



# Banners Gate & Parklands Community & Neighbourhood Forum

**169<sup>th</sup> April 2023**

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

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## **The Banners Gate Community Association AGM will be held at the Community Hall at 7.30 p.m. on 14 June 2023.**

This edition is a satisfactory size because I have deleted related pages and attached them to a Gatepost supplement. If you have trouble with either Gatepost or the supplement you can go to [bannersgateneighbourhoodforum.com](http://bannersgateneighbourhoodforum.com) and download them from there. There are also back copies available.

**TEDDY TIME**

See page 88



**Jan Cairns:** Hi Gatepost Readers!

I hope you all had a lovely Easter break!

April has been busy for Mayoral duties with lots of annual shows and spring fayre's taking place around the town. I also had the pleasure of meeting visitors and sport club coaches at this year's Accessible Community Games.

This post will mark the end of my term as Mayor before I hand over in May to my successor who will be elected at the Annual Town Council Meeting (16<sup>th</sup> May). I have thoroughly enjoyed my time as Mayor and I continue to be in awe of the incredible work and community spirit by residents and local groups.

On 16<sup>th</sup> May, residents are invited to attend the Annual Town Meeting taking place at the Trinity Centre from 6pm followed by the Annual Town Council Meeting. I hope to see you there.

Stay safe and well.



**Rob Pocock: CITY COUNCIL'S BIG BOOST FOR SUTTON VESEY COMMUNITY FUNDS**

For several years, Kath Scott and I have been bashing away at the City Council in the attempt to get a higher

share of community funds coming into our area. It's been a tough battle but this new financial year 2023-24 sees a massive improvement in the level of community funding available. Here's a list of the individual items, totalling £112,000 of additional support. Hopefully the local community groups of Banners Gate and surrounds will see a decent slice of this!

New £20,000 'community chest' fund for local projects

Another 'celebrating communities' legacy fund from the Commonwealth Games, £22,000 to support local community groups in festive or local history events.

New £40,000 annual local fund paid from the Clean Air Zone charges – to support local schemes that reduce pollution locally and make it easier for pedestrians, cycling and public transport.

A dedicated City Council officer for Sutton Vesey Ward ('Neighbourhood Action Coordinator – NAC') to assist with clearing dumping, litter, clean-ups, and support community and 'Friends' groups in their work.

A new 'NAC Fund' of £10,000 to be assigned annually to community groups and residents

**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: May 25<sup>th</sup>**

associations, to support the work of the 'NAC'.

Extended 'traffic minor works fund' of £20,000 annually for traffic problems – flashing speed signs, parking yellow lines hotspots, pedestrian drop kerbs etc.

### **NEXT TIP TRUCK VISIT - THURS 11<sup>th</sup> MAY**

The popular visits from the City Council mobile 'tip trucks' continue with the next site being at the top of Darnick Road just off Jockey Road, near Tesco. It's scheduled for Thurs 11<sup>th</sup> May, 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 car batteries or gas canisters please – risk of explosions!



**Max Hatton:** Hello Gatepost Readers! I hope everyone enjoyed their Easter Holidays, we had some great weather, and it was brilliant to spend time with family and friends! Whether you spent the Easter break at home or away, I hope you all had a brilliant time!

We have also recently celebrated St George's Day, and how great to celebrate the day on a Sunday! You could smell the BBQ's in the air walking around my street, Welshman's Hill, last weekend, it was great to see so many people

enjoy the day!

We are well and truly in Spring now; the leaves are starting to form on the trees and colour is returning to our gardens! May is a crucial month for our wildlife, in particular our pollinators such as bees and wasps, and as such I will be taking part in No Mow May again this year. For those that don't know, No Mow May is where you don't mow your lawn for the whole month of May to allow the wildflowers to grow. Wildflowers are some of the earliest blooms we have and are essential food for our pollinators! Sutton Coldfield Town Council are supplying wildflower seeds to residents, the seeds are available at certain locations, you can see where your nearest hub is here - <https://suttoncoldfieldtowncouncil.gov.uk/free-wildflower-seeds-for-residents/>

HM The King's Coronation is around the corner, and what a historic day this will be for our Royal Town. There are activities planned for Sunday 7<sup>th</sup> May along the Parade in Sutton Town Centre. Expect brass bands, food stalls, picnic tables, face painting and much more, it's due to be a great day out for the whole family!

Our next Full Town Council meeting is due to be held on 16<sup>th</sup> May 7pm at the Trinity Centre in Sutton, I hope to see you there!

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



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

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

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





**RESIDENTS ARE INVITED TO ATTEND THE**

**ROYAL TOWN OF SUTTON COLDFIELD**

**ANNUAL MEETING**

**at the**

**TRINITY CENTRE**

**on**

**TUESDAY 16 MAY 2023**

**at**

**6.00 p.m.**

This is an annual statutory meeting of the town's electors. This is a public meeting of the electors of Sutton Coldfield, who have the right to attend, to speak and take part in discussions.

If you would like to attend please reserve your place by emailing [enquiries@suttoncoldfieldtowncouncil.gov.uk](mailto:enquiries@suttoncoldfieldtowncouncil.gov.uk) or tel 0121 663 1765



Saturday's quiz went without a hitch, as usual when Tracy is in charge. The event raised £172 for the street party and Tracy successfully applied for £500 from the Town Council so we are really looking forward to the party, details below. The photo is from Saturday's quiz, Tracy is in the top left corner.



### 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!



## Banners Gate COMMUNITY HALL

Thank you for supporting our **St. George's Day Quiz**,  
which this year is fundraising towards the  
Community Association's

## CORONATION STREET PARTY

on Sunday 7th May.



