



Banners Gate & Parklands Community & Neighbourhood Forum

167th February 2023

bannersgateneighbourhoodforum.com

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Please may I draw your attention to a few items.

First there is the item at the bottom of page 2. It may be you, or someone you know, who has the time and skills to fill the gap.

Second, on page 16 there is news of an artist from Ukraine, who may interest you, with an opportunity for a close-up look on Saturday and Sunday, 24th & 25th June, during the Sutton Coldfield Art Trail. Put it in your diary before you forget.

Third, if you like history and can copy type from the written word, have a look at page 83.

Fourth, but certainly not last, rejoice with the Cancer Support Centre on page 15.



Jan Cairns:

Hi Gatepost Readers, as I write this, daffodils are starting to pop up which means spring is almost here and I am looking forward to longer days and lighter nights.

February was another busy month for Mayoral duties. At the start of the month I met with Boldmere Junior school pupils and got to observe a school council meeting. Pupils debated a wide range of topics including friendship worries and how to encourage their peers to recycle more inside and outside of school. Having a school council compliments the work that Boldmere Junior are doing on British Values, particularly around democracy.

I also attended the Sutton Coldfield, Lichfield and Tamworth Chamber of Commerce Business Awards. It was wonderful to see Sutton Coldfield Businesses recognised and I would like to congratulate 3D Facilities Support, Meta4 Business Coaching and Andy Wilson, founder of WAA Chosen on their wins.

I can confirm that this year's Annual Town Meeting will take place on Tuesday 16th May from 6pm at the Trinity Centre. This is an annual statutory meeting of the town's electors. This is a public meeting of the electors of Sutton Coldfield, who have the right to attend, to speak and take part in

discussions, please take a note of the date and further details will be published on the [Town Council's website](http://www.suttoncoldfield.gov.uk) nearer to the time.

Until next time, stay safe and well.



Rob Pocock: SUTTON COLDFIELD SEA CADETS PLAN NEW 'FLAG-SHIP' SITE

A couple of weeks ago, Kath Scott and I attended an incredibly impressive briefing run by the Sea Cadets at their training 'ship' at the Boldmere Gate entrance to Sutton Park.

The ship sits on solid ground of course, and was built shortly after WW2 in 1952. The Sutton Coldfield Sea Cadets are an inspiring group of over 60 young people, boys and girls from all backgrounds and abilities, united in the aim of making the best of their skills, learning the



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benefits of teamwork and discipline, and preparing to flourish in the adult world. But the ship itself, is far from 'shipshape' - like many of us, is showing the signs of its 70 year age!

So there is now a plan to completely re-build the ship as a modern and efficient construction, in the shape of a half-full size Type 26 Frigate of the Royal Navy. The Navy will actually be commissioning a 'real' floating Frigate of this kind to be named as the new HMS Birmingham, so the Sutton Coldfield Sea Cadets will have a 'big sister' of their own ship on the seas defending our nation.

The presentation we saw on the day showed a display of the proposed design, and the next steps are to get permissions for the development, and then most crucially, the money. A scheme of this sort costs well over £3 million so the Cadets and their national organisation will be tapping into every pot they can find! But if it can all be done, it promises to be a truly magnificent new asset for this excellent band of youngsters, and an impressive new 'flag-ship' construction at this high-profile entranceway to Sutton Park.



Max Hatton: Hello Gate Post Readers! I hope you are all enjoying your 2023 so far, we are well into the new year now, congratulations to those of you who are still holding out on your new year's resolutions, mine went out the window the second week of January!

The days are still short, and with the excitement of the Christmas holidays vacant from our lives, spring cannot come fast enough! We've had a small

respite with half term, I've spent a few days of the week visiting family in Barmouth, Wales (a favourite holiday destination for many Brummies!) The narrow streets of Barmouth were fairly busy as holiday makers enjoyed a short break, although nowhere near as busy as the summer holidays, so if you like local breaks but aren't a fan of the crowds, now is a great time of year to visit North Wales!

We're over halfway through the academic year, many of those in their latter years of school will be preparing for exams and thinking about their future. I wish you all the best of luck in the months ahead and enjoy your well-deserved half term break!

This Saturday (25th February), I will be attending an art exhibition celebrating the life and work of local artist Paul Bamborough. Paul sadly passed away last November and will be fondly remembered by many in the local area. For the last couple of years, Paul and his family had been supported by the brilliant charity Headway, who do excellent work in providing understanding of all aspects of brain injury and provide information, support and services to survivors, their families, and carers. Selected pieces of Paul's artwork will be available for purchase with donations going towards Headway, to support them in the fantastic work they do. The exhibition is free to visit, and I welcome you all to come and marvel in the talent of a greatly missed local.

The next full town council meeting will be held Wednesday 1st March, 7pm at the Trinity Centre in Sutton Town centre, I hope to see you there!

**Are you not working? Are you bored? Can you drive a large minibus?
Do you want to put smiles on faces? If so, please ring the number below.**

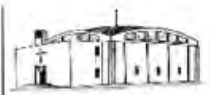


Cafe Oasis at the United Reformed Church in Sutton Coldfield are seeking a relief volunteer **minibus driver** to help on Mondays with bringing visitors to our warm and welcoming centre.

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.



Sutton Coldfield Chamber Choir
Director: Richard Mason



A CONCERT FOR TURKEY AND SYRIA

SATURDAY MARCH 18th 2023

At 3.00pm, St Columba's Church, Sutton Coldfield B73 6TX
Followed by refreshments.

(St. Columba's Church is opposite the Banners Gate entrance to Sutton Park)

A concert of Sacred and Secular
Choral Music, offered as a fund
raiser for the disaster fund for the
Earthquake in Turkey and Syria.
Tickets are available on the door or
in advance: £7 (or donation of what
you may afford).

Children (under 15) free.

**For advanced tickets, please
call Alison on 0121 354 9919**





Sunday Mornings at St Columba's

Rev Becky 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

eat out and
lose weight!

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

📱 @StColumbasChurch
slimmingworld.co.uk



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



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



Classes at St Columba's Church

Monday	Brownies	6 o'clock
Tuesday	Brownies	6 o'clock
Thursday	Rainbows	
Friday	Coffee Morning, see above	
Sunday	Morning Worship	10 o'clock

Shared Reading sessions are fortnightly on a Thursday afternoon in Sutton Coldfield Library. You can also pick up the base information from the monthly library leaflet. Anyone wanting to come along **should** either phone the library, on 0121 464 2274, for the next dates or



email: sharedreading@foliosuttoncoldfield.org.uk

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.
- 

Other Children's Centre information

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 6DG
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

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
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We also have a range of volunteering opportunities
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Contact: Zaheer on 07974 255788
or Natalie on 07870 981272

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- Safety in the home.
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or
Paula on 07816 364232

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If you have concerns around your child's speech and
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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.

**Please Bring
Donations
to:**

**Sutton Coldfield United Reformed Church
Food Bank
1 Brassington Avenue, B73 6AA**



**Urgent!
Food
Donations
Needed!
Now!**

Our Food Supplies are running out but people still need our help. We urgently need food, especially, all tins; soup, baked beans, tuna; breakfast cereals; long life milk; tea; rice and pasta.

Do you want a confidential chat with a Social Worker?

Every Tuesday 10 - 1pm in the URC foyer.

**The Sutton Coldfield Adult Social Work Team are
here with our partners, so come and talk to us:**

**We can give confidential information and advice on a range
of Care and Support needs including:**

- Confidential initial conversations
- Information and advice on services in local area
- Signposting to other services and community organisations
- Information and advice to promote independence and wellbeing
- Dementia support, falls prevention, Mental Health, Learning difficulties and Physical disabilities
- Social isolation
- Day Opportunities
- Carers support and advice
- Home safety
- Aids and Equipment

Alternatively, you can contact us in the following ways:

Telephone: 0121 303 1234

Email: CSAdultSocialCare@birmingham.gov.uk

**If you have a hearing impairment, you can contact us using the
text relay service. Details of this service can be found on the Text
Relay website.**

Background:

Community Connexions is a patient and public engagement programme that seeks to foreground the lived experiences of local communities in Birmingham and the Black Country regarding their health and healthcare services. This helps to adapt our services to better meet local needs and inform future health research. The programme is led by the Birmingham Community Healthcare NHS Trust (BCHC) and Black Country Healthcare Foundation Trust (BCHFT) Aston University is a key partner. It is funded by the Clinical Research Network (CRN) West Midlands.

Our aim is to actively listen, share understanding and collaborate with a broad spectrum of community and voluntary organisations from faith organisations, local charities groups, mutual aid groups and community forums. To better understand the:

1. Needs and priorities of local communities.
2. Health behaviours.
3. Barriers that lead to poor engagement with health services and/or research.

Following a series of listening events, focus groups and community roundtables we will work with local communities to identify the top priorities in healthcare in Birmingham and the Black Country. Once the priorities have been identified we will work with community, voluntary and faith groups and use public and patient insights to improve health services and develop research.

Capturing public and patient voices is critical, to allow Community Connexions to provide invaluable insights into people's needs, priorities and/or preferences regarding healthcare and wellbeing. Through our work with communities, we will also establish a framework for sustained engagement with local communities and use engagement to define priorities around research.

