



BANNERS GATE & PARKLANDS COMMUNITY & NEIGHBOURHOOD FORUM

165TH DECEMBER 2022

bannersgateneighbourhoodforum.com

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

Naming names can misfire if you leave out anyone, but I'll take a chance and give my thanks to Helen, Nicky & Ken and Dave & Sandra for your support and assistance during 2022. Gatepost without your assistance would be very difficult, if not impossible. Thank you.



Jan Cairns: Hello all, hasn't 2022 gone by so fast?

I have been honoured to serve as Mayor and delighted to have the opportunity, to get out and about and meet the wonderful communities and businesses that make this area such a fantastic place to live, work, visit and invest in.

It's that time of year when it is usual to reflect on the year's activities and achievements. As I look back, I am reminded of so many fascinating stories and amazing successes of which I, as Mayor, am extremely proud.

Despite the challenges we've all faced, there are so many reasons to find hope and take inspiration. Whether in the emergency services, business community, public services or the voluntary sector, there are so many unsung local heroes who do tremendous work and jobs.

One of the best things about Sutton Coldfield is its people. I would like to give a special thanks to all those that allowed me to be part of their events and celebrations throughout the year.

I would like to wish you all a very Happy New Year. I hope that 2023 will be a brighter, more positive and much healthier one for us all.



Max Hatton: Hello Gate Post readers!

However, you have celebrated Christmas, I hope it has been merry and festive! The days in between Christmas and New Year all seem to

blend together, and I've spent the majority of it eating turkey sandwiches, catching up with loved ones and taking a few walks in Sutton Park! But it's also been a time to reflect on the past year, and how event packed 2022 has been for our town. We've had the Commonwealth Games, HM The Queen's Jubilee and mournful passing. We have also seen the return of huge crowds at the Boldmere Summer and Winter Festivals after a difficult 2 years of Covid. 2022 will be a well-remembered year for Sutton Coldfield, and as we step into 2023, I would like to wish you all the very best for the new year!

December has been a busy month and one of my highlights was volunteering behind the bar at the Sutton Arts Theatre during the 5-star production of Robin Hood & the Babes in the Wood! It was heart-warming to see families enjoy the show, most shows were sold out! I also tested my bar tendering skills which had gone a little rusty! Not only was it a brilliant day, but I also bumped into one of my absolute favourite teachers from Streetly School, Mr Bolton! I got the chance to thank him for all his help and support during

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school, and I'm glad to say he is now enjoying retirement from teaching after many successful years. It was a stark reminder to me of how important teachers are for the development of our youth. Having a great teacher can make all the difference and we need to support and encourage those within the profession.

The alarm clocks will be back on next week, and for many they will return to that commute to school or work. Whether that fills you with dread or excitement, I hope you all enjoy the rest of the holidays and have a happy and healthy 2023! Our next Full Town Council meeting will be held on Tuesday 17th January, hope to see you there!



Rob Pocock: BIG YEAR COMING FOR SUTTON PARK

2023 promises to be a dramatic year ahead for the future of Sutton Park!

For the past few months I have been engaged in substantial discussions about how the Park is going to be run in future. Gatepost readers will be aware that a couple of years ago, the Sutton Town Council finally dropped its earlier ambitions to take over the management of the Park. So it is now going to be a case of creating a 'shared partnership agreement' between the Birmingham City Council and Sutton Town Council, to take joint responsibility for its future and to develop new investment funding.

As things stand, the City Council owns the land but is short of money. The Town Council has a vast amount of money sitting in the bank but does not own the land. So you can see, that if we can strike a deal between these two Councils then we get to a 'sweet spot' where things can work in harmony.

There is a common myth that the Birmingham

City Council currently runs the Park on its own. However the truth is much more complicated. The Park is run under what is called a 'Heritage Partnership Agreement'. The signatories to the HPA include several national government bodies – English Nature, English Heritage, and other national regulatory bodies such as the Environment Agency. The City Council does not have the authority to just 'do what it wants' in Sutton Park – it needs the approval of all parties to the HPA agreement. The best way to view Sutton Park is rather like a mini-national park – like Exmoor or the Peak District – where the National Parks Authority has the overriding authority.

In 2023 there now needs to be a revision to the agreement so that the Town Council can enter the fray as a funder and influencer in this wider partnership. An independent Trust might also be added to the mix. I'll be keeping Gatepost readers updated over the year as this major reform progresses.

BIG HIT AGAIN FOR TIP TRUCKS!

Finally, a big thank-you to all residents who used the City Council mobile 'tip truck' when it came again to the Banners Gate area, on Reay Nadin Drive just before Christmas. As the pic shows, there was a massive haul of recyclable cardboard this time – must be the tide of early Christmas packaging! Next visit is on Welshmans Hill, 31st Jan between 7am and midday. Winter garden waste will be welcomed, so time to get digging....



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.





St Columba's Church.
Banners Gate.

December at St Columba's was busy and of course this is just as it should be! Christmas activities saw many residents join us throughout the lead up to Christmas. Many different things have been going on and it was good to welcome many local people from the very youngest, upwards. Here are a few examples.

Rowans nursery started to spread the joy with their very own Nativity, on a Saturday at the beginning of December. Standing room only, with proud parents, nannies and grandads, etc. Lots of smiles and a very special telling of the Christmas story, that little ones always perform particularly well.

Year 6 from New Oscott Primary School held their evening carol concert in church, with eloquent young speakers and excellent singing. Teachers, their own superb pianist, alongside friends and families, were all joining together after a school term of hard work.

Amongst other Christmas services we held a Christingle service, and a candlelight carol concert, complete with lots of mince pies and bubbly drinks.

A children's Nativity, Midnight Communion and of course a Christmas morning family service, these all show us the true meaning of Christmas and its relevance in an ever-changing world.

Our Friday coffee morning continues to grow and Sutton Park Primary School made a special visit on the last day of term. They came along with their recorders to play seasonal music and sing Christmas songs. Hot chocolate and chocolate money was given to all the musicians as a thank you for a much appreciated performance.

We are looking forward to a New Year with new beginnings. There is Church at 4 pm, second Sunday of every month in the church hall. Everyone is welcome to join in. There will be craft, games, and food, no cost involved! Do pop along and see what is going on.

Alison Jolley

Follow the Star 
to be an
Epiphany Explorer!
8TH JANUARY 4PM
Crafts, Games, Food, Fun 

ST COLUMBA'S CHURCH HALL
BANNERS GATE ROAD (SUTTON PARK CORNER)
THERE IS NO CHARGE FOR ANYTHING AT CHURCH@4 - EVERYBODY WELCOME


 exploring hope
having fun

 *Sunday Mornings
at St Columba's*

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


The service lasts about an hour
with tea, coffee and a chat in the hall afterwards.
All are welcome: everything is explained as we go
along and is on a big screen at the front.
Come exactly as you are - full of questions, full of faith,
full of doubts or completely empty and in need of an
hour of peace.
You are welcome.


Slimming World
taste
the
freedom




FREE membership
when you buy a Slimming World course!
27th Aug to 31st Oct 2023

eat out and lose weight!

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

 #SWtastethefreedom
slimmingworld.co.uk

 *touching hearts, changing lives*

Mum & Little One Yoga 

- Rebuild your strength and fitness
- Connect with other local mums
- Bring little one along too!

10am Monday
9th January 2023

St Columba's Church,
B73 6TX

www.yogabodybirmingham.co.uk





YOGA AND WILLOW WREATH WORKSHOP

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

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

£40 PER PERSON
INCLUDES EVERYTHING

www.yogabodybirmingham.co.uk



 **Coffee Morning** 

every Friday 10:30-12:30
St Columba's Church Hall
Banners Gate
(Sutton Park Corner)



All welcome for
Coffee, Tea, Friendly chat,
warm space

Church open for anyone
who wants a peaceful
moment or quiet chat

Today marks the start of the [Cold Weather Alert System](#), which forms part of the [Cold Weather Plan for England](#). 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 / Contact 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 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

Sutton Coldfield District Children's Centres Activity Calendar -09th January -31st March 2023

Monday

The Feeding Lounge
Falcon Lodge
Community Hub
More information to follow

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



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

9.20 - 10.00 am
10.10 - 10.50 am
11.00 - 11.40 am

Story and Singing Session
Under 5's

Baldmere Library

9.45-10.45 am
Baby Massage
17/01/23- 21/02/23
Holland House
Call to register interest



9.45 - 10.45 am
First Words Together
(12-24 months)
28/02/23- 28/03/23
Holland House
Call to register interest

1.15-2.45 pm
Play and Learn
Under 1's
Holland House

Wednesday

9.45 - 11.15 am
Play and Learn
Under 5's

Emmanuel Church

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 - 11.30 am
KID's West Midlands
Support Group
Referral only
Holland House

9.45 - 11.15 am
Stepping Stones
Referral only
Holland House

Group Information

All our groups are on a first come first served basis (1 session per week for 6 weeks) in order to provide a service to all families

In order for the sessions to run smoothly please ensure you arrive at the session within the first 20 minutes.

Friday

10.00 - 11.30 am
Step by Step
Play and Learn
Under 5's
Ran in conjunction with
DLP North Cluster

Falcon Lodge
Community Hub

9.30-11.30
Hug in a Mug
Referral only
Falcon Lodge
Community Hub

10.00-11.00
Little Talkers
Over 2's focused Language group
Holland House

WATCH THIS SPACE?

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

Other Children's Centre information

Addresses:

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

Parking on Duke Street- 2 hours
without pay and display.

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

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

Emmanuel Church
Corner of Little Green Lane
and Birmingham Road,
Sutton Coldfield, Birmingham
B72 1Y6
Parking available on
car park opposite.

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

Family Support

Need some advice
and support?

Ring to speak to our duty
Family Support Worker
who can help and advise.

If we cannot support
then we will identify a
service that can.



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.

Facebook

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

Sutton Coldfield
Children's Centre

Wellbeing Support

Need support with your
wellbeing?

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

Employment, Training and Volunteering

Get support with CV writing, interview skills and accessing
courses such as Survival English, Crafts,
Introduction to Childcare and many more.

