December, 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 Concerr Birmingham

Later Life Planning Services



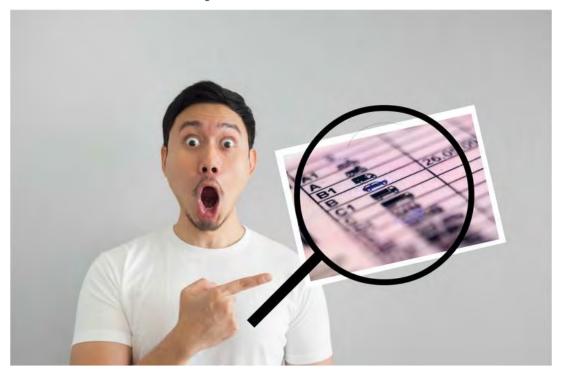
Age Concern Birmingham are working with Wills Made Clear Ltd to provide a quality, personalised and local service offering; Wills, Free Will Reviews, Powers of Attorney, Trusts, Equity Release and more at competitive prices.

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





Almost a million drivers at risk of receiving £1,000 fine – could you be one of them?



According to new data released by the Driver and Licencing Agency (DVLA), almost one million UK drivers could receive a £1,000 fine because they have not renewed their expired photocard licences.

Following an FOI investigation from the Press Association, figures from the DVLA revealed that the driving licences of more than 926,000 people in Britain on September 3rd 2022, were out of date in the 12 months to the end of August.

Although a small number of these cases cover people who have stopped driving altogether and not telling the DVLA; this still accounts for over 2% of all drivers in Britain. The same Freedom of Information request found that plenty of drivers who do renew are cutting it fine; in the last 12 months, 2.5 million drivers in Britain renewed their licence after it had already expired or within 56 days of the expiry date.

Driving licence photocards must be renewed every ten years up until the age of 70, where they must be renewed every three years to legally be allowed to drive on our roads.

And according to DVLA rules, failing to return an expired licence is an offence under the Road Traffic Act 1988 – and this can lead to a fine of up to £1,000. If you renew it past the expiry date, you will not receive a fine.

The DVLA will contact drivers 56 days before their licence is due to expire.

The RAC urges its members to check if your driving licence photocard is up to date. In order to remain road legal, check section 4b on the front of card – this is the expiry date.

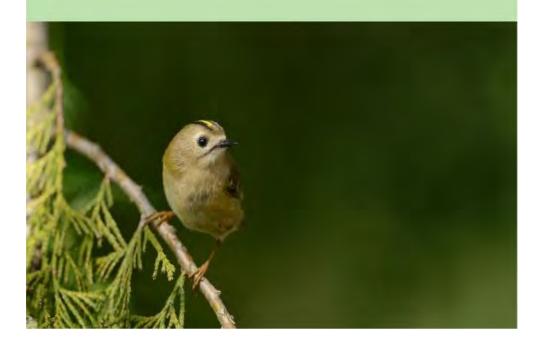
- <u>Driving licence codes and categories explained</u>
- <u>Digital driving licences</u> could they be introduced?
- Licence renewal scams do not use these sites



Look out for the new birds on the block

As the weather gets colder, you may find more birds visiting your feeders. Discover what could fly into your patch and why our wetlands are awash with visitors.

What was that?

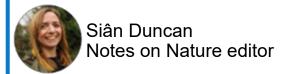


Welcome to Notes on Nature.

As the weather changes and gets colder, so does the wildlife we can see in our gardens. Keep a look out – as well as siskins and goldcrests (pictured above), you might also see fieldfares and redwings too.

But they're not the only birds that can make an appearance at this time of year. Sleek hunters such as short-eared owls and merlins are also on the move. Read on for our quide to what to see now.

Have a wonderful week. I hope you see some exciting wildlife.





This month, find out which three companies were named Which? Eco Providers for energy, save on a second-hand phone during the Black Friday sales and we find out which supermarket is cheapest for plant-based food.

Eco Providers for energy revealed



We assessed 28 UK energy suppliers on their eco credentials and only three met our criteria to be named Which? Eco Providers for energy. Find out what makes the greenest companies stand out from the crowd, plus what you're really getting if you pay for a renewable tariff.

Find the best eco supplier

Cheapest supermarkets for plant-based food

Following a vegan or vegetarian diet can save you money and cut your carbon footprint, but which supermarket is cheapest for plant-based food? We compared prices for popular staples, including veggie sausages, tofu, nuts, beans and pulses, to find out which shops make your money go further.



Eat plant-based for less

Energy-hungry appliances

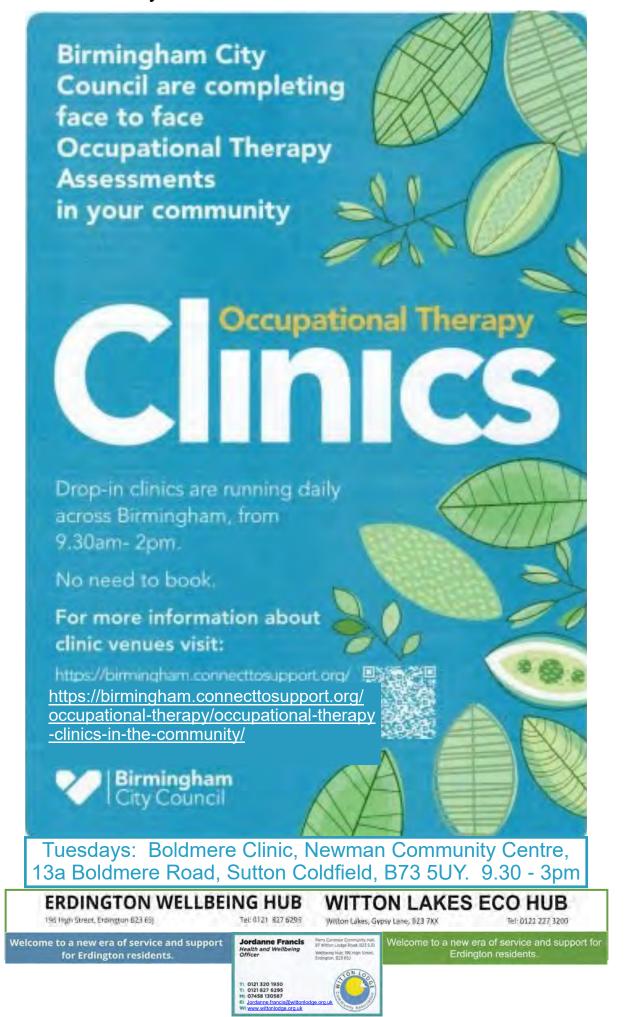


Discover how much it really costs to run household appliances, including ovens, fridge-freezers and washing machines. Use our running cost tools to see how much yours are contributing to your bills and get quick tips on reducing the amount of energy you use.