In November 2022 it was announced that **Sutton Coldfield's Cottage Hospital** would receive £5m to develop it into a dedicated hub for older people [<https://www.birminghammail.co.uk/news/midlands-news/sutton-cottage-hospital-5-million-25534922>]. Birmingham Community Healthcare NHS Foundation Trust which operates the Cottage Hospital, will be undertaking community engagement and consultation to inform the business plan for these developments.

Community Connexions (BCHC) will be holding a series of listening events/sessions and will be asking patients, residents, clinicians, and the voluntary sector about their experience of, and hopes for future provision of services, for both older people as well as the children's services that the Cottage Hospital currently provides. The first stage of this engagement will need to be completed by 24/02/2023 to meet the business plan timescales, but of course we will continue to engage with existing and future services users as project begins to take shape.

AIM:

- Transforming the facility at Sutton Cottage Hospital including older adult hub as part of wider integrated care services in the locality.

OBJECTIVE:

- Run a public consultation exercise to gain feedback from the local population
- Gather views that relate to the future of both older adult services and children services

Engagement Plan:

- ⇒ Our Listening sessions will use a pre-set questionnaire
- ⇒ GDPR and Consenting would be done prior to the questionnaire session
- ⇒ We will use three approaches:
 - **Hiring a venue and inviting the community group**
 - **'Listening on the go' using RedCap digital survey on iPad**
 - **Online focus group session**

Applying for a small grant from NNS

Your community group can apply for a small grant from Sutton Coldfield NNS if you are a constituted organisation, such as a charity or CIC, which provides activities and services to Sutton Coldfield citizens that meet one or more of the prevention outcomes of Birmingham City Council:

- Activities which reduce social isolation
- Activities which promote a healthier lifestyle
- Activities which help people to maximise their income
- Activities which enable people to live safely and independently in the home of their choice
- Activities which help carers feel more supported

Between April 2021 and March 2022 Sutton Coldfield NNS gave 16 grants to local assets, totalling £78,819. This year we have already supported 3 local food banks by administering a grant totalling £10,000 from Birmingham City Council, we have worked with Age Concern Birmingham, Our Place and Spurgeons to deliver the Household Support Fund to individuals in financial need and we have recently made a grant of £9,800 to the Senior Punjab Group who run a community lunch club with cultural activities.

There are three main levels of funding on offer:

Up to £500 - a fast track process especially aimed at fledgling and grass roots assets trying out innovative ideas, short term events and community activities for up to 25 people.

Up to £2000 - a higher level grant towards capacity building and things like training courses or a series of activity sessions over a time period of about 6 months for between 25-50 people.

Up to £10,000 - a detailed plan for an activity lasting up to 12 months which clearly meets two or three of the prevention outcomes, benefiting between 50 - 100 people with a longer-term sustainability plan.

Groups should apply for funding on the application form provided by contacting us on telephone or email. Our NNS networker team will give advice and guidance in the application process. Applications for up to £500 will be considered by our local team, all applications above £500 will go through a more considered assessment by our multi-agency funding panel.

In order to identify which budget the grants are paid from, we ask applicants to tell us which age group the majority of their beneficiaries fall into:

- Prevention activities for older people (aged 50+)
- Young people and adults with additional needs (aged 18 - 50)

The Sutton Coldfield Neighbourhood Network Scheme is delivered in a partnership between Age Concern Birmingham and Compass Support. For more information, or a conversation about how you can apply for a grant or to get involved, please contact us on **0121 362 3663** or email NNS@ageconcernbirmingham.org.uk

FRIENDS OF THE GATES

The next meeting of Friends of the Gates will be held on Wednesday, 15th March at 7.30pm at the Harvester in Boldmere Road.

Back in 2019 Friends of the Gates was formed with the hope of improving the area around and between Boldmere and Banners Gate entrances. This group is independent, not part of the City Council and as such is able to apply for grants not available to local government. We've already been successful in obtaining funds for two Trumper off road disability vehicles and we're now ready to plan for much needed improvements for our area of the park. Please come to our meeting, maybe to join our group and have a say in what we ask for. Probably you'll have ideas how we can raise money to fund developments. Even if you'd just like to see what we're about without committing yourself to anything you'd be very welcome.

This is your chance to have your say, please take it!!

Unfortunately, there is no bus to Boldmere from Banners Gate in the evening, the no 5 from Kingstanding is the nearest but parking is unrestricted in Boldmere Rd after 6pm and you can park free at the pub if you register your car at reception.

And if you'd like to do something practical for the Banners Gate area of the park, why not join the Banners Gaters? This is a group of volunteers who meet every Monday, apart from Bank Holidays, at 11am on the car park at Banners Gate entrance to the park, working until 2pm.



Longmoor Pool

Recently we've improved the Reay Nadin Drive entrance, cleared leaves of the road to Longmoor Pool, repaired fences along that road, cleared birch scrub and filled holes around gates and in the car park. It's free exercise out of doors in a friendly group, tea and coffee provided!!



Sutton Coldfield Society of Artists

We are a welcoming group who enjoy meeting like-minded artists to discuss art work, in all its forms, exchange ideas and share information on materials and methods.

The Society provides an opportunity to gain knowledge and experience and, hopefully, make new friends.

The Society meets throughout the year, usually twice a month during the autumn, winter and spring. The meetings are a mixture of **demonstrations, or lectures, on a Saturday afternoon** and **practical art sessions also on a Saturday**. During the summer months we take advantage of the warmer weather and get out and about. Field trips are taken by coach and by car for working out-of-doors, or for visits to exhibitions and galleries. Partners and friends are also welcome to come on our excursions, or join our Christmas celebrations.

Currently, the Saturday demonstrations and lectures are given at the **Mere Green Community Centre** 1.45pm - 4.00pm and are open to members of the public paying a temporary membership fee of £3.00. The Saturday practical art sessions 10.00am - 3.30pm are held in Room 4 at the Methodist Church Hall, South Parade, Sutton Coldfield B72 1RB

At the practical art sessions, **still-life** arrangements can be set up (organized by members) and usually a clothed model is available for **portrait** work. Occasionally, special tutored workshops are arranged at a small charge.

You may work in whatever medium you choose, the set themes are not obligatory and members are free to work on their own projects. You can choose the length of time to be there, come for just the morning, or afternoon, or if you wish, attend for the whole day (bring something for lunch).

Tea and coffee are usually available during the morning and afternoon breaks.

All members are entitled to submit original works of art (paintings, sculptures, ceramics, fabrics, collages, etc.) for selection to the **exhibitions** we hold twice a year in **Spring and Autumn**. There is no obligation to submit for exhibitions.

Ordinary membership is £30 per annum payable on 1st November.

Student membership is £15 per annum (from age 18 - 25, proof of full-time study needed).

For more information please contact the membership secretary.

Email: helenmwillis44@gmail.com Tel: 0121 605 4947

More truisms from Eric

I recall as a very young boy in the late 1940s my father saying to me, "*Beware of the yellow peril*" I said "*what do you mean Dad*" he replied "*the Chinese will rule the world*" I was not aware at the time but believe, many years later, perhaps he had been reading Olde Moore's almanac.



Old Moore's Almanac is an almanac that has been published for nearly two and a half centuries. Its founder, **Theophilus Moore**, ran a classical academy at Milltown, then a village near Dublin. A teacher of Irish, English, Greek, and Latin, he became known as a clever mathematician and a wizard of astrology, gaining the nickname 'The Irish Merlin'. He published his *Old Moore's Almanac* for the first time in 1764 and received such support that the other Irish almanacs gradually dwindled away. The *Old Moore's Almanac* continues unbroken to this day and updated copies can still be purchased, though much in demand.

(Extract from Wikipedia)

The irony is, my father's early prediction had a grain of truth when his local pub became one of those large buffet island Chinese eating houses many years after his death. Glad to say it has since reverted to a pub again so Dad, you can rest easy. Other than fish and chips, we had no takeaways in the 1940s, even in the 1950s this may have been our take on the present food: -

- * Olive oil was kept in the medicine cabinet.
- * Spices came from the Middle East where we believed that they were used for embalming.
- * A takeaway was a mathematical problem.
- * A pizza was something to do with a leaning tower.
- * The only vegetables known to us were spuds, peas, carrots, and cabbage, anything else was regarded as being a bit suspicious.
- * Coke was something that we mixed with coal to make it last longer.
- * A Big Mac was what we wore when it was raining.
- * Figs and dates appeared every Christmas, but no one ever ate them.
- * Special food for dogs and cats was unheard of.
- * Nothing ever went off in the fridge because we never had one.
- * Indian restaurants were only found in India.
- * If we had eaten bacon, lettuce and tomato in the same sandwich we would have been certified.
- * Cornflakes arrived from America; it was obvious that they would never catch on.
- * Surprisingly muesli was readily available in those days, it was called cattle and rabbit feed.
- * We didn't eat Croissants in those days because we couldn't pronounce them, we couldn't spell them and we didn't know what they were.

We thought that Baguettes were a serious problem the French needed to deal with.

Eric Jones Feb 2023

Cancer support centre in hunt for new home reaches agreement with landlord



Press Release

St Giles Hospice and the Cancer Support Centre are pleased to announce that both organisations will continue to support local people together at the St Giles Hospice site on Lindridge Road in Sutton Coldfield.