We also have a range of volunteering opportunities
within the Children's Centre.
Contact: Natalie on 07870 981272

Health Activities

We can support you with:

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

Contact: Tal on 07816 364241
or
Paula on 07816 364232

Language Through Play

If you have concerns around your child's speech and
language development, we offer sessions to help
support and enable parents/carers to optimize their
child's speech and language skills.

The support is through our Little Talkers sessions and
home learning with talking tips and activities from the
Wellcomm toolkit.

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

Erdington District Children's Centres Activity Calendar - 9th January - 31st March 2023

Monday

9.45 - 11.15 am
Step by Step
Play and Learn
in conjunction with
DLP North Cluster
Osborne Nursery School

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

1.00 - 2.30 pm
Hug in a Mug
Referral only
Lakeside

1.15 - 2.15 pm
First Words Together
(12-24 months)
16/01/23-13/02/23
Featherstone
27/02/23 - 27/03/23
Castle Vale
Call to register interest

1.30 - 3.00 pm
Employment and Training
Drop-In
Lakeside

Tuesday

10.00 - 12.00 pm
The Feeding Lounge
Lakeside

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



1.00 - 2.30 pm
Hug in a Mug
Referral only
Featherstone

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

2.00-3.00pm
Baby Massage
Featherstone
Call to register interest

Wednesday

9.45 - 11.15 am
Play and Learn
Under 2's
Featherstone

Group Information

All our groups are on a
first come first served
basis (1 session per week
for 6 weeks) in order to
provide a
service to all families

In order for the sessions
to run smoothly please
ensure you arrive at the
session within the first
20 minutes.

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 - 11.00 am
Hug in a Mug
Referral only
Castle Vale

9.45 - 11.15 am
Stepping Stones
Referral only
Featherstone

1.30 - 3.30 pm
Employment and Training
Drop-In
Featherstone

1.15 - 2.45 pm
Play and Learn
Over 1's
Lakeside

1.15 - 2.45 pm
Play and Learn
Under 1's
Lakeside

1.15-2.45pm
Play and Learn
under 5's
In partnership with
Home-Start
Kingstanding Leisure
Centre

Friday

9.45 - 10.45 am
First Words Together
(12-24 months)
20/01/23-17/02/23
Call to register interest
Lakeside

1.00 - 2.30 pm
Step by Step
Play and Learn
Run in conjunction with
DLP North Cluster
Castle Vale

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.



Addresses:

**Lakeside
Children's Centre**
Lakes Road, Erdington,
Birmingham, B23 7UH
Telephone: 0121 752 1970
Open 9.00 am - 5.00 pm
Some car parking space
available, disabled parking plus
plenty of on street parking.

**Featherstone
Children's Centre**
29 Highcroft Road,
Erdington, Birmingham,
B23 6AU
Telephone: 0121 752 1870
Open 9.00 am - 5.00 pm
On street parking available.

**Castle Vale
Children's Centre**
372 Yatesbury Avenue,
Castle Vale, Birmingham,
B35 6BG
Telephone: 0121 752 1920
Open 9.00 am - 5.00 pm
On street parking available.

Osborne Nursery School
Station Road,
Erdington, Birmingham
B23 6UB
On street parking available.

**Kingstanding Leisure
Centre**
Dulwich Road,
Kingstanding, Birmingham
B44 0EW
Car park spaces available

Other Children's Centre information

Family Support

Need some advice
and support?

Ring to speak to our
duty Family Support
Worker who can help
and advise.

If we cannot support
then we will identify a
service that can.



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.

Facebook

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

Erdington Children's
Centre

Wellbeing Support

Need support with your
wellbeing?

Contact your local Children's
Centre to ask about
Walking for Wellbeing
or Hug in a Mug.

Employment, Training and Volunteering

Get support with CV writing, interview skills and accessing
courses such as Survival English, Crafts,
Introduction to Childcare and many more.

We also have a range of volunteering opportunities
within the Children's Centre.

Contact: Zaheer on 07974 255788
or Natalie on 07870 981272

Health Activities

We can support you with:

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

Contact: Tal on 07816 364241
or
Paula on 07816 364232

Language Through Play

If you have concerns around your child's speech and
language development, we offer sessions to help
support and enable parents/carers to optimize their
child's speech and language skills.

The support is through our Little Talkers sessions and
home learning with talking tips and activities from the
Wellcomm toolkit.

Please enquire at your local Children's Centre to find
out how to access support.



NEWS from the Friends of Princess Alice Park Group

Our public meeting on 5th December was well attended by local people and there was lots of positive discussion.

Our next meet up is in the Park itself on
Wednesday 11th January 2023 at 10.30 am

Meet by the Children's Playground for a tour and a chat
about any ideas for future plans for this local amenity

All welcome

For further information or to offer support or show your
Interest, contact email:

friendsofprincessalicepark@gmail.com



Top left to right: Suzy Summerfield, Manjit Rani-Sailopal, Joseph Millington
 Bottom left to right: Liam Hannon, Cathy Miles, Pete Millington



BOLDMERE
COMMUNITEA
CAFE
ALLOTMENT

Friends of Stephen's Pond and Berryfields Orchard.

We are a group of volunteers trying to improve and increase biodiversity of an area of natural beauty. There is a pond, a small wood, several copses and an Orchard. We have finally been able to put in an accessible path for wheelchair users.

On 14th December at 10am, our mayor Jan and her daughter Megan came down to visit and enjoyed looking at improvements to the pond. Jan was interested to hear about all our key achievements this year.

They Included creating a path through the woods and planting trees and bulbs. She was keen to hear about our new project, a duck platform in the middle of the pond. She loved our woodland animal trail and the new sculptures created by Andy Mather.

The address is B76 2XE Hermitage Drive. There is limited parking unfortunately, so please be mindful of neighbours' driveways.

Susan Rooke. Leader of FOSPBO



Another Eric life story

The situation regarding Iranian current unrest against their rulers reminds me of events during my visit to Tehran for my company back in 1991.

Before the Islamic revolution of 1979, Iran was ruled by the Shah, whose dictatorship repressed dissent and restricted political freedoms. But he also pushed the country to adopt Western-oriented secular modernization, allowing some degree of cultural freedom.

My mission was to represent my company at a very large Western trade fair held in Tehran. We had for many years, supplied industrial valves and instruments to the Iranian oil industry.

My company supplied me with a full blood kit pack and needles, also lots of US dollars for emergencies.

I flew overnight, club class, and was treated royally with brilliant cuisine, and copious drinks so did not need rocking to sleep. We had to land in Cyprus to change crews as no crew stopover was allowed in Tehran. There was a reason for this action which I discovered later. There were

several Iranians who got on to travel back home, many had been on shopping sprees with boxes everywhere.

On reaching the arrivals hall Iranian families were there to greet relatives, and there was a sea of gladioli being waved aloft as a greeting. My colleague who had come out a few days earlier was there to greet me; I did ask where my flowers were.

Our hotel in the city centre was originally the Hilton hotel and was renamed the Esteghlal after the 1979 revolution. In the Shah era, the flight

crew would stay over, and the swimming pool would be bedecked with scantily clad people, not the thing for the new regime.

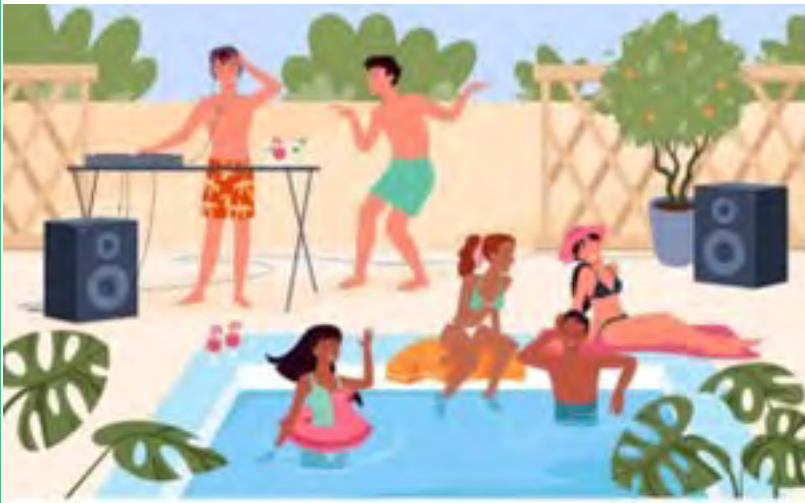
My room was on the fifth floor and in both the lift and my room were pictures of the Ayatollah. I decided to have breakfast in my room the first morning, sitting out on the balcony overlooking the distant Caspian sea. I noticed a few small holes in the glass panel of the balcony. I nervously looked at the wall behind and above me, to be alarmed at the corresponding bullet ping marks on the wall. I had breakfast from then on in the restaurant.

At the trade fair, local people were overjoyed to get western literature of any description and we had to hide it away. There were dress code issues with local ladies working on trade stands, the regime was constantly issuing warnings to them to cover their heads and upper arms. My only tricky moment was when a man sidled up to me, whispering, *'Could you help me escape the country and its suffocating regime?'* My thought was, that this was a trial for me and how should I respond. Fortunately, when I enquired about his skills, he told me he was a technical engineering teacher, so I directed him to a university stand a few stands away.

The food was very basic with limited choice at that time in the city restaurants, kebabs being the staple diet, though we did visit an unusual place where we sat in a pit with a very large, heated stone in the middle we could put on strips of raw meat and dip into various relishes.

A most interesting and a one-off lifetime experience for me, obviously no likely return planned.

Eric Jones December 2022



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."

...

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 0300 012 0245 or email info@suttoncancersupport.org

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

**I'M SO OLD
I REMEMBER
MULTIPLICATION
WAS CALLED
"TIMES TABLES"**



Thank you John S. Now for a few from across the pond from Eric.

**I JUST POSTED
A SELFIE AND
PEOPLE TOLD
ME TO GET
WELL SOON!**

**Getting old sucks.
I used to wake up
feeling like a
million bucks...
Now I feel more
like a bounced
check.**

falling in love
makes you do
stupid things.