The **BIG PICNIC 2 - 4pm**  
(bring your own picnic and  
celebrate with us) and

the **BIG HELP OUT 4 - 5pm**:  
lend a hand to pack away the party  
as part of the Coronation initiative  
to spotlight community volunteering.



Join us on the lawn outside the Community Hall  
from 2 o'clock on Sunday 7th May and enjoy:



- bouncy castle • face painting •
- live entertainment •
- ice-cream van • children's crafts
- friends old and new! •







*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

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

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

## 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)




**Coronation Coffee Morning**

Friday May 5th 10:30-12:00

All welcome for FREE coffee, tea, bacon & sausage sandwiches and a glass of fizz

St Columba's Church Hall  
Banners Gate

### 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



Hope Food North Birmingham are currently looking for a new base in/around Sutton Coldfield. We need it to store food and prepare food bags. We would need access in the day and evening Monday to Friday. We run 3 food banks weekly in Erdington, Falcon Lodge and Mere Green. If anyone has any premises with vehicle access that they would think would suit us, please get in touch. Thank you.

T: 07869 822502 E: [info@hopefood.org.uk](mailto:info@hopefood.org.uk)

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

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

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 – 17th April– 30th June 2023

### Monday

10.00-12.00pm  
The Feeding Lounge  
**Falcon Lodge  
Community Hub**  
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.  
Useful tip: Put your NHS  
numbers in your notes on  
your phone so have them  
with you when you attend  
our sessions.



### Tuesday

9.20 - 10.00 am -over 2's  
10.10 - 10.50 am—under 2's  
11.00 - 11.40 am—0-5's  
Story and Singing  
Sessions

**Boldmere Library**

10.00 - 11.00 am  
First Words Together  
(12-24 months)  
06/06/23- 27/06/23  
**Holland House**  
Call to register interest

#### 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.

### Wednesday

9.45 - 11.15 am  
Play and Learn  
Under 5's  
**Emmanuel Church**  
**Awaiting start date**

#### 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.



10.00-12.00pm  
Basic First Aid Training  
Call Natalie on  
07870981272  
**Falcon Lodge  
Community Hub**

### Thursday

10.00 - 11.30 am  
KID's West Midlands  
Support Group  
Referral only  
**Holland House**

1.00 - 2.30 am  
Stepping Stones  
Referral only  
**Holland House**

9.30-11.30am  
Survival English and  
Arts and Crafts  
Starting on 27/04/2023 for  
five weeks.  
Call Natalie on 07870981272  
**Falcon Lodge  
Community Hub**

More course will be coming  
up after May half term.

### 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 am  
Hug in a Mug  
Referral only  
**Falcon Lodge  
Community Hub**

12.30-2.30pm  
Journey to Parenthood  
Starting 21/04/2023  
Call Holland House to book a  
space  
**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.



Birmingham Community Healthcare **NHS**  
NHS Foundation Trust

## 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.

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

**Emmanuel Church**  
Corner of Little Green Lane  
and Birmingham Road,  
Sutton Coldfield, Birmingham  
B72 1YG  
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.

Updated: 30/08/2022



# Erdington District Children's Centres Activity Calendar - 17th April - 30th June 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**

1.30 - 2.30 pm  
First Words Together  
(12-24 months)  
24/04/23-22/05/23  
**Featherstone**

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 I's  
**Featherstone**

1.15-2.45pm  
Play and Learn  
Under I's  
**Lakeside**

## Wednesday

9.45 - 11.15 am  
Play and Learn  
Over I's  
**Lakeside**

**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.

## Thursday AM

9.45 - 11.15 am  
Stepping Stones  
Referral only  
**Featherstone**

9.45-11.15am  
Play and Learn- 0-5 years  
**Castle Vale**

10.00-12.00pm  
Journey to Parenthood  
Starting 20/04/2023  
Call Castle Vale to book a  
space  
**Castle Vale**

## Thursday PM

12.45 - 2.45 pm  
Hug in a Mug  
Referral only  
**Castle Vale**

1.30 - 2.30 pm  
First Words Together  
(12-24 months)  
08/06/23-29/06/23  
**Castle Vale**

1.30 - 3.00 pm  
Employment and Training  
Drop-In  
**Featherstone**

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

## 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.



## Friday

10.00 - 11.00 am  
First Words Together  
(12-24 months)  
21/04/23-19/05/23  
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.

Useful tip: Put your NHS  
numbers in your notes on  
your phone so have them  
with you when you attend  
our sessions.



Birmingham Community Healthcare  
NHS Foundation Trust



## 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

## Other Children's Centre information

### Family Support

Need some advice  
and support?

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

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



We would love to  
receive some  
feedback about a  
service or group you  
have attended - this  
will help us to  
identify future  
groups and activities.

### Facebook

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

Erdington Children's  
Centre

### Wellbeing Support

Need support with your  
wellbeing?

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

### Employment, Training and Volunteering

Get support with CV writing, interview skills and accessing  
courses such as Survival English, Crafts,  
Introduction to Childcare and many more.  
We also have a range of volunteering opportunities  
within the Children's Centre.

Contact: Zaheer on 07974 255788  
or Natalie on 07870 981272

### Health Activities

We can support you with:

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

Contact: Tal on 07816 364241  
or  
Paula on 07816 364232

### Language Through Play

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

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

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



I think we are now more aware as a society of the impact of pollution, and we all want to do the best we can to protect our planet. We are living in strange times, with a cost-of-living crisis and public service strikes in response to pay and working conditions to name a few, which impact us all in different ways. These are out of our control, but what we can do is try to be more mindful when it comes to things we can control, such as engine idling, using less disposable plastic, using the car less and walking more.

There are a number of key dates over the next couple of months that may encourage you to think about your health and our planet. Why not plan an event to celebrate your community and tackle climate change and protect nature?

