



# Banners Gate & Parklands Community & Neighbourhood Forum

168<sup>th</sup> March 2023

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

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To vote in local and national elections, you will now need a photo ID. You probably have it, for example, a passport, driving licence, bus pass, or blue badge, but please check [here](#) to be sure.

The Scout Group are looking for Adults over 18 years who would like to join their band of volunteers. All their Scouters are volunteers, and their Group is expanding. Can you help? Enquiries to Group Scout

Leader [margaret.drummond1@btinternet.com](mailto:margaret.drummond1@btinternet.com) if you think you can.

Do not miss the Tip Truck on Monday 27th March - see below

If you find any mistakes in this edition of Gatepost please put it down to the fact that I spent Tuesday, Wednesday and Thursday this week driving to and staying in Wales for partying purposes.



## Rob Pocock: MORE GREEN-UP ACTION

Kath Scott and I have prepared a 'Sutton Vesey Ward Plan 2022-26' to set out our proposals as your City Councillors for the coming years ahead. This was agreed at our last Ward Forum Public Meeting on 20<sup>th</sup>

Feb – many thanks to all residents who came along. One important element within it, is a plan for cleaning up and greening up the areas of public open space – in the areas covered by Gatepost this includes the King George V Playing Fields, the Greenway and the Princess Alice Play Park. We have got a new fund of City Council support for this and we'll be calling all residents involved in caring for these green spaces, to attend an open meeting to discuss how to improve these areas and do some 'planting for the future' using the new fund. We also hope to involve a special mystery 'create designer' to assist and guide residents on this! So if you're interested in being involved and finding out more, just drop me an email to [rob.pocock@birmingham.gov.uk](mailto:rob.pocock@birmingham.gov.uk).

## PLEASE BOOTS – THINK AGAIN!

Do you ever use the Boots Pharmacy in Boldmere? If so you'll be as sorry as me to hear that Boots Regional Office have given notice that they're going to close this store in June. A lot of people use this pharmacy for their medications so this will be a big loss, as well as their other products. I have got a petition going to their regional office to politely ask that they think again. Kath Scott has also got a version of this petition going online, and you can sign it by clicking the link here: <https://www.change.org/p/save-boots-in-boldmre>

Hopefully there will be a U-turn - but if not then we

need to move to a 'plan B'. Which is this. Boots have a dispensing contract at this location from the local NHS and if they move out, this dispensing contract is up for grabs, for other pharmacies to take on, such as Lloyds, or any of the local independent pharmacies. The NHS have a duty to ensure there is a pharmacy within reasonable access of every community, so they need to do all they can to attract another pharmacy to the area if Boots do abandon the site. Here's hoping!

## NEXT TIP TRUCK VISIT MON 27<sup>TH</sup> MARCH!

The popular visits from the City Council mobile 'tip trucks' continue with the next site being on Stonehouse Road at the entrance to Sutton Park, Mon 27<sup>th</sup> March between 7am and midday. Bring your spring-cleaning waste, recycling or bulky household items as always. Surplus spring garden waste will also be welcomed, but no batteries or gas canisters please – risk of explosions!



## Jan Cairns: Hello Gatepost Readers.

Spring is officially here – Let's all hope that it will be a good one leading into what will be an equally great summer!

The start of the month marked International Women's Day, a day to celebrate women's achievements and work towards achieving gender equality. As Mayor of the Royal Town of Sutton Coldfield, I have been fortunate to meet so many incredible women who have made significant contributions to our community and have made Sutton Coldfield a great place to live, work, visit. They have been an inspiration to me.

I had the pleasure of meeting members of Wyld Green Rotary Club at their Annual Dinner. It was great to hear of the work Rotarians are doing to support our

**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: April 27<sup>th</sup>**

community and beyond. They all spoke fondly of their work to support the local environment and schools as well as on an international level raising funds to provide humanitarian relief to disaster zones.

If you have been following Gatepost during my Mayoral term you will be aware of the work between the Town Council and Art students of BMet College. Students were tasked with researching mental health challenges faced by young people, looking at the causes and symptoms, from which they developed an individual artistic response as part of their industrial placement. Residents can now view the students designs at an exhibition taking place at Direction Art UK (former BHS) until Thursday 30<sup>th</sup> March. The exhibition is free to enter and I would encourage you all to pop along, there are some incredible pieces to see on display.

Don't forget that this year's Annual Town Meeting will take place on Tuesday 16<sup>th</sup> May from 6pm at the Trinity Centre. This is a public meeting of the electors of Sutton Coldfield, who have the right to attend, to speak and take part in discussions. Further details will be published on the Town Council's website nearer to the time.

Until next time stay safe and enjoy the lighter, brighter nights.



**Max Hatton:** Hello Gate Post Readers! The first day of Spring has passed, and we now look forward to lighter nights, warmer weather, and the Easter holidays. March has been an exciting month, many have recently celebrated St Patricks Day, and it was great to see the return of the St

Patrick's Day Parade after a few years hiatus. Albeit, this was relocated to Cannon Hill Park, a little further for us in Sutton to attend, however it was great to see the

event return to our city!

We are seeing the return of the highly popular Farmers and Craft Market in Sutton Town centre this Sunday (26<sup>th</sup> March) starting from 10am and lasting until 2pm. The Market is always well-attended, and for those that have been to previous events you will know there are a wide variety of stalls selling local products and crafts! It's great to support local businesses, and it's a fun day out for all!

It was a pleasure to attend the Banners Gate Community Coffee Morning this month, I even won a prize on the raffle! The Coffee Morning is held on the third Tuesday of each month, and it's a great chance to come and chat, drink a hot or cool beverage, play the raffle, and spend time with a great group of people!

The Town Council have recently updated our grants application process, as you may be aware the Town Council can award grants to local voluntary and community organisations to support a range of projects/ activities that benefit the residents of Sutton Coldfield. There are updated guidance notes available on the Town Council website, so if you are involved with/ running a local voluntary or community organisation and would like to see what help is available, please visit <https://suttoncoldfieldtowncouncil.gov.uk/community-grants-awards/apply-for-community-grant/> for more information. The next deadline for grant applications is Tuesday 27<sup>th</sup> April 2023 (12pm).

Our next Full Town Council Meeting will be held on Tuesday 28<sup>th</sup> March from 7pm at the Trinity Centre Sutton Town Centre. I hope to see you there! Until next time Gate Post readers, have a great month!

**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.



This is the poster that advertised the concert held in St Columba's Church on 18th March. Three of us attended, Harold, my wife and me. We had a lovely time. There was a mix of Sacred and Secular Choral Music and the concert finished with a rendering of Shenandoah, which turned out to be my second favourite. My first favourite was the fact that, to date, the concert has raised £833.



The following appeared on the back page of the programme.

Sutton Coldfield Chamber Choir thanks the Vicar and PCC of St. Columba's Church for offering this venue to provide a short concert where all the money taken today will be passed to the Disaster Relief Fund for the recent Earthquakes in Turkey and Syria. There are no expenses being taken from the money raised today.

**Sutton Coldfield Chamber Choir**, founded by Lesley and Michael Gainford in 2002, evolved with the purpose of raising funds for a variety of charities. In recent years the choir has been directed by Richard Mason and, in 2018, undertook its first foreign tour singing to packed Church audiences in France and concluding at Notre Dame Cathedral in Paris. We are keen to welcome new members: for details. please email Lesley at [Lmgainford@blueyonder.co.uk](mailto:Lmgainford@blueyonder.co.uk). Please also contact her if you would like to hear about our other activities, or if you would like to organize an event in aid of a particular good cause.





## Sunday Mornings at St Columba's

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

The service lasts about an hour with tea, coffee and a chat in the hall afterwards. All are welcome: everything is explained as we go along and is on a big screen at the front.

Come exactly as you are - full of questions, full of faith, full of doubts or completely empty and in need of an hour of peace:

*You are welcome.*

**Slimming World**  
taste the freedom

FREE membership

eat out and lose weight!

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

📱 @StColumbasChurch  
[slimmingworld.co.uk](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 or quiet chat

### Classes at St Columba's Church

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

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



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



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

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

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

Organisation	Resource information	Link / Contact information
<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  
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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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or  
Paula on 07816 364232

### Language Through Play

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support and enable parents/carers to optimize their  
child's speech and language skills.

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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.





**Junior Einsteins Birmingham**



**Easter Egg-speriments**

**Science Camp, Sutton Coldfield**

**Tuesday 11th April. 9-12.30pm.**

**Sutton Coldfield B73 6UR**



**Hands on**

**Egg-sperimenting!**



**Walking on eggs, rainbow science, light diffraction glasses, Newtons colour wheel, Easter bunny toothpaste and lots of fun.**

**£40 per session  
for ages 5-11yrs**



**[Junioreinsteinsbirmingham@gmail.com](mailto:Junioreinsteinsbirmingham@gmail.com)**

**[Junioreinsteinsscienceclub.com/Birmingham-sandwell/](http://Junioreinsteinsscienceclub.com/Birmingham-sandwell/)**



## A Day to Remember with The Albion

Having been a West Bromwich Albion fan for nearly 100 years, I was thrilled to receive, quite out of the blue, an email from the club. It was an invite to enjoy the club's hospitality, at a match of my choice, for myself and my two sons! This was apparently in recognition of my fundraising for Motor Neurone Disease, (and probably for my suffering as an Albion fan having to put up with two sons who are Villa fans!).

