



# BANNERS GATE & PARKLANDS COMMUNITY & NEIGHBOURHOOD FORUM

**166<sup>TH</sup> JANUARY 2023**

[bannersgateneighbourhoodforum.com](http://bannersgateneighbourhoodforum.com)

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

Because of the much higher charges for printing, Gatepost will no longer be delivered to every home in Banners Gate, except for special one-off occasions. We are trying to contact every resident who has had a Standing Order set up in our favour to ask them to cancel it as our costs, for the moment, are much reduced. We thank you very much for your generosity over the years. **If you are in the Banners Gate area and you want help with broadband, or the use of phones, tablets and laptops, or you would like to sample the internet, free of charge, please call 07976 550 420.**



## **Rob Pocock: CITY COUNCIL LIFTS THREAT OF CAR PARK CHARGES IN SUTTON PARK**

In 2017 there was a major cut in central government grant funding for Council parks in Birmingham and across the country. This meant that alternative sources of income had to be found. One proposal was to bring in car parking charges for the major parks across the City including Sutton Park. This idea was put on ice during the pandemic, and then re-activated later last autumn.

However, detailed analysis undertaken since then has shown that the money raised would be less than the costs of installing, fitting out, running and enforcing a chargeable parking scheme. No surplus income would be generated, so the idea has been dropped. Many people who visit the Park by car will be delighted at this news! The City Council is now developing a different 'model' for funding parks across the City.

However the immediate problem of funding improvements to the Park remains. The Town Council has set aside over £half a million to pay for improvements, but this seems to have got 'stuck in the mud'. This is a big disappointment as we have all paid a 'precept' to Sutton Town Council on the basis of its promise to help pay for the park improvements. Hopefully if we can get a new 'shared management agreement' between the Town and City Councils, as I said in the last issue of Gatepost, this might then unlock the much-needed cash.

## **BOLDMERE GATE' CAR PARK BACK ON TRACK AT LAST**

The saga of the new car park at the Boldmere Gate entrance to Sutton Park seems to be nearing a successful conclusion at last. It has been closed since the Commonwealth Games due to damage caused by heavy plant being hauled onto the site by the Games organisers, causing damage to the hardcore and kerbing. A protracted argument then took place over the autumn about the Games organisers footing the bill for the damage – meanwhile the car park just sat there empty. Fortunately an agreement has now been reached. Contractors are on site, repairing the damage and also installing the final improvements to the entranceway, including speed ramps, signage, new gates, and a pedestrian walkway. Hopefully all should be set for a public opening at last in the spring!

## **BETTER PARKING AT PRINCESS ALICE RETAIL PARK**

While on the subject of car parks, the business owners of the Princess Alice retail park are widening the spaces of the parking spots on the Boots / M&S side of the site. There will also be a new and safer footway entrance onto the site next to the access road. Residents have been pushing the company to make these improvements for several years, so persistence is rewarded!

## **TIP TRUCKS ON WAY TO WELSHMANS HILL!**

The popular visits from the City Council mobile 'tip trucks' resume in the New Year on Welshmans Hill, Tuesday 31<sup>st</sup> January between 7am and midday. Bring your clear-out waste, recycling or bulky household items as always. Winter garden waste will also be welcomed, so time to get digging....

**AVAILABLE IN LARGE PRINT. TEL: EDITOR AT 605 4947**

Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: 605 4947, or [bgatepost@gmail.com](mailto:bgatepost@gmail.com) **Next deadline: February 23<sup>rd</sup>**

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**Jan Cairns:** Hello everyone, we're well and truly into 2023 now.

The New Year has started off as a busy one for Mayoral duties. As students across the town return to class, I met with the Vice Principal of BMet College for a tour of the campus and to discuss their Industry Placement Programme – a work experience partnership between the Town Council and Art & Design students.

I also had the pleasure of presenting local schoolgirl Lilian Housden with a World Record certificate for reading 110 books during the Easter holiday in 2022. I have enjoyed meeting young people across the town including a group of 8-11 year old girls. We chatted about everything including confidence, friendships, self-esteem and hopes and dreams. I am pleased to see a positive light being shone on some of the wonderful young people we have in Sutton Coldfield.

January often feels a little low key after the sparkle and lights of Christmas. We still have a few months of dark nights and cold weather ahead and I want to remind you of the Warm Spaces that have been set up across the town to support people amid the cost of living and energy crisis. Royal Sutton Coldfield's Town Council website and social media channels lists places you can go to keep warm, have a cuppa and a friendly chat.

It's at this time of year I like to emphasise that this is the beginning of a new year with all the potential and possibilities that another year has, and it really can be what you decide to make of it. Until next time, stay safe and well.



**Max Hatton:** Hello Gatepost readers! I hope you have all had a brilliant start to 2023, and for those that have New Year's resolutions, I hope they've gone well! One of my New Years resolutions was to take more walks, and I've enjoyed a few chilly

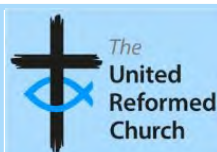
walks in Sutton Park over the last few weekends. Not only is Sutton Park beautiful, it's also full of history. You may have noticed the pyramid shaped markers in certain places around the park, the Friends of Sutton Park Association have several markers around the historical sites in Sutton Park with QR codes for access to in depth information. For those who wish to learn more of Sutton's history, I strongly recommend you visit all the "Walking in their Footsteps" markers!

I would also like to welcome you all to attend an exhibition celebrating the life and art of late local artist Paul Bamborough, the exhibition is due to start Saturday 25<sup>th</sup> February and will be hosted in the old BHS building at Gracechurch Shopping Centre. Paul sadly passed away in November 2022 and he will be well remembered by many within Sutton Coldfield.

Our next Full Town Council meeting is due to be held on Wednesday 1<sup>st</sup> March at the Trinity Centre in Sutton Town centre, 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](mailto:cafe.oasis@scurc.org.uk) or telephoning 07713970096.





## St Columba's Church awarded the bronze level Eco Church award.



Eco Church is run by A Rocha UK. A nationwide environmental charity which provides impetus and support for participating churches in reducing their own carbon footprint in these times of biodiversity loss and climate change.

An online survey enables churches to record what they are already doing to protect our world and to reflect on what further steps can be taken by them and act accordingly.

As such, it challenges churches to act in respect of how they live, of the food they serve, energy used, the wildlife that finds a home on their land and of the water that flushes their loos; and so on...

One of our achievements has been the recent installation of LED car park lighting, as we continually search for new ways in becoming more energy efficient and cost effective.

Alison Jolley



St Columba's Church.  
Banners Gate.

Sunday February 12th 4pm



**Make, play, & wonder**

Followed by hotdogs & a fire pit  
(as long as it doesn't rain!)  
All are welcome - there is no charge



**CHURCH@4 IS AN INTERACTIVE, INFORMAL  
HOUR OF CRAFTS, ACTIVITIES AND FOOD AS WE  
WONDER ABOUT LIFE TOGETHER**

Every second Sunday of the month at 4pm in  
St Columba's Church Hall (Sutton Park Corner).  
Things to make, games to play, activities to do, food to munch  
and things to wonder about.

**THERE IS NO CHARGE FOR ANYTHING AT CHURCH@4 - ALL ARE WELCOME**



St Columba's hall is available for hire. For further information, or to book the hall, please contact Alison on [st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)



### 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.*

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

📱 @StColumbasChurch  
[slimmingworld.co.uk](http://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](http://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 of quiet chat



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](mailto:sharedreading@foliosuttoncoldfield.org.uk)





## The latest news from our school—January 2023



The Spring term is in full swing and we have been pleased to welcome several new pupils into our Sutton Park Primary family this January. News about our school's improvement is spreading and with the added news of a successful rebuild bid, the future is looking very bright for our school!

None of this would be possible without the hard work of staff and pupils, and the support of our parent community. Thank you to everyone who has played their part, championed our school, given feedback, engaged with school events and supported our journey so far. Please continue to do this. The team in school really appreciate it.

I hope you enjoy reading about the latest happenings in school and the plans we have for the term ahead.

As always, it is a privilege to lead our school.

*Mrs Middleton, Head of School*



Follow us on twitter @SuttonParkPri

### Spotlight on PASTORAL

Our Pastoral team play a vital role in daily life at Sutton Park Primary. They are on hand to support pupils with any social, emotional or mental health need.

#### Miss Akay:

*Every child should be valued, known, happy and safe. This is why I am so passionate about leading in pastoral. It is so important that children achieve their potential and that they are able to move successfully through all phases of their education.*



*I know from my experience of working in school and from my own child, that building great relationships, in a welcoming and nurturing environment helps children to be successful. I want children to be excited about coming to school, to create positive memories and to go home talking about their day and looking forward to the next one. This is what pastoral care is all about and I am committed to making sure all children at Sutton Park are supported and encouraged through all the steps on their journey; supported when a little extra time and help is needed and encouraged to take responsibilities and challenges when they are able.*

#### Mr Tonn:

*I believe every child should have the chance to learn in a safe, happy, and supportive environment regardless of the barriers to learning that may exist. I am passionate about helping all children at Sutton Park reach their full potential and be the best version of themselves. My aim is to help children build confidence, self-esteem, develop their resilience and character.*



#### Miss Teer:

*I have been a part of the pastoral team for over a year, I believe building relationships is a key part of working with children. I have seen the confidence grow of the children I support, and this has inspired me further to help them achieve their aspirations. I feel we shouldn't put a ceiling on any child's dreams, and we should encourage them to aim high. When I was growing up, my mom was my role model and she always pushed me to achieve and keep going. I try to use these morals with the children I support and teach them that with determination and perseverance they can be anything they want to be despite any barriers they may face.*



### Andrew Mitchell visits school:

On Friday 6th January we were visited by Rt. Hon Andrew Mitchell (MP for Sutton Coldfield). He had been invited into school to see first hand the improvements made. During his visit, we discussed the journey of improvement so far, plans for the future and our rebuild plans. He also visited several classrooms across school speaking to staff and pupils.