One time I even
got married.



**YOU KNOW YOU'RE
GETTING OLD WHEN YOU
BARELY DO ANYTHING
ALL DAY, BUT STILL
NEED TO HAVE A NAP
TO CONTINUE TO DO
BARELY ANYTHING.**

**Can I order a
replacement body
please, this one is
constantly
malfunctioning**

A guy wants a divorce. He tells the judge, "I just can't take it anymore. Every night she's out until way after midnight, just going from bar to bar."

Judge asks, "What's she doing?"

The guy answers, "Looking for me."

Sutton Coldfield Charitable Trust appoints new Grants Manager



[Sutton Coldfield Charitable Trust](#), the charity which strives to enhance the quality of life for residents of Sutton Coldfield, has recently appointed a new Grants Manager, Clare Haines, to take over from David Cole, who is retiring after almost five years of valuable service.

The appointment will see the Trust, which has a heritage of almost 500 years, continue to manage a range of grant programmes to benefit the area and its residents. This year, the Trust has awarded over £1,000,000 to local beneficiaries around Sutton Coldfield, highlighting the key role the Grants Manager plays in facilitating applications and the distribution of funds.

Clare Haines boasts more than 13 years' experience in the grants and funding sector, which spans from working with national organisations such as the National Lottery Heritage Fund to more locally as a Community Development Officer supporting local neighbourhoods, as well as working as a Trustee for Middleton Hall and Garden grounds.

Clare's role within the Trust will see her predominantly focusing on assessing grant applications as well as preparing grant papers for consideration at the Trust's Grant Committee meetings. The role will also see her working with local groups and organisations to both establish and maintain relationships with potential and existing grant recipients. Clare will be working closely with statutory and voluntary organisations and monitoring the impact that the grants have made on these organisations.

Clare commented on the appointment: *"Having previously worked on the assessment side of the application and project process as a Grants Officer and then also on the project delivery side as a Project Officer, I feel I can bring a 360° viewpoint to the grant lifecycle process, with a solid understanding of the needs and requirements of the funder but also of the grant recipient, who has the task of delivering the outputs and achieving the outcomes."*

"I also hope to bring a good level of understanding on the challenges facing the sector and the relevant support required, thanks to my experience supporting a range of voluntary and community organisations."

"I'm looking forward to working with and supporting groups and organisations that have the potential to make a positive impact in the local community, as well as developing relationships with potential recipients to understand their challenges and supporting their aims and vision where possible."

Tina Swani, Chief Executive of Sutton Coldfield Charitable Trust, said: *"The Trust's vision is to enhance the quality of life for all in Sutton Coldfield and our Grants Manager is instrumental in helping us to achieve this. We're delighted to welcome Clare to the team and are sure she will take to the role brilliantly given her extensive experience and obvious passion for this vital work."*

To find out more about Sutton Coldfield Charitable Trust, please visit:
<https://www.suttoncoldfieldcharitabletrust.com/>.

Clay workshop for Ukrainians



A recent clay workshop for Ukrainians living in North Birmingham was a resounding success, with Petra Röhr-Rouendaal's warmth, empathy, and enthusiasm clear to all in attendance.

The workshop, which was organized under the Homes for Ukraine scheme, was attended by 8 adults and 2 children. Petra, who has wide experience in teaching art across the world, led the session.

Everyone started with a lump of clay and the group created a variety of pieces, including figures, vases and small birds. The workshop provided a fun and creative outlet for the Ukrainians who are living in a new and unfamiliar environment.

Working with clay is known to have a calming effect, and in this case Petra's studio was filled with happy chatter and laughter too.



Unless you have exceptional eyesight, you will have to use the   at the middle top of the page.

Fed up with the winter gloom? Brighten your day with these schoolboy howlers

OVER the years, parents and teachers have been shocked by pupils' exam howlers. There are the classic mistakes, such as the belief that Hitler's first name was 'Hell'. Now a collection of outrageous clangers (some seem completely unbelievable, but the author insists they are all drawn from real exams and essays) has been compiled in a new book. Here is a selection of the worst...

SCHOOL DAYS

WE had a longer holiday than usual this year because the school was closed for alterations.

All teachers at our school are certified.

The headmaster caned me only on rare occasions.

Our school is ventilated by hot currents.



BOOKS AND WORDS

A FAIRY TALE is something that never happened a long time ago.

In Ibsen's Ghosts, Oswald dies of committal syphilis.

Shakespeare married Anne Hathaway, but he mostly lived at Windsor with his merry wives. This is quite usual with actors.

Homer wrote the Iliad. Actually, Homer was not a poet but a Homer from the ancient town of that name.

John Milton wrote Paradise Lost. Then his

An epitaph is a short sarcastic poem.

Poetry is when every line starts with a capital letter and doesn't reach the right side of the page.

Polonius was a mythical sausage.

Letters in sloping type are in hysterics.

Emphasis in reading is putting more distress in one place than another.

An abstract noun is one that cannot be heard, seen, touched or smelled.

GEOGRAPHY

A CONSONANT is a large piece of land surrounded by water.

Britain has a temporary climate.

In some rocks there are to be found the fossil footprints of fishes.

The Andes are a race of people living in North America.

The principal exports of Sweden are hired girls.

The Dutch people use water power to drive their windmills.

HISTORY

KING Arthur lived in the Age of Shilvery. The wife of a duke is a dukky.

Helen of Troy launched a thousand ships with her face.

Alexander the Great conquered Persia, Egypt and Japan. Sadly he died with no hair.

Magna Carta provided that no man should be hanged twice for the same offence.

Joan of Arc was burned to a steak.

Another Greek myth was Jason And The Golden Fleas.

Joan of Arc was Noah's sister.

Medieval people were violent. Murder

during this period was nothing. Everybody killed somebody.

Victims of the Black Death grew boobs on their necks.

The King wore a scarlet robe trimmed with vermin.

In the middle of the 18th-century, all the morons moved to Utah.

Louis XVI was gelatinised to death.

Hitler's instrumentality of terror was the Gaspacho.

POLITICS

WHEN Caesar was assassinated, he is

MUSIC

WHEN not working in the church, Bach composed pieces on a spinster in his home.

Refrain means don't do it. A refrain in music is the part you better not try to sing.

Handel was half-German,

half-Italian and half-English. He was very large.

Anyone who can read all the instrument notes at the same time gets to be the conductor.

Stradivarius is an imaginary prehistoric animal.



In the Middle Ages people lived in mud huts with rough mating on the floor...

ANIMALS

AN armadillo is an ornamental shrub.

To keep milk from turning sour: keep it in the cow.

Marsupials are pouched animals.

The adder is a poisonous snake.

An octogenarian is an animal which has eight young at birth.

One horsepower is the amount of energy it takes to drag a horse 500 feet in one second.

The largest mammals are to be found in the sea because there is nowhere else to put them.



sexual and asexual reproduction in its lifecycle: twice as much reproducing.

If you cross XY and XX chromosomes, you get XX (female), YY (male) and XY (underlined).

Crude oil is a vicious substance.

Vacuums are nothing. We only mention them to let them know we know they are there.

To germinate is to become a naturalised German.

The Earth makes a revolution every 24 hours.

Pine is an example of a carnivorous tree.

Clouds just keep circling the Earth around and around, and around. There is not much else to do.

If teeth are not cleaned, plague is the result.

Parallel lines never meet unless you bend one or both of them.



RELIGION

THE Jews were a proud people, but always had trouble with unsympathetic Genitals.

The seventh commandment is "Thou shalt not admit adultery".

Solomon had 300 wives and 700 cucumbers.

The Papal bull was a mad bull kept by the Pope in the Inquisition to trample on Protestants.

The Phillistines are islands in the Pacific.

The end of the world will make a turning point in everyone's life.

The natives of Macedonia did not believe in Paul, so he got stoned.

Pompeii was destroyed by an overflow of saliva from the Vatican.

GENERAL STUDIES

AS HE walked through his room he heard the sound of heavy breeding.

In the Middle Ages people lived in mud huts with rough mating on the floor.

The 19th-century was when people stopped reproducing by hand and started reproducing by machine.

Jadame Pompadour gained in power while being placed under the king.

Merchants appeared and roamed from town to town exposing themselves and organising big fairs in the countryside.

The Mona Lisa was the most beautiful woman ever to be laid on canvas.

A census taker is a man who goes from house to house increasing the population.

Gonads are a tribe of wandering desert people.

Adolescence is the stage between puberty and adultery.

EXTRACTED from *Must Try Harder! The Very Worst Howlers By Schoolchildren*, by Norman McGeeney, published by Constable at £5.99. © 2007, Norman McGeeney. To order a copy (p&p free), call 0845 606 4206.



reported to have said 'Me too, Brutus!'

King John ground the people down under heavy taxes.

President Carter faced the 'Iran Hostess Crisis'.

The U.S.S.R. and the U.S.A. became global in power, but Europe remained incontinent.

SCIENCE AND MEDICINE

If anyone should faint, put her head between the knees of the nearest medical man.

Methane, a greenhouse gas, comes from the burning of trees and cows.

A phlegmatic person is one who has chronic bronchitis.

A circle is a figure with no corners and only one side.

Al Chemistry was a man who discovered chemistry.

An advantage of an organism having both





Operation Calibre Activity

We've put together a video capturing the Op Calibre activity which we've shared over the force area and on our social media platforms.

We've had excellent results with 100 arrests for robbery and 13 properties were searched.

Find out more by clicking the link below.

Tweet

<https://twitter.com/WMPolice/status/1605233125981831170?s=20&t=q3Vvbfxx5K2414KQigZ8hw>

You Tube

[Operation Calibre - our week of action - YouTube](#)

Message Sent By

Stefanie Sadler

(West Midlands Police , Engagement & Consultation Officer, Birmingham Partnerships)

Robbery is on the rise in your area. As part of Operation Calibre, our officers are putting on patrols in known hot spot locations.

Be extra careful when out shopping this festive season and be sure to keep your possessions close.

Here's a quick tip for you: Keep your phone in your front pocket or in a zipped jacket pocket when out and about.