We chose to watch the game against Huddersfield, who are near the bottom of the table, giving us a good chance of witnessing an Albion victory. We were asked to arrive



three hours before the kick-off so that we could enjoy their full hospitality. This included a lovely three course lunch, an unlimited free bar and two bottles of wine to further wash down the food. The service was impeccable and everyone was so very friendly which created a truly convivial atmosphere.

Just before the kick-off we 'dragged' ourselves away from the warmth of the hospitality lounge and took our allotted seats which were high up and level with the halfway line, giving us the best possible view. It was a very chilly day so we had plenty of layers on but, as is often the case in large football crowds, I was also warmed by being shoulder-to-shoulder with fellow fans.

At half-time, we returned to our table to be served with hot drinks and some delicious traditional meat pies.

O, joy of joys!.....I'm happy to report that Albion secured a well-deserved 1-0 victory, having managed some 75% possession of the game. This inches Albion towards reaching the play-offs and possible Premiership football next season. We can but dream!

On reflection, it was a truly great day out and I feel so honoured to have been granted such a wonderful gift from 'The Baggies'. I am so blessed that, despite now reaching middle age (!), I am still able to enjoy such memorable times.



**Please Bring  
Donations  
to:**

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



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

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



## **Do you want a confidential chat with a Social Worker?**

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

**Tuesday 10am-1pm** at United Reformed Church, 1 Brassington Avenue, Sutton Coldfield B73 6AA

**Wednesday 11am-2pm** at Falcon Lodge Methodist Church, Newdigate Road, Sutton Coldfield B75 7ER

**Thursday 10am-1pm** at Age Concern Communita Café, 76 Boldmere Road, Town Centre, Sutton Coldfield B73 5TJ

### **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.**



## SCNNS on social media and internet

We are delighted to let partners and assets know that Sutton Coldfield NNS have a blog providing latest information and news for community organisations, assets and partners at <https://suttoncoldfieldnns.blogspot.com/>

The home page of the blog promotes both local and citywide information about events, funding, training, resources and services. The searchable blog averages 20-30 information posts and 1000 visits per month. We have also launched a Facebook page at <https://www.facebook.com/profile.php?id=100086596932293>, please visit us on Facebook and give us a like.

Sutton Coldfield NNS are contributors of asset information to Birmingham City Council's *Connect to Support* website. This searchable website provides a community directory of services and organisations in the city, which includes all of the local groups that we have mapped in Sutton Coldfield. If you would like to be included in our mapping or are looking for information about activities and groups in Sutton Coldfield, then please check out the *Connect to Support* website at: <https://birmingham.connecttosupport.org/>



*One of our residents at Banners Gate, Alan Wills, has written about his father's experiences while he was based in the far east during WW2. It is based on conversations Alan had with his father George, Alan's research and from tapes made by George when interviewed by the Imperial War Museum in London. Because of its length it will be run in Gatepost as a series over several months.*

## **GUNNER GEORGE WILLS**

**1613513**

**20 June 1920 – 27 April 2007**

### **A MAN AND HIS WAR**

George Wills was born on the 20<sup>th</sup> of June 1920 in the Aston area of Birmingham. He was one of nine children who resided in one of the deprived areas of Birmingham. Educated locally at Summer Lane school he left at 14 years of age. He became a Capstan Operator at the Norton motorcycle company in Aston. Here he was employed until the outbreak of war in 1939.

On being called up in July 1940 he was enlisted in the army initially posted to the Royal Engineers until it was realised, they were over manned. He then went into the Royal Artillery. His posting was with the 315 anti-aircraft battery. Following his basic training at Gainsborough, Lincolnshire he was posted to anti-aircraft duties in Bristol and Southend.

Midway through August 1940 orders were received for the regiment to make ready to move out. The regiment was moved to Liverpool. On the 30<sup>th</sup> of August they set sail aboard the S.S. Atrato to an unspecified destination. They arrived in India some weeks later. From there they were transferred to the freighter the Orion. The troops were transported to Singapore. At no time were the men told of their destination. Dad knew it was something big by the size of the convoy, there were approximately one hundred merchant ships escorted by numerous war ships. Dad remembers HMS Repulse, HMS Glasgow, and an aircraft carrier who he thinks was HMS Indomitable. By any standard this was a massive convoy moving to an important theatre of war.

The destination was Singapore; they all arrived safely in November 1941. On arrival Dad found Singapore to be peaceful, bomb free and unlike the UK a happy place where the lights were still on, and the conflict was far away. Dad was based at the Woodlands camp in Johore. The troops were given leave to visit Singapore but found the population aloof and unfriendly who generally held the service personal in contempt. On the 8<sup>th</sup> of December 1941 the American Naval base at Pearl Harbour was bombed by the Japanese. When news filtered back to Singapore people found it difficult to comprehend the enormity of what had happened. The implications of such an act of aggression were not understood. Dad said even at this point they did not expect a war with Japan.

## **Grief charity receives vital funding to allow more people to access essential services**

Love Life Again, a private clinic that has developed coaching programmes targeted towards helping adults and children overcome grief and trauma, has given over thirty individuals free access to the private services thanks to a £26,000 grant from Sutton Coldfield Charitable Trust.

Sutton Coldfield Charitable Trust (SCCT) exists to enhance the quality of life for individuals in Sutton Coldfield, but the trauma attached to grief is something that is felt globally.

The Trust's grant went towards funding for individuals receiving benefits or low-income households that would benefit from the 7-15 grief recovery group programmes but didn't have access to the funds to afford them.

According to the UK Commission on Bereavement, millions of people across the UK faced bereavement in 2020, with hundreds of thousands more bereaved than in previous years because of Covid-19, making access to grief clinics such as Love Life Again more vital than ever.

Lucy Cole, fully qualified Grief Recovery Specialist, Trainer in & Master Neuro-Linguistic Programming (NLP) & Trainer & Hypnosis Practitioner, Timeline Therapist, Personal Evolutionary, Health & Emotional Coach who solely runs Love Life Again, said:

"The grant from Sutton Coldfield Charitable Trust came at a perfect time for the service users at my clinic. I had a huge waiting list as well as people who wouldn't have been able to afford the private clinic without funding.

"I want to say thank you to the Trust for having such a significant impact on the community and giving people a place to come and talk about their feelings and emotions surrounding grief. They've given those individuals a lifeline and changed their lives for the better.

"There's not many people in the local area doing what I'm doing, so there's a really high demand – I'm looking to take on two new employees after Easter to help me keep up."

Lucy opened the clinic after experiencing first hand her and her family's battle with grief, after having to pull herself and her daughter out of some dark places, which is what encouraged her to start up the clinic.

She is doing lots of work with local schools in the area, where she delivers workshops students can also get referred to her.

For further information about Sutton Coldfield Charitable Trust and how to apply for grants, please visit: [www.suttoncoldfieldcharitabletrust.com/alms-houses.htm](http://www.suttoncoldfieldcharitabletrust.com/alms-houses.htm), or to find out more information on the services that Love Life Again provides, please visit: <https://www.lovelifecoaching-events.co.uk/events/> or to read Lucy's book about building confidence in children 7-11 years old, please visit: <https://www.faytheandthefearstone.com/>



**The Friends of Wylde Green Train Station** are a group of volunteers who help to make the station a welcoming place for humans and nature, promote train travel and our local area. We meet monthly to litter pick, tidy and plant and then in between myself and Nikki organise projects for our community to get involved in. At the moment we are asking the community to knit or crochet a piece of graffiti to decorate the Station for the Coronation (see details below).

At our February meet we dug over an area, removing bits of wire and metal, and then planted a patch of shasta daisies by the newly installed Butterfly Information Board. We would really like to establish more clumps of wildlife friendly plants including teasels, foxgloves, primroses and heleniums. The environment is harsh becoming very dry in the summer but we're not giving up yet!

Also in February the station was furnished with new wooden seats and the number nearly doubled to 24. We knew we were due an upgrade but had also pursued an increase in capacity on behalf of local residents so this was a very happy outcome. In addition the running-in boards now tell visitors that Boldmere's High St is the local high street. This improved wayfinding was the result of another long campaign by the Friends.

Then in March, the Friends lead on a project to create a pocket community garden just outside of the station in Wilkinson Close, on a piece of land which had become a dumping ground. Drought resistant planting for pollinators played a key part in the design.