Compare running costs

11 tips to reduce energy use

The following three pages are from the Occupational Therapy event at URC on Thursday 10th November between 10 o'clock and 3 o'clock







96% of people who used Dementia Connect felt the dementia advisers provided useful information?

If you need dementia support, get in touch today.

T: 0333 150 3456

W: alzheimers.org.uk/support
E: dementia.connect@alzheimers.org.uk

As Dementia Connect is new, parts of the service may not be available in your area just yet.

Our support services are made possible thanks to generous donations from the public. If you would like to find out more please visit alzheimers.org.uk

1 Calls charged at standard

² Dementia Connect User Survey 2019, 164 respondents in the Birmingham and Solihull pilot area.





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FUNDRAISING
REGULATOR
REgistered charity no. 296645

Dementia affects everyone differently. So whether you, a loved one, a friend or neighbour needs dementia support, we're here for you.

Dementia Connect, from Alzheimer's Society, is a new personalised dementia support service for anyone affected by dementia.

It connects you with a whole range of dementia support, by phone, online and face to face. So, you're one call away from someone who gets it. One click away from answers. One conversation away from help.

It's free, easy to access, and puts you in touch with our dementia advisers. They will connect you to the support you need, from local help to phone and online advice.

Here are a few examples of the support we provide:

- memotional support when things get tough
- connecting you to local support groups
- help to understand and live with dementia, including coping techniques
- support with everyday living, such as government benefits.

'I can contact the service and ask questions, or seek advice and support, whenever needed or when things change'.



Phone support

Our dementia advisers are available on the phone to give you the support you need. They will offer you the option of regular calls so we can keep in touch and help meet your changing support needs.

Support line opening hours

Monday - Wednesday: 9:00am - 8:00pm Thursday - Friday: 9:00am - 5:00pm

Saturday - Sunday: 10:00am - 4:00pm



Online support

Online support is available round the clock through our website. Find relevant information and advice, connect with others in a similar situation on our online community Talking Point, and search for local services through our dementia directory.



Face to face support

Our local dementia advisers can meet you to offer further support, practical advice and information. We can also connect you with other face to face services in your area.

- T: 0333 150 3456

What happens next?

to tell your story to us once



Who will come to visit me?

An Occupational therapist (OT) will visit you at your home to talk to you about enablement and what it means to you.

An OT is a person who listens to what you want to achieve and empowers you to reach your goals. OTs work with people across all age groups to do the things they want to do and need to do in their lives.

An OT will ask you how you are managing your daily tasks and will work with you to be as independent as you can be.

This could mean giving you tips on how to make tasks easier or giving you equipment or adaptations around your home.



What is the Learning Disability Enablement Team ?

We are a team of enthusiastic people who teach daily living skills to people with a learning disability aged over 17 plus in their own homes and outside, we provide a weekly service, to visit you at home and work on tasks you need and want to do. Our team is made up of occupational therapists (OT), enablement assistants and enablement officers.



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



Empowering you to live your life to its fullest by supporting your health and wellbeing.

Your journey with the Learning Disabilities Enablement Team:



Our team is made up of occupational therapists (OT), enablement assistants and enablement officers.

An OT will:

- Contact you and arrange to meet you to talk to you about what you want/need to do more independently at home or when outside in your local community
- Talk to you about how you can work together to achieve your goals
- Design a step by step plan with you to achieve your goals
- See if you need equipment or home adaptations to make you safe
- · and any further support you may need

The enablement team will:

- Introduce you to a weekly enablement assistant, who is the same person each week who will work with you on your goals for up to 6 months
- Each week your enablement assistant will visit you at home normally at the same time and day, to work on your goals using your step by step

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

We realise that everyone is at different steps to feeling empowered, but working together we will support you through your journey

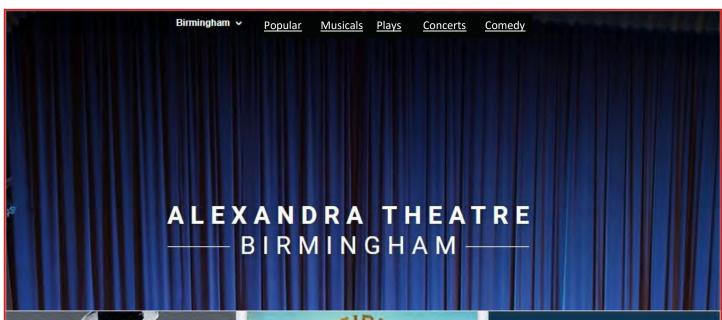


Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team





An Inspector Calls

When Inspector Goole arrives at the Birling family home, their peaceful dinner party turns sour as they try to uncover a murderer.

Opens 29 Nov 2022

£19.00



Girl From The North Country

Conor McPherson brings this beautiful story of love to life where you'll hear the songbook of Bob Dylan as you've never heard them before.

Opens 07 Feb 2023

23

The Mirror Crack'd

A classic Agatha Chrisie whodunnit - will you figure it out in time?

Opens 14 Feb 2023

£13.00

£13.00



The Best Exotic Marigold Hotel

Go on a journey to India with an eclectic group of British retirees as they embark on a new life abroad.

Opens 21 Feb 2023

£13.00



The King and I

The iconic Rogers & Hammerstein stage musical is back with sumptuous sets, costumes as well as classic songs like Shall We Dance?

Opens 28 Feb 2023

023 £13.00



Death Drop - Back In The Habit

The drag murder mystery sensation is returning with a brand-new show! Starring your favourite drag queens in this hilarious romp.

Opens 13 Mar 2023

£13.00



Steel Magnolias

The ultimate story of friendship, now on stage.