More information is available via the websites shown below.

National Walking Month May <https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>

International Day for Biodiversity 22nd May <https://www.cbd.int/idb/>

World Environment Day 5<sup>th</sup> June <https://www.un.org/en/observances/environment-day>

World Oceans Day 8<sup>th</sup> June <https://www.genevaenvironmentnetwork.org/resources/updates/world-oceans-day-2022/>

Big Green Week 10th - 18th June <https://greatbiggreenweek.com/>

Clean Air Day 15th June <https://www.actionforcleanair.org.uk/campaigns/clean-air-day>



Cllr. Amy Millichope



**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.**



## Part-Time Kitchen Assistant required

Café Oasis are looking for a friendly part-time kitchen assistant to work in our busy community café based in The Sutton Coldfield United Reformed Church in Sutton Coldfield town centre.

Working with our team of paid staff and volunteers, some of whom have learning difficulties, the role comprises assisting with general kitchen duties and includes:

- ◆ Daily setting up of the kitchen and café
- ◆ Preparation of food for service
- ◆ Serving customers
- ◆ Cleaning down after service
- ◆ Organising deliveries for the weekly Meals-at-Home service

The post is 16 hours a week with some flexibility needed to cover holidays and special events. The details of the role are as follows:

**Hours:** 11.30am - 3.30pm

**Days:** Monday, Tuesday, Thursday and Friday

**Rate of pay:** Birmingham Living Wage paid by monthly bank transfer

**Annual Leave:** 20 days per year (pro rata), plus Bank Holidays

**We welcome and encourage applications from people from all backgrounds and recognize the positive value of diversity, promoting equity and celebrating inclusion.**

**To apply for this position please send a CV to:**

**[café.oasis@scurc.org.uk](mailto:café.oasis@scurc.org.uk)**

**The closing date for applications is 5pm May 15<sup>th</sup> 2023**

*AFE/BS April 2023*

## Want a confidential chat with a worker from the Sutton Coldfield Adult Social Work Team?

The Sutton Coldfield Adult Social Work Team Workers supported by Sutton Coldfield Neighbourhood Networking scheme and other partners are available to offer

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

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



**Come and talk to us at one of the following drop in venues at:**

- 1. United Reformed Church**  
1 Brasington Avenue,  
Sutton Coldfield B73 6AA  
Tuesdays from 10am-1pm
- 2. Falcon Lodge Methodist Church**  
Newdigate Road,  
Sutton Coldfield B75 7ER  
Wednesdays from 1-3pm
- 3. Age Concern Communita Café**  
76 Boldmere Road, Town Centre,  
Sutton Coldfield B73 5TJ  
Thursdays from 10am-1pm



**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.



## PLANT SALE



**Donegal Road Allotments**

**Saturday 20th May and**

**Sunday 21 May, 10.30am to 2.30pm.**

Tomatoes, cabbage, all sorts of beans, runner, French, flat beans, sweetcorn. Bedding plants for flowerbeds, plants for herbaceous borders and probably house plants.

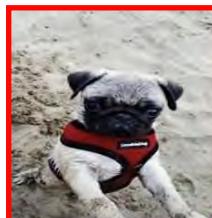
**Refreshments available.**

**All welcome.**

**Thank you**

**Donegal Road Allotments**

**B74 2AA**



**Pawpounders**  
Doggy Daycare Centre



**Puppy Socialisation and Training Classes**  
*now available.*

**FOR PUPPIES FROM 2 TO 6 MONTHS**

LIMITED SPACES AVAILABLE

5-week course at our specially designed training centre that will cover the following:-

- Socialisation
- Play
- Food
- Toilet Training
- Heel work
- Sit and stay
- Gate, Door control
- Vocal Commands
- Lead Walking



**TO BOOK YOUR PLACE PLEASE**  
**EMAIL ERICA at**  
[Ecd23@icloud.com](mailto:Ecd23@icloud.com) or call  
**07704523733.**





## 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**

#### **Part two**

When war finally came the troops were put on standby, they were told that the Japanese were poorly armed and did not have the capabilities to wage a modern war. What a shock when Dad later saw the Japanese were well equipped, battle hardened soldiers.

At the fall of Singapore Dad was on the island of Blackang Mati, now known as Sentosa. The island had artillery in place consisting of 3.92-inch guns. Intelligence showed that the island was to be bombed so the troops were evacuated back to the Singapore mainland.

On returning to Singapore Dad found that his regiment had been transferred out leaving large numbers of men behind. Such was the panic and haste of the withdrawal that the native population became terrified by the turn of events. There was no water, fuel, seaward support, or air cover. The jewel in the British Empire was gone.

Before the Japanese made Singapore city Dad was volunteered to go to the island of Puah Bookham where supplies were stored which needed to be destroyed to prevent it falling into enemy hands. Dad, with five of his colleagues, volunteered to join a naval demolition team to go to the island and destroy the supply. On arrival at the island, the team were told to leave immediately, charges had already been laid and were due to explode, hence, one hasty retreat to Blackange Mati. On Blackange Mati, Dad was posted to 315 searchlight battery supporting the 9.2-inch guns at that site. It was said that the guns could not be turned inland for use against the invading Japanese, this is untrue they could be turned and in fact were turned and used against the invading Japanese. The guns had the wrong ammunition. The ammunition supplied was mainly against shipping and aircraft.

When the invasion started, Dad, sitting next to the General Post Office (this is now the Fullerton Hotel) saw a Japanese tank crossing the metal bridge over the Singapore river, his first feeling was that of being let down by his leaders. The Japanese troops were far more impressive than they had been told by the British Officers, although unshaven and unkempt, they looked every inch professional soldiers. Being well armed and battle-hardened.