It has been a busy 2023 so far. You can follow or contact us on Facebook or Instagram or twitter. We like to have likes and you might spot a project you'd like to get involved in ☐

Dawn Whitfield and Nikki Wright

Lead Adopters FOWGTS



Spot the difference: the new running-in boards



The pocket community garden in Wilkinson Close



The Butterfly Information Board installed in December on the embankment



To decorate the lamp posts at the Station in May



**Friends of Perry Park** have had an eventful March, on the 15th we had a meeting with the Lord Lieutenant of the West Midlands John Crabtree, to plant the last two of 70 half standard Oak Trees (*Quercus robur*) for the QueensGreen Canopy in honour of the platinum Jubilee,

On the late afternoon of the same day a demonstration was organised near Perry Park Crescent to promote the Save Your Park Campaign. For more details and to sign the online petition go to [www.perrypark.org.uk](http://www.perrypark.org.uk) Many of you may not have heard of this park apart from being the site of the Commonwealth Games and the home of Alexander stadium. This green space was formed over 130 years ago and has been a public park since circa 1913. So if you think what's it to do with me think again as a green space near you might be at risk.

On Mother's Day 19th we did our regular litter pick and we collected 14 black bags between seven of us. We normally collect every second Sunday in the month but we changed this month to coincide with Mothering Sunday. We welcome new friends including children to come and join us on these dates. All equipment is supplied and we usually pick for about 1.5 hours and then go for coffee etc., in the Church Tavern. So please come along and join us, meet new friends and have fun, our next meeting will be on Sunday 16th April at 2pm in Church Tavern car park.







# Sutton Coldfield Society of Artists

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

**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 during the autumn, winter and spring. The meetings, on two Saturdays in a month, are a mixture of **demonstrations, lectures, and practical art sessions**. 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 (1.45pm - 4.00pm) and 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**. The demonstrations are also open to members of the public paying a temporary membership fee of £3.00.

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**







'...And is this an Essential Work Journey Sir?'

### ***Some thoughts via Eric to Encourage Seniors***

**The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.**

**Happiness is not having to set the alarm clock.**

**When I get a headache, I take two aspirin and keep away from children just like the bottle says.**

**Just once, I want the prompt for username and password to say, "Close enough."**

**"Your call is very important to us. Please enjoy this 40-minute flute solo."**

**I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.**

**Today's 3-year-olds can switch on laptops and open their favourite apps. When I was 3, I ate mud.**

**Tip for a successful marriage: "Don't ask your wife when dinner will be ready while she's mowing the lawn".**

**I didn't make it to the gym today. That makes five years in a row.**

**I decided to stop calling the bathroom "John" and renamed it "Jim". I feel so much better saying I went to the Jim this morning.**

**Last year I joined a support group for procrastinators. We haven't met yet.**

**Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?**

**It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.**

**Lately, you've noticed that people your age are much older than you.**

# ANYA MANSUROVA

07423 605650    annmnsr@gmail.com

For me the most important thing is to make people think. To be in dialect with the viewer. I like making art about people; portraits because people can destroy the world or make it better, so I like to look at people's hearts and eyes; to see inside the person.

After a MA in Fashion Design and a BA in Graphic Arts and Illustration, I became a digital designer for the Ukraine Post Office.

On June 24th/25th I will be part of the Sutton Coldfield Art Trail showing my work at 12 Somerville Road B73 6JA.



An installation in Kiev  
in December 2021  
**"White"**

My recent work, in December 2021, was an installation for Kiev Academy of Fine Arts & Architecture, Ukraine. My brief was to create a graphic using the colour white. My concept was a dialect with the universe; each airplane represents what you want to give to the world and how you can learn about yourself. There are three parts to the installation:

Unrealised dreams; the first board consists of old broken airplanes are taped to a wall representing a personality stuck in a rut, not willing or possibly not able to make changes to their situation, we don't know why. Maybe they're scared, maybe someone told them they can't succeed. The viewer may pick out an old airplane representing their old beliefs and can start from scratch, turning over a new leaf.

People pleasers; the last board has clean and pure white airplanes at angles of 90° or 45°. This board represents perfection, but is this real? Are they living their own lives or doing things to please others, are their dreams really their own? But we know their lives aren't really perfect, whose are? What is hidden under this perfect paper?

The courageous; the central board is the busiest board; it has many airplanes overlapping and some go beyond the edge of the board. This board represents dark periods in a person's life, you can be broken, but you can get through it. This is not the main part about someone, the most important thing is to have hopes and dreams, plans for the future; to keep going forward.



The second part of the installation is a table in front of the three boards where the viewer can add to the installation by creating their own airplanes; a dialect with their own hopes and dreams. In engaging with this, the viewer can learn about themselves.

The third part of the installation is the floor. This is full of airplanes; some perfect, some broken, they are not clean, they are different shades and colours but predominantly white. This is a cemetery of who we are, who we could be, our hopes and dreams, our children's hopes and dreams.



## Grace Cares is a not-for-profit organisation

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

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

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



**BUY PRE-LOVED  
CARE EQUIPMENT**



**GET HELP &  
SUPPORT**



**DONATE OR GET  
INVOLVED**



### Let's work together



**St. George's**  
DAY



**St. George's Day**

**QUIZ**

**with Fish & Chip Supper**

at Banners Gate Community Hall, Reay Nadin Drive:

**Saturday 22nd April**

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

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

Your table will be reserved for you upon booking.

Proceeds towards community celebrations

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

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





## **The Coronation of His Majesty King Charles III**

Banners Gate Community Association

invites you to a "Big Picnic" Street Party

on **Sunday 7th May 2023**

to celebrate the Coronation as a community.

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

which took place on individual streets during the pandemic,

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

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

facilitated at the Community Hall.

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

God Save the King!





The training process was tedious, but now he knows he is not allowed on the couch.



I have always believed in miracles but I had never actually witnessed one until I saw this angel restore this poor, blind, homeless man's sight right in front of me. — feeling blessed.



Beer can do miracles



Decided to go for a walk on the beach and got freaked out when I thought I ran into a KKK meeting...turns out they're just closed beach umbrellas



Parking lot in front of the Laser Eye Surgery Center.



One day you'll find someone that is obsessed with you.  
It's probably going to be a dog, but it is what it is.

ME: ALEXA, REMIND ME TO GO TO THE GYM.

ALEXA: I HAVE ADDED GIN TO YOUR SHOPPING LIST.

ME: CLOSE ENOUGH.

REDNECK TRAFFIC STOP



You can tell a lot about a woman by her hands. For instance, if they're around your throat she's probably slightly upset.



17 March 2023



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

## New cost-of-living leaflet is available NOW!

Our new cost-of-living leaflet is available to download, including advice on staying safe and healthy at home, benefits and money advice, and food support. Printed copies of the booklet are being distributed to council tenants over the coming weeks. [Booklets are available in a range of community languages.](#)

**DON'T FORGET:** Cost-of-living advice is now also available via webchat. The service is available by visiting [www.birmingham.gov.uk/livingsupport](http://www.birmingham.gov.uk/livingsupport) – to access the chat, simply click the icon at the bottom-right corner of the screen of your device. Supplementing the website and contact centre, the webchat service is available from 9am-7pm (Monday to Friday) and from 10am-1pm (Saturdays).



### New council funding package for community support organisations

A funding package worth £676,000 is set to be invested by the council into [cost-of-living information](#), advice and guidance services delivered by voluntary and community organisations in the city.

### Council responds to Spring Budget announcements

The council's leader, Cllr Ian Ward, and Deputy Leader, Cllr Brigid Jones, respond to what the devolution deal announced in the [Spring Budget](#) will mean for the people of Birmingham.





## First rapid chargers for electric vehicles – just 30 minutes to fully charge

Birmingham City Council has been working with Transport for West Midlands (TFWM) to install its [first rapid Electric Vehicle \(EV\) charge points](#). Selly Oak station will be the first of a number of Park & Ride stations in Birmingham to have rapid charge points rolled out.

## Planning go-ahead for BBC Digbeth HQ

[BBC Birmingham's move to a new state-of-the-art headquarters](#) in Digbeth has moved a significant step closer, as The Tea Factory was given the green light by council planners.



## Almost 50,000 households set to be helped with £55 boost from Birmingham's new council tax discretionary support scheme

Further support with council tax bills is being provided for those in greatest need after the council confirmed details of its [discretionary support scheme](#) for the 2023/24 financial year.

## Windrush 75 Small Grants Programme – applications OPEN!

The council is offering grants of up to £2,000 for community groups to deliver projects celebrating and recognising the [contribution of the Windrush generation](#) and their descendants in Birmingham. The application deadline is **Wed 19 April, at 5pm**.



## University sports students set to study at major Commonwealth Games venue

Birmingham City University has announced a [£5million investment to fit-out areas of the city's Alexander Stadium](#) that will serve as a world-class home for its sports and exercise-related courses.

## Plans to provide better digital coverage for businesses given go-ahead

Birmingham City Council is aiming to accelerate [full-fibre coverage across the city](#). The council has approved a proposal that will provide better digital coverage for businesses, with faster speed and lower costs.



## Are you a BCC Housing tenant and claiming Universal Credit?

If you're a [BCC Housing tenant and claiming Universal Credit](#), your rent charge is changing from **3 April 2023**. You need to update your journal with the new amount, but please do not do this until after 3 April.