Andrew Harkness, Chief Executive at St Giles Hospice, said: “St Giles Hospice has had an ongoing relationship with the Cancer Support Centre for 11 years, and we are pleased to share that both organisations have signed a new lease agreement for up to another 12 months.

“The new lease allows both charities to continue to provide important services which are beneficial for our communities in Sutton Coldfield, whilst balancing the significant cost of living challenges faced by both organisations.”

The new lease forms a key part of both organisations’ plans to support as many people and communities as they can through their services.

Trevor Saadi, Chair of Trustees at the Cancer Support Centre, said: “Charities like ours and St Giles Hospice play a crucial role in supporting patients, and their families, living with illnesses such as cancer. We are delighted to have agreed a new lease at the Lindridge Road site and look forward to continuing to serve our local communities.”

To find out more about both organisations, visit:

www.stgileshospice.com or www.suttoncancersupport.org



Anya Mansurova

Nobody would guess that Anya, who is now serving breakfast in a local Sutton Coldfield hotel, is an outstanding talented artist from Ukraine.

Anya studied graphic design and illustration at the National Academy of Art and fashion design at the National University. She has also worked for organisations designing postage stamps and fashion items and much more.

Back home in Ukraine she had several exhibitions showing work in different techniques like woodcut, linocut, lithography, etching and painting.

Anya is currently working on a project about the destruction of war, having met women and children fleeing Ukraine on her journey out of the country and across Europe to reach the UK. She says, "Women are not as physically strong as men, they have endured traumas yet remain strong because they have a resolve, and many are caring for their children. Some have stories of fleeing their burning, bombed houses, grabbing their children and running. This is the reality. I admire these women and want to tell their stories to honour them. In this project, women are synonymous with ruined cities across the country. For me, the most important thing is to make people think. To be in dialect with the viewer. I like making art about people; portraits because people can destroy the world or make it better, so I like to look at people's hearts and eyes; to see inside the person.'

The war in Ukraine affects everyone. Anya, being a very talented artist, will have a visual language to express her emotions.

We are very privileged to have Anya Mansurova taking part in the next **Sutton Coldfield Art Trail on the 24th and 25th of June**. Visitors can enjoy seeing her skilfully crafted and meaningful artwork at the venue at 12 Somerville Road.

May 2022, A series of charcoal graphics dedicated to every woman who has suffered during the war in Ukraine. The choice of material is not accidental; charcoal is chosen as a symbol of burnt wood.

Title: 'Broken but not defeated'

Concept: Some women have been strong but are starting to crumble. Some are already destroyed. The women are synonymous with the ruined cities across the country.



Grace Cares is a not-for-profit organisation

which has been set up to support older people, their
families and care workers across the UK.

We collect, donate and sell pre-loved care equipment to enhance people's quality of life, support care workers and older people in need with grants and community groups and leave a better planet for future generations.

One of the ways we support our local community of Lichfield is by holding monthly tea parties for the over 75's which provide vital, life-enhancing social connections for older people at a time in their lives when their social circles are diminishing.



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



St. George's
DAY



St. George's Day

QUIZ

with Fish & Chip Supper

at Banners Gate Community Hall, Reay Nadin Drive:

Saturday 22nd April

Tickets cost **£8 per person** and include:

fish supper, all condiments, bread and butter, and unlimited tea and coffee.

Your table will be reserved for you upon booking.

Proceeds towards community celebrations

for the **Coronation of H.M. King Charles III.**

For tickets, please call Tracy on **0780 329 3351.**



The Coronation of His Majesty King Charles III

Banners Gate Community Association

invites you to a "Big Picnic" Street Party

on **Sunday 7th May 2023**

to celebrate the Coronation as a community.

In the style of the successful V.E. Day 75th Anniversary celebrations

which took place on individual streets during the pandemic,

early plans are that this will be a **"bring your own"** event

(bring something to eat, something to drink, and something to sit upon)

facilitated at the Community Hall.

We hope to see many friends and neighbours, new and old, there.

God Save the King!



Wisdom

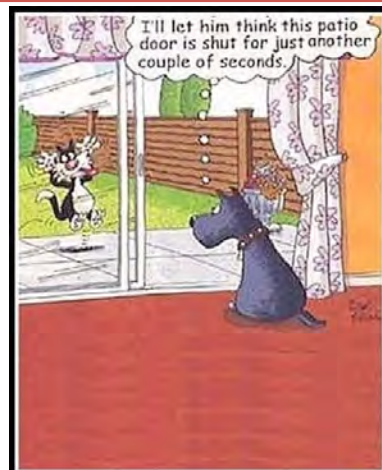
- 1) The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.
- 2) Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.
- 3) Happiness is not having to set the alarm clock.
- 4) When I get a headache I take two aspirin and keep away from children just like the bottle says.
- 5) Just once, I want the prompt for username and password to say, "Close enough."
- 6) Becoming an adult is the dumbest thing I've ever done.
- 7) If you see me talking to myself, just move along. I'm self-employed. We're having a meeting.
- 8) "Your call is very important to us. Please enjoy this 40-minute flute solo".
- 9) Does anyone else have a plastic bag full of plastic bags, or is it just me?
- 10) I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.
- 11) Today's 3-year-olds can switch on laptops and open their favourite apps. When I was 3, I ate mud.
- 12) Tip for a successful marriage: Don't ask your wife when dinner will be ready while she's mowing the lawn.
- 13) So, you drive across town to a gym to walk on a treadmill?
- 14) I didn't make it to the gym today. That makes five years in a row.
- 15) I decided to stop calling the bathroom "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.
- 16) Old age is coming at a really bad time.
- 17) If God wanted me to touch my toes, He would've put them on my knees.
- 18) Last year I joined a support group for procrastinators. We haven't met yet.
- 19) Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?
- 20) Now, I'm wondering . . . did I send this to you, did you send it to me or have I only sent one copy?

The Commandments for Seniors....

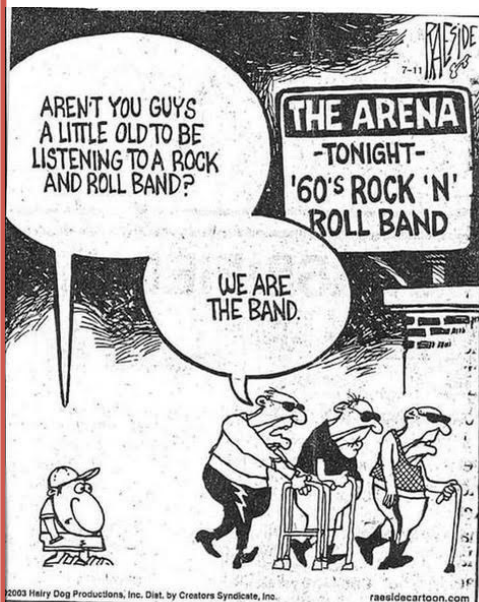
1. You don't need anger management. You need people to stop hissing you off.
2. Your people skills are just fine. It's your tolerance for idiots that needs work.
3. "On time" is, when you get there.
4. Even duct tape can't fix stupid – but it sure does muffle the sound.
5. It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free...and three sizes smaller.
6. Lately, you've noticed people your age are so much older than you.
7. "One for the road" means peeing before you leave the house.

I will be posting telepathically today. So if you think of something funny, that was me.

Last night I ordered a glass of wine with my dinner and the waiter asked for my ID. I replied do I look that young and the waiter said "No. I just wanted to see if you qualified for the Senior Citizen discount."



Looking for a married woman, recently cheated on, mad and scorned, who is willing to sell her husbands tools for cheap.



I NEVER CALLED YOU STUPID, BUT WHEN I ASKED YOU TO SPELL "ORANGE" AND YOU ASKED ME THE FRUIT OR COLOR IT KINDA CAUGHT ME OFF GUARD.

I WISH MY SIBLINGS WOULD STOP CALLING ME "SPOILED" JUST BECAUSE I'M THE YOUNGEST IN THE FAMILY. THE TRUTH IS, MY PARENTS JUST KEPT HAVING CHILDREN UNTIL THEY FOUND THE ONE THEY LIKED. IT'S REALLY NOT MY FAULT.



You know you've sunken to new lows when you refer to a trip to the supermarket as 'going out'

Posted a photo of my clean house and it was flagged and removed as "Fake News"

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



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=q3Vvbfxx5K2414KQjgZ8hw>

You Tube

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

Message Sent By

Stefanie Sadler

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

This week we are taking part in neighbourhood policing week where we will be highlighting the fantastic work that our neighbourhood officers, PCSOs, partners and volunteers do in our communities every day.

Throughout the week we will be sharing updates on a whole range of activity which is taking place from schools' visits and joint patrols with our partners to arresting outstanding offenders. We'll be sharing daily updates on our main neighbourhood policing Twitter and Facebook accounts and also on the local accounts of the neighbourhood teams. You can find out about your local channels here [Social Media | West Midlands Police \(west-midlands.police.uk\)](#)

While this is work that goes on day in, day out across our communities, we are using this national week of action to really highlight the range of activity that our local policing teams deliver across the force.

Remember, there are lots of opportunities for you to work with your local policing teams to help address issues in your area including joining your local Streetwatch or Neighbourhood Watch Scheme. Visit [Get Involved | West Midlands Police \(west-midlands.police.uk\)](#) for more information.