For more tips and crime prevention advice, visit our quick handbook here > [Robbery and theft | Your Options | West Midlands Police \(west-midlands.police.uk\)](#)

It's easy and cheap to protect your home.

- Locking your door even when you're in and avoid propping front doors open, can help reduce burglary.
- Shutting windows and vents after use
- Keeping keys out of sight
- Removing any appointment letters or event invitations from sight

Simple things like this can reduce burglary and keep thieves in the dark about when your house is empty.

Look out for our neighbourhood and Street Watch teams as they increase their patrols in your local community as part of Operation Calibre. Ask an officer how you can protect your home, or visit our crime prevention advice page for more > [Residential burglary | Your Options | West Midlands Police \(west-midlands.police.uk\)](#)

We want to protect your home from burglary this winter. Our officers are doing extra patrols in your area all week.

Michael Fraser, a reformed burglar, explains why it's important to look at your home security. Watch his video here > [\(15\) Michael Fraser - 27 Station Road for all your home crime prevention tips - YouTube](#)

You can help us by learning how to secure your home, through our interactive crime scene, 27 Station Road. Click here <https://www.west-midlands.police.uk/27stationroad>.

Vehicle Crime

#OpCalibre | Left your unlocked car to defrost outside? Your keys in your pocket or by the open front door?

Vehicle crime is rising in the West Midlands. This week officers are out talking to the public about the dangers of leaving vehicles vulnerable to thieves. Lock up.

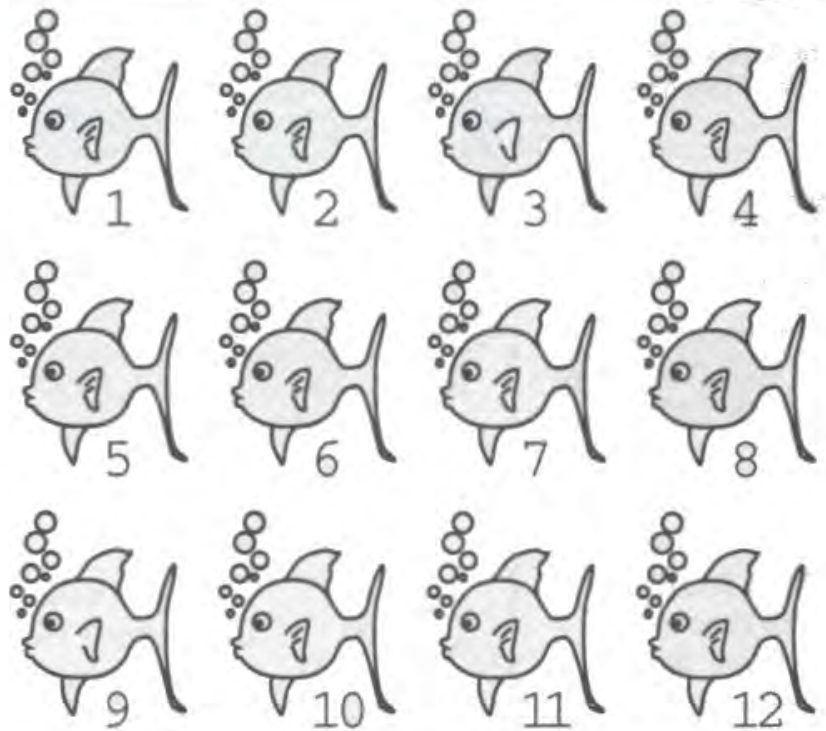
As the mornings get colder, we will see a rise in vehicle theft and crime. Think twice before leaving your car unlocked defrosting in the morning. Check where you have left your keys. Are they by the open front door or left in the ignition?

Thieves will take any vehicle at any opportunity. There is no safe time to leave your car unlocked or your valuables on display. Our officers are talking to the public and giving out information leaflets about how to keep your vehicle safe this winter. This is part of our intense neighbourhood policing week, Operation Calibre.

For simple ways to secure your car, [click here](#).

Bit Fishy!

Only two of
these fish
are identical
- but which
two?



SPOT THE DIFFERENCE

for a Warm Reception



Spot
the
six
differences





**What's On at
Sutton Coldfield
Library
January 2023**



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

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

FOR EVERYONE

Every Thursday and Saturday

Warm Welcome Coffee Mornings 10am - 1pm - Come along for a free cuppa and biccie, with puzzles, word searches and colouring sheets. Board games and lego available upon request.

FOR ADULTS

Thursday 5th January

Elderberries 10am - 12pm - Held on the first Thursday of the month—Over 50s social group. Come for a chat and a cuppa with Noran from FOLIO Sutton Coldfield.

Saturday 7th January

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

1st Saturday of the Month

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

Every Tuesday

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

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

Thursday 5th & 19th January

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

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

Craft & Chat Group 10am - 1pm - 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 19th January

BIPC - 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

Follow us on Social Media

sutton.coldfield.library@birmingham.gov.uk

www.facebook.com/SuttonColdfieldLibrary

www.twitter.com/SuttonLibrary

www.instagram.com/suttoncoldfieldlibrary



[Sutton Coldfield Library](#)

Opening hours:

Monday: 9.30am-1pm & 2pm-5pm

Tuesday: 9.30am-1pm & 2pm-5pm

Wednesday: CLOSED

Thursday: 9.30am-1pm & 2pm-5pm

Friday: 9.30am-1pm & 2pm-5pm

Saturday: 9.30am-1pm & 2pm-5pm

Sunday: CLOSED

Kingstanding Library

STEM-Up

This project is part-funded by the European Social Fund



**LEARN NEW STEM SKILLS
STAND OUT FROM THE CROWD**

In partnership with



**BIRMINGHAM CITY
University**



Aston University



**Solihull College
& University Centre**

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.



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

0121 748 0897



Compass Support
Making lives and communities better



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.



www.cannockchasedc.gov.uk/visitors

Your guide on getting more from your visit to Cannock Chase

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.gov.uk/HeritageTrailAccess

Scan QR code to
Map - bike trails,
Cannock Chase
Heritage Trail,
walking routes
& bridleways

Cannock Chase District is nestled on the edge of the West Midlands, in the county of Staffordshire. We are an historic, proud District spanning three town centres: Cannock, Hednesford and Rugeley.

Visit us to enjoy incredible shopping at the McArthurGlen Designer Outlet West Midlands, only a 20 minute walk from Cannock town centre 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.



Scan QR code to
town centre maps
and parking info



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 Fair Oak 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 Library Groups / Children's section will have limited access 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 14th January 11-11.30 Story Time with our local PCSOs

Wednesday 18th January 2pm—4pm Fostering Information Event

Saturday 21st January 11-12.30 Lego Fun

Saturday 28th January 10-11 Friends of Streetly Library meeting—*all welcome*

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

English, maths and ESOL



Don't put it off for another year! Enrol today and improve your English or maths skills.



Whether it's getting a job or enrolling on a higher education course, having the qualifications to show you have the right level of skills has never been more important. The more you learn, the more you can earn.

Functional Skills courses up to Level 2 are designed to improve literacy or numeracy skills in everyday life and for work. GCSE supports more academic study in further and higher education.

For learners speaking English as a second or third language, ESOL courses up to Level 1 aim to improve spoken English, reading and writing skills.

For information on our English, maths & ESOL courses and to book an initial assessment contact your local centre or call 0121 303 4318



What is the cost?

English and maths course: these courses are free if you are a permanent resident in the United Kingdom.

ESOL courses: are free for people on Job Seekers Allowance or other eligible income based benefits who are doing the course to help gain employment in the future.

Contact our Information Line on 0121 303 4318 for further help and advice.

Where expressions come from

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are *'limbs'*, therefore painting them would cost the buyer more. Hence the expression, *'Okay, but it'll cost you an arm and a leg.'* (Artists know hands and arms are more difficult to paint)

As incredible as it sounds, men and women took baths only twice a year (May and October) Women kept their hair covered, while men shaved their heads (because of lice and bugs) and wore wigs. Wealthy men could afford good wigs made from wool. They couldn't wash the wigs, so to clean them they would carve out a loaf of bread, put the wig in the shell, and bake it for 30 minutes. The heat would make the wig big and fluffy, hence the term *'big wig.'* Today we often use the term *'here comes the Big Wig'* because someone appears to be or is powerful and wealthy.

In the late 1700s, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The *'head of the household'* always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the *'chair man'*. Today in business, we use the expression or title *'Chairman'* or *'Chairman of the Board'*.

Personal hygiene left much room for improvement. As a result, many women and men had developed acne scars by adulthood. The women would spread bee's wax over their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman's face she was told, *'mind your own bee's wax'*. Should the woman smile, the wax would crack, hence the term *'crack a smile'*. In addition, when they sat too close to the fire, the wax would melt. Therefore, the expression *'losing face'*.

Ladies wore corsets, which would lace up in the front. A proper and dignified woman, as in *'straight laced'*, wore a tightly tied lace.

Common entertainment included playing cards. However, there was a tax levied when purchasing playing cards but only applicable to the *'Ace of Spades'*. To avoid paying the tax, people would purchase 51 cards instead. Yet, since most games require 52 cards, these people were thought to be stupid or dumb because they weren't *'playing with a full deck'*.

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TVs or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to *'go sip some ale'* and listen to people's conversations and political concerns. Many assistants were dispatched at different times. *'You go sip here'* and *'You go sip there'*. The two words *'go sip'* were eventually combined when referring to the local opinion and, thus we have the term *'gossip'*.

At local taverns, pubs, and bars, people drank from pint and quart-sized containers. A bar maid's job was to keep an eye on the customers and keep the drinks coming. She had to pay close attention and remember who was drinking in *'pints'* and who was drinking in *'quarts'*, hence the term minding your *'P's and Q's'*

One more and betting you didn't know this!