# Hello April

## What's On at Sutton Coldfield Library April 2023

Follow us on Social Media

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

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

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

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



**Sutton Coldfield Library**

Opening hours:

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

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

Wednesday: CLOSED

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

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

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

Sunday: CLOSED

### 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 1st, 15th & 29th, Lego 8th & 22nd

#### 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 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 1st April

**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>

#### Thursday 6th April

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

#### Thursday 13th & 27th April

**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 13th April

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



# Kingstanding Library

**birmingham settlement**  
developing communities, changing lives

## Employability and Digital Skills Programme

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

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



## ELIM LIFE CHURCH FOODBANK

Are here to help You!



COVERING:

- KINGSTANDING
- WYRLEY BIRCH
- PHEASEY

P.T.O

## ELIM LIFE CHURCH COMMUNITY HUB

ELC 28 ROMNEY WAY  
PHEASEY B43 7TL

### OPEN WEDNESDAYS

Referrals:

WEDNESDAYS IN BY 12NOON

Parcel Collection:

WEDNESDAYS 12NOON-2PM

\*Also available from ELC Kingstanding | B44 8QD

Donations:

WEDNESDAYS 9.30AM-2.30PM

EMAIL:

foodbank@elimlifechurch.co.uk

CALL:

0121 360 1239

ONLINE FORMS:

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



PLEASE NOTE:

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



NIHR School for Social  
Care Research

UNIVERSITY OF  
BIRMINGHAM

## Call for participants

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

Please participate in our focus group!

If you:

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

We are interested in hearing from you!

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

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

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



## Benefits Advice Surgery

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



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

Areas Covered:

Erdington, Kingstanding, Perry  
Common, Stockland Green,

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



Birmingham  
City Council

## What's On at Streetly Community Library in Spring 2023

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

2nd Wednesday of each month 10.30-12 Poetry Group

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

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

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

Every Friday during term time 10.30-11 Story & Rhyme Time

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

Every Saturday 12-1 Local Councillors' Surgery

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

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

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

Saturday 18th March 11-12.30 Lego Fun

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

Saturday 15th April 11-12.30 Lego Fun

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

May 2023 Coronation Party—*TBC*

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

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





This amazing photo is of the original builders of Chester Road Station in Wylde Green, sixty plus years ago. If anyone has family who may be able to provide any more details regarding this, it would be fabulous for Chester Road Station Friends to hear from.

*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	 Unlucky's Support	 School Uniforms & Clothing	 Parenting	 Special Needs & Disabilities
 Bereavement	 Housing	 Sexual Health	 Mental Health	 Play

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





## 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



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



## Warm Spaces in Sutton Coldfield

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

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

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

See [birmingham.gov.uk/directory/73/warm\\_welcome\\_spaces\\_in\\_birmingham](http://birmingham.gov.uk/directory/73/warm_welcome_spaces_in_birmingham) for full details

EHPSC  
Early Help Partnership Sutton Coldfield

## AGE concern Birmingham

### Later Life Planning Services



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

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

Wills Made Clear





# Help birds set up home this spring

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

[Give a bird a home](#)



Welcome to Notes on Nature.

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

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

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

Have a wonderful wildlife-filled week!



Siân Duncan  
Notes on Nature editor



## Police roadside eye tests could lead to £1000 fine and 3 penalty points.

According to new data from the Association of Optometrists (AOP), two-thirds of drivers in the UK who use glasses are 'putting off' updating their prescription. As a result, their vision isn't suitable for driving – increasing the risk of accidents.

Should vision play a factor in any collision, then it could result in a fine of £1,000 and three points on a driving licence.

Delaying eye tests is an increasing problem. The research revealed that up to 20% of drivers who require glasses have not have their eyes tests in at least three years.

In the most serious cases, it could result in a driving disqualification.

The police have the power to carry out vision screen tests on the side of the road. Drivers who are pulled over will need to be able to read a number plate 20 metres away.

The elderly and visually-impaired are now being encouraged by the police to have their eyesight checked as soon as possible.

AOP have warned the public that avoiding your eye treatments is a serious threat to road safety.

Their data showed that one in ten Brits said that they would continue driving even if their vision was deemed unsafe to be behind the wheel.

And almost half of Britain's optometrists reported to the AOP that they have dealt with patients that were driving on the roads, despite their vision being legally too dangerous.

- [Eyesight requirements for driving guide](#)
- [Is our eyesight fit for driving?](#)
- [Driving over 70 – a guide to driving for the elderly](#)

Police data has shown that around 3,000 people are killed or injured by drivers with bad eyesight (or where eyesight has played a part in the cause of the collision) every year.

Further research from the Department for Transport (DfT) has shown that 42% of incidents involving drivers over the age of 70 were due to sight issues.

The AOP criticised the Government for not addressing this urgent issue over the last few years.

Adam Sampson, AOP's Chief Executive, said: "It's deeply concerning that a 17 year-old who can read a number plate from 20 metres away when they take their driving test, may continue to drive with no further checks for the rest of their life.

"We have to ask ourselves why the UK system, which relies on self-reporting and a number plate test, continues to operate under a law first introduced in 1937 to the detriment of an individuals' safety.

"Sight loss can often be gradual, and people may not notice changes that could affect their ability to drive so it's important to remember that regular vision checks are an essential part of helping to stay safe as a driver."

However, despite these calls from AOP, the Driver and Vehicle Licensing Agency (DVLA) has made it clear that it is up to drivers to report any decline in eyesight and resolve this as soon as possible.



## Change of venue




**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.

The United Reformed Church

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 2 - 3pm** | **Thursdays 2 - 3pm**

**St Columba's Church hall** | **All Saints' Church Centre**  
**Banners Gate Road/** | **Belwell Lane, Four Oaks,**  
**Chester Road North** | **Sutton Coldfield B73 4TR**  
**Sutton Coldfield B73 6TX**

**£5** PER PERSON

If you are looking to do something new, feeling a bit lonely or living with health issues, I'd love you to come along and let Sing Me Sunshine brighten your day.

Make new friends, feel positive and have some fun!

Come on your own, bring a friend, family member or caregiver.

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




**Talking Space**

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

**Low Mood Struggling to Cope**

**Mental Health Crisis Suicidal Thoughts**

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

**Beechcroft Centre**

Rear of 501 Slade Road, Erdington, B23 7JG

In Partnership with **creative SUPPORT** ForwardThinking Birmingham




**Talking Space**

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

**Low Mood Struggling to Cope**

**Mental Health Crisis Suicidal Thoughts**

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

**Handsworth Hub**

9 Park Avenue, Hockley, Birmingham B18 5NE

In Partnership with **creative SUPPORT** ForwardThinking Birmingham



**CREATIVE PLANTS**

A friendly unique plant nursery specialising in stunning Italian and Mediterranean plants



Bespoke Italian coffee, home made cakes and freshly cooked meals.

Birmingham Rd, Shenstone Woodend,  
 Shenstone, Lichfield WS14 0LB



## Lego giveaway scam

**Fraudsters are using fake Lego branding to offer a £735 Lego set for only £3 in dodgy Facebook posts.** To participate in this 'giveaway', victims are asked to play games where they have to choose the right box to 'win'. The fraudsters set time limits to create a sense of urgency and pressure the victim to act quickly.

Once the victim has 'won' the prize, the fraudsters ask for their bank details to make a nominal payment - another tactic used to obtain sensitive personal information. **If the victim enters their details, they will be handing them to the scammer.**

[Check out our step-by-step guide on how to spot this giveaway scam.](#)

## Put to Rights - Get your money back

Do you have an issue that you need to put right? Which? can help you.

**For our latest Put to Rights piece, we helped a woman who lost £56,000 to authorised push payment (APP) fraud, where scammers pose as the victim's bank to lure them into transferring money.**

In this instance, a scammer spoofed Barclays' phone number. They informed the victim that her bank account had been compromised and she should move her money to a 'safe' account. This resulted in the victim transferring £56,000 to the scammer.

Thankfully, they managed to get their money back with our help.

[Discover what to do if you fall victim to APP fraud.](#)

## Protect yourself from fraudsters

Ofcom has conducted a report looking at internet users' attitudes and perceptions toward online fraud and scams. **Alarmingly, nine in 10 people said they had encountered scams or fraud online and nearly half had been drawn into engaging with fraudsters.**

It's important to be on your guard against online scams. [Learn how to protect yourself from fraudsters.](#)

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



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 Tel: 0121 827 6295	Witton Lakes, Gypsy Lane, B23 7XX Tel: 0121 227 3200
Welcome to a new era of service and support for Erdington residents.	Welcome to a new era of service and support for Erdington residents.
<div><div><p><b>Jordanne Francis</b> Health and Wellbeing Officer</p><p>T: 0121 320 1930 T: 0121 827 6295 M: 07458 130587 E: <a href="mailto:Jordanne.francis@wittonlodge.org.uk">Jordanne.francis@wittonlodge.org.uk</a> W: <a href="http://www.wittonlodge.org.uk">www.wittonlodge.org.uk</a></p></div><div></div></div>	





**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

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. 