*Can you guess which of the following are true and which are false?
(Answers are on page 32) Don't look ahead*

- 1. Apples, not caffeine, are more efficient at waking you up in the morning.*
- 2. Alfred Hitchcock didn't have a belly button.*
- 3. A pack-a-day smoker will lose approximately 2 teeth every 10 years.*
- 4. People do not get sick from cold weather; it's from being indoors a lot more.*
- 5. When you sneeze, all bodily functions stop, even your heart!*
- 6. Only 7 per cent of the population are lefties.*
- 7. Forty people are sent to the hospital for dog bites every minute.*
- 8. Babies are born without kneecaps. They don't appear until they are 2- 6 years old.*
- 9. The average person over 50 will have spent 5 years waiting in lines.*
- 10. The toothbrush was invented in 1498.*
- 11. The average housefly lives for one month.*
- 12. 40,000 Americans are injured by toilets each year.*
- 13. A coat hanger is 44 inches long when straightened.*
- 14. The average computer user blinks 7 times a minute.*
- 15. Your feet are bigger in the afternoon than any other time of day.*
- 16. Most of us have eaten a spider in our sleep.*
- 17. The REAL reason ostriches stick their head in the sand is to search for water.*
- 18. The only two animals that can see behind themselves without turning their heads are the rabbit and the parrot.*
- 19 John Travolta turned down the starring roles in 'An Officer and a Gentleman' and 'Tootsie.'*
- 20. Michael Jackson owns the rights to the South Carolina State Anthem.*
- 21. In most television commercials advertising milk, a mixture of white paint and a little thinner is used in place of the milk.*
- 22. Prince Charles and Prince William NEVER travel on the same airplane, just in case there is a crash.*
- 23. The first Harley Davidson motorcycle built in 1903 used a tomato can for a carburetor.*
- 24. Most hospitals make money by selling the umbilical cords cut from women who give birth. They are used in vein transplant surgery.*
- 25. Humphrey Bogart was related to Princess Diana. They were 7th cousins.*
- 26. If colouring weren't added to Coca-Cola, it would be green.*

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

Moving mountains: charities on the ground bring vital supplies in Syria and Turkey



You Brummies are AMAZINGLY kind people. Don't forget, via the Disasters Emergency Committee (DEC), the government is matching you pound-for-pound – up to £5 million – when you donate to their [current earthquake appeal](#).

It's #TimeToAct to protect our future



Come on: make a change to YOUR school journey to improve air quality at the school gates around Brum. [Read our Clean Air Strategy. HERE](#).

Toasty: come on in! invaluable Warm Welcome spaces are open across Brum!

From Cotteridge Church to Holloway Hall, you can use this directory to find information about places you can use and visit during the winter period and beyond. You can enter your postcode or share your current location to find [YOUR nearest Warm Welcome space HERE](#).

HelpinBrum



Talking rubbish: YOU have a legal duty to ensure anyone taking waste from YOUR home is authorised

Always ask to see their waste carrier permit and check to see if they're on the [Environment Agency's register](#). If you **don't**, YOU could be committing a criminal offence!

Spring is in the air. Time to go greener?

Is YOUR garden shooting back into life? Book YOUR [garden waste collections HERE](#).

Not a happy customer?

Don't forget we care – and are here to help. You can contact our Customer Services team on Twitter [@BCC_Help](#). Plus you can report service issues via [our website](#) – where you'll also find webchat.



TALES FROM THE MAGIC LANTERN

Sutton Coldfield Across the Ages
A Wondrous Journey Through Time



SATURDAY 4TH MARCH
6PM & 8PM



Assembly Hall
Sutton Coldfield
King Edward Square



Scan for FREE tickets!

or

email: suttoncoldfieldheritagenetwork@gmail.com



A petition hoping to save Perry Park losing even more of the open space:

<https://www.change.org/p/save-perry-park-in-birmingham-for-public-use-by-the-community>



Volunteers wanted.

Join our group every second Sunday in the month
in Perry Park to help with litter picking.

All Equipment supplied but do wear suitable clothing
and footwear.

We meet in the Church Tavern car park near the
EC charging point at 2pm.

Check our FB pages for details of our next date.

Text 07956 487745 for info.

Children welcome be a picker or a pointer.

Your park needs You



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



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 children aged 0-5 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. Boardgames 4th & 18th, Lego 11th & 25th

First Tuesday of the month

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

FOR EVERYONE

Every Thursday and Saturday

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

FOR ADULTS

Saturday 4th March

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.

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>

Tuesday 14th March

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

Thursday 2nd & 16th March

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 16th March

BIPC 2.15 - 4.15pm - Join the BIPC team in a 'Basics of Business' workshop. Places must be booked at - <https://www.eventbrite.co.uk/e/the-basics-of-business-at-sutton-coldfield-library-tickets-491762935177>

Kingstanding Library

birmingham settlement
developing communities, changing lives

Employability and Digital Skills Programme

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

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

Are you unemployed and looking for work?
We can help!



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:

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

Birmingham Settlement
Kingstanding Centre,
610 Kingstanding Road,
Birmingham,
B44 9SH



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

www.birminghamsettlement.org.uk
Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



OPEN WEEKLY ON TUESDAYS
10.15AM – 12 NOON

If you need help and support with any issues, such as benefits, housing, debt, isolation, etc., a Community Network Support Officer will be available to provide information and signposting.

If your family is struggling financially and you would like some help with a food parcel, then this can also be arranged.

Or Call: Elizabeth – 07597 012 598

It's Free!

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



See next page

ELIM LIFE CHURCH FOODBANK

Are here to help You!



COVERING:

- KINGSTANDING
- WYRLEY BIRCH
- PHEASEY

P.T.O

ELIM LIFE CHURCH COMMUNITY HUB

ELC 28 ROMNEY WAY
PHEASEY B43 7TL

OPEN WEDNESDAYS

Referrals:

WEDNESDAYS IN BY 12NOON

Parcel Collection:

WEDNESDAYS 12NOON-2PM

*Also available from ELC Kingstanding | B44 8QD

Donations:

WEDNESDAYS 9.30AM-2.30PM

EMAIL:

foodbank@elimlifechurch.co.uk

CALL:

0121 360 1239

ONLINE FORMS:

www.elimlifechurch.co.uk



PLEASE NOTE:

Referrals must be made by 12noon on Wednesdays
(Please note a request does not guarantee a parcel)



NIHR School for Social
Care Research

UNIVERSITY OF
BIRMINGHAM

Call for participants

Are you 65+ years of age and identify as **LGBTQ+**? Are you receiving help and social care support from a local council in the West Midlands?

Please participate in our focus group!

If you:

- identify as lesbian, gay, bisexual, transgender, queer, or another gender or sexual minority (**LGBTQ+**)
- have received a social care assessment from your local council
- are over the age of 65

We are interested in hearing from you!

You can help us to better understand the social care experiences of older lesbian, gay, bisexual, trans, and queer (**LGBTQ+**) adults.

If you would like to participate in the focus group (or separate interview if you prefer), please get in touch with Dr Dora Jandric on djandric@bham.ac.uk or on 07521207427

You will receive a £20 voucher as a token of appreciation for taking part.



Benefits Advice Surgery

Every Tuesday & Wednesday from 10.00am - 2.00pm
APPOINTMENTS ONLY



- General benefit advice
- Debt & Welfare
- Housing benefit
- Universal Credit
- Help with accessing online welfare services

Areas Covered:

Erdington, Kingstanding, Perry
Common, Stockland Green,

To book an appointment or for further
information; contact Aisha or Anika on;
07591 598 340 0121 455 8144



Birmingham
City Council

What's On at Streetly Community Library in Spring 2023

1st Wednesday of each month 11-12 Adult Reading Group

2nd Wednesday of each month 10.30-12 Poetry Group

3rd Tuesday of each month 11.15-12.15 Crime Club Reading Group

3rd Wednesday of each month 10-12 Knit, Stitch and Chat

(The Children's/Library Groups area will have limited access during the above sessions)

Every Friday during term time 10.30-11 Story & Rhyme 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

Every Saturday 1-3 Retro Board Games Afternoon—*something for all ages,
drop in and play*

Saturday 4th March 10.30-11.30 Friends of Streetly Library Meeting—*all welcome*

Tuesday 14th-Saturday 18th March Drop-in Mothers' Day Crafts

Saturday 18th March 11-12.30 Lego Fun

Saturday 1st-Saturday 8th April Drop-in Easter Crafts and Colouring

Saturday 15th April 11-12.30 Lego Fun

Saturday 15th April Friends of Streetly Library meeting—*all welcome*

May 2023 Coronation Party—*TBC*

Streetly Community Library, Blackwood Road, Streetly, B74 3PL

01922 654864 streetlylibrary@walsall.gov.uk

**WELCOME TO
SUTTON COLDFIELD U3A**
 learn, laugh, live
 Click on this picture

Sutton Coldfield u3a Monthly Calendar

For privacy reasons, this public version of our Monthly Calendar does not include contact details for the Group Organisers mentioned. Please click on the calendar image below; a downloadable copy will then open in a new browser tab or window.