Following his visit, Andrew stated: *"It's great news for a school that is on the up and up that they will also now get a significant rebuilding programme to modernise and enhance a school that has made a significant fresh start."*

You can read more here: <https://is.gd/rebuildnews>

As always, our pupils were an absolute credit to our school and it was fantastic to see our school being highlighted within our local



### Girls' football team head to Aston Villa FC:

Last week our girls' football team represented school at the first stage of the Premier League Primary Stars Year 5/6 Girls Tournament.

In total, 8 girls attended, all showing excellent sportsmanship and teamwork throughout. They came second overall and will now progress to the next round of the competition, representing AVFC. Well done girls!



**- BELIEVE - INSPIRE - ACHIEVE**



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
<b>Cost of Living</b>		
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.	<a href="#">BCC cost of living support information</a>
<b>Heating Your Home</b>		
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.	<a href="#">BCC guidance</a>
Simple Energy Advice	SEA provide free advice on energy efficiency, grants and bills.	Telephone: 0800 444 202
<b>Winter Wellness</b>		
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.	<a href="#">Age UK guidance</a>
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.	<a href="#">BCC Warm Welcome information</a>
	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 href="#">A Bolder Healthier Winter resources</a>
	BCC has produced guidance on staying safe during severe weather, including dedicated information on winter weather, thunderstorms, lightning, gales and high winds.	<a href="#">BCC guidance</a>
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.	<a href="#">Met Office guidance</a>
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.	<a href="#">NHS guidance</a>
SignHealth	SignHealth has produced flu vaccine guidance in British Sign Language.	<a href="#">SignHealth flu guidance</a>



# 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  
courses such as Survival English, Crafts,  
Introduction to Childcare and many more.

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

Contact: Zaheer on 07974 255788  
or Natalie on 07870 981272

### Health Activities

We can support you with:

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

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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.



## **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](mailto: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**



## A Day In The Life of NNS Networker Suzy Summerfield

Tuesdays are always a joy as my day begins with the Communitia allotment group. At 10am I am greeted at the gate by smiling faces and members are eager to find out which of their gardening friends will turn up today. Most of the group have been attending for over a year and rarely miss a session. They have worked together to develop a neglected plot, growing fruit, vegetables and flowers which is shared with the local community. Together they dig, plant, learn, share and laugh....and at 11.30 sit down for a cup of tea and a caramel wafer bar!!



Today we are joined by a volunteer from a local church. My role as a Neighbourhood Networker involves supporting other community groups and organisations to develop new activities and to enable more people to join existing activities. The church has a large outside area and they are keen to develop a community garden. I am able to explain how Age Concern Birmingham were able to set up and resource our allotment plot.

The afternoon brings me back to the office where I meet up with my team. Tasks include helping to develop a new grant application proposal. The NNS issues grants of up to £10,000 to not-for-profit community groups and organisations. Networkers support the applicant during the process, it enables us to develop projects to best meet the needs of the local community.

My last task of the day comes as a referral from a Social Worker. The NNS works closely with the Adult Social Care Team, contributing to the Prevention First strategy geared towards tackling social isolation. Social Workers regularly ask for advice about what community offer is available to support citizens.

Today I am able to give information regarding: Our Place Support who are able to provide free advice and guidance on a range of matters including benefits checks; and Chester Road Jobs Club who provide a welcoming, supportive approach towards giving people the skills and confidence needed to apply for a job.

I am lucky to have a job that allows me to support others. By far the best part is hearing about the fantastic work done by volunteers and community enthusiasts across Sutton Coldfield, and in a small way being able to contribute towards this

[NNS@ageconcernbirmingham.org.uk](mailto:NNS@ageconcernbirmingham.org.uk) for more information, or visit our blog at <https://suttoncoldfieldnns.blogspot.com/>



## 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](mailto:helenmwillis44@gmail.com) Tel: 0121 605 4947**



### *Another Eric life story*

A further few true stories about my Mom that might amuse you. I have to say when my Mother, at around the age of 60+, took up driving lessons the family was all amazed. Goodness knows how many lessons she had with the old BSM (British School of Motoring) before she passed her test. The BSM instructors used to say to each other, "It's your turn to be frightened by Mrs. Jones today." On an early BSM lesson, she slipped the car out of gear on a hill into Sutton town centre and coasted. The very alarmed instructor asked, "*Mrs. Jones what are you doing?*" Mother replied "*it's what my husband does it saves on petrol.*"



She did eventually pass her test to her credit, though she was always a very poor driver. She once reversed off the home drive into the back of a dust cart, breaking a rear light glass. On getting a replacement fitted at Halfords she asked the lad if he would rub it in the dirt before fitting so my Father would not notice. Mother would ring up a lifelong friend offering her a lift to the local shops. The reply was always. "No it's fine thanks, I can get the bus and see you there."

#### ***Mrs. Jones no coasting please***

In her early 80's she joined a national dating agency. I recall one of many early experiences. She said to me, "*This very nice man wants me to go around to his flat next week, he can't see me this week, he is seeing several other ladies.*" I said Mom just meet up with him for a coffee don't go around to a complete stranger's place. She innocently said. "*But he sounds very nice.*" I could not help myself, I said, "*That's as maybe but he might have those other appointments under the floorboards before you arrive next week.*" In any event, she did agree to meet him in the local high street. I asked where and she replied outside Woolworths. She was not amused when I said I would station myself on the opposite side of the road and when they came face to face with each other for the first time, I would clap my hands while singing the advertising jingle at the time. "*It's the wonder of Woolworths, it's the wonder of good old Woolies.*" She was not amused.

On another occasion, she had an evening meal with another blind date, and the gentleman in question insisted on a place setting in the restaurant for his teddy bear whom he advised my Mother went everywhere with him.

*Eric Jones January 2023*

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

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

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

The centre offers therapy and wellbeing sessions, information, advice and a friendly safe space for people looking for reassurance or support.

The charity was set up 21 years ago and for the past 11 it has been based in Lindridge Road, within the St Giles Hospice Supportive Care Centre.

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

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

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

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

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

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

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

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

...

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

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

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

Anyone who knows of suitable premises or who would like to make a donation should call 0300 012 0245 or email [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)

For more details about the centre, visit [www.suttoncancersupport.org](http://www.suttoncancersupport.org)



**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!





[Sutton Coldfield Charitable Trust](#), which exists to enhance the quality of life for all in Sutton Coldfield, has granted funds to Sutton Coldfield Community Choir (SCCC), allowing them to 'survive' post-pandemic and amidst the current cost-of-living crisis.

The Trust has a heritage going back almost 500 years and offers a broad range of grant categories to benefit Sutton Coldfield and its residents. The emergency grant was awarded to SCCC under the relief of need category which the Trust offers to support the relief of hardship across a range of factors such as youth, age, ill-health, disability, financial hardship or another disadvantage.

SCCC received a grant worth £3,000 to help with purchasing essential new equipment, as well as a full term of room rental for the choir to rehearse in.

Ann Regan, Communications and Concert Manager of SCCC, said: "During the Covid-19 pandemic, we were unable to rehearse for twelve to eighteen months and couldn't recruit new members during this time – we were worried we were going to have to fold the choir. Like many organisations during the pandemic, we lost membership, but we have been working hard to ensure that we keep going – especially during the current climate.

"People need activities like this, to support both themselves and others. It's important to gather people together as a friendship group, and our choir thrives off being a sociable choir that is inclusive, and people can come and just enjoy themselves.

"Our choir is open to singers of all abilities, but it's not just a choir – it's something for the community to participate in and benefit from. We're so thankful to Sutton Coldfield Charitable Trust for allowing us to continue our group and giving something back to the local community, and we're also looking for new members if anyone would like to get involved."

Each year, SCCC picks to support a local charity of its choice and raise money throughout the year to donate the total to their chosen charity. The choir fundraises through a variety of different activities and events such as concerts, raffles, cake sales and regular quiz nights.

The most significant events of the year are summer and Christmas concerts, where the 50 strong choir, pianist and choirmaster perform to raise money for their selected charity.

Last year, SCCC chose to support a small charity called Acacia, the services of which are available to parents and guardians in Birmingham who are experiencing pre and postnatal depression and anxiety. In 2021 the charity of choice was Midland's Freewheelers, a group of retired motorbike enthusiasts who deliver blood and vital medication – the choir raised £3500 through fundraising.

For further information about Sutton Coldfield Charitable Trust and how to apply for grants, please visit: [www.suttoncoldfieldcharitabletrust.com/aims-houses.htm](http://www.suttoncoldfieldcharitabletrust.com/aims-houses.htm), or to find out more information on the Sutton Coldfield Community Choir, please visit: [suttonmusicservice.org.uk/singing/sutton-community-choir/](http://suttonmusicservice.org.uk/singing/sutton-community-choir/).