Following capture, the Japanese forced the British to march to Changi prison, the march took between six and eight hours along the Bukit Timo Road. On arrival the troops had to find a place to sleep. A Japanese soldier stole Dad's watch from him as soon as he reached the camp.



For immediate release

Date: Tuesday April 11, 2023



## Olesen set to defend title at the Betfred British Masters hosted by Sir Nick Faldo

Defending champion Thorbjørn Olesen is excited to return to The Belfry for the Betfred British Masters hosted by Sir Nick Faldo, from June 29-July 2.

The Dane produced an incredible eagle-birdie finish on the world-famous Brabazon Course to pip fellow Scandinavian Sebastian Söderberg to victory in front of a sold out 15,000-strong crowd in 2022, winning his sixth DP World Tour title by one stroke.

His victory last year was a springboard for further success and Olesen has been in imperious form at the start of the 2023 Race to Dubai. His seventh Tour win came at the Thailand Classic in February and he has not finished outside the top 20 in five appearances this season.

Olesen will be joined in the field by former champion and host of the tournament Justin Rose, who won in 2002 at Woburn and then hosted the event in 2018 at Walton Heath. Tickets are available to see the pair in action and are available to purchase [here](#).

The 33-year-old is also looking forward to defending his title in front of Sir Nick Faldo, who was announced earlier this year as the new long-term host of the popular tournament.

"I can't wait to return to The Belfry in defence of my title," said the 2018 Ryder Cup player. "It had been a long time since my last win, so to get the job done on such an historic golf course in front of such a big crowd was an incredible feeling.

"It was such a rollercoaster of a final day, but I knew if I kept giving myself chances I would be able to take advantage. Seeing those putts drop on 17 and 18 was such a thrill and it was so special being able to share the moment with my family.

"It's great to see the tournament has gone from strength to strength over the years. Danny Willett was a great host when the event moved to The Belfry and I'm excited to see what Sir Nick Faldo has planned for us when we arrive in June."

Tournament host Sir Nick Faldo said: "Thorbjørn's victory last year will live long in the memory and it was a thrilling finish in front of such a supportive crowd at The Belfry. I'm looking forward to welcoming him back and seeing him defend his title in June."

The Betfred British Masters hosted by Sir Nick Faldo will be the DP World Tour's 20<sup>th</sup> event held at The Belfry. The first tournament played at the Sutton Coldfield venue was the Lada English Golf Classic, won by the late, great Seve Ballesteros.

The Tour made a return to The Belfry after a 13-year absence in 2020, with the venue hosting a tournament each year since.

More than 50,000 spectators lined the fairways during last year's Betfred British Masters, with a sold-out crowd of more than 15,000 fans witnessing Olesen's victory on Sunday. Fans are urged to secure their tickets in advance to avoid disappointment. General Admission tickets, as well as Ticket+ and Premium Experiences options, can be purchased [here](#).

## Sutton Coldfield Charitable Trust completes £870,000 of second refurbishments to Almshouses

A second phase of work has been completed on [Sutton Coldfield Charitable Trust's](https://www.suttoncoldfieldcharitabletrust.com/almshouses.htm) Almshouses, which have undergone an £870,000 refurbishment to upgrade the residents' facilities, the Guest Room and the Wardens' accommodation.

The Almshouses are a combination of bungalows and maisonettes located at Lingard House in Walmley, Sutton Coldfield and are typically designed for individuals over 60 years old. Currently, the properties house a total of 52 residents and create a safe and welcoming environment for both single and married couples.



The project has been fully funded by the Sutton Coldfield Charitable Trust and has provided the refurbishment of 46 homes in total.

During the refurbishments, the current Almshouse residents were moved into the vacant estate properties whilst Logmoor, the contractor, undertook work on the kitchens and bathrooms.

The Trust provided the opportunity for the residents to choose from a range of colour schemes allowing them to personalise the space to their taste and make their houses feel like a home.

The Almshouses each feature a double bedroom, a living room and now a brand-new kitchen and bathroom at the Lingard House estate. The properties are complemented by well-maintained gardens, a communal lounge space, a laundry room, a computer suite, a games room and a craft room, allowing residents to fully immerse themselves in the Almshouse community.

Residents are also provided with additional benefits from two on-site wardens during the day, a Monitoring Centre overnight and an out-of-hours emergency call service.

**Pam Johnston MBE JP, Almshouse Manager at Sutton Coldfield Charitable Trust,** said: "We are delighted to announce the completion of the second phase of the Almshouse refurbishments and for the residents to be able to settle back into their properties.

"The Trustees are consistently looking to maintain the Estate to the highest quality and the provision of upgraded kitchens and bathrooms will allow our residents to have a functioning, yet welcoming space to call home."

**A very happy resident at one of the Almshouses**, said: "I have recently had my kitchen and bathroom refurbished to a very high standard. I was involved in the choice of colours for the tiles, worktops and cupboards. The final result exceeded my expectations."

To find out more information about Almshouses or Sutton Coldfield Charitable Trust, please visit: [www.suttoncoldfieldcharitabletrust.com/almshouses.htm](https://www.suttoncoldfieldcharitabletrust.com/almshouses.htm)



Easter week always brings vivid scouting memories back for me from the 1960's, when we started taking scouts sailing on the Norfolk Broads. Due to the high cost of hiring 5 berth yachts, we would have seven on some boats, with four small boys sleeping in the two-berth forepeak cabins. The first time we went we left a few of the older scouts on a bridge just down river from the boatyard, picking them up after we had collected the boats down river. On the years that followed we would arrive at the boatyard to pick up the yachts and ask the boys to not stand still for too long, so they could not be counted. I'm sure the boat owner knew because we always seemed to have enough life jackets on board. To help in lowering the cost we used to take some powdered food with us, all portioned out into appropriate amounts per boat, such as beef stroganoff, minestrone, mushroom soup, custard, smash potato etc. Much mirth was shared when preparing mushroom soup, only to find it was custard powder.