In the heyday of sailing ships, all war ships and many freighters carried iron cannons. Those cannons fired round iron cannon balls. It was necessary to keep a good supply near the cannon. However, how to prevent them from rolling about the deck? The best storage method devised was a square-based pyramid with one ball on top, resting on four resting on nine, which rested on sixteen. Thus, a supply of 30 cannon balls could be stacked in a small area right next to the cannon. There was only one problem. How to prevent the bottom layer from sliding or rolling from under the others. The solution was a metal plate called a *'Monkey'* with 16 round indentations.

However, if this plate were made of iron, the iron balls would quickly rust to it. The solution to the rusting problem was to make *'Brass Monkeys'*. Few landlubbers realize that brass contracts much more and much faster than iron when chilled.

Consequently, when the temperature dropped too far, the brass indentations would shrink so much that the iron cannonballs would come right off the monkey. Thus, it was quite literally, *'Cold enough to freeze the balls off a brass monkey'*. (All this time, you thought that was an improper expression, didn't you?)

WELCOME TO SUTTON COLDFIELD U3A

learn, laugh, live



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.

u3a Sutton Coldfield 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



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

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





Sing Me Sunshine is my lovely singing group for all!

Join me and spend a carefree
afternoon of singing, laughter
and chat in Sutton Coldfield.



Tuesdays 2pm - 3pm
St. Michael's Church Hall
192 Boldmere Road
Sutton Coldfield B73 5UE

£5
PER PERSON

If you are looking to do something new, feeling a bit lonely or
living with health issues, I'd love you to come along and let
Sing Me Sunshine brighten your day.
Make new friends, feel positive and have some fun!
Come on your own, bring a friend, family member or caregiver.

For more information, please contact Helen on
07981 957061 or email helenwilliamsmusic@gmail.com




Talking Space

Are You Having a Difficult Time ? We can help with ...

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

Just drop in between 6pm - 11pm (Over 18 only)
Thursday, Friday, Saturday & Sunday

Beechcroft Centre
Rear of 501 Slade Road, Erdington, B23 7JG

In Partnership with
creative SUPPORT
Forward Thinking Birmingham




Talking Space

Are You Having a Difficult Time ? We can help with ...

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

Just drop in between 6pm - 11pm (Over 18 only)
Wednesday, Thursday & Friday

Handsworth Hub
9 Park Avenue, Hockley, Birmingham B18 5NE

In Partnership with
creative SUPPORT
Forward Thinking Birmingham

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

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

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

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

alzheimers.org.uk
0333 150 3456



Alzheimer's Society (England, Wales and Northern Ireland) Registered Charity No. 264641

300322061



This new sign, following a campaign for change of name by WGNF (Wylde Green Neighbourhood Forum) and CRSF (Chester Road Station Friends) is also showing one of ten decorative 7-foot platform Xmas trees made by a skilful member of CRSF; with baubles decorated by artistic little pupils from Wylde Green Primary School; and with named inscribed Xmas tree pots from sponsors of independent shops in Wylde Green. *Pat Line*



HelpinBrum

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 crisis in the UK.

We want to support as many of our residents as possible across key areas which are outlined 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.

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 on www.birmingham.gov.uk/debtadviceteam

If you are struggling with debt and need advice and support you can also visit www.birmingham.gov.uk/helpinbrum (which can help direct you to the right information).

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
03030 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 has 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.

Foodbanks:

We know that accessing a foodbank or other projects for the first time can be daunting. 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 when 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 how 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.)

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 carers
0121 437 0479 | www.ageuk.org.uk/birmingham

Birmingham Mind

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

Moneyhelper

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

Support for women and children affected by domestic violence and abuse
0800 800 0028 | www.bsaid.org

Shelter

Housing advice 0808 800 4444 | england.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
0121 374 0140 | www.rmcentre.org.uk

Spitfire Services

Advice on money, benefits, housing and employment issues
0121 747 5932 | www.spitfireservices.org.uk

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.

Keep in Touch



Customer Service Update

December 2022

Introduction

Hello with a warm welcome and season greetings from the Customer Services Programme.

As the year draws to a close, we thought it would be a good time to update you on the improvements made for our customers, the citizens of Birmingham.

Customer Service Citizen Panel

The panel, Chair by Fiona Lane, a Birmingham citizen has now met three times and has received updates from across all the programme, they have more recently been involved in making comments on the role of voice technology for our contact centre as well as helping us define how we would undertake mystery shopping across all council's services. Should you have any thoughts on how this could work or would like to suggest an approach, please email customerserviceprogramme@birmingham.gov.uk.

Bereavement Services – Improvements made

As we stated previously, we have now worked with citizen who have recently suffered a bereavement to produce new user-friendly guidance. This has been available online and will be printed in the new year and made available at all cemeteries and at the crematoria.

The online guidance can be found here: [Register the death](#).

Website review

The work on improving the council's website has continued with over 300+ number of pages updated and improved.

Services which have already been reviewed are:

- Waste and recycling – now completed and live
- Housing Services
- Highways
- Bereavement Services

Work is now underway to review and update the pages for Adult Social Care. A group of citizens have already come together to look at what needs to be addressed and the team have begun the work with vigor! This is obviously a very critical area to ensure is accurate as the webpages can provide the latest information and advice to anyone who either requires

Continued next page...

Keep in Touch



support from the Directorate or is a friend or carer of someone that does.

For all webpages, if the webpage in question wasn't up to scratch, the team re-wrote the content to ensure that it was written in a customer friendly way. The team are now looking to the next service areas to review, drafting content as well as establishing a new internal process for retaining and updating web pages with council officers.

Children's employment licenses

The team have been working with the service experts to identify service improvements in this area. They have met with customers and staff and reviewed the end-to-end journey of how a young person is made aware of the need for a license to work through to actual delivery of the license to enable a young person who is beginning work. In the New Year the team will complete the first draft for the following user journeys - applying for a work permit, applying for a child performance license, applying for a chaperone license and submitting a referral

Ongoing engagement

The programme team are continuing recruiting citizens to join our wider online citizens' panel as well as the face-to-face panel. We currently have over 2,500 citizens signed up to receive email updates such as these, invitations to research activities and invitations to share their views of customer services on film for training purposes. If you haven't yet signed up to our updates you can do so by clicking the link here: bit.ly/BCCKeepInTouch.

We are also working with the 11,000 council staff members to embed the principles and standards from our Customer Charter firmly into their everyday interactions with citizens and each other. To view the Customer Charter, please click here: [Our Customer Charter | Birmingham City Council](#)

We also update on activities by providing regular blogs which you can find here – <https://birmingham.localgov.blog/2022/12/20/end-of-year-weeknote12-customer-service-programme/>

If you would like to register your interest in joining the smaller more strategic citizen panel, please email the address below.

I hope you found this update useful, if you have any further comments or queries, please do not hesitate to get in touch with the team on email at:

customerserviceprogramme@birmingham.gov.uk.

Thanks for reading, until next year.

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.

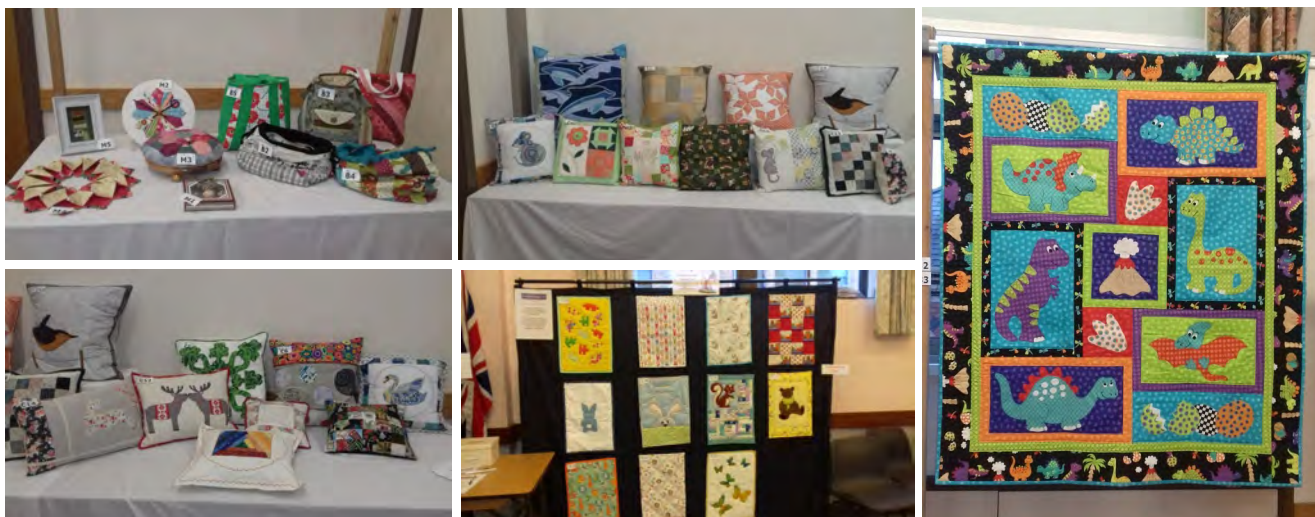
WHAT KIND OF THINGS DO YOU MAKE? Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many members 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.






Coffee and Craft

Books, toys, art, hot drinks,
a warm space and much more!

Mondays 10am-12noon
St Peter's Church, Maney
Beginning: 5th December

ALL ARE WELCOME

Funded by
Royal Sutton Coldfield Town Council



WARM WELCOME POP IN

We are having a community pop in with
free porridge, toast, tea and coffee.
There is also free wi-fi and children's
activities.

Saturdays in December and
January between 10am-1pm

Wylde Green United Reformed Church
cnrs Highbridge & Britwell Rds
B73 5SW

"HAVE A NICE DAY"



Funding Provided By
Royal Sutton Coldfield Town Council




CHESTER ROAD Baptist Church

CAFE TOTS

We're a Warm Space!

for parents/ carers and your little ones!