## **Actual Writings on Hospital Charts.**

**A mixture of misunderstood statements, misspellings, computer typing errors, mis-phrasing or lost for words.**

1. The patient refused autopsy.
2. The patient has no previous history of suicides.
3. The patient has left his white blood cells at another hospital.
4. Patients medical history has been remarkably insignificant with only a 40lb weight gain in the past three days.
5. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
6. Patient has chest pains if she lies on her left side for over a year.
7. On the second day the knee was better and on the third day it disappeared.
8. The patient is tearful and crying constantly. She also appears to be depressed.
9. The patient has been depressed since she began seeing me in 1993.
10. Discharge status: Alive but without permission.
11. Healthy appearing decrepit 69-year-old male, mentally alert but forgetful.
12. Patient had waffles for breakfast and anorexia for lunch.
13. She is numb from her toes down.
14. While in ER, she was examined, X-rated and sent home.
15. The skin was moist and dry.
16. Occasional, constant infrequent headaches.
17. Patient was alert and unresponsive.
18. Rectal examination revealed normal size thyroid.
19. She stated that she had been constipated for most of her life until she got a divorce.
20. I saw your patient today, who is still under our car for physical therapy.
21. Both breasts are equal and reactive to light and accommodation.
22. Examination of genitalia reveals that he is circus sized.
23. The lab test indicated abnormal lover function.
24. Skin somewhat pale but present.
25. Large brown stool ambulating in the hall.
26. The pelvic exam will be done later on the floor.
27. Patient has two teenage children, but no more abnormalities.
28. When she fainted, her eyes rolled round the room.
29. The patient was in his usual state of good health until his airplane ran out of gas and crashed.
30. Between you and me, we ought to be able to get this lady pregnant.
31. She slipped on the ice and apparently her legs went in separate directions early in December.
32. Patient was seen in consultation by Dr Smith, who felt we should sit on the abdomen and I agree.
33. The patient was to have a bowel resection. However, he took a job as a Stockbroker instead.
34. By the time he was admitted, his rapid heart had stopped, and he was feeling better.

Thank you Harold





## 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)

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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.

*These are from Ed in California. Thanks Ed.*

*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.*





## Happy New Year, BRILLIANT BRUM!

There's no doubt: 2022 was WONDERFUL – with the very best of Brum showcased across the globe! Now, **here's to 2023** – and the next chapters of what's truly already shaping up to be a **Golden Decade** for our **WONDERFUL city and people!** The image shows our beloved, picture-perfect Council House during the Games!



## EXCITING SPORTS NEWS: Rugby League at Alexander Stadium complex!

Midlands Hurricanes have agreed a tenancy partnership with the council. The Hurricanes, who compete in League One, will play their home fixtures for 2023 here – starting with a tie against Cornwall on 19 February – on the community pitch by the main stadium. [Find out about season tickets!](#)



## Need help with the cost of living?



Our AMAZING Advice and Information Centres continue to be saving more and more Birmingham people **THOUSANDS** of pounds. Find out MORE about the brilliant range of Help in Brum cost-of-living support [HERE](#) PLUS, Warm Welcome: **GUARANTEED!** Can't afford to feel toasty? Join a [FREE event](#) to find out more about our inviting Warm Welcome spaces across Brum: how to access them – or how to become one – to help provide an inclusive, non-judgmental and heated space for families to access **FREE**.

## Picked YOUR New Year's Resolutions yet?

How about some quick and easy energy-saving tips to start the new year? Remember: [it all adds up!](#)



## Children and flu: help Keep it at bay this winter!

Remember: kids can catch and spread flu easily. Vaccinating them also protects others who are vulnerable to flu, such as babies and older people. So, please, [book YOUR child's appointment NOW](#) with your GP practice.



## Eyes wide! Spread YOUR wings and take a world tour in BRUM!



Throughout 2023, Birmingham's INCREDIBLE Wildlife Conservation Park wants YOU to join their weekly [Facebook Live video World Tour!](#) Each event will focus on a different species: making your way around the planet (and Wildlife Park) as you go!

## Still got YOUR real Christmas tree hanging about?

We can help! Our [FREE Christmas tree recycling service](#) is back at four city parks!







# HelpinBrum

## Warm Welcome spaces offer a range of support

With the current wintry temperatures, don't forget, Warm Welcome spaces are open across Birmingham, from Perry Hall Methodist Church to the Library of Birmingham. The network, which has more than 100 spaces across the city offers a range of activities and facilities, including fitness, advice on benefits, access to support services and much more. Find your nearest [Warm Welcome](#).

[Visit our cost-of-living support pages for help and advice](#)

### Birmingham 2022 Commonwealth Games brought significant boost to economy

A new study has revealed that the [Birmingham 2022 Commonwealth Games](#) contributed at least £870million to the UK economy. New reports have also revealed that the [Birmingham 2022 Festival](#) brought not only pride and joy to the city – but gave a dramatic boost to the regional economy.



### Free digital devices available for communities



Community groups and charities are being urged to apply for [free laptops and computers](#) to help people who struggle to get digital access. The council is currently in the process of decommissioning and refurbishing several thousand devices for use in communities.

### Refreshed SEND Local Offer website is now LIVE!

Our refreshed SEND (Special Educational Needs and Disabilities) [Local Offer website](#) is now live! It's packed with information for families, parents and carers, children and young people with additional needs. This [Short video](#) explains the range of information and advice available. Let us know what you think about the website via our [survey](#).







### Care providers to be funded in supporting hospital discharge

Funding of over £6 million is to be handed to care providers to [help support people being discharged from hospital](#). The money will allow providers to support and boost their own workforce by helping with childcare costs, paying overtime, recruiting extra staff and other measures.

### MasterChef city move a step closer

The relocation of hit BBC show [MasterChef to Birmingham](#) has moved a significant step closer, as plans for a new state-of-the-art TV studio in Digbeth have been given the green light by the council.



### It's #TimeToAct to protect our future!



Make a change to your school journey to improve air quality at the school gates and around Birmingham. Find out more and read our [Clean Air Strategy](#). And watch this [Time to Act video](#).

### Spread the love this winter...not the flu!

If you have symptoms of flu or COVID-19 try to stay at home and avoid close contact with others to protect friends and loved ones. [Find NHS advice on how to treat flu yourself](#).

Protect yourself this winter: [Book your flu and COVID-19 vaccinations](#).



### New survey seeks views of children and young people



Birmingham Children and Young People's Partnership wants the views of children and young people to inform its five-year plan and influence change for, and with, children and young people in Birmingham.

Please [share the survey and encourage children and young people to make their views heard](#) by 24 Feb.



## How council services are supporting Birmingham communities

From the reasons why environment health officers carry out food hygiene inspections in restaurants and takeaways to how the city council is maintaining neighbourhoods through initiatives such as Love Your Environment Days, a series of short videos, showcasing the varied work Birmingham City Council does, is available on the [Birmingham City Council YouTube channel](#).



## Celebrate Lunar New Year in the city centre this weekend



Chinese Festival Committee Birmingham and Birmingham Hippodrome are co-producing this year's [Lunar New Year celebrations](#) on 21 and 22 January. There will be performances, market stalls, workshops and more to welcome in the Year of the Rabbit!

Sign up for free email updates with our [Keep in Touch](#) service

Wife: Did I get fat during Quarantine?

Husband: You were never really skinny!

Time of Death: 4/25/20  
11:23 pm Cause of Death: Corona virus

**I READ THAT, BY LAW, YOU HAVE TO TURN ON YOUR HEADLIGHTS WHEN IT'S RAINING IN SWEDEN**

**HOW THE HELL AM I SUPPOSED TO KNOW IF IT'S RAINING IN SWEDEN?**

**IF YOUR DENTIST FIXED YOUR CAVITIES WITH DIFFERENT COLORS, WOULD IT BE OK**

UNKNOWN PUBLISHER ©2018

**OR WOULD YOU HAVE MIXED FILLINGS**

**If you notice cows sleeping in a field, does that mean it's pasture bedtime?**



**WHAT DO YOU CALL A MELON THAT'S NOT ALLOWED TO GET MARRIED?**

**CANTELOPE.**

**BREAD IS LIKE THE SUN. IT RISES IN THE YEAST AND SETS IN THE WAIST**

Thanks Eric





*hello  
february!*

*What's On at  
Sutton Coldfield  
Library*

*February 2023*





## **FOR FAMILIES**

### **Every Monday**

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

Ukrainian Coffee Morning - 11.30am - Join other Ukrainian people for an informal cuppa and chat every Monday.

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

### **Every Friday**

Pre-School Story Time 10 - 10.30am - Bring your 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 biccie, with puzzles, word searches and colouring sheets. Board games and lego available upon request.



## **FOR ADULTS**

### **Saturday 4th February**

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 February**

Elderberries 2pm - Special Tea Dance being organised by Noran from FOLIO Sutton Coldfield for people aged over 50. Please see FOLIO's social media for more information.

### **Thursday 2nd & 16th February**

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 February**

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



Follow us on Social Media

[sutton.coldfield.library@birmingham.gov.uk](mailto:sutton.coldfield.library@birmingham.gov.uk)

[www.facebook.com/SuttonColdfieldLibrary](http://www.facebook.com/SuttonColdfieldLibrary)

[www.twitter.com/SuttonLibrary](http://www.twitter.com/SuttonLibrary)

[www.instagram.com/suttoncoldfieldlibrary](http://www.instagram.com/suttoncoldfieldlibrary)



FEBRUARY

Sutton Coldfield Library

Opening hours:

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

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

Wednesday: CLOSED

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

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

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

Sunday: CLOSED



# Kingstanding Library

**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](mailto: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](http://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](http://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](mailto:shareshacks@theaws.org) or visit: [www.theaws.co.uk/share-shacks](http://www.theaws.co.uk/share-shacks)



**See next page**



## What can I borrow from the Share Shack?

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



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



To find out the full range of items available to borrow from the Share Shacks, visit: [www.shareshack.myturn.com/library](http://www.shareshack.myturn.com/library). All items are available to borrow for free!

## What's On at Streetly Community Library 2022-23

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

2nd Wednesday of each month 10.30-12 Poetry Group

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

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

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

Every Wednesday during term time 2.15-2.45 Story Time

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

Every Saturday 12-1 Local Councillors' Surgery

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

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

Saturday 21st January 11-12.30 Lego Fun

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

Saturday 18th February 11-12.30 Lego Fun

Saturday 18th March 11-12.30 Lego Fun

Saturday 15th April 11-12.30 Lego Fun

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

01922 654864 [streetlylibrary@walsall.gov.uk](mailto: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.