We would set off on our epic adventure, and over the 10 years had a regular route, with overnight moorings loosely planned dependent on weather conditions and tides. Our expedition was a round trip to the gateway of the Southern Broads, Olton Broad and return to the boatyard after the week with diversions. The Broads being tidal, our first challenge was Potter Higham bridge where we had to drop masts. I recall one year when one of the yachts had a problem. So, everybody got on board it and assembled inside the front of the boat, then as we got halfway through the bridge all walked quickly to the stern as we passed under. Great cheers went up as we scrapped through. No need to call out our boat owner this time whose name incidentally was Mr Patchett!!

On the way we had to navigate via Great Yarmouth where tidal currents were at their strongest on the Broads, so our Commodore of the Fleet, scout leader Martin would work out the tides, so we would arrive in Yarmouth at slack water. This for the non-nautical is when incoming meets outgoing tide, so less current. At Yarmouth we would fill up with water and some of the lads would say, *"Can't we go to the fair today and stop here overnight"*.

We would turn away from the sea to cross Breydon Water, the closest thing to being at sea with its large expanse of water heading for the Southern Broads, Large channel posts showed



you the deeper water course for you to stay within. However, at slack water the water level was at its lowest point, not helping yachts with their deep keels. So even being inside these posts did not guarantee you could not go aground. You would have a wind full of sail; but suddenly realise you were stationary. We had a long quant pole used to push off when aground. I recall the one time when the wind blew our mainsail onto the top of one of the posts and was trying its best to push a hole in it. Close calls over the years meant rather than return with a torn sail and loose our deposit, we would visit an old sail repair man

Mr Sturdyman in Beccles who would repair for a small charge. We tugged on his heart strings by taking a couple of the smaller scouts carrying the damaged sail under their arm.

### ***Ooh Err-when I said we've got 12.5, I meant inches not feet!***

After a few days and overnight moorings, we would finally, reach Olton Broad and the first task on mooring up would be to go and book up fish and chips, a real treat from cooking on the boat. There was a fascinating General food store called Wallers on the quay, a fore runner to delicatessens. We were amazed at some of its unusual wares in the window, things like chocolate covered ants and tinned snails in garlic sauce. As it was over the Easter holiday the Salvation Army brass band in a small launch played hymns while pottering around the harbour. Assuming I have not put you to sleep, the conclusion of this story and return journey, subject to Tony the editor, may appear in the May Gatepost.

*Eric Jones April 2023*

## Sow Vesey.

A new group of locals have come together with the aim of growing more plants from seeds and cuttings. The simple act of seed sowing just might be more significant than at first appears. You too can get involved and do good for your locality.

So why sow? Here's a few reasons,

- Local butterflies need food plants as well as nectar sources. Plants including bird's foot trefoil, valerian and alder buckthorn are being grown to support present and future invertebrate populations.
- Cuttings of honeysuckle (and honeyberry) are being grown to be planted out in local gardens and parks to provide flower nectar sources at height (Honeyberry is a type of honeysuckle that has the added benefit producing fruit we can use).
- Everyone can do their own Carbon Capture! A major cause of global warming is excess carbon dioxide in the air, and there are across the world major efforts happening to capture this gas. There is however a very familiar and natural way to capture this gas; we know it as photosynthesis. Every plant we grow will be a bundle of locally captured carbon.
- Growing our own plants rather than buying them avoids issues such as peat usage and the fuel costs of retail plant growing.
- Growing plants is rewarding and we will make where we live nicer to live in. We will grow plants on the basis of "some for me and some for the ward", so that our gardens benefit too.
- As the climate warms up there will be changes to the local wildlife, just as we have already seen with parakeets and egrets in the ward. Seed growing can be one way of the community adapting to our changing world. This is surely a glimmer of hope and positivity that will help in a time of crisis.

Contact your local friends or group (for example the Friends of King George V Playing Field) to find out more, or search for the **WhatsApp group Sow Very Easy Vesey.**

*John Porter*

# Don't Panic. Just sow seed.

Thank you John Porter



## **Sow Vesey.**

**Why?** Climate change is happening with local and global impacts. Invertebrate communities are being affected and experiencing habitat change and loss. Supporting affected species is achievable through providing nectar sources and new habitats for species displaced by warming climates. Fundamentally this means establishing flowering plants that will provide nectar sources for wildlife. There are some plants that will provide nectar for many types of insect if they can be established as wildlife "service stations" that insects can travel between. This will help sustain populations of butterflies, moths and invertebrates across the ward AND crucially help insects migrate across the ward. In particular this will support insects seeking to migrate from the south as the climate warms up, and this is potentially particularly important in relation to Sutton Park and green corridors across the city. Sutton Park will suffer as it becomes increasingly geographically isolated due to urban development (with significant development imminent to the east of Sutton)

**Who?** Initially this project starts with the Friends of groups in places across Vesey ward, although the offer will become available to other community activists in subsequent years.

**What?** The main concept is to increase the prevalence of pollinator plants across the ward through voluntary action, utilising wildflowers and plants such as valerian and honeysuckle. The plants will be propagated and established across the ward. Volunteers will be provided with hand tools, materials and tuition to enable community activists to establish pollinator plants, and then to propagate further additional plants.

**Equipment** – hand tools, seeds, pots, storage bags, starter plants

**Where?** In year one the open spaces in the stewardship of Ward Friends groups will benefit (e.g., Princess Alice POS, Mossy Banks, Oakwood Spinney, Wylde Green Station, and more). Other spaces and gardens will become eligible in later years should the scheme take traction.