Chester Road, Sutton Coldfield B73 5HU

Wednesdays 9am-3pm
Thursdays 11am-3pm
Fridays 9am-3pm

FREE entry, craft, parking, WiFi...
Need the hot drink to be free?
Just ask for a Royal Tea/ Royal Coffee*

Supported by Royal Sutton Coldfield Town Council

*a warm drink





OUR PLACE
Your Place for Support

Advice Service

FREE ADVICE ON:

BENEFITS
HOUSING
EMPLOYMENT SUPPORT



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

DEBT ADVICE
LEGAL ADVICE

For more information contact us on: 0121 354 4080
Email: advice@ourplacesupport.org
www.ourplacesupport.org
Facebook, Twitter, Instagram @OurPlaceSupport



Supported By 

EHPSC
Early Help Partnership Sutton Coldfield



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.

 Food & Energy	 Youth Support	 Domestic Abuse	 Emergency Funding	 Money & Debt Advice
 Data & IT	 Unlabeled	 School Uniforms & Clothing	 Parenting	 Special Needs & Disabilities
 Bereavement	 Housing	 Sexual Health	 Mental Health	 Play

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

 **OUR PLACE** Your Place for Support 

Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach








In the last 24 hours have you paused, taken a break and allowed your mind, body and soul to be relaxed and calm?

Have you set aside some time to be still, to reflect on your life and its direction?

Are you looking to make positive changes to your life but don't know how?

Are you struggling to find a meaning or purpose to your life?

Are you struggling with feeling stuck and unable to move forward?

Do you need guidance to a problem you are facing?

Would you like help to identify and set life goals?

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

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

To find out more please get in touch.

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



The
United
Reformed
Church



Parish Nursing
Ministries UK

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





Free
Bring proof of address for first loan

Pop-up Share Shack

Wednesday 11am - 1pm

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

Come and visit us where you can:

- Borrow items for free (proof of address required for first loan)
- Take part in activities at the 610 Community Centre

Borrow items, share ideas, skills and more at your local Share Shack - for free!

For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7030, email: shareshacks@theaws.org or visit: www.theaws.co.uk/share-shacks

Share Shack | SPORT ENGLAND | active | The Active Wellbeing Society

What can I borrow from the Share Shack?

You can borrow a range of household tools for DIY projects, cooking, gardening and cleaning, as well as games, sports equipment and more- all for free from our Share Shack!



To start borrowing for free, scan the QR to sign up, browse the catalogue and reserve your items

To find out the full range of items available to borrow from the Share Shacks, visit: <https://shareshack.myturn.com/library/>
All items are available to borrow for free!

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 concern
Birmingham

Later Life Planning Services



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

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

Wills Made Clear

Breakdowns at record high: don't drive before doing these simple winter checks



Winter driving tips

These [winter driving tips](#) are a good place to start to help you prepare for driving in colder conditions.

- Your car is likely to use more fuel over winter. Don't risk running the fuel tank low, as you could be vulnerable if you run out of fuel on a dark road or in bad weather.
- It's especially important to plan your journey in advance if the weather is likely to be bad.
- Look at weather forecasts for a
- various locations on your route and consider taking an alternative route if particularly bad weather is forecast.
- Stick to main roads, as they're more likely to be kept clear, and keep away from rural or hilly areas if possible.
- If you're concerned that the weather is going to be bad enough to prevent you completing your journey, such as if weather warnings are in place, consider whether your journey is really necessary.

Plan alternative routes in case you encounter an issue on your journey and keep friends and family informed of your location. You can share your location using apps such as Waze so people can keep track of your journey in case there's an issue. Make sure your phone is charged in advance, and consider buying an in-car phone charger.



Meet the UK wildlife that turns white for winter

While some may sing about a snow-covered white Christmas, there are some in the animal world that actually turn white for winter. Discover those that do and why it can be vital for survival.

[Changing fur and feathers](#)



Welcome to Notes on Nature.

With the recent cold weather turning places white with snow or frost, we've taken a look at the wildlife whose fur or feathers turn white for winter.

Head to the hills with us to meet the magical mountain hare (pictured). Discover too the elusive ptarmigan, a bird suited to the Arctic-like conditions of Scotland's highest mountains.

Closer to home, you can give garden birds a helping hand in these frosty conditions by putting out food and water. Try our festive bird food recipes for some seasonal inspiration!

Notes on Nature will be taking a break over the festive season, but before we sign off, we'd like to say a special thank you for all your support over the year. We'll be back with more wildlife news on Saturday 7 January.

Have a wonderful wildlife-filled time!



Siân Duncan
Notes on Nature editor

[Sign up](#) now for your free Big Garden Birdwatch guide.

Which?

This month, we share our tips on how to cut costs and your carbon footprint this festive season, including giving [sustainable gifts](#), and revealing how much energy your [Christmas lights](#) really use.

[Find energy efficient appliances](#)

We're all watching our energy bills, but you could make savings that more than cover the upfront cost of a new appliance just by choosing models that are energy efficient. We find big differences between seemingly identical A-rated machines, so to make sure you know the true cost of an appliance, you can check our running cost tools before buying.

[Check running costs](#)



[New energy efficiency campaign launched](#)

On Saturday, the government launched a new campaign to encourage people to reduce their heating bills without compromising on comfort. We've also got plenty of advice on keeping energy use low, including [11 ways to cut heating bills](#).

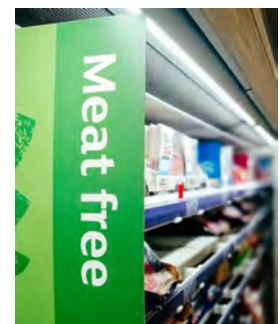
[What you need to know](#)



[Plant-based often pricier than meat](#)

We analysed prices of popular meat and dairy alternatives at the supermarket and found that some are regularly double the price of meat. Check out our full comparison, including prices for vegan sausages, burgers, and mayonnaise. Plus, see what the supermarkets have to say about it.

[Read our full investigation](#)



Our top three

- 1. What makes an eco friendly kettle? Find one that's long lasting and energy efficient**
- 2. The cheapest and most energy efficient way to cook: airfryer, oven or pressure cooker?**
- 3. Extend the life of your trainers and reduce clothing waste: washing tips to keep them looking like new**

Take care,
Which? Team

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



Birmingham City Council are completing face to face Occupational Therapy Assessments in your community

Occupational Therapy Clinics

Drop-in clinics are running daily across Birmingham, from 9.30am- 2pm.

No need to book.

For more information about clinic venues visit:

<https://birmingham.connecttosupport.org/occupational-therapy/occupational-therapy-clinics-in-the-community/>



Birmingham City Council

Tuesdays: Boldmere Clinic, Newman Community Centre, 13a Boldmere Road, Sutton Coldfield, B73 5UY. 9.30 - 3pm

ERDINGTON WELLBEING HUB	WITTON LAKES ECO HUB
196 High Street, Erdington B23 6SJ	Wilton Lakes, Gypsy Lane, B23 7XX
Tel: 0121 827 6295	Tel: 0121 227 3200
Welcome to a new era of service and support for Erdington residents.	
Jordanne Francis Health and Wellbeing Officer	
Perry Common Community Hall, 87 Wilton Lodge Road, B23 5JD Wellbeing Hub, 196 High Street, Erdington, B23 6SJ	
	
T: 0121 320 1930 F: 0121 827 6295 M: 07458 130587 E: jordanne.francis@wiltonlodge.org.uk W: www.wiltonlodge.org.uk	



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

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

 **DEMENTIA CONNECT**



Katherine, aged 60 from South Wales, was recently diagnosed with vascular dementia. Katherine was given information about vascular dementia, support to start attending local groups, advice about council tax reduction and Lasting Power of Attorney.

'The dementia adviser was lovely and full of information. Without Alzheimer's Society and the dementia adviser we'd have nothing. She is a major networker and knows everything and everyone local, I feel in charge and empowered.'

Katherine, living with dementia

 **96%** of people who used Dementia Connect felt the dementia advisers provided useful information²

If you need dementia support, get in touch today.
 T: **0333 150 3456**¹
 W: [alzheimers.org.uk/support](https://www.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](https://www.alzheimers.org.uk)

¹ Calls charged at standard local rate. ² Dementia Connect User Survey 2019, 164 respondents in the Birmingham and Solihull pilot area.

  Registered with FUNDRAISING REGULATOR  Alzheimer's Society operates in England, Wales and Northern Ireland. 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:

- emotional 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'.

Dementia Connect Service User, Birmingham



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 hours¹

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.

If you or someone you care for needs support, get in touch.

T: **0333 150 3456**¹

W: [alzheimers.org.uk/support](https://www.alzheimers.org.uk/support)

E: dementia.connect@alzheimers.org.uk

What happens next?

A dementia adviser will talk to you about what you need and connect you to the right support for you. And you'll only need to tell your story to us once.

¹ Calls charged at standard local rate

Occupational Therapy

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 Disabilities 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

ALEXANDRA THEATRE BIRMINGHAM



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

from
£19.00

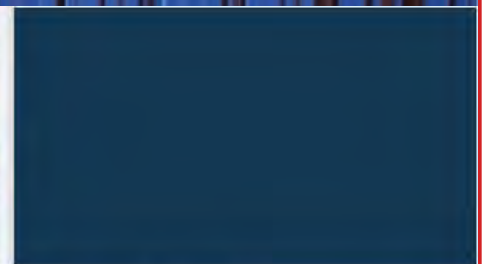


Girl From The North Country

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

from
£13.00



The Mirror Crack'd

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

Opens 14 Feb 2023

from
£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

from
£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

from
£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

from
£13.00



Steel Magnolias

The ultimate story of friendship, now on stage.