**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](mailto: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](mailto: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

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

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

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

Help and support is just a phone call or click away.  
[alzheimers.org.uk](http://alzheimers.org.uk)  
0333 150 3456







**Do you know about the MOBILE  
HOUSEHOLD RECYCLING CENTRES  
(MHRCs)?**

Birmingham City Council provide 4 MHRCs lorries in areas of the city. They visit each location for one morning from 7.00 am to 12 noon. This means that they visit 20 different places in the city each week. At these lorries, you can dispose of recycling and general waste. You will be limited to disposing of 10 items or 20 black bags. You do not need to book, to provide ID or to pay for this service; it is free. The items you can bring, as well as recycling, include garden waste and wood and bulky items such as furniture or items which cannot be used.

**The next MHRCs Van to this area, to  
make a note of in your diary, will be  
parking up in . . .  
The Boulevard, Wylde Green,  
on Thursday 16<sup>th</sup> February, 2023.**



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





# HelpinBrum

## Find Help In Brum

### Are you concerned about the rise in cost of living?

Find some helpful contact details for advice and support.

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

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

## Warm Welcome:

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

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

- inclusive and non-judgmental
- heated and free to access

The services at each space will vary but may include:

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

You can find details of our current Birmingham Warm Welcome Spaces at [www.birmingham.gov.uk/warmwelcome](http://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](http://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](http://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](http://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](http://www.theprojectbirmingham.org)
- Citizens Advice Birmingham - Advice on benefits, debt, housing and more  
0344 477 1010 | [www.bcabs.org.uk](http://www.bcabs.org.uk)
- Disability Resource Centre - Advice and advocacy services for disabled people  
03030 402 040 | [www.disability.co.uk](http://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](http://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](http://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](http://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](http://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](http://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](http://www.birminghammind.org)

### Moneyhelper

Advice to help improve your finances  
0800 138 7777 | [www.moneyhelper.org.uk](http://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](http://www.stoploansharks.co.uk)

### Turn2Us

Information and financial support  
0808 802 2000 | [www.turn2us.org.uk](http://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](http://www.bswaid.org)

### Shelter

Housing advice 0808 800 4444 | [england.shelter.org.uk](http://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](http://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](http://www.rmcentre.org.uk)

### Spitfire Services

Advice on money, benefits, housing and employment issues  
0121 747 5932 | [www.spitfireservices.org.uk](http://www.spitfireservices.org.uk)

## More Information Available

Even more information is available on the Birmingham City Council website [www.birmingham.gov.uk/helpinbrum](http://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](mailto:advice@ourplacesupport.org)  
[www.ourplacesupport.org](http://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		 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](mailto: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](mailto:healandtransform@yahoo.com)  
Website: [www.healandtransform.co.uk](http://www.healandtransform.co.uk)



# Winter 2022 Newsletter

**the gap\***

Investing in young people

ENGAGING, INVESTING AND IDENTIFYING  
IN THE LIVES OF YOUNG PEOPLE.



gap.huboffice@gmail.com



@thegapcharity.suttoncoldfield



www.thegapsuttoncoldfield.org

## Hello

Welcome to this winter edition of **the gap\*** newsletter. Read on to meet Sam, a new addition to the staff team. We also have two new faces adding to our volunteer family and we are thrilled to update you on our youth projects. A delicious baking project went down in the summer and also find out how we have been engaging with Ukrainian refugee young people in the Sutton Coldfield area. A newsletter simply isn't big enough to let you know everything we are doing at the gap\* so to stay up-to-date with the ongoings of **gapsville** and give us a follow on our socials where we upload weekly and you may even get a giggle out of some of the things we get up to. **ENJOY!**



## WELCOME SAM



**the gap\*** family are so excited to welcome a new staff member to the team. A big warm welcome to Sam. This is what Sam had to say about joining us... *"I'm excited to be part of **the gap\*** because I've seen the impact of organisations like this in my life during some of the hardest times. Every time, they helped to point me back to the love of Jesus and a life with Him as well as finding peace in a world of chaos. I love finding creative solutions for problems and seeing everyone feel loved and included."*

## NEW VOLUNTEERS



**JAMAEEL**

*"Volunteering for **the gap\*** will mean a lot. I believe in seeing young people reach their full potential in life. Having seen people support me over the years I believe I should carry out the same thing."*



**JANE**

*"Hi I'm Jane, I have worked in education for many years teaching law and more latterly managing A Level qualifications in further education. Young people always impress me with their resilience, hard work, passion and enthusiasm in how they approach their lives in spite of some of the barriers they face. With the pandemic and its fallout their resilience has been severely tested and I was attracted to volunteering with **the gap\*** as I do believe as an organisation it strives to support young people in achieving their full potential and overcoming these barriers. **The gap's** Headspace project is the safe space that is often needed to support young people in their mental health and well being. I am excited be part of such a project."*

We are super blessed to be adding two new volunteers to our ever growing family. We are so thankful for all our volunteers here at **the gap\*** as this life changing work could not happen without volunteer support. Read on to see why Jamael and Jane want to give their time to supporting our young people. If this is something you would also be interested in please do not hesitate to contact us to start that conversation. Drop us an email at: gap.huboffice@gmail.com



# Baking with Beth

Team gap\* and local chef Bethany Heritage teamed up over the summer holidays to deliver two different baking workshops for the young people we engage with during our other projects. We had a number of boys and girls ranging from 11-18 years old and we were so impressed with the hidden talent among these young people. Lots of chocolate went down in the kitchen where the young people learnt how to technically bake some delicious goodies under the guidance of Chef Beth. Giant NYC cookies were made along with dark chocolate brownies. We are super thankful to Sutton Coldfield Baptist Church for letting us use their amazing catering kitchen. Thanks to Bethany for teaming up with the gap\* and to all the young people who got stuck in, you were all superb! We were chuffed to send these happy bakers home with certificates and their warm baked goods. This is the first baking workshop had done and it was a huge success, keep your eyes peeled for Baking with Beth Part 2 in Summer 2023.



*"I didn't think the baking workshop was going to be as good as it was! I would definitely do it again. My favourite bit was eating the chocolate chips as we were going along but it was also amazing to get to eat what we had baked at the end. It's made me discover a new love for baking!"*

*Simon, 17*



## THE VENUE

Our VENUE drop-in had the honour of supporting Ukrainian refugee young people who are living with host families in Sutton Coldfield. Following a meeting with local youth providers in Sutton at our quarterly Youth Vision meeting, we were made aware there was a need for a safe space for Ukrainian young people that had heating, wifi and a place for them to be away from their host families but still have the support they needed. At the gap\* we felt privileged to be able to do something about this using the VENUE. We are so thankful for networking opportunities like Youth Vision as the gap\* were able to speak with the town council and after conversations and prep, Venue Ukraine was born. Over the summer we ran Venue sessions specifically for the Ukrainian young people and before they all started at school we celebrated with a party where we ate Ukrainian dishes, played pass the parcel, did a blind folded English sweets taste test and even sang the Ukrainian national anthem together. The young people we connected with now attend our regular VENUE drop-in sessions and have been integrating with our other gap young people seamlessly.