**When?** In year one the first Valerian seeds will be sown and the first cuttings of honeysuckle will be established (already commenced Spring 2023) and the first plants will be planted out in the early summer. It is envisaged that at the end of the growing season seed gathering and cuttings will be taken by volunteer activists to provide the materials for the following year.

In year two valerian plants will again be sown and cuttings taken from mature honeysuckle plants across the ward. This all will be repeated in the following years.

**Risk consideration.** These are not invasive or robust plant species. They will thrive if nurtured by local people but equally they can quickly be cut away if issues arise (although no such eventuality has been identified!) This is a low-risk proposal.

**People benefits.**

Positive interaction with nature is a positive wellbeing outcome. Learning how to grow plants and take cuttings is equally beneficial. There is too the option of including honeyberry, which is a similar plant to honeysuckle but also can provide a fruit source for people.

**The biggest benefit might be giving people the opportunity to do something constructive in relation to the overwhelming challenge of climate change, where every little bit can help, although individuals may be unsure what they can do to help.** This project is intended to be achievable, accessible and constructive. Local people should be able to see the difference they have made locally. Thinking Globally and achieving action Locally.

There may well be benefits in creating a more stable environment for the various Friends groups through mutual working relationships. Numerically small membership groups can suffer from instability as membership fluctuates. Having a collection of mutually supporting groups may foster stability through reducing the need for “wheel re-invention” following change and provide the whole community and wider range of involvement options, for example by giving local people the opportunity for involvement in another part of the ward rather than just the nearest group. It also means those groups can share resources and be mutually supportive (imagine a ward wide What’s App group for example)

Hummingbird Hawk moth - Year five indicator species/signs of success?

There are of course already populations of invertebrates across the ward, and this project will also help these creatures. This might mean improved numbers of butterflies and moths etc but that in itself would not be easy to see as proof of success, especially given the fluctuations that normally occur. There may though be a way to use a particular species as a broad indicator of success.

Hummingbird Hawk moth is such a species. It is more common in southerly climes, however it infrequently occurs in Boldmere. It may well be that as our local climate warms, and pollinator plants are established, it becomes a more regular visitor to Boldmere. It may well establish as a local resident in time, so this could be considered an indicator species. It is a day flying moth and easy to identify and so a candidate for use as an indicator. Establishing itself locally is not to be seen as entirely dependent on this project as there are undoubtedly other issues at play, however it might happen. This being the case would arguably be evidence of climate change affecting our wildlife locally, and this is an opportunity to see this change as having some benefit (but not negating at all the overwhelming negative impact of climate change). Arguably we do need to work with what is happening, engage with change and adapt accordingly. This project should help those who want to try and help do so through provision of pollinator plants and nectar sources.

Info...copied from the web.

#### **Humming-bird hawk moth info**

Similar to Bee hawk moths in flight but the Humming-bird Hawk-moth has



orange-brown hindwings which is evident in flight. It has forewings that are greyish-brown and a black and white chequered body.

The caterpillars can be found from June to October, but most frequently found in August. They overwinter as adults in unheated outbuildings and in crevices and holes in walls and trees, pupating in a cocoon spun close to the ground, among the foliage of the foodplant or in leaf litter.

### **Flight Season**

Flies from May to September with occasional sightings throughout the year.

### **Size and Family**

- Family – Hawk-moths (Sphingidae)
- Medium / Large Sized

Wingspan Range – 50-58mm

### **Conservation Status**

- UK BAP: Not listed.

Immigrant, suspected resident

### **Caterpillar Food Plants**

Lady's Bedstraw (*Galium verum*), Hedge Bedstraw (*Galium album*) and Wild Madder (*Rubia perigrina*). Also seen laying eggs on Red Valerian (*Centranthus ruber*).

### **Habitat**

Found in many habitats from coastal areas to gardens, woodland rides and urban areas.

### **Distribution**

- Countries – England, Wales, Scotland, Ireland
- Immigrant from Southern Europe and North Africa. Widespread throughout the UK. Most numerous in Southern and Eastern England, South Wales and the Midlands
- Distribution Trend Since 1970's = Britain: Stable

#### **Red valerian**

Scientific name: *Centranthus ruber*

**Red valerian was introduced in the 1600s from Europe but is now naturalised in the UK. Its pinky-red flowers grow from old walls, roadside verges, railway cuttings and cliffs, and provide nectar for insects.**

### **Species information**

## Category

### **Wildflowers**

## Statistics

Height: up to 75cm

## Conservation status

Introduced, but naturalised species.

## When to see

May to October

## About

The dense clusters of deep pink, almost crimson flowers, of red valerian are unmistakeable as they grow out on tall stems from old stone walls, roadside verges, railway cuttings, cliffs and rocks. Introduced into gardens before the 1600s, this plant from the Mediterranean soon escaped and became naturalised in the wild. Despite its non-native status, it is a good source of nectar from May to October for bees, butterflies and moths like the Hummingbird hawk-moth.

## How to identify

Opposite pairs of pale green, oval leaves appear along the upright stems of red valerian. At the ends of the stems, dense clusters of tiny, pink, red or even white flowers bloom in an almost cylindrical.

## Distribution

Common in the south of the UK, but scarcer further north.

## Habitats

- **Coastal**
- **Towns and gardens**

## Did you know?

Red valerian is an ideal garden plant, flowering for a long period and attracting all kinds of insects. It likes well-drained soils and can grow on walls and rocks; it self-seeds easily and can look very pretty when left to naturalise in wilder areas of the garden.