**care UK** 

To attend please call  
0121 314 5513 or email  
[rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com)



**SECOND CITY SOUND**  
LADIES BARBERSHOP & CLOSE HARMONY CHORUS

**FREE SINGING COURSE**  
EVERY MONDAY IN MARCH

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

**TIME**  
08:00PM - 09:15PM

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

REGISTERED CHARITY NO. 1153445

www.scrs.club

**SUTTON COLDFIELD RAILWAY SOCIETY**

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



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

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



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

[double-u.co.uk](http://double-u.co.uk)



## DOG FIRST AID TRAINING COURSE

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

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

DATE: Sat 20<sup>th</sup> May 2023

TIME: 9.30am-1.45pm

PRICE: £59.50

TO BOOK: Please go to

[dog-first-aid.com/finder](http://dog-first-aid.com/finder)

or get in touch by phone or email

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

Samantha - attended Feb 2023

The CPD Standards Office

CPD PROVIDER: 21188

2021-2022

[www.cpdstandards.com](http://www.cpdstandards.com)



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

T 07494 613747

[www.dog-first-aid.com](http://www.dog-first-aid.com)





# Occupational Therapy

## Who will come to visit me?

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

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

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

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



## What is the Learning 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



## COFFEE, CAKE AND CADENZAS

Join us in the piano bar at 7pm on the first Friday of every month for a series of free stunning chamber concerts performed by students from Birmingham's Conservatoire of Music.

Sold out

FRI 14 APR - FRI 2 JUN 2023

**Coffee, Cake & Cadenzas**

Other Event



Sold out

MON 17 APR 2023

**An Evening with Bob Odenkirk**

Talk



Buy tickets from **£13**  
+ £3.80 transaction fee

WED 19 APR 2023

**Ellen Kent's Aida**

Opera



Buy tickets from **£13**  
+ £3.80 transaction fee

THU 20 APR 2023

**Ellen Kent's Madama Butterfly**

Opera



Buy tickets from **£36**  
+ £3.80 transaction fee

FRI 21 APR 2023

**Menopause The Musical 2**

Musical



Buy tickets from **£27.75**  
+ £3.80 transaction fee

SAT 22 APR 2023

**Bowie Experience**

Tribute



Buy tickets from **£30**  
+ £3.80 transaction fee

SUN 23 APR 2023

**That'll Be The Day**

Tribute



Buy tickets from **£13**  
+ £3.80 transaction fee

TUE 25 APR - SAT 29 APR 2023

**Home, I'm Darling**

Play



Buy tickets from **£25**  
+ £3.80 transaction fee

FRI 5 MAY 2023

**Thank You For The Music**

Tribute





## NTLive - Life of Pi (Live Recording)

Studio, Thu 30 Mar

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



## Welsh Musical Theatre Orchestra: Back...

Main Auditorium, Sunday 2nd April - 7.30pm

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



## Jurassic Earth

Main Auditorium, Monday 3rd April 2023 - 12pm & 3pm

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



## Starchitects - Motionhouse

Main Auditorium, Wed 5th & Thu 6th April - see page for times

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



## Matricks Illusion

Main Auditorium, Friday 7th April - 7.30pm

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



## Macbeth - Young REP

Studio, Mon 10th, Wed 12th, Fri 14th, Sat 15th April

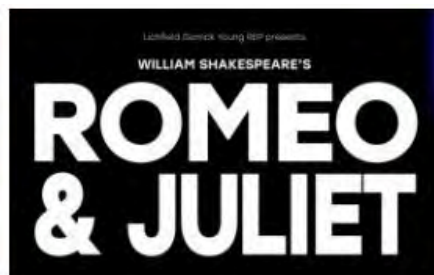
[MORE](#) | [BOOK](#)



## Megaslam Wrestling 2023 Live Tour

Main Auditorium, Tuesday 11th April - 7.30pm

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



## Romeo & Juliet - Young REP

Studio, Tue 11th, Thu 13th, Sat 15th & Sun 16th April 2023

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



## The Little Mermaid

Main Auditorium, Wednesday 12th April - 2pm

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



## ROMEO & JULIET AND MACBETH BACKSTAGE TOUR

### Romeo & Juliet and Macbeth Backstage T...

LG, Thursday 13th April - 2pm

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



### Nearly Elton

Main Auditorium, Thursday 13th April  
2023 - 7.30pm

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



### Northern Soul Live

Main Auditorium, Friday 14th April -  
7.30pm

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



### Royal Ballet: Cinderella (Live Recordi...

Studio, Sunday 16th April 2023 - 2pm

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



### Seven Drunken Nights

Main Auditorium, Thursday 20th &  
Friday 21st April 2023 - 7.30pm

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



### Disco Inferno

Main Auditorium, Saturday 22nd April  
2023 - 7.30pm

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



### An Evening of Burlesque

Main Auditorium, Sunday 23rd April  
2023 - 7.30pm

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



### Royal Opera: The Marriage of Figaro (L...

Studio, Thursday 27 April 2023 -  
6.45pm

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



### Lionel: The Music of Lionel Richie

Main Auditorium, Friday 28th April -  
7.30pm

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



Courses & Talks, Workshops  
**Young Community Drop-In Sessions**

Wed 30 Nov – Wed 28 Jul 2022  
FREE

**YOUNG COMMUNITY**

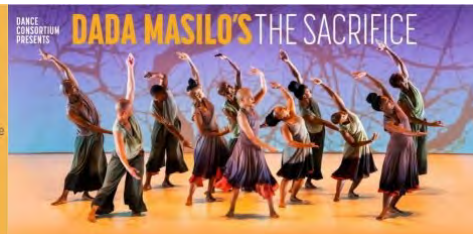
Suitable for anyone aged 14+, these sessions have been designed to be creative outlets for young people and offer spaces to relax, connect with others and feel welcome. The sessions are open to young people of all levels and abilities and our Young Advocates are ready to support anyone who would like 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.**

An all-South African company of dancers and musicians deliver this exhilarating performance that will transport you through a journey of emotions, powered by original music performed live on stage. Celebrating the advent of Spring, a young girl is chosen as a sacrifice and dances herself to death as part of an ancient ritual. Inspired by **The Rite of Spring**, award-winning choreographer **Dada Masilo** presents a fusion of contemporary dance with the expressive movements of 'Tswana', the traditional dance of Botswana, rooted in story-telling and healing ritual. Dada Masilo is celebrated for her reinvention of classic stories, mining her own cultural heritage to create a distinctive choreographic style. She wowed us with her stunning reimagining of *Giselle* in 2019. Now back by popular demand, audiences are in for a new treat with **The Sacrifice**.

Dance, Main House  
**Dada Masilo - The Sacrifice**

UK premiere of Dada Masilo's The Sacrifice

Tue 28 Mar – Wed 29 Mar  
Tickets from £16



Comedy, Main House  
Off The Karp Productions  
**Dara O Briain: So... Where Were We?**

A masterclass in intelligent, no-hills stand-up

Thu 30 Mar – Sat 1 Apr  
Tickets £26

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

**PINEAPPLE UNDER THE SEA AND HAS BECOME THE HOTTEST STAR ON BROADWAY? SPONGEBOB SQUAREPANTS!**

When the citizens of Bikini Bottom discover that a volcano will soon erupt and destroy their humble home, SpongeBob and his friends must come together to save the fate of their undersea world! Starring *Pop Idol* and musical superstar Gareth Gates and *Ru-Paul's Drag Race* legend Divina De Campo, **THE SPONGEBOB MUSICAL** is written by Kyle Jarrow and conceived by Tina Landau and features a tidal wave of original songs by the world's most iconic rock and pop artists, including Yolanda Adams, Steven Tyler, and Joe Perry of Aerosmith, Sara Bareilles, Jonathan Coulton, Alex Ebert of Edward Sharpe & The Magnetic Zeros, The Flaming Lips, Lady A, Cyndi Lauper, John Legend, Panic! At the Disco, Plain White T's, They Might Be Giants and T.I., and songs by David Bowie, Tom Kenny and Andy Paley. Additional lyrics by Jonathan Coulton. Additional music by Tom Kitt. The *SpongeBob Musical* is a hilarious deep-sea pearl of a show that is set to make a splash with audiences young and old as the must-see musical of 2023.

**WHO LIVES IN A**

Family & Pantomime, Musicals, Main House

**The SpongeBob Musical**

UK PREMIERE TOUR 2023

Tue 11 Apr – Sat 15 Apr  
Tickets from £20



**YOUNG COMMUNITY**

Courses & Talks, Workshops

**Young Community Drop-In Sessions**

Wed 12 Apr – Wed 31 May  
FREE

Birmingham Hippodrome's Young Community Drop-In Sessions have been developed by our [Young Advocates](#).

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.

**EMAIL US**

Upcoming sessions: Wed 12th April 11am – 7pm Wed 31 May 11am – 7pm

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

In the final hours of 14th April 1912, the RMS Titanic, on her maiden voyage from Southampton to New York, collided with an iceberg and 'the unsinkable ship' slowly sank. It was one of the most tragic disasters of the 20th Century. 1,517 men, women and children lost their lives. Based on real people aboard the most legendary ship in the world, *Titanic The Musical* is a stunning and stirring production focusing on the hopes, dreams and aspirations of her passengers. The original Broadway production of *Titanic The Musical* won five Tony Awards including Best Musical, Best Score and Best Book. This stunning production celebrates the 10th anniversary of its London premiere where it won sweeping critical acclaim across the board.