To see the contact details for all the Group Organisers', please follow the link to the [Members' Only](#) section of this website, log in, then click on the link for the SCu3a Contacts on the top menu bar.





Melisa Kogut, aged 11 performed the Ukrainian National Anthem to conclude a concert at Emmanuel, Wylde Green. The concert, on Friday May 13th, was organised by Richard Mason and was given by Emmanuel Choir and Orchestra joined by Sutton Coldfield Chamber Choir and Sutton Coldfield Choral Society. Melisa and her family were then living in Wylde Green.

A similar concert, in aid of the Earthquake disaster is being given at St. Columba's Church, Banners Gate. It is on Saturday March 18th at 3.00 pm. The concert is conducted by Richard Mason and given by the Sutton Coldfield Chamber Choir. Tickets are available at the door - £7 or a donation.

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/debtadvice

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.bswaid.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.



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

*in your 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	 Worth Support	 Domestic Abuse	 Emergency Funding	 Money & Debt Advice
 Data & IT	 Under 5's Support	 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



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 communities
The Active Wellbeing Society



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



Warm Spaces in Sutton Coldfield

Birmingham's Warm Welcomes network has more than 100 spaces offering activities, community and support since it was launched in October.

As of 20th December 2022, a total of 117 council, community, faith and third sector spaces had joined the network to offer a Warm Welcome to anyone.

Sutton Coldfield Library, see website for timings	St Peters Church Mondays 10-12
Wyndley Swimming Pool, see website for timings	St Nicholas Catholic Church Wednesdays 10.30-4.30
Age Concern Boldmere Tuesdays 10-12	Wylde Green United Reform Church Saturdays 10-1.00
Falcon Lodge Compass Support, see website for timings	St Johns Church Tuesdays 10-1.30
Chester Road Baptist Church Wednesdays & Fridays 9-3, Thursdays 11-3	St Michaels Place of Welcome Fridays 9.30-11.30
Sutton Coldfield Baptist Church Tuesdays & Fridays 10-12	St Columba's Church Hall Fridays 10.30-12.30
Bright Young Minds Tuesdays & Thursday 10.30-2.30, Saturdays 11-5	Falcon Lodge Chapel Tuesdays 10.30-3.30

See birmingham.gov.uk/directory/73/warm_welcome_spaces_in_birmingham for full details

EHPSC
Early Help Partnership Sutton Coldfield

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



Help birds set up home this spring

Spring is just around the corner and for birds that can only mean one thing – it's time to woo a mate and pick the perfect place to set up home. Find out how you can give them a helping hand this National Nest Box Week.

[Give a bird a home](#)



Welcome to Notes on Nature.

During February's chilly days, spring may still seem a long way off to us, but things are already hotting up for wildlife. Right now, many birds will be on the lookout for love – in fact, you might have noticed more birds singing recently. That's because they're trying to establish a territory and impress a potential mate, ready to raise a family in spring.

Our friends at the British Trust for Ornithology have officially declared this National Nest Box Week, making it the perfect time for you to put up a nest box (or two!) in your outdoor space. Read our ultimate guide to nest boxes and you'll find out everything you need to know, including which type of nest box to choose and where to site it.

Also, this week, we share some top tips on attracting garden wildlife, as well as news of Sir David Attenborough's new nature documentary, which the RSPB played an exciting role in co-producing.

Have a wonderful wildlife-filled week!



Siân Duncan
Notes on Nature editor



Volunteers Needed

We need your help to run our community cafe!

Flexible hours between 10:30am and 3:00pm - Mon, Tues, Thurs, Fri

Roles available: waiting, till, pot washing, event cover, befriending

More information: ☎ 07713 970096 ✉ cafe.oasis@scurc.org.uk

Mon, Tues, Fri - ask to speak to our Community & Volunteer Support worker.

 1 Brassington Av., Sutton Coldfield, B73 6AA.



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

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

Forward Thinking Birmingham

Your advert
could be here
next month

Which?

Sustainability

This month, we give you more energy-saving tips and tricks, including how to make your boiler more efficient, why slow cookers aren't always cheaper to run than your hob and which products have recently been awarded Which? Eco Buy status.



Boiler settings that save energy

Last month we asked what you want to hear more about in your sustainability newsletter, and energy-saving advice was by far the most requested topic. So this month we're sharing our advice on boiler efficiency – find out how to set your heating system up for success.

[Get more from your boiler](#)



Peat free compost

Many peat-free composts are now as good, or better, than peat-based products. Discover what makes a great eco-friendly compost and how to get the best from them.

[Grow great plants without peat](#)



Slow cookers vs induction hobs

Slow cookers have been lauded as an energy-saving cooking solution, but if you're thinking of buying one and you already own an induction hob, our advice is not to bother

[Find out why](#)



Best and worst solar SEG rates

The Smart Export Guarantee (SEG) pays customers for renewable electricity they put back into the grid. But rates for solar export customers trail far behind consumer electricity prices.

[Where to find the best rates](#)

The following page is 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	Witton 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.	Welcome to a new era of service and support for Erdington residents.
Jordanne Francis Health and Wellbeing Officer T: 0121 320 1930 T: 0121 827 6295 M: 07458 130587 E: Jordanne.francis@wittonlodge.org.uk W: www.wittonlodge.org.uk	<small>Perry Common Community Hall, 87 Witton Lodge Road, B23 5JD Wellbeing Hub, 196 High Street, Erdington, B23 6SJ</small> 



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
 E: dementia.connect@alzheimers.org.uk

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

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

¹ Calls charged at standard 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
 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

ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ

SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

CUP OF TEA, GENTLE EXERCISES, HEALTH TALKS, SOCIALISING, DAY TRIPS & MORE...

**EVERY MONDAY & WEDNESDAY
10am—12noon**

Mondays at Methodist Church Centre, Four Oaks B74 2UU
(Buses 6, 78, 842, X3, X5)

Wednesdays at All Saints Scouting Hut, Four Oaks B74 4TR
(Buses 6, 72, 842)

ਜੀ ਆਇਆਂ ਨੂੰ

Completely FREE to attend
No registration required. Just drop-in or call
07548 006561

Brought to you by Sikhs of Sutton Coldfield
Winners of British Sikh Awards' Seva Group of the Year 2022

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

Please share with your family & friends

SCCT
Sutton Coldfield Charitable Trust

THE BRITISH SIKH AWARDS 2022 WINNER

ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ



Sanjha Chulha
a Punjabi Luncheon Group

Calling all in and around Sutton Coldfield

For a full vegetarian meal and soft drinks for only £3

**EVERY FIRST MONDAY OF THE MONTH
Open from 12.30 TO 2.30pm**

ENJOY THE PUNJABI MUSIC & ENTERTAINMENT WHILE YOU EAT
BRING YOUR FRIENDS ALONG OR MAKE NEW FRIENDS THERE!

Methodist Church Centre,
Opposite Four Oaks Train Station, B74 2UU

Please share with your family & friends

 @SikhsOfSuttonColdfield
 @Sikhs_of_Sutton





**st Chad's
Sunshine
Cafe**

Our Dementia Friendly Cafe
11am-1pm
1st Wednesday of the month
Hollyfield Road, Sutton Coldfield B75 7SN

We offer people living with dementia, together with their carer, a friendly, accessible and spacious environment. We provide tea, coffee and cakes and a place where you can access local information and support. Choose from a hand massage, seated Pilates, crafts, board games, a singalong and other activities. Please pay what you can – suggested donation £2.50pp
Free car parking.

Places are restricted, so please book by calling our Team Leader
Marion Swaffield on 07435 292390

* People living with dementia must be accompanied by someone who can provide care if needed*




Join us for
our next
event

**Mercia Grange care home,
Sutton Coldfield**

Funding care
Wednesday 8th February 2023,
11am - 12pm

Time sensitive.
Wednesday
8th February
11am - 12pm

Mercia Grange care home is pleased to welcome James Baird, Chartered Financial Planner for Harnden and Weston Wealth Management, who will share insights into care home fee funding. Reiss Matthews and Lucy Milner, Solicitors from Enoch Evans Solicitors will then share helpful information surrounding Wills and Lasting Power of Attorney.

There will also be a chance to ask your own questions.

Trusted to care. 

To attend please call
0121 314 5513 or email
rachel.mackay@careuk.com

care UK 

SECOND CITY
LADIES BARBERSHOP & CLOSE
HARMONY CHORUS

**FREE SINGING
COURSE**
EVERY MONDAY IN MARCH

ADDRESS
Grove Vale School
Monksfield Avenue
Great Barr
Birmingham
B43 6AL

TIME
08:00PM - 09:15PM

Contact Elaine for more information
0121 384 4729
members@secondcitysound.ork.uk
www.secondcitysound.ork.uk

REGISTERED CHARITY NO. 1153445

www.scrs.club

SUTTON COLDFIELD
RAILWAY SOCIETY

Model Railway Exhibition
14th & 15th April 2023
FRI 1pm-6.30pm, SAT 10am-4.30pm

TRINITY CENTRE, Church Hill
Mill Street, Sutton Coldfield
B72 1TF

Entrance £5, Acc. Children (U.16) Free
Full Disabled Access



"W" (Double-u)

(an abbreviated term for a win)

Founded in 2020, W was created for winners and the winning mentality that we stand for. Whatever you are winning at in life, whether that's in work, sport or your own business, we want to celebrate that!