### FUNDERS

Thank you to our funders

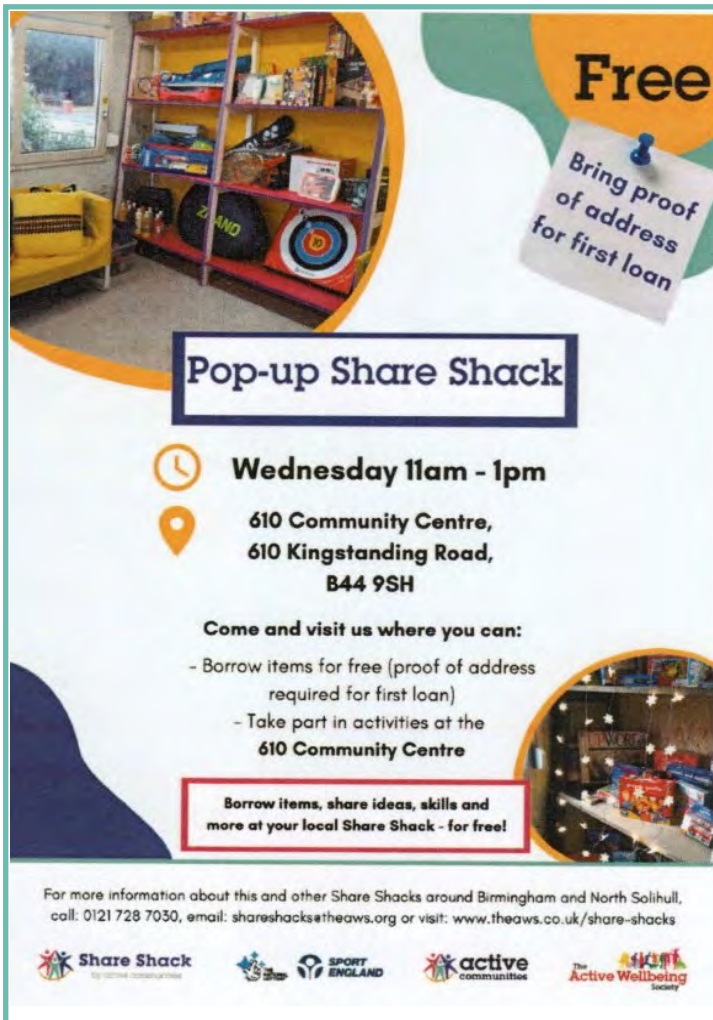
BLAKEMORE FOUNDATION

BARON DAVENPORT'S CHARITY

THE ALBERT HUNT TRUST

THE GOODENOUGH CHARITABLE TRUST





**Free**  
Bring proof of address for first loan

**Pop-up Share Shack**

**Wednesday 11am - 1pm**

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

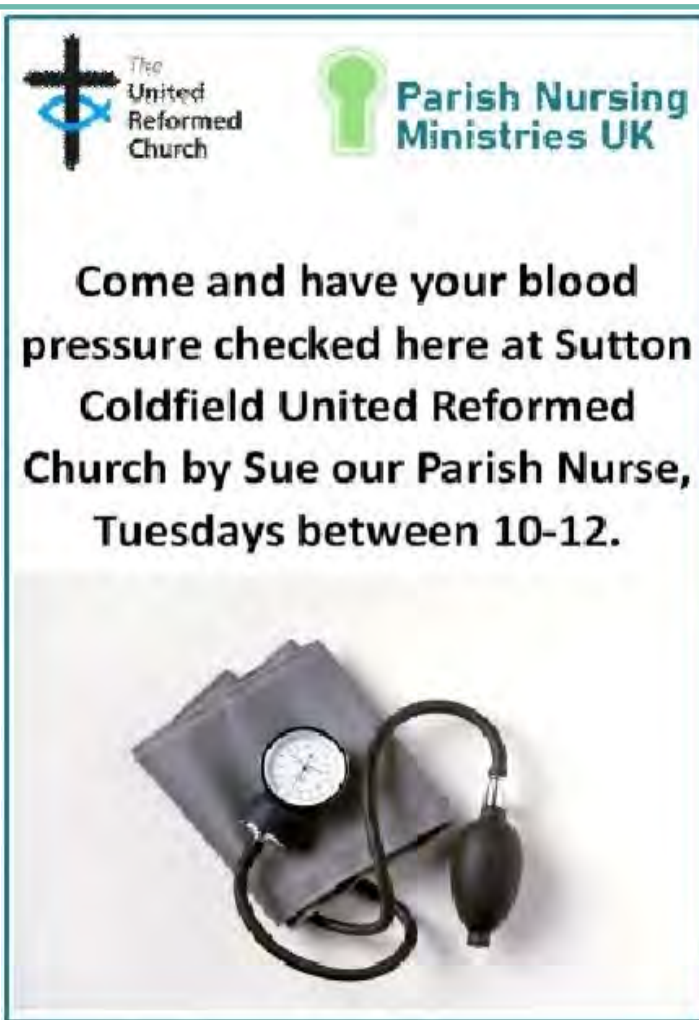
**Come and visit us where you can:**

- 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](mailto:shareshacks@theaws.org) or visit: [www.theaws.co.uk/share-shacks](http://www.theaws.co.uk/share-shacks)

Share Shack  
SPORT ENGLAND  
active communities  
The Active Wellbeing Society



**The United Reformed Church** **Parish Nursing Ministries UK**

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



## Sutton Coldfield Speakers' Club

Achieve Confidence in Public Speaking

Next Meetings: Thurs 10<sup>th</sup> & 24<sup>th</sup>  
November & 8th December,  
7:45 pm for 8:00 pm start  
Little Aston Village Hall Little Aston  
Lane Sutton Coldfield B74 3UF

Visitors always welcome

Build Confidence - Make New Friends  
- Have Fun

Tel: 07957 860924  
Email: [info@suttonspeakers.co.uk](mailto:info@suttonspeakers.co.uk)  
<http://www.suttonspeakers.co.uk/>



**AGE concern**  
Birmingham

**Later Life Planning Services**

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

To book an appointment contact us at [info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk) or call us on 0121 362 3650

**Wills Made Clear**

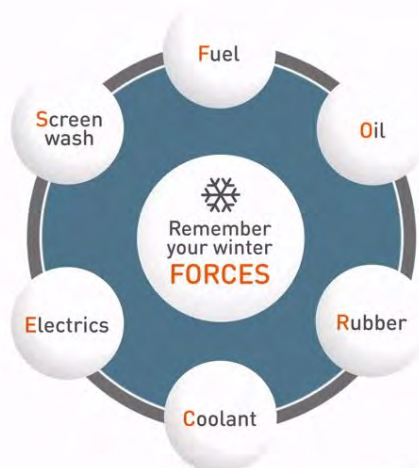
## How to reduce the chances of breaking down in cold weather



Get ready for driving in cold weather and help stop your car breaking down with these quick checks.

The RAC sees a sharp increase in the volume of [breakdowns](#) when the weather turns cold, so it's well worth taking the time to ensure you carry out the right checks on your car. Any underlying mechanical issues could escalate as temperatures plummet. Follow our guide to help avoid breaking down this winter.

Caravan or motorhome driver? Check out our specific [advice for towing and motorhomes](#)







## Flummoxed by finches? We can help

To make your Big Garden Birdwatch even easier, we've put together a definitive guide to garden birds. Start this week with all you need to identify and attract tits and finches.

[What's that bird?](#)



Welcome to Notes on Nature.

Big Garden Birdwatch is coming up! We really hope you'll take part this year.

If you're unsure of how a coal tit differs from a blue tit, and your finch identification is all a bit fuzzy, we can help you with this definitive guide to garden birds.

Part one is this week. It covers tits and finches, and you'll discover what they look like, what their calls sound like, and how you can attract them.

Read on too for a fascinating insight into bird behaviour at the feeder. Plus, raise your spirits with our five ways to connect with nature.

Have a wonderful wildlife-filled week!



Siân Duncan  
Notes on Nature editor

## Common but confusing

This week, get ready for Big Garden Birdwatch by brushing up on your bird ID, in part two of our guide to garden birds. While some may seem familiar – like dunnocks and house sparrows – they can be tricky to tell apart. But fear not, we can help!

What's that bird?



Welcome to Notes on Nature.

With Big Garden Birdwatch just around the corner, we're bringing you part two of our guide to garden birds, focusing on the most common species.

We're taking a look at familiar but sometimes confusing species, including house sparrows and dunnocks, and woodpigeons and collared doves. As well as ID tips, we share their calls in winter to help you recognise birds by sight and sound.

Also this week, we bring you an exclusive guide to photographing birds, so you can get even more out of your Big Garden Birdwatch.



Siân Duncan  
Notes on Nature editor





## **Five banking scams to watch out for**

**Banking online can be fraught with danger, with criminals creating apps and impersonating banks to steal people's money.**

One of the most notable was a fake app called 2FA Authenticator on Google Play. This app appeared to be entirely legitimate but in the background it disabled system security checks on victims' devices and secretly installed malware that stole login details. Another dangerous scam saw fraudsters spoof their caller ID to match banks and steal money via calls and texts.

[Here are five banking scams to watch out for and how to avoid them.](#)

## **Beware of 'free' supermarket vouchers**

**Have you seen misleading 'free' supermarket voucher posts on social media?**

These posts claim to offer free grocery vouchers, but they actually require you to sign up to play a series of games and subscriptions. This not only takes up your time, it can also cost you money and involve you handing over your personal information.

[Here are the social media "free vouchers" ads to watch out for and how to identify them.](#)

## **Geek Squad scam**

**The Geek Squad scam continues with fraudsters impersonating the tech support company's customer service advisors.** Scammers send dodgy emails containing a fake customer service number for Geek Squad. When you call, you're persuaded to give the scammer access to your computer, allowing them to steal your personal information and money.

It can be difficult to distinguish between real and fake organisations. [Here is how to identify a fake email and how to report them.](#)

---

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

Stay safe,

Which? Scam Alert team

PS Please share this information with your friends, family and neighbours – anyone who may find it helpful. Alternatively, they can [sign up here](#) to receive this directly to their inbox.

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**

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





**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 information<sup>2</sup>

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

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

Our support services are made possible thanks to generous donations from the public. If you would like to find out more please visit [alzheimers.org.uk](https://www.alzheimers.org.uk)

<sup>1</sup> Calls charged at standard local rate. <sup>2</sup> 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 hours<sup>1</sup>

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**<sup>1</sup>

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

E: [dementia.connect@alzheimers.org.uk](mailto: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.

<sup>1</sup> 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  
1<sup>st</sup> 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 Hearnden 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](mailto:rachel.mackay@careuk.com)

**care UK** 



# Occupational Therapy

## Who will come to visit me?

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

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

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

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



## What is the Learning Disabilities Enablement Team ?

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



## Your visiting OTs

### Please contact:

ASC 0121 303 1234

[CSAdultSocialCare@birmingham.gov.uk](mailto: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](mailto:CSAdultSocialCare@birmingham.gov.uk)

Ask for Learning Disabilities Enablement team



# ALEXANDRA THEATRE BIRMINGHAM



## An Inspector Calls

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

Opens 29 Nov 2022

from  
**£19.00**

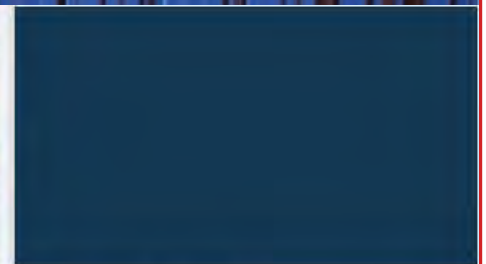


## Girl From The North Country

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

Opens 07 Feb 2023

from  
**£13.00**



## The Mirror Crack'd

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

Opens 14 Feb 2023

from  
**£13.00**



## The Best Exotic Marigold Hotel

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

Opens 21 Feb 2023

from  
**£13.00**



## The King and I

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

Opens 28 Feb 2023

from  
**£13.00**



## Death Drop - Back In The Habit

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

Opens 13 Mar 2023

from  
**£13.00**



## Steel Magnolias

The ultimate story of friendship, now on stage.