## Honeysuckle

Botanical name: ***Lonicera***

Besides the much-loved climbers, honeysuckles include a number of useful shrubs. Some of them are evergreen and ideal for hedging or topiary pieces, others are winter flowering and highly perfumed. The climbing honeysuckle is a classic addition to a romantic cottage garden or even a wildlife haven. Plus, don't forget honeyberry - the edible honeysuckle, which can be used to make a tasty homemade jam.



**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



## FoPPS Nature surveys April 2023

April has been an interesting month and very busy. Starting on the 11<sup>th</sup> April with a lock keeper training on the Tame Valley canal, on the same day our "Save Our Park" demo was held next to the Alexander Stadium. There were two separate litter picking events, one in the park and the other on the Canal, on the 4<sup>th</sup> and 16<sup>th</sup>... Then helping unblocking lock 5 gates on the 20<sup>th</sup>.

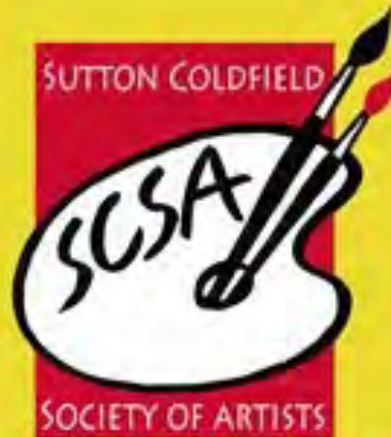
Sandwell Naturalists (SandNats) held an Oil beetle survey in Highgate Common on the 15<sup>th</sup> then a Bird watch at the RSPB in Great Barr on 22nd. Hopefully there is to be an Emperor Moth search in Sutton Park on Saturday 29<sup>th</sup> April starting at 2pm, weather permitting. I will let you have any results from this next month.

For any info please contact Valerie via text or message only 07956 487745

Stop Press: Birmingham is again one of 21 UK Tree Cities of The World awarded by the US ArborDay Foundation and Food & Agriculture Organisation of the UN.







**Sutton Coldfield Society of Artists**

# **ART EXHIBITION**

**Sunday 7th May to Sunday 14th May**

**Opens 11am May 7th, 9am to 5pm all other days**

**Closes 3.30pm on May 14th**

## **Sutton Coldfield Town Hall**

### **Admission Free**

*Works in all media: watercolour, pastel, oil,  
acrylic, collage, textile, ceramic and sculpture*

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

## Highbridge Hall, Highbridge Road

We have a warm room pop-in in Highbridge Hall, Highbridge Road every Saturday until June. From 10 am to 1 pm.

There is toast, tea and coffee, free Wi-Fi and children's activities.

Everyone welcome

We have concerts in the Church on Sunday evenings at 5pm, by final year students from the Birmingham University Conservatoire to give them practise in performing. We don't know until the night who is performing or on what instrument. There is a retiring collection at the end. The dates are:

30<sup>th</sup> APRIL  
14<sup>th</sup> MAY  
28<sup>th</sup> MAY  
9<sup>th</sup> JULY ENIGMA BRASS



We are having a 70s themed summer fair on the 17<sup>th</sup> June from 11 till 3 pm, with stalls, music, plant stall, and refreshments including curry.



**We have a recycling centre for crisp packets, cheese packets, batteries, inkjet cartridges, foil and pill blister packs, please bring any you have to recycle.**

Thank you

Steve Lyne, Chair ecosuttton

## FRIENDS OF THE GATES

The Friends of the Gates have obtained a grant from Royal Sutton Coldfield Town Council under the Big Help Out Grant Scheme to cover the costs of a proposed walk, from Boldmere Gate to Banners Gate, on the morning of Coronation Bank Holiday Monday, May 8<sup>th</sup>, as part of the Big Help Out.

This should include a litter pick, the opportunity to feed the birds on Longmoor and Powell's pools and a picnic at Banners Gate – bring your own snack or purchase from the kiosk. We shall then return to Boldmere Gate by a different route.

We shall supply bags of approved swan and duck food plus various handouts and Royal Sutton Coldfield Town Council are providing the litter picking equipment. All the details are not yet finalised but will be emailed to Gatehouse readers as soon as possible and notices will be displayed around Vesey Ward. Everyone will be welcome, including dogs on leads, and it should be an enjoyable outing for all the family.



## Play Bridge



**Join us - Bridge is for everyone!**



**Sutton Coldfield Bridge Club**  
**BEGINNERS BRIDGE LESSONS**

A new course of Bridge Lessons for complete Beginners and those wishing to refresh their Bridge knowledge is starting on  
**16th May 2023 Tuesday Evening 7:00 pm until 10:00 pm.**

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

**160 Walmley Road, Sutton Coldfield** See our website for more information at [www.suttoncoldfieldbc.co.uk](http://www.suttoncoldfieldbc.co.uk)

English Bridge Union, Broadfields, Bicester Road, Aylesbury HP19 8AZ - 01296 317200

email: [playbridge@ebu.co.uk](mailto:playbridge@ebu.co.uk)

[www.ebu.co.uk/playbridge](http://www.ebu.co.uk/playbridge)



Join us for  
our next  
event

**Mercia Grange care home,  
Four Oaks**

**Coffee, cake &  
friendship café**  
Tuesday 2nd May 2023  
2pm - 4pm

Come along to our coffee, cake and friendship café! Join like-minded members of the community, make new friends and enjoy a selection of home-baked treats in our warm café. Experience a tour of our beautiful care home, whilst our friendly team are always on-hand to provide help and guidance.

Trusted to care. 