Opens 21 Mar 2023

£13.00



Annie

Everyone's favourite lil' orphan is back to warm all of our hearts - with hit songs "Tomorrow" and "NYC."

Opens 03 Apr 2023

£13.00



Home, I'm Darling

Everything is not as it seems in this topsy turvy comedy drama.

Opens 25 Apr 2023

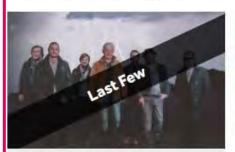
£13.00

from



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Box Office 101543 412121 WHAT'S ON | CINEMA SUPPORT US GET INVOLVED | ABOUT US COVID-19 ACCESSIBILITY



Talon - 25th Anniversary Tour

Main Auditorium, Sunday 13th & Monday 14th November - 7.30pm MORE | BOOK



Snow White & the Seven Dwarfs (2022 Pa...

Main Auditorium, Fri 25th November -Sun 8th January 2023 MORE | **BOOK**



A brand new comedy play for Christmas, written by Carolyn Scott-Jeffs

The Bah Humbug Club

Studio, Lichfield Garrick Studio, Thursday 8th - Tuesday 27th December

MORE | BOOK



The Ugly Duckling & Other Stories

Studio, Saturday 10th - Saturday 24th December

MORE | BOOK



Cinema with Santa

Studio, Monday 19th December -9.30am, 11.30am, 1.30pm & 3.30pm

MORE | BOOK



FILM: Annie 1982 (U) -Midweek Movies

Lichfield Garrick Studio, Wednesday 4th January - 2pm

MORE | BOOK



FILM: Frozen (PG) -Saturday Cinema 🎄

Studio, Saturday 7th January - 10.30am

MORE | BOOK



ELO Again

Main Auditorium, Sunday 15th January 2023 - 7.30pm

MORE | BOOK



Back Into Hell

Main Auditorium, Thu 19th & Fri 20th January 2023 - 7.30pm

MORE | BOOK



PLEASE DONATE >

Box Office 401543 412121 WHAT'S ON | CINEMA | SUPPORT US | GET INVOLVED | ABOUT US | COVID-19 **ACCESSIBILITY**

BRITISH INTERNATIONAL FILM FESTIVAL OC

BRITISH INTERNATIONAL FILM FESTIVAL OF

21 JANUARY 2023 @ GARRICK THEATI '21 JANUARY 2023 @ GARRICK THEAT

Timeslot Bookings -

LG, Friday 20th & Saturday 21st January

British Internatio...







2023

MORE | BOOK



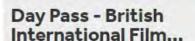


Totally Tina

Main Auditorium, Saturday 21st January - 7.30pm

HE AWARD-WINNING TINA TURNER SPECTA

MORE | BOOK



LG, Friday 20th & Saturday 21st January 2023

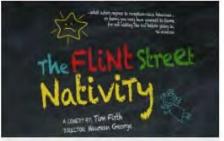
MORE | BOOK



Royal Ballet: Like Water for Chocolate...

Studio, Sunday 22nd January 2023 -2pm

MORE | BOOK



The Flint Street Nativity - Lichfield...

Main Auditorium, Tuesday 24th -Saturday 28th January

MORE | BOOK



Bowie Experience

Main Auditorium, Sunday 29th January 2023 - 7.30pm

MORE | BOOK



FILM: La La Land (12A) Midweek Movie...

Lichfield Garrick Studio, Wednesday 1st February - 2pm

MORE | BOOK



The Carpenters - Voice of the Heart

Main Auditorium, Friday 3rd February -7.30pm

MORE | BOOK



FILM: Beauty & the Beast 2017 (PG) - S...

Studio, Saturday 4th February -10.30am

MORE | BOOK



Winter 2021/22 Welcome back. Birmingham

birminghamhippodrome.com 08443385000*

Sir Peter Wright's world-famous production of the classic Christmas tale returns in 2022 following a million-pound refresh – book now to guarantee the best seats. At midnight on Christmas Eve, Clara creeps downstairs and is instantly swept away into an

enchanting winter wonderland of dancing snowflakes, magical Christmas trees and a Sugar

Plum Fairy...
Sir Peter Wright's classic production of this timeless ballet returns to Birmingham Hippodrome in 2022 following a extensive rebuild of John Macfarlane's exquisite sets, funded in large part by generous audience support through the Big Give. Join 60 dancers, the Royal Ballet Sinfonia and audiences across the generations for the perfect festive family treat – and book now to guarantee the best seats.



Young Community Drop-In Sessions



Suitable for anyone aged 14+, these sessions have been designed to be creative outlets for young people and offer spaces to relax, connect with others and feel

The sessions are open to young people of all levels and abilities and our Young Advocates are ready to support anyone who would like a buddy during the session or to have a chat in advance to find out more about the sessions. Please

email participation@birminghamhippodrome.com
Wed 26 Oct, 11am – 7pm Wed 22 Feb, 11am – 7pm Wed 31 May, 11am – 7pm
Wed 26 July, 11am – 7pm

Drop in for as little or long as you wish. There's a chill out/breakout space available too.

The autumn of 1941.

A cosy Lincolnshire hotel lounge where the RAF pilots and crews come together before and after their raids on German territory.

A long booze-filled night that none of the hotel's guests will ever forget.

At the heart of it all stands Peter Kyle, an ageing Hollywood star, who has shown up at the hotel in the hope of reclaiming the one true love of his life, the recently married Patricia. She, however, is faced with a painful conflict: which man needs her more? Kyle, whose career is on the slide, or her pilot husband, Teddy, whose upbeat manner hides shattered nerves? This thrilling private drama is played out against the backdrop of a terrifying bombing raid which is "not exactly a piece of cake". Inspired by Rattigan's own wartime RAF experience as a tail gunner, this frequently funny, often profound play beautifully captures the unerring British war time spirit.





Hobson's Choice is a brilliantly funny play which provides a wonderfully entertaining yet insightful critique of the patriarchal system.

Set in a boot maker's shop in the North of England, Henry Horatio Hobson thinks he has his three daughters under his heel - until the shoe is on the other foot!

Performed by students of Royal Birmingham Conservatoire.