Musicals, Main House  
**Titanic the Musical**

The award-winning production returns!

Tue 18 Apr – Sat 22 Apr  
Tickets from £27



Musicals, Main House  
Phil McIntyre Entertainments

**The Commitments**

Over 20 Soul Classics Live on Stage!

Mon 24 Apr – Sat 29 Apr  
Tickets from £25

Five years after a record-breaking run in London's West End and a subsequent sell-out tour, **The Commitments** is back! Based on the BAFTA award-winning film classic, join us for a five-star fantastically feel-good celebration of soul that will have you up on your feet dancing! Adapted from the iconic novel by Booker prize winning author Roddy Doyle himself, and directed by Andrew Linnie, this smash-hit production stars *Coronation Street* legend Nigel Pivaro. With over 20 soul classics performed live on stage including: Night Train, Try A Little Tenderness, River Deep, Mountain High, In The Midnight Hour, Papa Was A Rolling Stone, Save Me, Mustang Sally, I Heard It Through The Grapevine, Thin Line Between Love and Hate, Reach Out, Uptight, Knock On Wood, I Can't Turn You Loose and more! The *Commitments* tells the story of Jimmy Rabbitt, a young working-class music fan who dreams of starting the finest soul band Dublin has ever produced. Placing a classified advert in a music paper, Jimmy auditions a number of wannabes before finalising the members of his new band: The *Commitments*. But as any live musician knows, getting a band together never quite goes to plan – especially after a few pints of Guinness! Come and see the West End smash hit spectacular that is a guaranteed "fabulously fun night out" (*Daily Mail*) you will simply never forget.

An evening full of vibrant and exciting dance genres and themes performed by some of the best young talents from across the West Midlands. This is an exciting opportunity for young people aged 11-19 to perform in a professional venue. U.Dance WM is the regional platform for One Dance UK's national U.Dance Festival.

Dance, Patrick Studio  
**U.Dance West Midlands 2023**

Presented by FABRIC in association with One Dance UK

Sat 29 Apr  
£10.50







# Sutton Coldfield TOWN HALL



0121 296 9543



[enquiries@suttoncoldfieldtownhall.com](mailto:enquiries@suttoncoldfieldtownhall.com)



FRIDAY 7 APRIL



SATURDAY 8 APRIL



SATURDAY 15 APRIL



FRIDAY 28TH TO  
SATURDAY 29TH APRIL



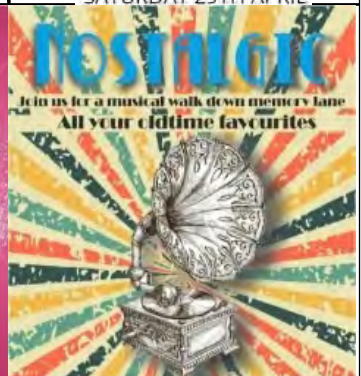
SUNDAY 30TH APRIL



FRIDAY 5TH MAY



TUESDAY 23RD MAY -  
SATURDAY 27TH MAY



THURSDAY 25TH MAY 2023



MONDAY 29TH MAY 2023



FRIDAY 2ND JUNE



SATURDAY 3RD JUNE



FRIDAY 23 JUNE



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

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

NATIONAL BLOOD DONATION  
Appointments only:  
Telephone:  
0300 123 2323



## SUPPORT US

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





## BOOK NOW FOR OUR 2022/23 SEASON

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



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

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

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



# Highbury Players announce new season



## HIGHBURY THEATRE CENTRE



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



### **It Runs in the Family**

by Ray Cooney

*Hospital chaos and comedy. Funny? Hilarious!*

**13 September 2022  
to 24 September 2022  
at 7.30pm**



### **Art**

by Yasmina Reza translated by Christopher Hampton

*Painting unleashes a bitter war of words*

**18 October 2022  
to 29 October 2022  
at 7.30pm**



### **The Strange Case of Dr Jekyll and Mr Hyde**

by Robert Louis Stevenson adapted by Nick Lane

*Horrific, dark psychological fantasy*

**29 November 2022  
to 10 December 2022  
at 7.30pm**



### **The Farndale Avenue Housing Estate Townswomen's Guild Dramatic Society Murder Mystery**

by David McGillivray and Walter Zerlin Jr

*Bring tissues for tears of laughter*

**31 January 2023  
to 11 February 2023  
at 7.30pm**



### **Love, Love, Love**

by Mike Bartlett

*Contrasting successful baby boomers and struggling millennials*

**20 February 2023  
to 25 February 2023  
STUDIO at 7.30pm**



### **Death of a Salesman**

by Arthur Miller

*The tragedy of the common man*

**14 March 2023  
to 25 March 2023  
at 7.30pm**



### **Blood Brothers (play version)**

by Willy Russell

*A tale of two brothers and the hand of fate*

**25 April 2023  
to 6 May 2023  
at 7.30pm**



### **Di and Viv and Rose**

by Amelia Bullmore

*Sometimes opposites make great friends*

**22 May 2023  
to 27 May 2023  
STUDIO at 7.30pm**



### **Calendar Girls**

by Tim Firth

*Friendship, fame and a calendar with a difference!*

**13 June 2023  
to 24 June 2023  
at 7.30pm**

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

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

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



A Little Theatre Guild  
Founder Member

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

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

0121 373 2761



# birmingham settlement

developing communities, changing lives



Are you  
unemployed  
and looking  
for work?

We can  
help!

## 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)



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





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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100% of money donated goes to the cause  
E25 supplies a child entering emergency accommodation with their own Buddy Bag.

Recipient of The Queen's Award for Voluntary Services in June 2022 to recognise the outstanding work by all of our

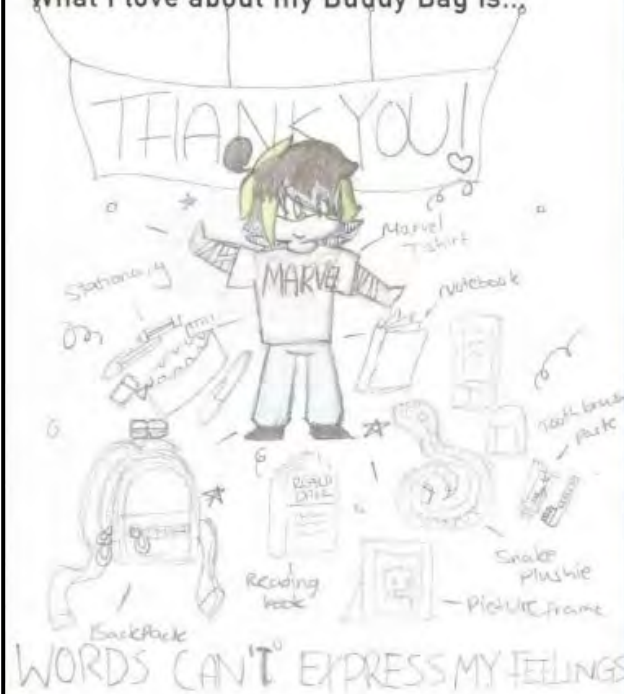
What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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

Tel: 0121 323 2070 [www.fouroaksfs.com](http://www.fouroaksfs.com)

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

Proud to support our nominated charity



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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

FOUR OAKS METHODIST CHURCH

### NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



*Pizza · Pasta · Steak · Fish*

**Bistro/Cafe Verona**

## 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







# Coffee Pot

St Chad's Church  
Hollyfield Road  
invites you to  
Tea or Coffee  
and a Chat

Every Friday Morning  
10.30am – 12.30pm

Everyone Welcome



**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 or email [stchadssunshine@gmail.com](mailto:stchadssunshine@gmail.com)

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

**u3a**  
Sutton Coldfield

**Sutton Coldfield u3a**



<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 £3.50/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.



## Sutton Coldfield Photography Club



### The friendly club

All visitors and new members welcome at any level of experience.

We have a varied programme of talks, competitions and activities.



We meet on Friday evenings

from September to April at:

South Parade Methodist Centre

Sutton Coldfield B72 1RB



Contact us at

[mail@suttonphoto.club](mailto:mail@suttonphoto.club)

Find us at

[www.suttonphoto.club](http://www.suttonphoto.club)

or scan the Flowcode here

Photos above are by Catherine Nicholls, Steve West, John Cresswell & Malcolm Imhoff



## 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

338 Boldmere Road, Sutton Coldfield. B73 5EU

## CYCLE WITH US

Quiet lanes, Non-competitive, Very sociable.

Wednesday leave 1.30pm, back about 4.30pm

Saturday leave 10.00am, back about 1.00pm

20 to 25 miles, 10 mph. Café stop

Enquiries John Bedford 0121 353 5136

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

Learn personal awareness

Situational awareness

Reality based techniques

Gain confidence

Feel empowered

For more info [www.phcombat.co.uk](http://www.phcombat.co.uk)

£8.50



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Professional supply and support for Business and Home in the Birmingham area.