To us, having that winning mentality is **giving everything you've got in the face of adversity.**

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk



DOG FIRST AID TRAINING COURSE

Are you a dog
owner, handler,
trainer, walker,
boarder or rescuer?

VENUE: Banners Gate Community
Hall, 35 Reay Nadin Drive, Sutton
Coldfield, B73 6UR

DATE: Sat 20th May 2023

TIME: 9.30am-1.45pm

PRICE: £59.50

TO BOOK: Please go to

dog-first-aid.com/finder

or get in touch by phone or email

"Absolutely fantastic course today- very
friendly and so informative. Covered all
aspects of dog first aid and I've come away
feeling so much more confident should I
come across a situation that requires first
aid for a dog."

Samantha - attended Feb 2023

The CPD Standards Office

CPD PROVIDER: 21188

2021-2022

www.cpdstandards.com



E dani.hickman@dog-first-aid.com

T 07494 613747

www.dog-first-aid.com



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 Disability Enablement Team ?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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



The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/budgeting



Personal care/
Dressing yourself



Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

ALEXANDRA THEATRE BIRMINGHAM



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



Home, I'm Darling

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

Opens 25 Apr 2023

from
£13.00



Patel's Millions

Join a struggling shopkeeper Mr. Patel as he miraculously goes from rags to riches in this hilarious adventure.

Opens 06 May 2023

from
£26.40



The Ocean at the End of the Lane

From the imagination of Neil Gaiman, best-selling author, comes the National Theatre's major new stage adaptation. One for fantasy fans!

Opens 23 May 2023

from
£13.00



Penn & Teller

'The First Final UK Tour' will feature Penn & Teller's classic magic acts performed live with their unique brand of comedic magic!

Opens 08 Jun 2023

from
£51.90

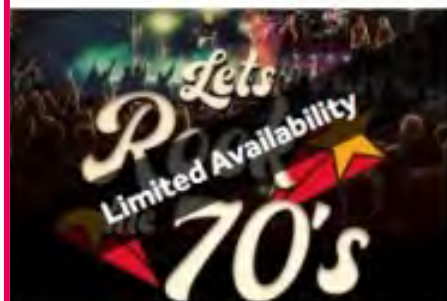


Wish You Were Dead

This is adapted from book to stage, in a thrilling instalment of Peter James crime series sure to entrance fans of the genre.

Opens 19 Jun 2023

from
£13.00



Let's Rock the 70's

Main Auditorium, Friday 24th February - 7.30pm

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



Come What May

Main Auditorium, Saturday 25th February 2023 - 7.30pm

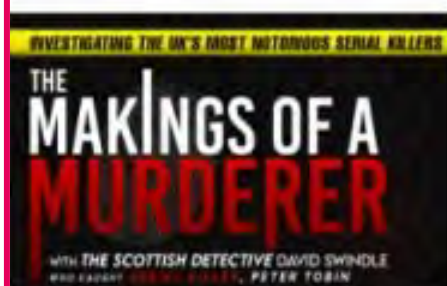
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FILM: Mary Poppins (U) - Midweek Movie...

Lichfield Garrick Studio, Wednesday 1st March - 2pm

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



The Makings of a Murderer

Main Auditorium, Thursday 2nd March 2023 - 7.30pm

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



Manford's Comedy Club

Main Auditorium, Friday 3rd March - 8pm

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



A Perfect Likeness

Studio, Saturday 4th March - 7.45pm

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



Pam Ayres - Live 2023

Main Auditorium, Sunday 5th March 2023 - 5pm

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



Dreamcoat Stars

Main Auditorium, Wednesday 8th March - 7.30pm

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



Bring the Heat

Main Auditorium, Friday 10th March 2023 - 7.30pm

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



The George Michael Legacy

Main Auditorium, Saturday 11th March - 7.30pm

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



The Billy Joel ALBUMS SHOW

Main Auditorium, Sunday 12th March 2023 - 7.30pm

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



A Room of One's Own

Studio, Wednesday 15th March - 7.45pm

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



Alfie Moore: Fair Cop Unleashed

Studio, Friday 17th & Saturday 18th March - 7.45pm

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



Susie Dent - The Secret Life Of Words

Main Auditorium, Saturday 18th March 2023 - 2.30pm

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



Henning Wehn - It'll All Come Out In T...

Main Auditorium, Sunday 19th March 2023 - 7.30pm

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



Teechers (Leavers '22)

Main Auditorium, Tuesday 21st & Wednesday 22nd March

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



Royal Opera: Turandot (Live Screening)...

Studio, Wednesday 22nd March 2023 - 7.15pm

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



UK Pink Floyd Experience

Main Auditorium, Thursday 23rd March - 7.30pm

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

Young Community Drop-In Sessions

Wed 30 Nov – Wed 28 Jul 2022
11am

**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.

Reigning on Broadway and in the West End, the international smash-hit musical **SIX** makes its royal return to Birmingham Hippodrome following its previous sell-out success!

Winner of the 2022 Tony Award for 'Best Original Score' and 'Best Costume Design', the 2022 Whatsonstage Award for 'Best West End Show' and a Gold Disk winning album, this sell-out Tudor take-off has 'an incredibly strong and powerful message' (The Australian) and is 'pure entertainment' (The New York Times).

From Tudor Queens to Pop Princesses, the six wives of Henry VIII take to the mic to tell their tales, remixing five hundred years of historical heartbreak into an 80-minute celebration of 21st-century girl power. These Queens may have green sleeves but their lipstick is rebellious red.

Think you know the rhyme, think again... Divorced. Beheaded. LIVE!

Musicals, Main House

SIX

Divorced. Beheaded. LIVE!

Tue 28 Feb – Sat 4 Mar



**HOW
NOT TO
DROWN**



Musicals, Main House

SIX

Divorced. Beheaded. LIVE!

Tue 28 Feb – Sat 4 Mar

"I don't know why my Dad let me go, especially when he knew how dangerous, how hard it was... I was too young, too weak to make this journey. I wouldn't have sent me... He wouldn't have sent me unless there was a reason." In 2002, after the end of the Kosovo War, Dritan is sent on the notoriously perilous journey across the Adriatic with a gang of people smugglers to a new life in Europe. He relies on his young wit and charm to make it to the UK. **How Not to Drown** shares a story of endurance for a little kid who wasn't safe anywhere in the world, performed by an ensemble cast starring Dritan Kastrati himself. **Winner: 2019 Scotsman Fringe First award Winner: 2019 Herald Angel award Winner: 2020 Hector McMillan Best New Scottish Play award**
"I am really excited to bring our production of **How Not To Drown** to Birmingham Hippodrome. It is a story that resonated with audiences when we made it in 2019 at the Edinburgh Festival and I think it is even more relevant today with immigration so prominent in the media and our political discussions. It is a play about how we care for people, what it is like to be lost in a system at breaking point, where you belong, and ultimately what it takes to call a place home. Above all it's a story of hope about a cheeky young lad who used his wit and charm to get through it. We are looking forward to sharing it with the wonderful West Midlands audiences."
Neil Bettles, Director

Following its critically acclaimed West End run, the Lincoln Center Theater's multi-award-winning production of **My Fair Lady** is coming to Birmingham Hippodrome for 2 weeks only. This glorious production of Lerner & Loewe's world famous musical features the much-loved classic songs *I Could Have Danced All Night, Get Me to the Church on Time, Wouldn't It Be Lovely, On the Street Where You Live, The Rain in Spain, and I've Grown Accustomed to Her Face*. Packed with lavish sets, stunning costumes and standout performances, this is a "Rolls Royce of a revival" (*Evening Standard*) and the perfect celebration of the theatre scene BACK in full bloom.

Michael D. Xavier stars as Henry Higgins, **Charlotte Kennedy** as Eliza Doolittle and **EastEnders** **Adam Woodyatt** plays the role of Alfred P. Doolittle. They are joined by world famous soprano **Lesley Garrett** playing Mrs Pearce and **John Middleton** (*Emmerdale*) as Colonel Pickering.

Directed by **Bartlett Sher** (*The King and I, To Kill A Mockingbird*), this sublime production features **Frederick Loewe's** ravishing score and book and lyrics by **Alan Jay Lerner**.

Family & Pantomime, Musicals, Main House

My Fair Lady

A truly lovely way to celebrate!

Wed 8 Mar – Sun 19 Mar

Tickets from £25

[View Info & Book](#)

[View Trailer](#)



Spoken Word, Patrick Studio

Hit the Ode – March 2023

Join us for a unique performance poetry night

Fri 10 Mar

£5 in advance, £8 on the door

[View Info & Book](#)

Apples and Snakes are back this Spring with this notorious spoken word event.

Hit the Ode is a unique performance poetry night bringing world-class spoken word artists to the heart of Birmingham to perform alongside open mic-ers.

This is your chance to take the stage amongst some of the brightest talent in the region.

Our brilliant line-up will feature the multi-lingual host Bohdan Piasecki with further guests to be announced closer to the date.

Take the mic, or just simply take a seat – Hit The Ode will get you in that snapping sweet spot.

Watch the UK and Ireland's most exciting spoken word poets perform live at UniSlam 2023! UniSlam 2023 is a poetry festival based around the UK and Ireland National Inter-University Poetry Slam. Watch poets compete live on stage during Preliminary Heats, Semi-Finals and Grand Finals.