Julia Donaldson and Axel Scheffler's beloved Tales from Acorn Wood stories are brought to life on

stage for the first time in an enchanting lift-the-flap experience. Poor old Fox has lost his socks! Are they in the kitchen or inside the clock? And Rat-a-tat-tat! Who's that keeping tired Rabbit awake? You can also join in with Pig and Hen's game of hide-and-seek and discover the special surprise Postman Bear is planning for his friends. This special Christmas show also features Squirrel's Snowman – can you help her find everything she

needs to build a snowman?

Packed full of toe-tapping songs, puppetry, and all the friends from Acorn Wood, this beautiful show from the team that brought you *Dear Zoo Live* and *Dear Santa* promises to be the perfect festive treat for children of all ages



Marti Pellow returns to Birmingham as The Ratman in the ultimate pantomime adventure, Dick Whittington. Marti joins Birmingham panto legend Matt Slack, TV celebrity Dr Ranj and actress, singer and television personality Suzanne Shaw in this star-studded, action-packed adventure full of laughter, music and dance. The UK's biggest regional panto will also see the return of Hippodrome favourites Doreen Tipton and Andrew Ryan.

Featuring sets and costumes from The London Palladium, spectacular special effects and plenty of audience participation, this is the perfect chance for audiences to come together and share the magic of live theatre.

Their incredible mission to reach the moon!

Five children dream of reaching the moon from their bedroom... join the Starchitects as they plan their daring mission. Will they succeed? And if they do, what will they find there..? Full of fun and thrilling surprises, Starchitects, the new show from Motionhouse for children and families is engaging for audiences of all ages – from tiny tots to older siblings, parents and grandparents who can all enjoy and join the magical adventure.

Starchitects is a visual spectacle using the dance-circus fusion and digital projections that Motionhouse is renowned for, with an easy-to-follow fun and imaginative storyline, making it

a perfect outing for the whole family... In association with Bluestone Park and National Resort.







Matthew Bourne's Sleeping Beauty reawakens, celebrating 10 years since its premiere at Sadlers Wells, when it became the fastest selling production in the company's history. Now established as a firm favourite in the New Adventures repertoire, the award-winning Sleeping Beauty has enchanted international audiences throughout the UK and across the

globe.
Enter a wondrous world of magical fairies and vampires, where the timeless tale of good vs evil

is turned upside-down, creating a supernatural love story that even the passage of time itself cannot hinder. Will Princess Aurora ever find her true love again?

With an unforgettable score by Tchaikovsky, sumptuous sets and costumes, evocative lighting and masterly storytelling, the beloved fairy tale is brought to life by the uniquely talented New Adventures company. Get ready to be transported in time from the halcyon days of the late Edwardian era through to the modern day in this dazzling gothic romance.





0121 296 9543



enquiries@suttoncoldfieldtownhall.com







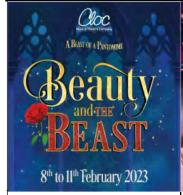


6TH TO 31ST DECEMBER

SATURDAY 28TH JANUARY

FRIDAY 3RD FEBRUARY

SATURDAY 4TH FEBRUARY





ELVIS
The Ultimate Expendence
The Union of the Preserve Exercises



8TH to 11TH FEBRUARY

FRIDAY 17TH FEBRUARY

SATURDAY 18TH FEBRUARY

THURSDAY 23RD FEBRUARY







FRIDAY 3RD TO SATURDAY 4TH MARCH



FRIDAY 10TH MARCH



SATURDAY 11TH MARCH



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 INTERSTED IN HELPING US WITH ANY OF THE ABOVE PLEASE LET US KNOW.

Highbury Players announce new season





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



	1
1	a

It Runs in the Family

by Ray Cooney Hospital chaos and comedy. Funny? Hilarious!

13 September 2022 to 24 September 2022 at 7.30pm



by Yasmina Reza translated by Christopher Hampton Painting unleashes a bitter war of words

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 Horrific, dark psychological fantasy

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. Bring tissues for tears of laughter

31 January 2023 to 11 February 2023

at 7.30pm

20 February 2023

Love, Love, Love

by Mike Bartlett

to 25 February 2023 Contrasting successful baby boomers and struggling millennials STUDIO at 7.30pm



Death of a Salesman

by Arthur Miller The tragedy of the common man

14 March 2023 to 25 March 2023 at 7.30pm



Blood Brothers (play version)

by Willy Russell A tale of two brothers and the hand of fate

25 April 2023 to 6 May 2023 at 7.30pm



Di and Viv and Rose

by Amelia Bullmore Sometimes opposites make great friends

22 May 2023 to 27 May 2023 STUDIO at 7.30pm

Calendar Girls

by Tim Firth Friendship, fame and a calendar with a difference!

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







highburytheatre.co.uk We reserve the right to amend the season if circumstances change.

0121 373 2761



developing communities, changing lives

unemployed and looking for work? We can help!

Are you

Employability and Digital Skills Programme

We provide an effective programme of support offering specialist advice to help you find a job and develop useful career skills, taking place at our centres in Aston and Kingstanding.

If you would like to have a chat or book a place, please contact Nasar on 07885 210 369, or email nasar.mahmood@bsettlement.org.uk





Scan to learn more about our services:



www.birminghamsettlement.org.uk Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:







Like us on Facebook at Birmingham Settlement Follow us on Twitter at @BSettlement

www.birminghamsettlement.org.uk
Registered Charity: 517303







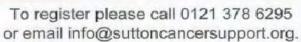
THE WALKING GROUP IS BACK!



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

Anyone affected by Cancer is welcome.

All abilities catered for.