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

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

•Gel extensions



Based at...

The Luna Lounge

Sutton Coldfield

B74 4EU

To book in, message me

Instagram

on...

Facebook

\_beauty\_by\_ella 07825001242 Beauty By Ella

## Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: [sutton.piano.teacher@gmail.com](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. *Today we have crochet, knitting, needle felting, cross stitch.* We also do loom knitting, beadwork, dressmaking and jewellery making

They also have a natter at the same time!

Here are a few photos of them in action;







## STREETLY FLOWER ARRANGERS' CLUB



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

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

Next meeting Tuesday 11th April - demonstration 'A Touch  
of Summer' - with Bev Short.

Further details Chris Reeves tel: 0121 354 6264.



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

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



We 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.

Blooming weather!! For the first time that I can remember, we cancelled the March meeting due to the snow. Very disappointing, but it was the sensible decision. We were so looking forward to welcoming Sue and Marilyn to talk to us about hedgehogs, but I am in the process of re-booking them for next year. I know as gardeners, we love to moan about the weather, but snow in March is just not on. It never ceases to amaze me how the miniature daffodils push their flowers through the frozen earth, but then to be covered in snow for a few days, and still they flower! This year has been a particular challenge with plants overwintered in the greenhouse. If the temperature is around freezing, I cover my plants with horticultural fleece, often using two or three layers, and this will do the job. However, this winter we have had spells of lower temperatures, and the heater had to be deployed! If anyone knows how I can shut up that smart meter thing in the kitchen that screams every time I do this, I would be grateful, as it seems to bring the husband out in a cold sweat!!!

However, spring is definitely with us. At our April meeting on the 13th, and its more of a practical evening. Helen, our show secretary will be giving a demo on a spring hanging basket, and I will be looking at bringing our fuchsias into life for the season ahead. This is such a great time of year to take cuttings, easy to do, and they will grow really quickly. We also start to look ahead to our show in August and make plans for what we can all enter. This was such a lovely day last year, and we hope to build on this for 2023. We try to make the show as interesting as we can, so classes like 'a fuchsia grown in an unusual container' is always a favourite. I have seen great plants grown in beer cans, boots, and even in a miniature toilet!! Another personal favourite is a class called 'depict the name'. Here, you grow a fuchsia, and place it alongside a display of objects to depict its name. With fuchsias named 'Charlie Dimmock', 'Winston Churchill', 'Wedding Day', 'Voodoo', to name just a few, you can see how this class can stretch your imagination. I have included a few pictures of this class from previous shows to give an idea. So, please come along and join us, second Thursday of each month, Banners Gate Community Church in Westwood Rd. Doors open at 7.30p.m. for an 8.00p.m. start. Come as a visitor for £2 or join for the year for £10. Have a look at our Facebook page, or if you would like any more information, give our secretary Gail a call on 0121 353 3373.



CALLING ALL QUILTERS! OR ARE YOU INTERESTED IN LEARNING ABOUT QUILTING? WANT TO IMPROVE YOUR SKILLS AND TECHNIQUES? WHY NOT COME TO OUR GROUP?

Sutton Coldfield Trinity Quilters was founded in 1996, our aims are to further the skill and art of patchwork and quilting. We meet at Holy Trinity Parish Church, Mill Street twice per month: the second Tuesday evening from 7.30-9.30 pm and the fourth Wednesday afternoon from 2.30-4.30 pm. Our runs from September to July each year.

**ABOUT OUR MEETINGS:** Our meetings are varied: we invite quilters to come along to give talks, demonstrations and workshops in their particular specialism, as well as sit and sew meetings, social evenings, demonstrations. We also have a Christmas Party and Show and Tell evening. We have two trips a year, one to the Malvern Quilt Show in May and another to a quilting outlet for retail therapy (different each year).

**WHO CAN JOIN?** Anyone who is interested in patchwork and quilting - you don't need to be an expert! We positively welcome beginners to the craft and members are more than willing to share their knowledge. In addition, one of our members is a qualified P&Q teacher and runs workshops and classes in and around Sutton Coldfield.

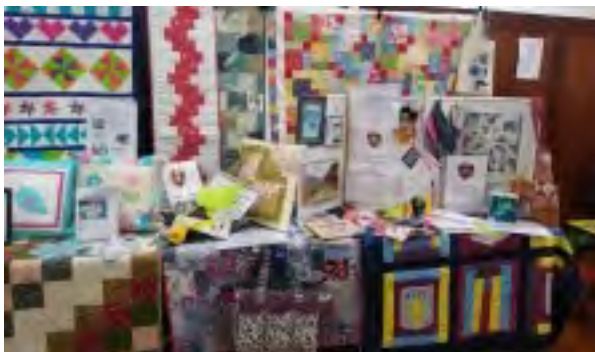
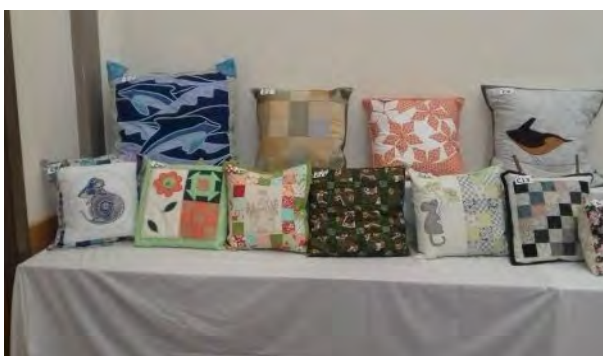
**WHAT KIND OF THINGS DO YOU MAKE?** Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many members also make quilts for Linus UK, a charity which gives quilts to children and young people in hospital, hospice or in need. Whilst we do not "make" things at meetings, we have demonstrations and workshops and some sit and sew sessions.

**HOW MUCH WILL IT COST?** Members pay an annual subscription of £20, due in September (or £10 from January), plus £4 for each meeting attended. Visitors are welcome and pay £5 per meeting attended.

**BENEFITS OF MEMBERSHIP:** Firstly, you'll benefit from the skills and expertise of fellow quilters as well as a reduced attendance fee. We have an extensive library for the use of members, for a small borrowing fee. We also hold an exhibition every two years (the next one is in 2024) and you will have the opportunity to show your work.

**WANT TO KNOW MORE?** You can contact me, Carol Morden, Chair on 0121 352 1485/ [cmorden42@gmail.com](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!

Ring Claire on 07930354885 for more information.

**MENOPAUSE**



**Groups are back at the  
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

**no men.... just pause**

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

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

Ring Claire on 07930 354 885 for more information.

**MENOPAUSE**



**COMMUNITTEA CAFÉ ALLOTMENT**

**TUESDAYS 10 TILL 12**

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

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

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



Everyone  
welcome

Gardening  
Group

Help us grow  
fresh produce  
for the cafe

Sunnybank Road  
Allotments,  
Boldmere

Meet our  
Neighbourhood  
Networker

**CONTACT**

Suzy Summerfield

07940 709 314

Email: [s.summerfield@ageconcernbirmingham.org.uk](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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65 south parade  
Sutton Coldfield  
B72 1QU

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

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

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



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@centrallenglandlc.org.uk  
www.centrallenglandlc.org.uk

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

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

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

## About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below. You can access the 'Worrying About Money?' leaflets online at [www.foodaidnetwork.org.uk/cash-first-leaflets](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@centrallenglandlc.org.uk  
www.centrallenglandlc.org.uk

Help with options: 6

### DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

### CHRISTIANS AGAINST POVERTY

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

Help with options: 3

### WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

## Other Support

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

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

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

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





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

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

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

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

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

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



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

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

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

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

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



Welcome to



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

#### WHERE YOU WILL FIND OUR WEEKLY FOOD BANKS

##### Erdington

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

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

##### Falcon Lodge

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

##### Mere Green

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

T: 07869 820025  
E: [info@hopefood.org.uk](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

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

**Healthy Start**

Care your family's healthy start



**Birmingham**  
City Council

**HEALTHY START** **NHS**

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

**Falcon Lodge**



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

**Mere Green**



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

#### Where are we in Falcon Lodge?

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

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

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



#### Where are we in Mere Green?

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

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

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



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

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

Streety Classes coming soon...

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

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

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**Contact Lisa Marie on 07765 135497**



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 @LottieLea.BabyPhotographer

KIDS & ADULTS

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 Wed 5-545pm 7-9yrs  
 Wed 6-7pm 10yrs +  
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## Floral Design Classes

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



Contact number above if interested.