The Semi Finals

Semi-Final 1, 11am – 12.30pm | Semi-Final 2, 1pm – 3pm

See the country's highest scoring university poetry slam teams go head to head in the Semi-Finals of the UniSlam 2023.

The Grand Finals

6.30pm – 9pm

UniSlam Grand Finals are the culmination of the UK's premier student and young people's poetry event. The Finals will see the country's top 4 poetry slam teams go head to head for the champions trophy and prize package. It's poetry but not as you know it.

Spoken Word

Unislam 2023

The UK's largest team poetry slam tournament.

Sun 12 Mar



Family & Pantomime, Main House

Dinosaur World Live

Book now before tickets become extinct!

Fri 24 Mar – Sun 26 Mar

Tickets £15 & £20

[View Info & Book](#)

Dare to experience the dangers and delights of Dinosaur World Live in this roarsome interactive show for all the family.

Grab your compass and join our intrepid explorer across uncharted territories to discover a pre-historic world of astonishing (and remarkably life-like) dinosaurs. Meet a host of impressive creatures, including every child's favourite flesh-eating giant, the Tyrannosaurus Rex, a Triceratops, Giraffatitan, Microraptor and Segnosaurus!

A special meet and greet after the show offers all our brave explorers the chance to make a new dinosaur friend.

Don't miss this entertaining and mind-expanding jurassic adventure, live on stage. Book now before tickets become extinct!

BBC Radio's multi award-winning antidote to panel games returns to the stage with its sell-out touring show. Join Jack Dee, Rory Bremner, Pippa Evans, Milton Jones, and Marcus Brigstocke for an unmissable evening of inspired nonsense. With musical accompaniment from Colin Sell.

This performance was originally advertised as starring Miles Jupp, however due to unforeseen circumstances he will no longer appear. Milton Jones will be appearing at this performance instead.

Comedy, Main House

I'm Sorry I Haven't A Clue

An unmissable evening of inspired nonsense

Sat 25 Mar

Tickets £32.50

[View Info & Book](#)

I'M SORRY I HAVEN'T A CLUE





 <p>THE SHOW THAT DEFINES A DECADE CALLING PLANET EARTH NEW ROMANTIC • SYNTH • NEW WAVE SYNCHRONICALLY NEW OR SINCE THE MUSIC OF DURAN DURAN SPANDAU BALLET HUMAN LEAGUE ULTRAVOX TEARS FOR FEARS DEPECHE MODE OMD JAPAN ABC SOFT CELL</p>	 <p>DOWN FOR THE COUNT PRESENTS A CENTURY OF SWING</p>	 <p>IN THE NAME OF LOVE The DIANA ROSS Story</p>	 <p>LIVE AT THE TOWN HALL</p>
FRIDAY 3RD TO SATURDAY 4TH MARCH	FRIDAY 10TH MARCH	SATURDAY 11TH MARCH	FRIDAY 7 APRIL
 <p>The SERIAL KILLER Next Door as seen on <i>Urbis</i></p>	 <p>A NIGHT IN KILKENNY THE KILKENNYS</p>	 <p>THE LAST DAYS OF DISCO</p>	 <p>THE SIMON & GARFUNKEL STORY</p>
SATURDAY 8 APRIL	SATURDAY 15 APRIL	FRIDAY 28TH TO SATURDAY 29TH APRIL	SUNDAY 30TH APRIL
 <p>The D-DAY Darlings LIVE IN CONCERT</p>	 <p>LEGALLY BLONDE The Musical</p>	 <p>MADE IN TENNESSEE</p>	 <p>GO YOUR OWN WAY THE FLEETWOOD MAC LEGACY</p>
FRIDAY 5TH MAY	TUESDAY 23RD MAY - SATURDAY 27TH MAY	FRIDAY 2ND JUNE	FRIDAY 23 JUNE



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

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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



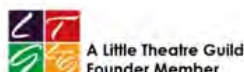
WHAT'S ON? HIGHBURY PLAYERS PLAYS FOR 2022-23

	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.

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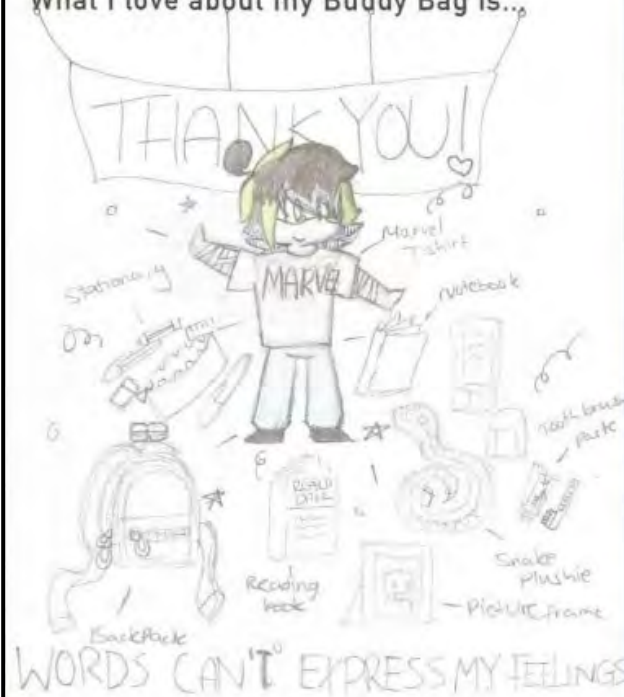
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Or Contact: Sandra on 07932-395158

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



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www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

•BIAB Gel nails

•Gel toes

•Manicures&pedicures

•Gel extensions



Based at...

The Luna Lounge

Sutton Coldfield

B74 4EU

To book in, message me

Instagram

on...

Facebook

_beauty_by_ella 07825001242 Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com

Every Wednesday, at the Botanico Café in House of Fraser, there meets a group of artistic young ladies, of varying ages, intent on using their skills to produce beautiful works of art in wool, cotton and what-have-you. *Today we have crochet, knitting, needle felting, cross stitch.* We also do loom knitting, beadwork, dressmaking and jewellery making

They also have a natter at the same time!

Here are a few photos of them in action;





STREETLY FLOWER ARRANGERS' CLUB



We meet monthly 2nd Tuesday 2.30pm

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

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

Next meeting Tuesday 14th March

Workshop - Emma Remington.

Further details Chris Reeves tel: 0121 354 6264.

The demonstrator was Shirley Henderson and the demo
was called Take a piece of wood , so all the
arrangements had wood of some sort in the design .



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

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



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

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

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

Banners Gate Community Church, Westwood Rd, B73 6UH

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

The first meeting of 2023 took place in February, to a lovely full room! We were delighted to welcome Malcolm and Barry, two members from the South Staffs Bonsai Society, that meet each month in Walmley. We were hopeful of great things, as they asked for four, six-foot tables to display their plants, and we were not disappointed.

Bonsai can be made from most plants that create a woody stem, and this of course includes fuchsias. However, trees such as Elm, Acer and Pine can take many years to take shape, however willow, cotoneaster, and other fast-growing shrubs can be created faster. It was pointed out by the speaker, as he looked around the room, that maybe growing a bonsai tree from seed would take more time than some of us had to play with!! However, looking on the bright side, fuchsias are a great place to start.

Choose a variety with a smaller leaf and flowers, so magellanica, the hardy bush that many people grow in their garden are ideal. From a cutting taken in early spring, and trained using some fine wire, it is possible to create something lovely within a couple of years. Bear in mind that the roots on these plants are in shallow dishes, so ensuring that the plant receives enough food and water is the main concern. Although the plant will be hardy when planted in the soil, when grown as a bonsai, the roots will be at risk if not protected from frost, so overwintering in a greenhouse or wrapped in fleece in the shed is ideal.



We will be encouraging all our members to give this a go this year, so if you fancy having a go yourself, please come and join us. Next month we have a lady coming along from a local hedgehog rescue charity, telling us how we can welcome these delightful creatures into our garden.

We meet on the second Thursday of each month at Banners Gate Community Church, Westwood Rd. The doors will be open at 7.30p.m. for an 8.00p.m. start and the meeting will finish by 9.45. Car parking is directly outside the door, refreshments and raffle always available. We are such a friendly group, and you would be made very welcome. If you would like more information, please give our secretary Gail a call on 0121 353 3373.



CALLING ALL QUILTERS! OR ARE YOU INTERESTED IN LEARNING ABOUT QUILTING? WANT TO IMPROVE YOUR SKILLS AND TECHNIQUES? 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 runs from September to July each year.

ABOUT OUR MEETINGS: Our meetings are varied: we invite quilters to come along to give talks, demonstrations and workshops in their particular specialism, as well as sit and sew meetings, social evenings, demonstrations. We also have a Christmas Party and Show and Tell evening. We 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.