Opens 21 Mar 2023

from  
**£13.00**

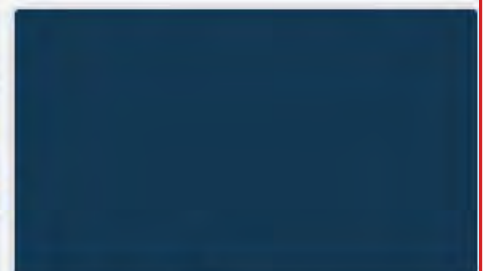


## Annie

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

Opens 03 Apr 2023

from  
**£13.00**



## Home, I'm Darling

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

Opens 25 Apr 2023

from  
**£13.00**





### Adele Tribute - Hometown Glory

Main Auditorium, Saturday 11th  
February - 7.30pm

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



### The Verdict

Main Auditorium, Tuesday 14th -  
Saturday 18th February

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



### Royal Opera: The Barber of Seville (Li...

Studio, Wednesday 15th February 2023  
- 7pm

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



### Fireman Sam Live!

Main Auditorium, Tuesday 21st  
February - 12pm & 3.30pm

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



### 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

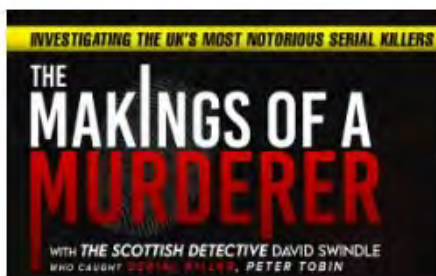
[MORE](#) | [BOOK](#)



### 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](#)





### Bowie Experience

Main Auditorium, Sunday 29th January  
2023 - 7.30pm

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



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

Lichfield Garrick Studio, Wednesday 1st  
February - 2pm

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



### The Carpenters - Voice of the Heart

Main Auditorium, Friday 3rd February -  
7.30pm

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



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

PG  
Studio, Saturday 4th February -  
10.30am

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



### Ginny Lemon & Sister Sister: You Keep...

Main Auditorium, Saturday 4th February  
2023 - 7.30pm

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



### 80's Mania

Main Auditorium, Sunday 5th February -  
7.30pm

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



### Sherlock Holmes - The Valley of Fear

Main Auditorium, Tuesday 7th -  
Thursday 9th February - 7.30pm

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



### George McGavin: It's A Wild Life - Tal...

Studio, Thursday 9th February 2023 -  
7.45pm

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



### Absolute Reggae

Main Auditorium, Friday 10th February -  
7.30pm

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



Courses & Talks, Workshops  
**Young Community Drop-In Sessions**  
Wed 30 Nov – Wed 28 Jul 2022  
FREE

**YOUNG**  
**COMMUNITY**

Suitable for anyone aged 14+, these sessions have been designed to be creative outlets for young people and offer spaces to relax, connect with others and feel welcome. The sessions are open to young people of all levels and abilities and our Young Advocates are ready to support anyone who would like a buddy during the session or to have a chat in advance to find out more about the sessions. Please email [participation@birminghamhippodrome.com](mailto: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.**

Their incredible mission to reach the moon!

Five children dream of reaching the moon from their bedroom... join the Starchitects as they plan their daring mission. Will they succeed? And if they do, what will they find there...?

Full of fun and thrilling surprises, Starchitects, the new show from Motionhouse for children and families is engaging for audiences of all ages – from tiny tots to older siblings, parents and grandparents who can all enjoy and join the magical adventure. Starchitects is a visual spectacle using the dance-circus fusion and digital projections that Motionhouse is renowned for, with an easy-to-follow fun and imaginative storyline, making it a perfect outing for the whole family...

In association with Bluestone Park and National Resort.

Come, Family & Performance, Main House  
**Motionhouse:  
Starchitects**  
Their incredible mission to reach the moon!

Fri 3 Feb – Sat 4 Feb 2022  
Tickets from £18

[View Info & Book](#) [View Trailer](#)



Ballet, Dance, Main House  
**Matthew Bourne's  
Sleeping Beauty**  
Enter a wondrous world of magical fairies and vampires

Tue 7 Feb – Sat 11 Feb 2022  
Tickets from £24

[View Info & Book](#)



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

Enter a wondrous world of magical fairies and vampires, where the timeless tale of good vs evil is turned upside-down, creating a supernatural love story that even the passage of time itself cannot hinder. Will Princess Aurora ever find her true love again?

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

**Matthew Bourne's  
Sleeping Beauty**  
Enter a wondrous world of magical fairies and vampires



Comedy, Patrick Shiller  
**Jumpro! - Feb 23**  
A fun night of live sketch comedy!

Sat 11 Feb  
£5 in advance, £8 on the day

[View Info & Book](#)



Ballet, Dance, Main House  
**Verve Poetry Festival  
2023**  
www.birminghamhippodrome.com

Wed 14 – Sun 19 Feb 2023

[Book tickets from £10.00 in advance](#)

Birmingham's very own Verve Festival of Poetry and Spoken Word returns to Birmingham Hippodrome!

Now in its sixth year, Verve has become synonymous with a lively and celebratory approach to programming poetry of every different kind.

Whether it be raucous performance poetry events, quiet reading events, studios workshops, mind-blowing dramatic poetry, collaborative work or open mic poetry – the programme encourages audiences to see their favourite poets and to try something new – to join in, create, listen and learn. Whether new to poetry or an old hand, there's something for everyone to enjoy at VERVE!

The greatest of all romantic ballets returns in 'one of the world's finest productions' (*The Observer*). Birmingham Royal Ballet revives Peter Wright and Galina Samsova's glorious journey into **Swan Lake** – with the Royal Ballet Sinfonia performing Tchaikovsky's superb music live alongside BRB's spectacular dancers. Prince Siegfried is out hunting one night when he happens upon a flock of graceful swans. When one of them turns into a beautiful woman named Odette, the Prince is utterly smitten – but Odette explains that she's fallen under an evil spell cast by the dreaded Rothbart, which keeps her in swan form from dawn to dusk. Can Siegfried break the spell and smooth the path of true love? Find out in this exquisite production of a true ballet classic.

Ballet, Main House  
**Birmingham Royal Ballet  
- Swan Lake**  
BRB's best-loved production of the world's best-loved ballet.

Wed 15 Feb – Sat 25 Feb  
Tickets from £22

[View Info & Book](#) [View Trailer](#)



Ballet, Courses & Talks, Main House  
**Birmingham Royal Ballet  
- Pre Performance Talk**  
Take a peek behind the curtain...

Fri 17 Feb  
Free\*

[View Info & Book](#)



Ballet, Main House  
**Birmingham Royal Ballet  
- Class on Stage**  
Ever wondered just how ballet dancers do what they do?

Sat 25 Feb  
Tickets £12.50

[View Info & Book](#)



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!

Performance, Main House  
**SIX**  
The six wives of Henry VIII







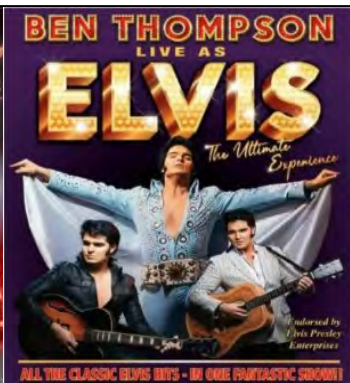


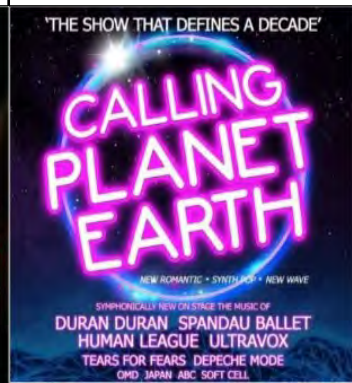
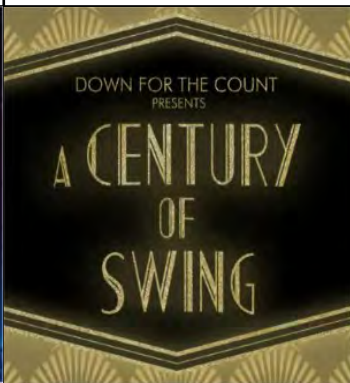

Tue 15 Feb – Sat 19 Feb

[View Info & Book](#)







 6-31 December 2022		 POP-UP DISCO PARTY SUTTON COLDFIELD TOWN HALL FRIDAY 3RD FEBRUARY 2023 DOORS OPEN 7:15PM	
6TH TO 31ST DECEMBER	SATURDAY 28TH JANUARY	FRIDAY 3RD FEBRUARY	SATURDAY 4TH FEBRUARY
 8th to 11th February 2023	 RELIVE THE GREATEST ROCK SONGS OF ALL TIME LIVE ON STAGE	 ALL THE CLASSIC ELVIS HITS - IN ONE FANTASTIC SHOW!	 25 LIVE COME ON OVER THE ULTIMATE TRIBUTE SHANIA TWAIN 35th ANNIVERSARY OF THE BIGGEST SELLING COUNTRY ALBUM EVER FEAT THE MUSIC OF GLEN CAMPBELL, JOHN DENVER, DR HOOK THE BELLAMY BROTHERS, DOLLY PARTON, JOHNNY CASH
8TH to 11TH FEBRUARY	FRIDAY 17TH FEBRUARY	SATURDAY 18TH FEBRUARY	THURSDAY 23RD FEBRUARY
	 "THE SHOW THAT DEFINES A DECADE" NEW ROMANTIC • SYNTH POP • NEW WAVE SYNCHRONICALLY NEW ON STAGE THE MUSIC OF DURAN DURAN SPANDAU BALLET HUMAN LEAGUE ULTRAVOX TEARS FOR FEARS DEPECHE MODE CHOD JAPAN ABC SOFT CELL	 DOWN FOR THE COUNT PRESENTS A CENTURY OF SWING	
SATURDAY 25TH FEBRUARY	FRIDAY 3RD TO SATURDAY 4TH MARCH	FRIDAY 10TH MARCH	SATURDAY 11TH MARCH



If you live in England, you can use this service to find a walk-in coronavirus (COVID-19) vaccination site. You can get a dose of the COVID-19 vaccine from a walk-in site without an appointment. You do not need to be registered with a GP.