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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)

# COUNTRYWIDE SECURITY SYSTEMS

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

Phone no. 0121 386 2639

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



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Your advert could be  
here



## 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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## Cafe Oasis

**Freshly Cooked Meals**  
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New menu every Friday  
Deliveries made on Tuesday and Friday

**4 Meals £15**  
**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**  
**AVAILABLE**

**Find us in Sutton Coldfield United Reformed Church**  
**1 Brassington Av, Sutton Coldfield, B73 6AA**

**CAFE OASIS IS SUPPORTED BY THE**  
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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  
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Come along, socialize and join in stimulating activities whilst also  
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Tel: 07876 826006

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

birmingham  
carers hub

AGE concern

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GR

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### Specialist Mandarin Teacher Available online (or in the Sutton Coldfield area)

#### \*Private 1-to-1 classes

1 hour session £30	1.5 hour session £35 (£23.3 per hour)	2 hour session £40 (£20 per hour)
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#### \*Small groups (2 to 4 people)

1 hour session £35	1.5 hour session £40 (Under £27 per hour)	2 hour session £50 (£25 per hour)
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#### \*Groups (5 to 10 people)

1 hour session £40	1.5 hour session £45 (£30 per hour)	2 hour session £55 (£27.5 per hour)
-----------------------	---	---

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

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

Reliable, diligent & highly experienced teacher with background  
in memory, learning methods, learning technology & languages.  
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Contact Gary on 07921 132 860

or email: [chong.fouroaks@gmail.com](mailto:chong.fouroaks@gmail.com)



Mondays & Wednesdays

Blue Coat C.E. Academy, Birmingham Street, Walsall WS1 2ND

Kids 6.00pm - 7.00pm

Adults 7.00pm - 8.30pm

## THE LOFT PILATES & YOGA STUDIO

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### Pilates Rehabilitation

Mondays 945am

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- |   |                                |
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| 1 | Traditional Pilates Exercises  |
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| 3 | Tone Up & Improve Strength     |
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| 5 | Improve Sleep & Well Being     |
| 6 | Improve Balance & Coordination |

The Loft Pilates  
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## 5K YOUR WAY MOVE AGAINST CANCER

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

All ages and abilities are encouraged and welcome.  
Lots of us will be walking.

Do as little or as much as you want. There is no need to walk the whole 5k.

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

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

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

**It's Free!**

Get in touch and let us know you will be coming.

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

Don't forget to register with us here:

[www.5kyourway.org/register](http://www.5kyourway.org/register)

And register with parkrun to get your barcode



## Pregnancy YogaLates Class



THE LOFT PILATES  
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### Pregnancy YogaLates Class

Suitable for 2nd & 3rd  
Trimester or non pregnant  
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Starts Thursday 1st Sept 22  
615-7pm  
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Register now

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## Pregnancy YogaLates Class





# Sutton Park Surgery

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See front page



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



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**Kingsway**  
Christian Fellowship (Pheasey)

Worship and Communion Service  
Sunday 10:00am

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

Please look for the Beacon Room – Everyone welcome

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**LoveWorld**  
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Specially invite you to

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EVERY WEDNESDAY & SUNDAY

**LoveWorld Sutton Coldfield:** Banners Gate Community Hall  
35 Reay Nadin Drive, Sutton Coldfield B73 6UR  
**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.
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## CREATE at the Gate with K & S

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

**Banners Gate Community  
Hall Coffee Mornings.**  
**The next is on 18th April  
at 10 o'clock.**

## Hall's Gardens Garden Maintenance Services

Gary Hall

54,  
Coppice View Road,  
Sutton Coldfield, B73 6UF  
07833720015

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



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

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

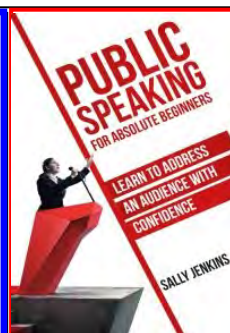
**The kitchen is approx. 11' x 7'  
(3.4m x 2.2m)**

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

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

**The building is step-free.**

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



**Public Speaking for Absolute  
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**Tips on constructing and presenting  
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**Available on Amazon or direct from  
the author:**

**[sallysjenkins@btinternet.com](mailto:sallysjenkins@btinternet.com) 0121**

**Lucky & Buntys**  
Childrens Entertainment  
0777 333 9214



## HATHA YOGA



**Banners Gate**

**Community Hall,**

**Thursdays 10.00 -11.00 a.m.**

**Beginners class £5.50 per session**

**Please call Tricia on 07954 403943.**

## R&B Builders Ltd.

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[Rafszpak@gmail.com](mailto:Rafszpak@gmail.com)





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West Midlands North Branch

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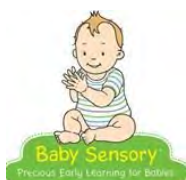


## SWIMMING LESSONS

for ages 4 and upwards:  
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**0121 353 6616**

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



**0 - 13 months  
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Wednesdays 9.30, 11.00 and 12.30

Music, singing, exercise, massage, signing, light shows, bubbles, bells, tickly feathers and many more!! For more details:

Call Tracy Jones on 07753 82 56 22

Email: [suttoncoldfield@babysensory.co.uk](mailto:suttoncoldfield@babysensory.co.uk)

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**Lee Nugent**

36 Banners Gate Road  
Sutton Coldfield B73 6RX  
Office: 0121 354 5446  
Mobile: 07934 15 19 20  
[Lee.nugent1@virginmedia.com](mailto:Lee.nugent1@virginmedia.com)



**Katie Ingle**  
T: 0788 886 7850  
E: [kilfitfitness@outlook.com](mailto:kilfitfitness@outlook.com)  
IG: @kilfitfitness  
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**Personal Training**

Looking to lose weight?  
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## 11+ & CATCH-UP **TUITION** AVAILABLE

### MORE INFORMATION

Small Group Sessions  
1:1 Online Coaching  
Saturday Mornings  
Banners Gate  
Community Church,  
B73 6UH  
07719857450

## CARING FOR CARERS

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



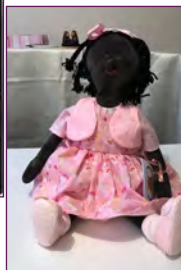
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Calebs Rainbows is the dream of Rosemary Ferrell a great grandmother with a passion for making beautiful dolls with a story. "Every doll is different". Rosemary loves all things creative, be it sewing, knitting, drawing, or baking and she has, having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

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The service is free.



The ink cartridges on the left are free to a good home. Ring Petra at 0121 355 5631 if you are interested.

= Can you please help me to publish my families life story?

I have completed many pages (lots) all in my hand writing on A4 paper.

These words require typing onto an memory stick or computer disc.

If you have time to assist me - please Text me in the first instant.

Thanking you  
Sincerely

David =

0730 6207833.



## **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.	<b>Useful telephone numbers</b> Sutton and Kingstanding <b>Police: 101</b> Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7 Citizens Advice 03444 111 444
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 7.30—8.30pm	Create at Gate with K & S Family Communion Loveworld Church Sunday Gathering Chikara Karate Kai Soul Yoga -1st Sunday	Community Hall St. Columba's Community Hall Banners Gate CC Scout Hall Community Hall	Kathy Weston  Ola Samuel 07565 Nigel Willis Paul Murphy 07837 Cath Hussey	628 6651 354 5873 65 27 62 353 0230 39 57 89	
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>					
Mon  6.00—7.00 11amto1.00pm 7.30 – 9.00 pm	Self Defence & Fitness Dementia Care Line Dancing	Community Hall Community Hall Community Hall	Adam Claxton 07376 Barbara H-Walker Diane Pursall	27 90 15 553 6483 747 4659	<b>BANNERS GATE COUNSELLING CENTRE</b>  Accessible and Affordable Counselling to Adults in the Community. The Upper Room St. Michael's House 198 Boldmere Road Sutton Coldfield Tel : 0121 354 6544 For information or an appointment please ring after 10 a.m. daily, except Wednesday
Tues  8.00 - 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—11.00 am 12 - 2.00 6.30 – 9.45 pm 6.30 – 9.30 pm (3rd of each month) 7.00 pm	Yoga Home Education W Mids Zig Zag Dance Studio Banners Gate Bridge Club Townswomen's Guild	Community Hall Community Hall St. Columba's Community Hall Banners Gate CC	Tricia 07954 Pauls & Kelly 07891 Warren 01902 Sylvia Cunningham 07870 Sue Nation	40 39 43 82 63 80 897 900 82 98 37 353 4114	<b>Banners Gate Community hall Coffee Mornings</b>  <b>The next is on 18th April At 10 o'clock</b>
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					
<b>BOOKING SECRETARIES:</b> Community Hall mobile: 075 65 54 68 21 Banners Gate CC - Nigel Willis 07711 284562 St. Columba's - Alison Jolley <a href="mailto:st.columbahall@yahoo.com">st.columbahall@yahoo.com</a> Scout Hall - A & R Talliss 353 8166		<b>UNIFORMED ORGANISATIONS:</b> <b>Scouts:</b> Margaret Drummond, 33rd GSL 353 5203 <b>Girguiding:</b> Carol Gardner, Vesey West District Commissioner 350 7191			

**The Townswomen's Guild**

Patron HRH The Princess Royal GCVO

Thurs. 20th April Penny Wheat - Silversmith  
Thurs. 18th May Dr.Java Hashemi - Persian miniature paintings or trade routes

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.

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