Opens 21 Mar 2023

from
£13.00

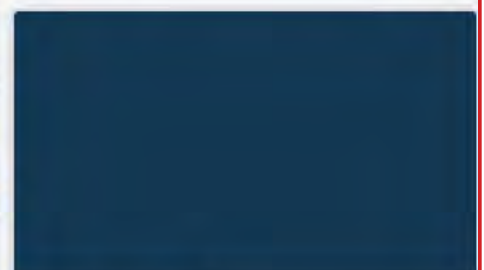


Annie

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

Opens 03 Apr 2023

from
£13.00



Home, I'm Darling

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

Opens 25 Apr 2023

from
£13.00



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](#)



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](#)

**BRITISH INTERNATIONAL
FILM FESTIVAL**



21 JANUARY 2023 @ GARRICK THEATRE



**Day Pass - British
International Film...**

LG, Friday 20th & Saturday 21st January
2023

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

**BRITISH INTERNATIONAL
FILM FESTIVAL**



21 JANUARY 2023 @ GARRICK THEATRE



**Timeslot Bookings -
British Internatio...**

LG, Friday 20th & Saturday 21st January
2023

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



Totally Tina

Main Auditorium, Saturday 21st
January - 7.30pm

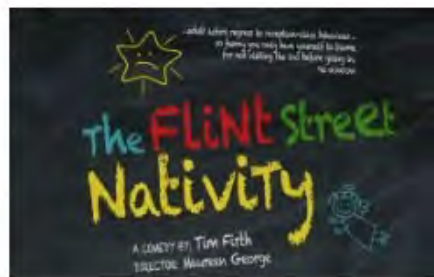
[MORE](#) | [BOOK](#)



**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](#)

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 an 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

Wed 30 Nov – Wed 26 Jul 2023
FREE

**YOUNG
COMMUNITY**

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 welcome.

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.

RBC - Hobson's Choice

A wonderfully entertaining yet insightful critique of the patriarchal system

Thu 8 Dec – Sat 10 Dec
Tickets £12

[View Info & Book](#)



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.

Tales From Acorn Wood at Christmas

With puppets and live animals!

Thu 13 Dec – Sat 11 Dec
Tickets from £10

[View Info & Book](#)



Dick Whittington

With puppets and live animals!

Thu 17 Dec – Sat 19 Dec 2023
Tickets from £10

[View Info & Book](#)



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.

Motionhouse: Starchitects

Their incredible mission to reach the moon!

Fri 3 Feb – Sat 4 Feb 2023
Tickets from £15

[View Info & Book](#)

[View Trailer](#)



Matthew Bourne's Sleeping Beauty

Enter a wondrous world of magical fairies and vampires

Tue 7 Feb – Sat 11 Feb 2023
Tickets from £24

[View Info & Book](#)



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.



6-31 December 2022



SATURDAY 28TH JANUARY



FRIDAY 3RD FEBRUARY



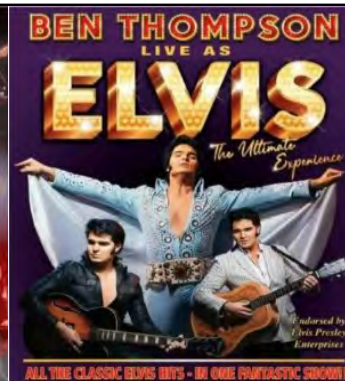
SATURDAY 4TH FEBRUARY



8TH to 11TH FEBRUARY



FRIDAY 17TH FEBRUARY



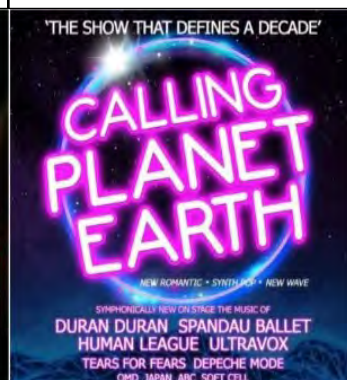
SATURDAY 18TH FEBRUARY



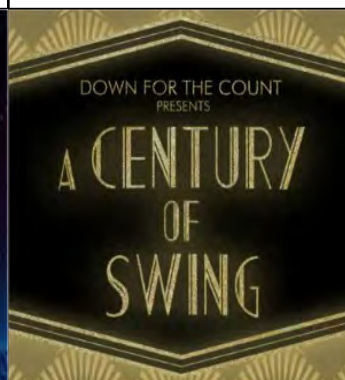
THURSDAY 23RD FEBRUARY



SATURDAY 25TH 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>

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SUPPORT US

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



BOOK NOW FOR OUR 2022/23 SEASON

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



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

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

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

Highbury Players announce new season



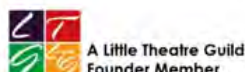
WHAT'S ON? HIGHBURY PLAYERS PLAYS FOR 2022-23

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

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

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

highburytheatre.co.uk



0121 373 2761

Highbury Cinema announces new season



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

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

highburytheatre.co.uk

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

0121 373 2761

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Our Employability and Digital Skills Programme offers support in:

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Registered Charity: 517303



The
Cancer
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Centre



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

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

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



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

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

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

Website : www.suttoncancersupport.org

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



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
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Restore Your Body, Mind and Soul



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

www.suttoncancersupport.org

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

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

Charity number : 1089658

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At Boldmere Sports & Social Club

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

At The Legion Club, Rectory Road, Sutton Coldfield
West Midlands B75 7AL

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

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

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htl <https://scu3a.org.uk/>

u3a learn,
laugh,
live

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



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



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

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338 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

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Make new friends
Stimulate the brain
Comfortable and welcoming
Age no barrier



Call Sue on 0121 580 7538



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338 Boldmere Road, Sutton Coldfield. B73 5EU



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Saturday leave 10.00am, back about 1.00pm
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Enquiries John Bedford 0121 353 5136

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Learn personal awareness
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Feel empowered

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gmail.com](mailto:bgatepost@gmail.com)

Community Coffee Morning:

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At **South Parade Methodist Centre**
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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
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renowned, and hold regular
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email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



We meet monthly 2nd Tuesday 2.30pm

Streetly Community Centre, Foley Rd.East, B74 3HR.

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

Next meeting Tuesday 10th January 2023 - Demonstration Jackie Page "The Flower Arranger" .



Further details Chris Reeves tel: 0121 354 6264.



For our last meeting of the year, we had a workshop with Richard Twistleton, he is a very talented demonstrator and teacher. It is amazing what you can do with a cake board, 4



festive napkins, 4 test tubes and 4 flowers and some glue. Everyone made a lovely table decoration.

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

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

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

Refreshments available.

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

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



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

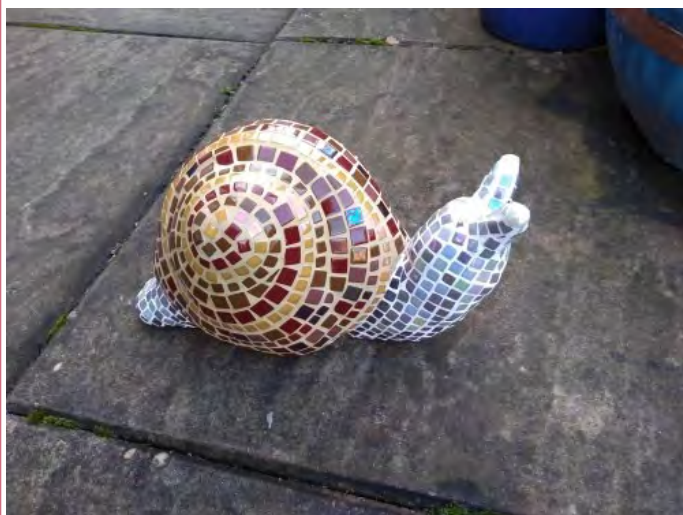
Our final meeting of 2022 took place in mid-December, and we were delighted to be joined by Rachel, from In2Colour Arts and Craft. Rachel is a former schoolteacher, who is now following her dream of teaching arts and crafts to all ages. She teaches all types of art but demonstrated to us the basic techniques of mosaic work, that she uses to make everything from tree decorations to bird baths, and garden ornaments such as snails and butterflies. Rachel is running classes for children each month from Aldridge Community Centre, and will be doing adult classes as the demand increases.

The rest of the evening, our members enjoyed a shared buffet and general chat. We have so much to look forward to in 2023 with a full programme of events for the next twelve months. Speakers booked will cover such subjects as Pelargoniums, Bonsai, Hedgehogs, Chrysanthemums, with demonstrations on hanging baskets and pots, not forgetting plenty of advice on growing fuchsias, from taking cuttings, to growing standard, and getting plants ready for putting on the show bench in August! We do not have a meeting in January but will return the second Thursday in February. We meet at the Banners Gate Community

Church in Westwood Rd, doors open at 7.30 for an 8.00 start, and the meetings finish at 9.45.

Please come and join us, you will be made very welcome. Join our Facebook page or give our Secretary Gail a call on 0121 353 3373 for any further information.

May we take this opportunity of wishing all the Gatepost readers a Happy and Healthy 2023, and may your greenfly be few and your blooms many!



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



WE NEED YOU!

Calling all Ex Service Men and Women
Across Birmingham and Sandwell

Did you serve?
Do you know someone who served?

Lets get together to reduce
isolation, promote social
interaction and make new friends
with people from similar
backgrounds.

For more information on our
groups and opportunities
contact Claire on 07930354885

AGE concern
Birmingham

THE ARMED FORCES
COVENANT FUND TRUST

no men.... just pause

Here at Communita we are looking to start a
no men.. just pause group.
to SHARE, SUPPORT,
ASK and UNDERSTAND
all things menopause.

You might be feeling
overwhelmed? and not yourself?
It's OK! So... #letstalk about you!

Ring Claire on 07930354885 for more information.

MENOPAUSE

**Groups are back at the
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

no men.... just pause

Here at Communittea we are looking to start a no men... just pause group, to SHARE, SUPPORT, ASK and UNDERSTAND all things menopause.

You might be feeling overwhelmed? and not yourself? It's OK! So... #metalkaboutyou

MENOPAUSE

Ring Claire on 07930 354 885 for more information.



COMMUNITTEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

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

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



www.militarychef.co.uk



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

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

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



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options 1 2 3

My money doesn't stretch far enough

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

See option 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Other Support

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

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

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

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

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

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

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

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

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

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

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

About this leaflet

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

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



Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

THE PROJECT

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

Help with options: 1 2 3 4 5 6

BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

Other Support

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

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

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

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

Sutton Area Walking Group



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

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

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

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

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

Come and join us!!

It's FREE and all welcome, including dogs.