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

NATIONAL BLOOD DONATION  
Appointments only:  
Telephone:  
0300 123 2323



## SUPPORT US

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





## BOOK NOW FOR OUR 2022/23 SEASON

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



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

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

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



# Highbury Players announce new season



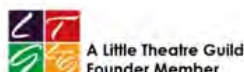
## WHAT'S ON? HIGHBURY PLAYERS PLAYS FOR 2022-23

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

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](http://highburytheatre.co.uk)



0121 373 2761



# Highbury Cinema announces new season



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

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

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

0121 373 2761



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Are you  
unemployed  
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## 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.

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[nasar.mahmood@bsettlement.org.uk](mailto:nasar.mahmood@bsettlement.org.uk)



Scan to learn more  
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[www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk)

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## **Our Employability and Digital Skills Programme offers support in:**

- Career information, advice & guidance
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- 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**  
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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](http://www.birminghamsettlement.org.uk)

Registered Charity: 517303





The  
Cancer  
Support  
Centre



## THE WALKING GROUP IS BACK!

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

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

To register please call 0121 378 6295  
or email [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org).



The  
Cancer Support Centre

Welcome to Lindridge Road ...

**Your Journey Our Support Your Choice**



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

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

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

Website : [www.suttoncancersupport.org](http://www.suttoncancersupport.org)

Telephone : 0300 012 0245 email : [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)



A place of sanctuary and support

## YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,  
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

[www.suttoncancersupport.org](http://www.suttoncancersupport.org)

Telephone : 0300 012 0245 email : [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897



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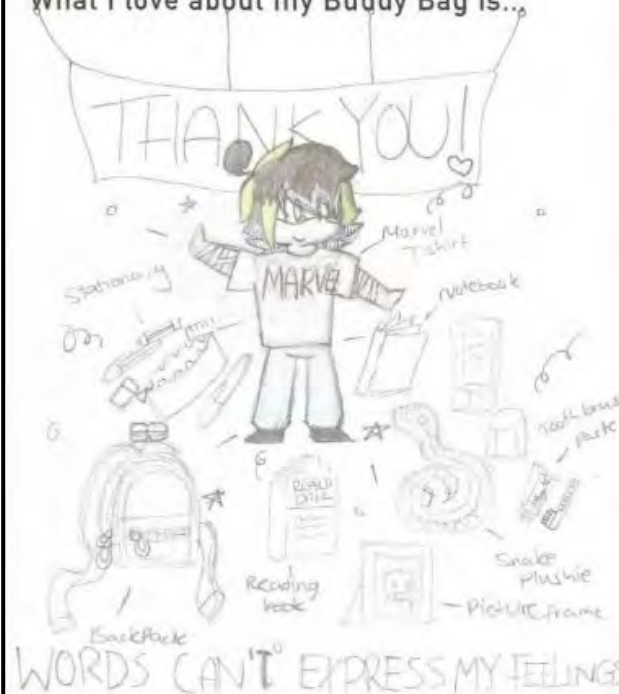
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What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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## NEW FRIENDS, NEW INTERESTS A WARM WELCOME

### THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

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### NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

For further details contact John Bedford  
0121 353 5136 or [parkcycles@yahoo.co.uk](mailto:parkcycles@yahoo.co.uk)



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## SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

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

## SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

Live Music, Bar, Parking, & Socialising

We look forward to seeing you to be entertained  
for a great night out.



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

<https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/>

Or Contact: Sandra on 07932-395158

Or Gary J. ON 07799-111843







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## u3a Sutton Coldfield Sutton Coldfield u3a



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

**u3a** learn,  
laugh,  
live

## Who do you think you are?

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

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

*Why not contact:*

### **Sutton Coldfield U3A Genealogy Group**

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

For more information go to: [www.scu3a.org.uk](http://www.scu3a.org.uk)





## Trinity Photography Group

### Do You Want To...

- Improve your pictures?
- Go on photography walks?
- Attend Social events?
- Learn about studio photography?
- Develop your camera skills?
- Learn about editing software?

*If so... come and join us.*

"TPG welcomes photographers of all ages and levels, from beginners to advanced. We encourage and support those who are new to photography.

We provide: Theme night & practical workshops, speakers, activities, competitions and social events. Above all we want to make photography enjoyable and fun"

**We meet 8-10pm every Monday at  
The Royal British Legion on Rectory Road,  
Sutton Coldfield, B75 7AL.**

We do have a small fee: member's £2.50/visit, non-member's £4.50/visit



[www.Trinity-photography-group.com](http://www.Trinity-photography-group.com)



[www.facebook.com/groups/TrinityPhotographicGroup/](https://www.facebook.com/groups/TrinityPhotographicGroup/)

Affiliated to the Photographic Alliance of Great Britain through the Midland Counties Photographic Federation.



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We meet on Monday evenings at  
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**North Birmingham Bridge Club**  
338 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

Bridge for beginners  
Bridge for improvers  
A regular bridge session

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



Call Sue on 0121 580 7538



**North Birmingham Bridge Club**  
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## CYCLE WITH US

Quiet lanes, Non-competitive, Very sociable.  
Wednesday leave 1.30pm, back about 4.30pm  
Saturday leave 10.00am, back about 1.00pm  
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**Women's self defence class every  
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Banners Gate Community Hall**

Learn personal awareness  
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We look forward to being of service to you

## Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

Do drop in. Open to all. Arrive in the 1st hour to socialise with friends.



**By car:** the church centre is approached from Upper Holland Road (Plantsbrook School) and using postcode B72 1RB in SatNavs. There is parking (incl. disabled spaces) around church.

**By bus or by train:** it is just a short walk across the ring road, from the town centre.

Whether you're into machine or hand embroidery, mixed media or any other form of textile art, we are here for you.....!

We have entertaining and informative speakers, both local and internationally renowned, and hold regular Saturday workshops.



We meet at 7.30, on the first Thursday of every month at:

Trinity Centre,  
Church Hill, (off Mill Street),  
Sutton Coldfield.  
B72 1TF

See our programme on our website:

[www.suttoncoldfieldcreativestitchers.co.uk](http://www.suttoncoldfieldcreativestitchers.co.uk)

## Beauty By Ella

•BIAB Gel nails

•Gel toes

•Manicures&pedicures

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Based at...

The Luna Lounge

Sutton Coldfield

B74 4EU

To book in, message me

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on...

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\_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](mailto: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. They also have a natter at the same time!



Here a short message from their leader.

*Hiya.*

*This is Lindsay, Elizabeth, Joy, Derek, Laura, Caitlin, Claire, Diane and Vanessa. Today we have crochet, knitting, needle felting, cross stitch. We also do loom knitting, beadwork, dressmaking and jewellery making.*

*Lots and lots of love!*

*Les*







# 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 February - Demonstration with Shirley  
Henderson " Take a piece of wood ".

Further details - Chris Reeves tel: 0121 354 6264.

Here are a few photos from our last meeting, the demo was called "flights of fancy " by Jackie Page. It featured:

- (1) a wheel colour from South Africa
- (2) a butterfly amongst the flowers
- (3) Monets water lily garden.



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](http://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.

Well, the weather has certainly shown us who is in charge during the past month. I creep out in the dead of night in order to put on the greenhouse heater, hoping that him indoors doesn't spot me. Fuchsias are quite hardy plants, and they will handle the odd cold night, but not for a prolonged period below freezing!! I always create greenhouses within greenhouses, lining the walls with bubble wrap, and using horticultural fleece to cover the plants. Every little helps, and so far, all looks good.

The same however, cannot be said for the summer house! How proud was I of my collection of aeoniums, echeveria, aloes and agaves, and I am afraid I am looking at almost total wipe-out! It was just too cold for them. Lessons have been learnt for next year when they will once again more into the spare bedroom. As for all my disasters, well I will just have to visit some lovely succulent nurseries in Devon in the summer and restock. A perfect excuse to visit my favourite country for a few days! Never be too quick to decide your fuchsia has died.

Depending on the variety, some will wait until late April before they start to shoot. The hardy varieties in the garden can be left well alone until late March, then give them a hard cut back. As soon as your plants begin to grow, look out for cutting material. Cuttings taken in February and March, placed on a north facing windowsill, will grow like the clappers!



At our club, we don't have a January meeting, so our first meeting of 2023 is February 9th. We look forward to welcoming a member of the South Staffs Bonsai Society, telling us about the growing of these amazing plants. Please come along and join us. We meet at Banners Gate Community Church on Westwood Road, second Thursday of each month. Doors open at 7.30 for an 8.00 start, and finish at 9.45. Membership for the year is £10 or come along as a visitor for just £2. If you would like any more information, please give our secretary Gail a call on 0121 353 3373.

Just a few pictures of my dear departed succulents.



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.