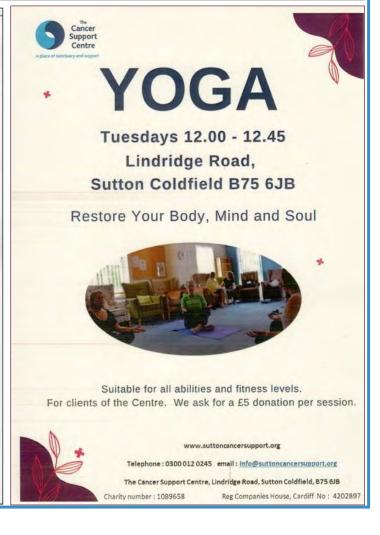








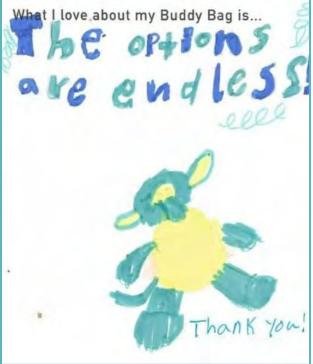


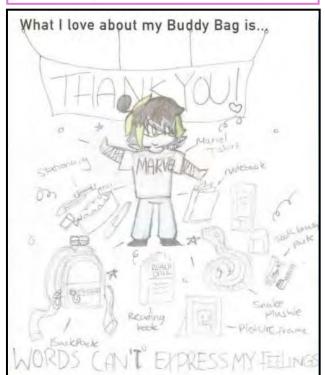




What I love about my Buddy Bag is...







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



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

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity foundation

TOP 100 FINANCIAL ADVISERS MEMBER 2021 buddy bag

FT ADVISER

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

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

NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals
Meet Mondays 7.30-9.00pm £4
The Garden Room
FOUR OAKS METHODIST CHURCH

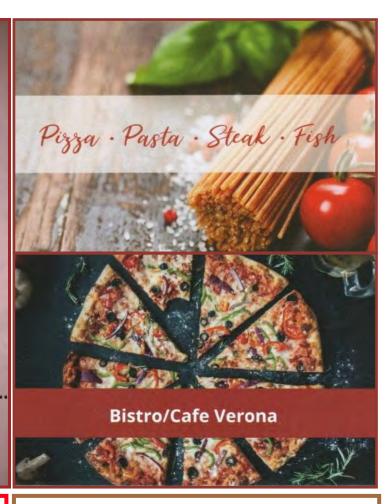
NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

For further details contact John Bedford 0121 353 5136 or parkcycles@yahoo.co.uk



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:

SCCT

Contact: Colin - 07966-745741

https:/

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









Sutton Coldfield u3a





htt https://scu3a.org.uk/



in partnership with

Who do you think you are?

Birmingham@novotraining.co.uk

NOVO TRAINING

> At a U3A Genealogy/Family History Group you will get lots of advice to help you start on your path to discover your family's past...

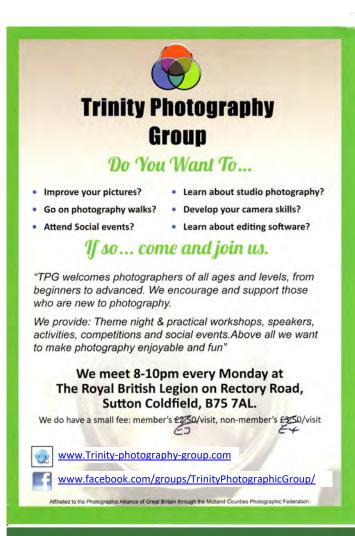
> Family History can be a lonely activity and you may prefer the companionship of others on the trail of their ancestors' past. If that's the case, our U3A Genealogy Group is a great place to share tips, find help and get advice!

Why not contact:

Sutton Coldfield U3A Genealogy Group

we meet the third Tuesday of the month at the United Reformed Church Centre, Brassington Avenue in Sutton at 2.00pm

For more information go to: www.scu3a.org.uk





Join us and learn how to sing and perform.

Make friends, have fun and improve your
mental and physical wellbeing.

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

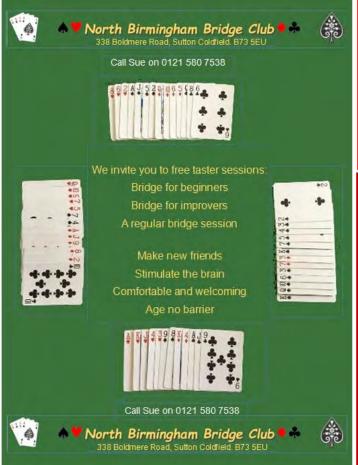
Available for Events, Concerts, Shows, Parties etc.

Contact us:

www.secondcitysound.org.uk Email: members@secondcitysound.org.uk Or Telephone Elaine 0121 384 4729

Registered Charity No. 1153445





CYCLE WITH US

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

Enquiries John Bedford 0121 353 5136

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

Learn personal awareness
Situational awareness
Reality based techniques
Gain confidence
Feel empowered
For more info www.phcombat.co.uk
£8.50



Next month you could be occupying this space.

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







STREETLY FLOWER ARRANGERS' CLUB



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

Why not join us - we are a friendly, enthusiastic Club 'Bringing People & Flowers Together'.

Next meeting Tuesday 13th December - Workshop with Richard Twiselton.



Further details: Chris Reeves

tel: 0121 354 6264.

Photos are of a wonderful recent demonstration by Mark Entwistle "The Secret Life of Flowers." We had a very special, unforgettable afternoon - watching a true 'Master of his Craft' at work. The empty stage was transformed during the afternoon with flowers (which were all raffled off at the end) and were amazing.

Many Members and our visitors going home with wonderful designs for a special place in their homes.



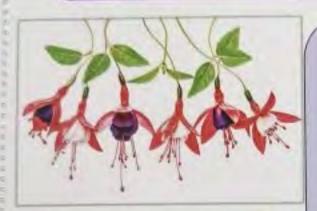




Do you love plants? Enjoy looking at gardens? Spending time with like-minded people?

Come and join us at

'The Royal Sutton Coldfield Fuchsia & Gardening Guild'



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

As usual, the November meeting was our Annual General Meeting. Now, this is not as boring as it sounds. The official business takes no more than thirty to forty minutes. Reports from the Chairman, Secretary, Treasurer and Show Secretary were given, and questions were accepted from the floor. I am happy to report that this turned into a general question and answer session about that has happened over the last twelve months, and some great ideas to incorporate into the forthcoming meetings

The membership is increasing month by month, and new members are never allowed to sit on their own!! The rest of the evening was a general social, with a most splendid buffet supplied by the members. I am happy to report that I still hold the record for number of mince pies eaten in one evening!