We meet weekly at 6.30pm - Locally

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

Leader = Janice Booker

Email SAWG2021@hotmail.com

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

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



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

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

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

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

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

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



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

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

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

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

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

Welcome to



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

WHERE YOU WILL FIND OUR WEEKLY FOOD BANKS

Erdington

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

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

Falcon Lodge

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

Mere Green

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

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

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

Pregnant? Children under four?

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

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



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

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

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



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

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

Healthy Start

Care your family's healthy start



Birmingham
City Council

HEALTHY START **NHS**

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

Falcon Lodge



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

Mere Green



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

Where are we in Falcon Lodge?

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

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

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



Where are we in Mere Green?

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

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

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



Email: info@hopefood.org.uk

NOSTALGIC

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



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



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

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

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



Our Classes September '21

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

Streety Classes coming soon...

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

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

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





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 @lisamarietflowersandtherapy

Contact Lisa Marie on 07765 135497



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 Instagram:
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KIDS & ADULTS

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




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



Contact number above if interested.

Banners Gate C.C Westwood Rd B73

Made with PosterMyWall.com

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

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

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

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



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

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

Age Concern Birmingham run the Carer's Contact Centre as part of the Birmingham Carers Hub partnership. Our advisors are available to help carers with help, advice and information, we register carers and also offer a Statutory Carer's Assessment, wellbeing payments if eligible and information on a wide range of wellbeing services. We also provide advice on welfare benefits and can link carers to information about grants, legal advice on wills and power of attorney and other one to one support.

If you need advice in your caring role, please call us on:
Information and Advice Line – **0333 006 9711** (low call rate)
Mon, Tues, Thurs & Fri: 9am-5.15pm / Wed: 9am-7.15pm
Saturday: 10am – 12.30pm
Email us at info@birminghamcarershub.org.uk
Visit our website at <https://forwardcarers.org.uk/>
Birmingham Carers Hub Specialist Dementia Service

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

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

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

COUNTRYWIDE SECURITY SYSTEMS

MIDLANDS



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

Phone no. 0121 386 2639

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



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E: norburymaintenance@gmail.com

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Email: rosie_p25@hotmail.co.uk



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E: contactus@tailoredprint.co.uk W:



Home
Instead

To us, it's personal

Memory Cafes

Do you know someone living with memory loss?

Every Monday

10am—12noon

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

Every Monday

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

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

*All attendees must show proof
of both covid vaccinations*

Every Thursday

10am - 12noon

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

"Friends on Fridays"

10.30am - 12.30pm

Supported by

Sutton Coldfield Methodist
Church,

South Parade, B72 1QY

To book your place at any of our cafes or
for further information please contact Sue
07422 406168

sue.bevington@suttoncoldfield.homeinstead.co.uk

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

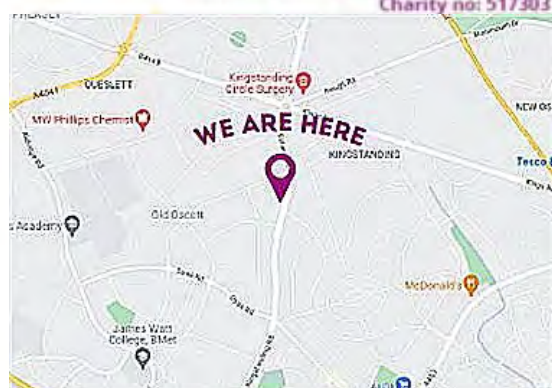
0121 323 4200



www.birminghamsettlement.org.uk
Charity no: 517303

FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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



610 Community Centre
Kingstanding Road
Birmingham
B44 9SH

birmingham settlement
developing communities, changing lives



Cafe Oasis

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

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Thursday & Friday.**

10.00am - 2:30pm

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Hot meals from 12:00 - 2:00pm.

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Find us in Sutton Coldfield United Reformed Church
Call: 07713 970096 **Email:** cafe.oasis@scurc.org.uk
or find us on Facebook

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REGISTERED CHARITY NO. 1131424



SUTTON COLDFIELD URC
- CAFE OASIS



Events

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

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

When: The last Saturday of every month. 9.00am parkrun start.
See below for meeting point and time.

Where: Walsall Arboretum Visitor Centre steps
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Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

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5k your way: move against cancer | @cancer5kYourWay
info@5kyourway.org | www.5kyourway.org | @5kyourway

Don't forget to register with us here:

www.5kyourway.org/register

And register with parkrun to get your barcode



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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 17th January
at 10 o'clock.

Hall's Gardens

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Gary Hall

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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)

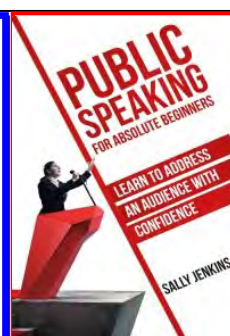
The kitchen is approx. 11' x 7'
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The Jarrett room is approx. 13' x 8'
(4m x 2.5m)

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

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For further booking information go to:
www.bannersgatecommunityassociation.org



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0777 333 9214



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Banners Gate

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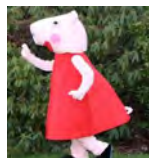
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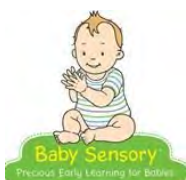


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Plus scan here for a full list of additional dates..
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2nd Saturday of the Month
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4th Saturday of the Month



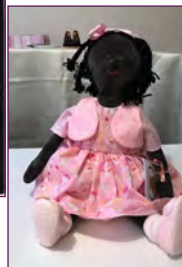
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Thanks. Tony A. 07970780041



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Hall letting for St Columba's Church.

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

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All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

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

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

<https://www.bannersgatechurch.com/>

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.	<div>Useful telephone numbers</div> <div>Sutton and Kingstanding</div> <div>Police: 101</div> <div>Good Hope: 424 2000</div> <div>Outpatients: 424 2000</div> <div>NHS Health helpline:</div> <div>Call 111 it's 24/7</div> <div>Citizens Advice</div> <div>03444 111 444</div> <div>BANNERS GATE</div> <div>COUNSELLING CENTRE</div> <div>Accessible and Affordable</div> <div>Counselling to Adults in the</div> <div>Community. The Upper Room</div> <div>St. Michael's House</div> <div>198 Boldmere Road</div> <div>Sutton Coldfield</div> <div>Tel : 0121 354 6544</div> <div>For information or an</div> <div>appointment please ring after</div> <div>10 a.m. daily, except</div> <div>Wednesday</div> <div>Banners Gate</div> <div>Community hall</div> <div>Coffee Mornings</div> <div>The next is on</div> <div>17th January</div> <div>At 10 o'clock</div>
Sun (1st) 11.00 –2.00 pm 10.00 am 1st Sunday of month 10.00-12 pm 10.30 am (fortnightly) 11.00 am 3.00—7.00 pm 7.30—8.30pm	Create at Gate with K & S Family Communion Loveworld Church Sunday Gathering Chikara Karate Kai Love world Church Soul Yoga	Community Hall St. Columba's Community Hall Banners Gate CC Scout Hall Community Hall Community Hall	Kathy Weston Ola Samuel 07565 Nigel Willis Paul Murphy 07837 Ola Samuel 07565	628 6651 354 5873 65 27 62 353 0230 39 57 89 65 27 62	
For details see website at www.stcolumbasbannersgate.co.uk www.bannersgatechurch.com					
11amto1.00pm 6.00—7.00 7.30 – 9.00 pm	Dementia Care Self Defence & Fitness Line Dancing	Community Hall Community Hall Community Hall	Barbara H-Walker Adam Claxton Diane Pursall	553 6483 747 4659	
Tues 3rd in month 9.15 - 12.00pm 6.30 – 7.30 & 7.30 – 9.00 7.45 pm	Coffee Morning 3rd Tuesdays Line Dancing Chikara Karate Kai	Community Hall Community Hall St. Columba's	Diane Pursall Paul Murphy 07837	747 4659 39 57 89	
Wed 9.30, 11.00 & 12 10.30 - 12.30 7.00—8.00 7.00 pm	Baby Sensory Guide Dog Training Self Defence SlimmingWorld	Banners Gate CC Community Hall Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Peter Howard Karen 07759	82 56 22 360 0286 17 02 89	
Thurs 10.00 am 10.00—11.00 am 6.30 – 9.45 pm 6.45 – 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 Cunningham 07870 Sue Nation	40 39 43 897 900 82 98 37 353 4114	
Friday 10.30—11.30 7.00 - 8.00 pm	Tai Chi Sign Language Classes	Community Hall Community Hall	Philip Shelton Shakila Kosar		
Saturday					
BOOKING SECRETARIES: Community Hall mobile: 075 65 54 68 21 Banners Gate CC - Nigel Willis 07711 284562 St. Columba's - Alison Jolley st.columbahall@yahoo.com Scout Hall - A & R Talliss 353 8166		UNIFORMED ORGANISATIONS: Scouts: Margaret Drummond, 33rd GSL 353 5203 Girguiding: Carol Gardner, Vesey West District Commissioner 350 7191			

Banners Gate
Community hall
Coffee Mornings
The next is on
17th January
At 10 o'clock

 **The Townswomen's Guild**
 Patron HRH The Princess Royal GCVO
 Thurs. 19th January - Bingo, Fish & Chips
 Thurs. 16th February - Ukulele Group
 Thurs. 16th March - AGM Dogs for the Disabled + Tombola
 Our vibrant Guild meets on the 3rd Thursday of the month, 7.00 - 10.00 in the Westwood Hall, Banners Gate Community Church.
 Contact Sue Nation on 353 4114

Banners Gate Community Church
 Westwood Road. B73 6UH
 We currently meet fortnightly on Sunday mornings from 10.30am for fellowship, worship, prayer and learning together in an informal setting, with other gatherings throughout the week.
 To find out more visit our website at www.bannersgatechurch.com.


St Columba's Church
Coffee Morning
Last Friday of the month
10.00 - 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
 Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
 Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years
 Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
 Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
 Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Contact 0121 353 5203
 Email: margaretdrummond1@btinternet.com



Girguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100
 Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides.
 There are also places available in both Brownie units in September for girls aged 7 or 8.
 For more information contact Carol Gardner on 350 7191.

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