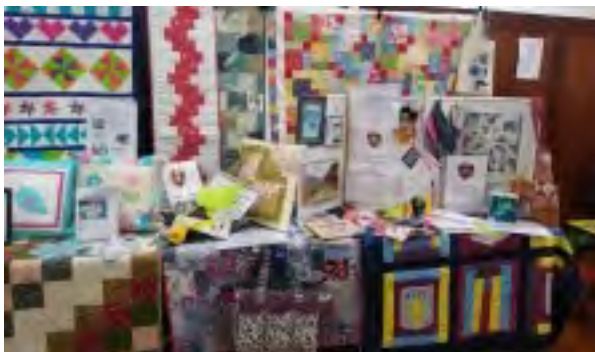
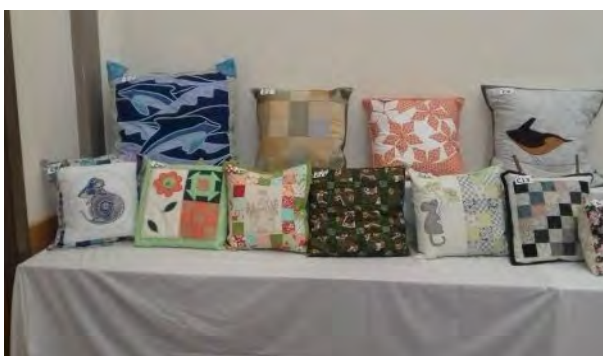
**WHAT KIND OF THINGS DO YOU MAKE?** Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many 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](mailto: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? Its OK! So... #letsstalk 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](mailto:s.summerfield@ageconcernbirmingham.org.uk)

Angel beads ltd



Melanie Wright

07490133151

[www.angelbeads.co.uk](http://www.angelbeads.co.uk)

Facebook: @angelbeadsuk

Instagram: angelbeadsltd



[www.militarychef.co.uk](http://www.militarychef.co.uk)



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B72 1QU

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B78 2AE

Tel:- 01827 287294

email:- [gillian@odonatastudios.co.uk](mailto:gillian@odonatastudios.co.uk)

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18 Beeches Drive, Birmingham B24 0DU  
[redogihandmade@gmail.com](mailto: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@centralenglandlc.org.uk  
www.centralenglandlc.org.uk

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

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

**The Refugee and Migrant Centre**  
Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship  
0121 374 0140 | 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](http://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](http://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](http://www.birmingham.gov.uk/benefits)

### 2 Maximise Your Income

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

### 3 Debt Advice

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

### 4 Benefit Advance

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

### 5 Hardship Payment

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

### 6 Challenge a Decision

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

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

### BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

### CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

### THE PROJECT

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

Help with options: 1 2 3 4 5 6

### BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

### SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

### CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

### DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

### CHRISTIANS AGAINST POVERTY

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

Help with options: 3

### WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

## Other Support

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

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

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

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





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](mailto: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](http://www.healthystart.nhs.uk) or telephone 0345 607 6823

**Healthy Start**

Care your family's healthy start



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

**Birmingham City Council**

**HEALTHY START NHS**

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

**Falcon Lodge**



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

**Mere Green**



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

#### Where are we in Falcon Lodge?

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

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

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



#### Where are we in Mere Green?

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

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

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



Email: [info@hopefood.org.uk](mailto: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

#### Great Barr Community Hub

Wednesdays  
Babies 9:45am  
Mixed Age 10:40am

#### Banners Gate Community Hall

Thursdays  
Babies 1pm  
Mixed Age 1:55pm

#### Aldridge Community Centre

Tuesdays  
Babies 1:15pm  
Mixed Age 2:05pm

#### St. John's Church Hall, Shenstone

Thursdays  
Babies 9:45am  
Mixed Age 10:40am

### Streetly Classes coming soon...

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

[www.kiddibops.co.uk](http://www.kiddibops.co.uk)

To book your place go to:

<https://kiddibops.class4kids.co.uk>

or contact us at:

[info@kiddibops.co.uk](mailto:info@kiddibops.co.uk) or 07807 551661

[www.facebook.com/kiddibops](https://www.facebook.com/kiddibops)

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**Lisa Marie on**  
**07765 135497**

**Lottie Lea**  
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Contact number above if interested.

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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](mailto: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](mailto:dementiacarers@birminghamcarershub.org.uk)



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Phone no. 0121 386 2639

Email: [info@cw-sec.co.uk](mailto:info@cw-sec.co.uk) Website: [www.cw-sec.co.uk](http://www.cw-sec.co.uk)



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## Memory Cafes

Do you know someone living with memory loss?

**Every Monday**

**10am—12noon**

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

**Every Monday**

**"Musical Memories"**

**2pm - 4pm**

Sutton Coldfield Methodist  
Church

South Parade, B72 1QY

**Every Tuesday**

**10.30am - 12.30pm**

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

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

All attendees must show proof  
of both covid vaccinations

**Every Thursday**

**10am - 12noon**

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

**"Friends on Fridays"**

**10.30am - 12.30pm**

Supported by

Sutton Coldfield Methodist  
Church,

South Parade, B72 1QY

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

[sue.bevington@suttoncoldfield.homeinstead.co.uk](mailto:sue.bevington@suttoncoldfield.homeinstead.co.uk)

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

0121 323 4200





## FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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

www.birminghamsettlement.org.uk  
Charity no: 517303



**610 Community Centre**  
**Kingstanding Road**  
**Birmingham**  
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**3 Puddings £6**

**Contact Stella:** [stellaricketts@hotmail.com](mailto:stellaricketts@hotmail.com) or  
07984 918772 (Monday, Tuesday, Friday 9am-3pm)  
Cafe Oasis 1 Brassington Avenue, Sutton Coldfield, B73 6AA

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



## Cafe Oasis

**Monday, Tuesday,**  
**Thursday & Friday.**

**10.00am - 2:30pm**

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

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

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

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







**Come join us!**

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

**DRINKS, SNACKS AND SANDWICHES**  
**HOT MEALS 12PM-2PM || FOOD DELIVERY**  
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**COLDFIELD UNITED REFORMED CHURCH.**  
**REGISTERED CHARITY NO. 1131424**



**SUTTON COLDFIELD URC**  
**- CAFE OASIS**



**Events**

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

**Vacancies**

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

Contact: [cafe.oasis@scurc.org.uk](mailto:cafe.oasis@scurc.org.uk) or 07713 970096

**Room hire**

Want to hire a room? Whether you want to host a  
small group right through to an opera, we have  
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Email: [dementiacarers@birminghamcarershub.org.uk](mailto:dementiacarers@birminghamcarershub.org.uk)

birmingham  
carers hub

AGE concern

## Maths Tuition

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

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

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

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

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

**Ambassador:** Anne Kelsall, Sarah Hinkley & Jane Ford

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

Don't forget to register with us here:  
[www.5kyourway.org/register](http://www.5kyourway.org/register)  
And register with parkrun to get your barcode






See front page

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Please look for the Beacon Room – Everyone welcome



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Contact Details: 07565652762  
[loveworldsuttoncoldfield@gmail.com](mailto:loveworldsuttoncoldfield@gmail.com)

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

## CREATE at the Gate with K & S

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

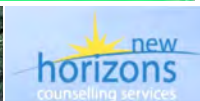
**Banners Gate Community  
Hall Coffee Mornings.**  
**The next is on 21st February  
at 10 o'clock.**

## Hall's Gardens Garden Maintenance Services

Gary Hall

54,  
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07833720015

[garyhall7@blueyonder.co.uk](mailto:garyhall7@blueyonder.co.uk)



we are here to listen, call today

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New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site [www.newhorizonscounselling.org](http://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)**

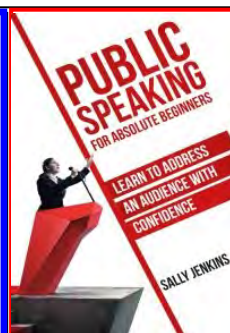
**The kitchen is approx. 11' x 7'  
(3.4m x 2.2m)**

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

**The building is step-free.**

**For further booking information go to:  
[www.bannersgatecommunityassociation.org](http://www.bannersgatecommunityassociation.org)**



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## HATHA YOGA



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**Community Hall,**

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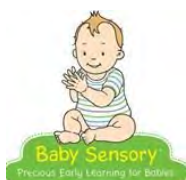


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We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.  
The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.  
Our aim is to support, encourage & promote small local businesses.  
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Or visit us at our weekly Markets  
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1st & 3rd Saturday of the Month  
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2nd Saturday of the Month  
Tamworth Ankerside  
4th Saturday of the Month  
Plus scan here for a full list of additional dates..



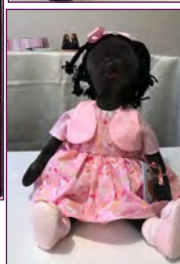
Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



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Tony W.

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

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





## **St Columba's Church Hall**

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

[st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)

## **Banners Gate Community Church - Events**

**Monday, Thursday, Friday** - Baby Phonics

Contact email: [Jenna@robotreg.co.uk](mailto:Jenna@robotreg.co.uk) for times and availability

**Tuesday and Wednesday** - Baby Sensory

Contact Tracy at email: [suttoncoldfield@babysensory.co.uk](mailto: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 <a href="http://www.stcolumbasbannersgate.co.uk">www.stcolumbasbannersgate.co.uk</a> <a href="http://www.bannersgatechurch.com">www.bannersgatechurch.com</a>					
6.00 – 7.00 11am to 1.00pm 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	
9.00 - 5.00pm. 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 am 10.00 – 11.00 am 12 - 2.00 6.30 – 9.45 pm 6.45 – 9.30 pm (3rd of each month) 7.00 pm	Holy Communion Yoga Home Education W Mids Zig Zag Dance Studio Banners Gate Bridge Club Townswomen's Guild	St. Columba's 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	
Friday 9.30 - 11.15 10.30 – 11.30 7.00 - 8.00 pm	The Creation Station Tai Chi 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 <a href="mailto:st.columbahall@yahoo.com">st.columbahall@yahoo.com</a></div> <div>Scout Hall - A &amp; 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>			

<div>Banners Gate</div> <div>Community hall</div> <div>Coffee Mornings</div> <div>The next is on</div> <div>21st February</div> <div>At 10 o'clock</div>
--

**Banners Gate  
Community hall  
Coffee Mornings  
The next is on  
21st February  
At 10 o'clock**

**The Townswomen's Guild**  
  
Patron HRH The Princess Royal GCVO  
Thurs. 16th February - Ukulele Group  
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](http://www.bannersgatechurch.com).

**St Columba's Church**  
**Coffee Morning**  
**Every Friday of the month**  
**10.00 - Noon**  
**All Welcome**

The 18<sup>th</sup> Sutton Coldfield West Scout Group and the 15<sup>th</sup> Sutton Coldfield West Scout Group have merged and are now named the 33<sup>rd</sup>  
Headquarters are at the Scout Hut, Coppice View Road. B73 6UE.

**33<sup>rd</sup> 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](mailto:margaretdrummond1@btinternet.com)



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

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