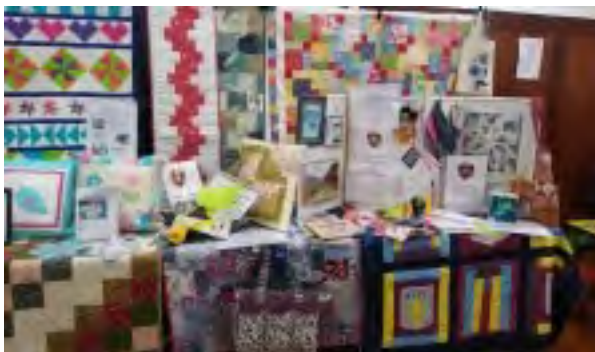
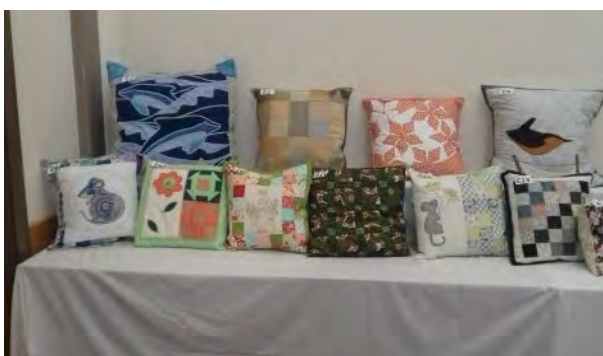
WHAT KIND OF THINGS DO YOU MAKE? Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many members 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 £5 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/ cmorden42@gmail.com, 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 SOON!



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!

MENOPAUSE

Ring Claire on 07930354885 for more information.

**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... #letstalk about you!

Ring Claire on 07930 354 885 for more information.

MENOPAUSE



COMMUNITTEA CAFÉ ALLOTMENT
TUESDAYS 10 TILL 12

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

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsltd



www.militarychef.co.uk



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

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

Odonata Studios
Middleton Hall Courtyard
Tamworth
B78 2AE

Tel:- 01827 287294

email:- gillian@odonatastudios.co.uk

odonatastudio

odonata_studios

www.odonatastudios.co.uk



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



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: 6)

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@centrallenglandlc.org.uk
www.centrallenglandlc.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 | info@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@centrallenglandlc.org.uk
www.centrallenglandlc.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.warmerhomesWM.org.uk

Help with options: 1 2 4 6

Other Support

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

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

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

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



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

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

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

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

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

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



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

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

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

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

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

Welcome to



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

WHERE YOU WILL FIND OUR WEEKLY FOOD BANKS

Erdington

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

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

Falcon Lodge

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

Mere Green

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

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

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

Pregnant? Children under four?

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

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



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

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

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



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

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

Healthy Start



Birmingham City Council

HEALTHY START NHS

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

Falcon Lodge



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

Mere Green



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

Where are we in Falcon Lodge?

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

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

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



Where are we in Mere Green?

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

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

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



Email: info@hopefood.org.uk

NOSTALGIC

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



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



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

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

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



Our Classes September '21

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

Streety Classes coming soon...

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

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

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





Lisa Marie
FLOWERS & THERAPY

FREE LOCAL DELIVERY OR COLLECTION
 From Banners Gate Road
 @lisamarietflowersandtherapy

Contact
Lisa Marie on
07765 135497



Lottie Lea
PHOTOGRAPHY

Newborn and Family Photographer




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

KIDS & ADULTS

KARATE

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




Manor Crafts

Decorative Arts and Crafts for All Occasions

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



Floral Design Classes

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



Contact number above if interested.

Banners Gate C.C Westwood Rd B73

Made with PosterMyWall.com

Age concern no longer have their: **Our Trusted Tradesperson Scheme** has the right trade, whatever your 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



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Every Monday

"Musical Memories"

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Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

*All attendees must show proof
of both covid vaccinations*

Every Thursday

10am - 12noon

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

"Friends on Fridays"

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Supported by

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South Parade, B72 1QY

*To book your place at any of our cafes or
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07422 406168

sue.bevington@suttoncoldfield.homeinstead.co.uk

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Sutton Coldfield
B72 1PH

0121 323 4200



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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

www.birminghamsettlement.org.uk
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Cafe Oasis

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Call: 07713 970096 **Email:** cafe.oasis@scurc.org.uk
or find us on Facebook

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Volunteers and Staff at Sutton
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SUTTON COLDFIELD URC
- CAFE OASIS



Events

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

Vacancies

Volunteering opportunities available including:
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admin

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

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5K YOUR WAY MOVE AGAINST CANCER

We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

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

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

Where: Walsall Arboretum Visitor Centre steps (meet at 8.45am)

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!
Get in touch and let us know you will be coming.
5k your way: move against cancer | @cancer5kYourWay
info@5kyourway.org | www.5kyourway.org | @5kyourway

Don't forget to register with us here:
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See front page

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Every Sunday 9am - 11am Every Wednesday 6pm - 7pm Communion service with Pastor Chris Every 1st Sunday of the month.

CREATE at the Gate with K & S

We are a small group of crafters who meet on the first Sunday of every month, between 11.30am and 2.30pm. If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us. There is a wealth of knowledge between us and we usually learn something new each month from each other at Banners Gate Community Hall. There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do.

**Banners Gate Community
Hall Coffee Mornings.**
**The next is on 21st March
at 10 o'clock.**

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07833720015

garyhall7@blueyonder.co.uk



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The Community Hall, Reay Nadin Drive, Sutton Coldfield.

If you would like to know about our service ring the number above

Or visit our web site www.newhorizonscounselling.org.

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

**The hall is approx. 38' x 21'
(11.6m x 6.4m)**

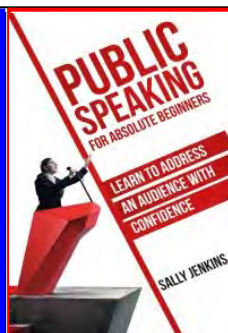
**The kitchen is approx. 11' x 7'
(3.4m x 2.2m)**

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

**The ladies has 2 cubicles and a nappy
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toilet.**

The building is step-free.

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



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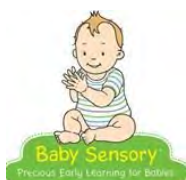


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Plus scan here for a full list of additional dates..
Redditch Kingfisher Centre
2nd Saturday of the Month
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4th Saturday of the Month



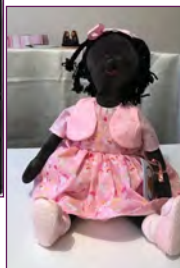
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David =

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st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

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

Tuesday and Wednesday - Baby Sensory

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

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>
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 -1st Sunday	Community Hall St. Columba's Community Hall Banners Gate CC Scout Hall Community Hall Community Hall	Kathy Weston Ola Samuel 07565 Nigel Willis Paul Murphy 07837 Ola Samuel 07565	628 6651 354 5873 65 27 62 353 0230 39 57 89 65 27 62	
For details see website at www.stcolumbasbannersgate.co.uk www.bannersgatechurch.com					
Mon 6.00—7.00 11amto1.00pm 7.30 – 9.00 pm	Self Defence & Fitness Dementia Care Line Dancing	Community Hall Community Hall Community Hall	Adam Claxton 07376 Barbara H-Walker Diane Pursall	27 90 15 553 6483 747 4659	<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>
Tues 8.00 - 4.00pm. 3rd Tues 9.15 - 12.00pm 6.30 – 7.30 & 7.30 – 9.00 7.45 pm	Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Line Dancing Chikara Karate Kai	Community Hall Community Hall Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Diane Pursall Paul Murphy 07837	45 70 74 747 4659 39 57 89	
Wed 9.30, 11.00 & 12 10.30 - 12.30 7.00 pm	Baby Sensory Guide Dog Training SlimmingWorld	Banners Gate CC Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89	
Thurs 10.00—11.00 am 12 - 2.00 6.30 – 9.45 pm 6.30 – 9.30 pm (3rd of each month) 7.00 pm	Yoga Home Education W Mids Zig Zag Dance Studio Banners Gate Bridge Club Townswomen's Guild	Community Hall Community Hall St. Columba's Community Hall Banners Gate CC	Tricia 07954 Pauls & Kelly 07891 Warren 01902 Sylvia Cunningham 07870 Sue Nation	40 39 43 82 63 80 897 900 82 98 37 353 4114	<div>Banners Gate</div> <div>Community hall</div> <div>Coffee Mornings</div> <div>The next is on</div> <div>21st March</div> <div>At 10 o'clock</div>
Friday 9.30 - 11.15 10.30—11.30 4.00 - 6.00 7.00 - 8.00 pm	The Creation Station Tai Chi C.L. Rep Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall	Avne Wilson 07793 Philip Shelton Shakila Kosar 07825	54 26 48 25 50 42	
Saturday					
<div>BOOKING SECRETARIES:</div> <div>Community Hall mobile: 075 65 54 68 21</div> <div>Banners Gate CC - Nigel Willis 07711 284562</div> <div>St. Columba's - Alison Jolley st.columbahall@yahoo.com</div> <div>Scout Hall - A & R Talliss 353 8166</div>		<div>UNIFORMED ORGANISATIONS:</div> <div>Scouts: Margaret Drummond, 33rd GSL</div> <div>353 5203 Girlguiding: Carol Gardner,</div> <div>Vesey West District Commissioner 350 7191</div>			

The Townswomen's Guild

Patron HRH The Princess Royal GCVO

Thurs. 16th March - AGM Dogs for the Disabled + Tombola

Thurs. 20th April Penny Wheat - Silversmith

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

Every 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.

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