The Christmas meeting takes place on Thursday the 8th of December, and we are looking forward to welcoming Rachel Hawkins, a local artist, who will be giving us a mosaic craft demonstration, for some garden related item!! Rachel will also have kits available to buy, in order that you can make the item yourself at home, and also some small craft kits for children, to make Christmas tree decorations. Again, we will be having a buffet table, so plenty of chance to have a chat with our friendly members.

If this sounds like your type of evening, please come along and see us.



You can come as a visitor for just £2 or join the society for £10 for the year. Our meetings run from 8.00 till 9.45 on the second Thursday of each month, with the exception of January, and we meet at Banners Gate Community Church.

If you would like any more information, please feel free to give our secretary Gail a call on 0121 353 3373.

The picture shows our President Brian, awarding the President's Trophy to Les and Chris Hughes.

Here at **Age Concern Birmingham** – and funded through **The Armed Forces Covenant Trust Fund** - we have been running a Birmingham and Sandwell "Friends for Life" project for ex-service men and women since May last year. We started out with a group of 4 and now have 40+ who are aware of our project. Our weekly Tues meetings can see between 15-25 people attend on a drop in basis and have representation across all services. (Army, Navy and RAF) our oldest member being Joan who is 101 and was one of the first women to service in the WAF.

The aim of the project is to bring like-minded people together, to expand social opportunities and promote supportive interactions. Over the months we are proud to report that many friendships have formed, respect and strong values bring this group together resulting in a community of support outside of the weekly meet. Many of our veterans have also gone on to fulfil a volunteer role within our organization, giving a real sense of purpose and increased self-esteem.

The project has many options to combat isolation - not everyone may be comfortable with a group setting, so where possible we can facilitate phone calls, 1-1 meets and in some cases home visits if all parties are happy.

If you have served or know someone who has and would benefit from this project – please contact Claire on 07930354885 for more information























COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

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



Everyone welcome

Gardening Group

Help us grow fresh produce for the cafe

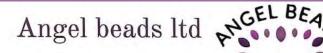
Sunnybank Road Allotments, **Boldmere**

Neighbourhood Networker

CONTACT Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



Melanie Wright

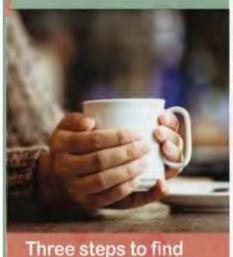
07490133151

www.angelbeads.co.uk Facebook: @angelbeadsuk Instragram: angelbeadsltd



Worrying about money?

Support is available in Birmingham



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: (3)

See options (196)

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 @ @

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 @ ()



Birmingham and Solihüll Women's Aid Support for women and children affected

by domestic violence and abuse 0800 800 0028 I www.bswaid.org

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

Advice to help improve your finances 0800 138 7777 07701 342 744 (WhatsApp)

www.moneyhelper.org.uk

Step Chang

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

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 Centr

Accredited immigration and asylum advice. Legal advice to access services and financial support

0121 227 6540 enquiries@centralenglandlc.org.uk www.centralenglandlc.org.uk

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

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 | infobham@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?

options and places

Ocuncil Support Schemes

to get help

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

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 dircumstances 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 eschool clothing grants or free school meals.

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.

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).

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 losn), but hardship payments of Job Seelkers Allowance or Employment Support Allowance do not (not a loan).

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 0 @ 8 0

enquiries@bcabs.cabnet.org.uk

CITIZENS ADVICE BIRMINGHAM Advice on benefits, debt, housing and more 0344 477 1010

www.bcabs.org.uk Help with options: [] @ [3 [3 [5]

THE PROJECT

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

Help with options: 6 @ 6 6 6

BIRMINGHAM BETTLEMENT

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

www.birminghamsettlement.org.uk

Help with options: 0 8 8 6 6

SPITFIRE BERVICES

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

Help with options: 8 8 8 6 6 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@centralenglandic.org uk www.centralenglandic.org.uk

Help with options: [3]

DISABILITY RESOURCE CENTRE

Advice and advocacy services for

disabled people 03030 402 040 | dro@disability.co.uk



CHRISTIANS AGAINST POVERTY

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

Help with options: 8

WARMER HOMES WEST MIDLANDS

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

Help with options: 🞧 🔞 🕼 🕼



Other Support

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

Energy and money saving service 0800 060 7567 | support@applylorleap.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

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 guiz 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.



We are Hope Food North Birmingham, we are a small charity run entirely by volunteers. Your donation will go directly to making sure we can continue to support people experiencing hardship and food poverty.

- We run 3 food banks each week in the North Birmingham area. This includes Erdington, Falcon Lodge and Mere Green. We are averaging around 145 visitors each week and the food we supply helps to support around 380 people. Our numbers are sadly growing.
- We deliver parcels to people in the community that need support that would not be able to attend our food banks because of disability, mental health or other issues. We are supporting on average 17 households a week which is around 35 people. We also respond to emergency requests from social services, schools and churches.
- We collect surplus food from supermarkets at night. Some of the food has a "Used By" date of that day like sandwiches. It would be illegal for us to include this food in our food bank the following day. So we box up and deliver to hostels. If we deliver this food before midnight we are not breaking the law and the food is helping people severely struggling with food poverty. We deliver around 30 crates of food each week to four hostels.
- When we have surplus food we also support the other food banks in the area and homeless feeding projects.



Christmas is a time for joy and celebration, but for too many people it's becoming increasingly difficult. We are running a Christmas appeal to provide extra food to the families we support.

We would welcome donations of Christmas food, including Christmas biscuits, cake, chocolates, selection boxes, tins of ham, salmon and also toiletries. Any donations would be very welcome and can be left at any of our donation points. Please see the list below.

We would also welcome financial donations to purchase cheese, butter, eggs, milk and meat. For information, this selection of food will cost £6.70 a person and we are currently supporting over 400 people a week. The just giving link is attached. Countdown to Christmas appeal 2022 - JustGiving

Thank you for your support.





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

Food donations
needed this week
Tinned meals i.e.chilli, pies, meat based
Sauces that go with pasta & rice i.e. chilli, curry
Tinned meat and fish
Tinned vegetables, beans
Tinned desert - fruit, sponge or rice pudding etc
Longlife milk
Squash
Biscuits, kids 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 Convienience	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





Feeding our community in need

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



Pregnant? Children under four?

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

FRFE

fruit, veg, milk and vitamins for ou and your family. Worth up to

£8,50

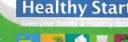
You may qualify for Healthy Start vouchers if you're at least 10 weeks pregnant or have a child under four years old. Your family must also receive one of the following:

- 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 (withat 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 pregnent
** If you child is under one, you'll receive two £4.25 you child is under one, you'll receive two £4.25 you child is 1.4 ware red you will receive two









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





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.

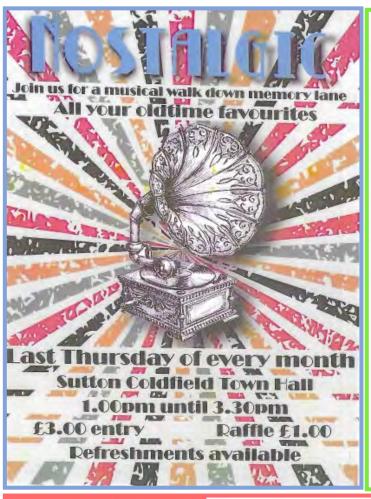


Where are we in Mere Green?

- 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

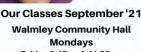




Independent Early Years Music-Play classes for children aged 0 - 5 years

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.



Babies 9:45am & 11:35am Mixed Age 10:40am & 12:30pm

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

Banners Gate Community Hall Thursdays

Babies 1pm Mixed Age 1:55pm

Streetly Classes coming soon...

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

www.kiddibops.co.uk



Aldridge Community Centre Tuesdays

Babies 1:15pm Mixed Age 2:05pm

St. John's Church Hall, Shenstone Thursdays

Babies 9:45am Mixed Age 10:40am

To book your place go to: https://kiddibops.class4kids.co.uk

or contact us at: info@kiddibops.co.uk or 07807 551661

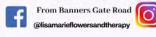
www.facebook.com/kiddibops

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



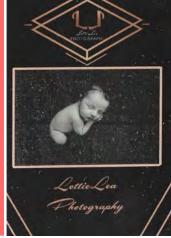


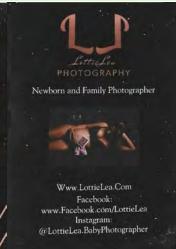
FREE LOCAL DELIVERY OR COLLECTION



Contact Lisa Marie on 07765 135497









KARATE

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













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 <u>here</u> 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





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

Phone no. 0121 386 2639

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



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entation Folders - Promotional Products & N

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E: contactus@tailoredprint.co.uk W:



Memory Cafes

Do you know someone living with memory loss?

Every Monday 10am—12noon

Wylde Green URC Britwell Road Sutton Coldield, B73 5SW

Every Tuesday 10.30am - 12.30pm

All Saints Church Centre Belwell Lane Four Oaks, B74 4TR

All attendees must show proof of both covid vaccinations

Every Thursday 10am - 12noon

Streetly Methodist Church Thornhill Road Streetly, B74 3EH Every Monday "Musical Memories"

2pm - 4pm Sutton Coldfield Methodist Church

South Parade, B72 1QY

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.

"Friends on Fridays" 10.30am - 12.30pm

Supported by Sutton Coldfield Methodist Church, South Parade, B72 1QY

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

Home Instead 2nd Floor, Plantsbrook House 94 The Parade, Sutton Coldfield B72 1PH O121 323 4200



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- Starting Monday 7th March 2022, 12.30pm 2.00pm
- Come along for conversation and fitness: meet new friends and build your confidence.
- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
- Refreshments and creche provided for o-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 birmingham contact Shantel Carty on 07305 056450
 settlements



610 Community Centre
Kingstanding Road
Kingstanding
Birmingham
B44 9SH





Home deliveries

New menu every Friday

Deliveries made on Tuesday and Friday

4 Meals £15

3 Puddings £6

For more information contact Stella on: stellaricketts@hotmail.com or 07984 918772 (Monday, Tuesday, Friday 9am-3pm)

Cafe Oasis 1 Brassington Avenue, Sutton Coldfield, B73 6AA

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



Cafe Oasis

Monday, Tuesday, Thursday & Friday.

10.00am - 2:30pm

Drinks, snacks and sandwiches. Hot meals from 12:00 - 2:00pm.

Takeaway and home delivery meal deals available. Please enquire for details.

Find us in Sutton Coldfield United Reformed Church

Call: 07713 970096 Email: cafe.oasis@scurc.org.uk

or find us on Facebook

Volunteers and Staff at Sutton Coldfield United Reformed Church, Registered charity No. 1131424







MON, TUES, THURS & FRI

DRINKS, SNACKS AND SANDWICHES
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Find us in Sutton Coldfield United Reformed Church

1 Brassington Av, Sutton Coldfield, B73 6AA

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

SUTTON COLDFIELD URC L The - CAFE OASIS

United Reformed Church

Events

CAFE OAS

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

Vacancies

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

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

Room hire

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

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MENU

CHRISTMAS LUNCHES 2022

MAIN COURSE

TRADITIONAL TURKEY

PORK AND VENISON TERRINE

MUSHROOM AND LEEK VOL-AU-VENT

SALMON AND PRAWN PARCEL

DESSERT

CHRISTMAS PUDDING

TIPSY TRIFLE

CHRISTMAS CRUMBLE

MARZIPAN AND BLACK CHERRY SPONGE

FINISHED WITH A TEA OR COFFEE AND WARM MINCE PIE



Sutton Coldfield United Reformed Church, Brassington Avenue, Sutton Coldfield, B63 6AA







Maths Tuition

- Online with zoom (face-to-face if CV19 allows)
- · Years 9, 10 and 11. GCSE Maths
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*Private 1-to-1 classes

1 hour session 1.5 hour session 2 hour session 230 £35 £40 (£23.3 per hour) (£20 per hour)

*Small groups (2 to 4 people)

*Groups (5 to 10 people)

1 hour session 2 hour session 2 hour session £40 £45 £55

(£30 per hour) (£27.5 per hour)

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

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

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

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Contact Gary on 07921 132 860

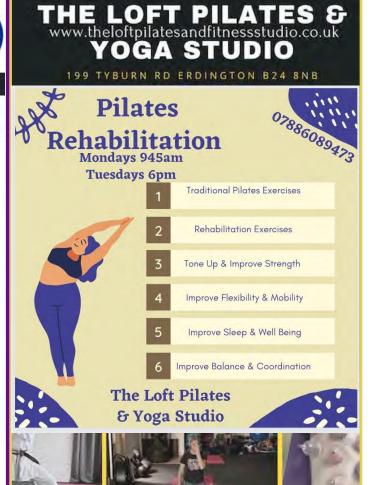
or email: chong.fouroaks@gmail.com



Mondays & Wednesdays Blue Coat C.E. Academy, Birmingham Street, Walsall WS1 2ND Kids 6.00pm - 7.00pm Adults 7.00pm - 8.30pm



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Sutton Park Surgery

See front page



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

Osteopathic Treatment can help with the following:

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 - Muscle spasms
 - Neuralgia
 - Sports injuries

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

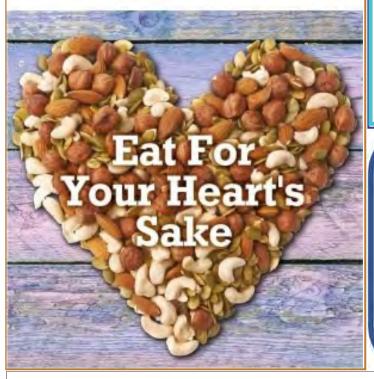
The Clarence Spa, 312 Clarence Road, B74 4LT













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

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Christian Fellowship (Pheasey)

Worship and Communion Service Sunday 10:00am

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

Please look for the Beacon Room - Everyone welcome

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

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CREATE at the Gate with K & S

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

There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do. Banners Gate Community
Hall Coffee Mornings.
The next is on 13th December
at 10 o'clock.





we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

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

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

The hall is approx. 38' x 21'

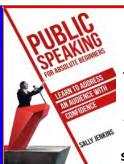
(11.6m x 6.4m)

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

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

The ladies has 2 cubicles and a nappy changing table. There is a gents/disabled toilet.

The building is step-free.
For further booking information go to:
www.bannersgatecommunityassociation.org



Public Speaking for Absolute
Beginners
by Sally Jenkins
Tips on constructing and presenting
all types of speeches.
Available on Amazon or direct from
the author:

sallysjenkins@btinternet.com 0121





HATHA YOGA

4

Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



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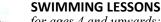
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- *Then maybe being one of our many loving dog carers would be ideal for you!

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Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

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Sports Massage 360



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



HOME TUITION



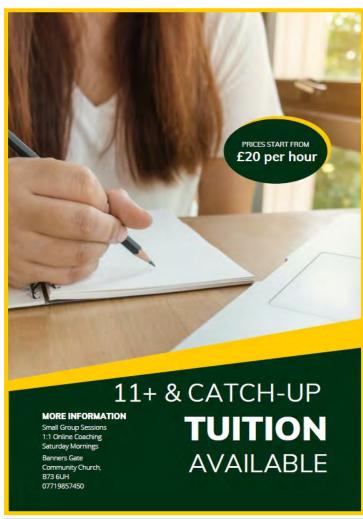
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BERT & GERT'S

We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.

The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.

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



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This is a trial Sales and Wants page.

Below are our first entries, when is it going to be your turn.?

white short sleeved jumper precis purple jumper grey sequin jumper blue long-sleeved jumper turquoise I/s jumper stripped navy /white jumper size 18 £20.00 the lot

new two-piece top blue blouse turquoise long sleeved jumper size 18

£15.00 the lot

Bath for new baby £5.00
Selection of children's
games given as a
donation and sold for
Ukraine
£15.00 the lot

Two ladies' suits size 18
Red suit from Debenhams
Maise short sleeved suit Jaque Vert.
Windsmor Blue denim jacket
£20.00 the lot

Selection of jumpers

£20.00 the lot

For further details of the above, please ring 07964 213 229

Tony W.

Could you advertise this CRAFT pressure washer and accessories in Gatepost please. It works well and I will donate the money to The Children's Society.

I think £25 would be reasonable. Thanks. Tony A. 07970780041



St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics
Contact email: <u>Jenna@robotreg.co.uk</u> for times and availability

Tuesday and Wednesday - Baby Sensory

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



The Scout Hut - Coppice View Road - Sutton Coldfield - B73 6UE. Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on



01543 480151



DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.	
Sun (1st) 11.00 –2.00 pm 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 Ola Samuel 07565	628 6651 354 5873 65 27 62 353 0230 39 57 89 65 27 62	
For details see website at <u>www.stcolumbasbannersgate.co.uk</u> www.bannersgatechurch.com					
11amto1.00pm 6.00—7.00 7.30 – 9.00 pm	Self Defence & Fitness	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	С
Thurs 10.00 am 10.00—11.00 am 6.30 - 9.45 pm 6.45 - 9.30 pm (3rd of each month) 7.00 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 Cunnington 07870 Sue Nation	40 39 43 897 900 82 98 37 353 4114	a
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 24 UNIFORMED ORGANISATIONS:				<u> </u>	

Useful telephone numbers

Sutton and Kingstanding

Police: 101 Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7

Citizens Advice 03444 111 444

BANNERS GATE COUNSELLING CENTRE

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

Banners Gate Community hall Coffee Mornings The next is on 13th December At 10 o'clock

The Townswomen's Guild

Thurs. 15th December - Christmas Party

Community Hall mobile: 075 65 54 68 21

Banners Gate CC - Nigel Willis 07711 284562

St. Columba's - Alison Jolley st.columbahall@yahoo.com
- A & R Talliss 353 8166

Thurs. 19th January - Bingo, Fish & Chips

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

Monday

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

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

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

Scouts 7.00 p.m. - 9.00 p.m. ages $10 \frac{1}{2} - 14 \text{ years}$ Beavers 5.40 p.m. - 6.40 p.m. ages 6 - 8 yearsTuesday Cubs $7.00 \text{ p.m.} - 8.30 \text{ p.m. ages } 8 - 10^{-1/2} \text{ years}$

7.00 p.m. - 8.30 p.m. ages $8 - 10 \frac{1}{2}$ years Thursday Cubs Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com

Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100 Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides. There are also places available in both Brownie units in September for girls aged 7 or 8.

For more information contact Carol Gardner on 350 7191.

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