**Time  
sensitive**

**Tuesday**

**2nd May**

**2pm - 4pm**

To attend please call  
0121 468 2684 or email  
[rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com)

**care UK** 



**CHESTER ROAD  
Baptist Church**

**Are you  
Struggling?**

**JOY CLUB**

**ONLINE INTERVIEWS**

- Zoom
- Teams
- Facetime

**INTERVIEW  
PREPARATION**



**JOB  
SEARCH**

- Indeed
- CV Library
- Total Jobs

**CV  
WRITING**



**WARM  
SPACES**



**UNIVERSAL  
CREDIT  
(support)**



- PIP
- Job seekers Allowance
- Income Support
- Employment and Support Allowance

**ONE TO ONE  
SUPPORT**

**BASIC DIGITAL SKILLS  
(LEARN MY WAY)**



**CROSSROADS  
CAFE**



**FREE  
WIFI**



**We can help!**  
Visit us for a friendly chat at:  
**Chester Road Baptist Church**  
Chester Rd. B73 5HU  
**Thursdays 10am -12pm**  
Call: 07918 299 826  
[www.chesterroadbaptist.org.uk/jobclub](http://www.chesterroadbaptist.org.uk/jobclub)






For those who love the philosophy of ambiguity, as well as the idiosyncrasies of English:

1. One tequila, two tequila, three tequila, floor.
2. Atheism is a non-prophet organization.
3. If man evolved from monkeys and apes, why do we still have monkeys and apes?
4. The main reason that Santa is so jolly is because he knows where all the bad girls live.
5. I went to a bookstore and asked the saleswoman, "where's the self- help section?" She said, if she told me, it would defeat the purpose.
6. What if there were no hypothetical questions?
7. If a deaf child signs swear words, does his mother wash his hands with soap?
8. If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?
9. Is there another word for synonym?
10. Where do forest rangers go to "get away from it all?"
11. What do you do when you see an endangered animal eating an endangered plant?
12. If a parsley farmer is sued, can they garnish his wages?
13. Would a fly without wings be called a walk?
14. Why do they lock gas station bathrooms, are they afraid someone will break-in and clean them?
15. If a turtle doesn't have a shell, is he homeless or naked?
16. Can vegetarians eat animal crackers?
17. If the police arrest a mute, do they tell him he has the right to remain silent?
18. Why do they put braille on the drive-through bank machines?
19. How do they get deer to cross the road only at those yellow road signs?
20. What was the best thing before sliced bread?
21. One nice thing about egotists: they don't talk about other people.
22. Does the little mermaid wear an algebra?
23. Do infants enjoy infancy as much as adults enjoy adultery?
24. How is it possible to have a civil war?
25. If one synchronized swimmer drowns, do the rest drown too?
26. If you ate both pasta and antipasto, would you still be hungry?
27. If you try to fail, and succeed, which have you done?
28. Whose cruel idea was it for the word 'lisp' to have 's' in it?
29. Why is it called tourist season if we can't shoot at them?
30. Why is there an expiration date on sour cream?
31. If you spin an oriental man in a circle three times, does he become disoriented?
32. Can an atheist get insurance against acts of God?

*Thank you Harold*





# BIRMINGHAM

# Bulletin



BE BOLD BE BIRMINGHAM

14 April 2023

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

## EUROVISION

SONG CONTEST

**Join us in Birmingham for a Eurovision party like no other!**

With one month to go, details of Birmingham's giant, [FREE Eurovision 2023 fan zone party](#) have been announced. A programme of performances and activities will be hosted in Centenary Square, leading up to the **Grand Final, on a big screen, at 8pm on 13 May!**

To read the rest of the bulletin please click [here](#).



# Birmingham Male Voice Choir



[BIMVC](#) is Birmingham's oldest male voice choir started in 1900 originally at the Icknield Street Early Morning Adult School Male Voice Choir forming out of adult education classes offered by the Icknield School in Hockley.

In 2007, the Lord Mayor of Birmingham presented the City's Coat of Arms to the choir in recognition of its proud history and long links with Birmingham.

Since January 2022 we have had the pleasure of sharing rehearsals and performances with Canoldir Male Choir, led by MD Steve Roche.

Canoldir MVC was formed in 1966 and has built a reputation for excellence.

We enjoy sharing a performance platform with them and to entertain with a wonderful evening of song.

Our programme consists of modern songs together with male voice favourites augmented by solo performances.





**I think senility is going to be a fairly smooth transition for me.**

**You know how they throw the ball into the crowd after they win the game? That's not allowed in bowling. I know that now.**



They're cute and look harmless but they are loud, incredibly expensive to keep, and absolutely untrainable! The other one is a kangaroo. I don't know anything about kangaroos...



Pre internet chat room using An old version of windows...







#### Contact Us

[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)

0121 464 2274

#### Bank Holiday Closures

Monday 1st May

Monday 8th May

Monday 29th May



**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 13th & 27th, Lego 6th & 20th

##### First Tuesday of the month

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

#### FOR EVERYONE

##### Every Thursday and Saturday

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



#### FOR ADULTS

##### Saturday 6th May

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 4th May

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 25th May

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 11th May

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



# 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)

## Birmingham's Mobile Library Service

For over 30 years the Mobile Library has taken library services out into many diverse communities across the city.

Everyone is welcome to join the Mobile Library. You can register with us, or you can use your existing Birmingham library card on the vehicle. You can borrow a maximum of 10 items at any one time (including items borrowed from our other libraries). The Mobile Library vehicle carries over 3,500 items of stock for adults, young people and children of all ages. The stock is changed frequently, and new items are added regularly.

The Mobile Library has access to the full library catalogue. It operates a free reservation service for any items you may wish to order. You can return items from other Birmingham libraries at any Mobile Library stop too. The Mobile Library vehicle is also fitted with a lift allowing for easy access.

Did you know that the service comes into the heart of our community?

It currently operates every Tuesday between 10.00 – 11.30 parked outside Sutton Park Academy on Coppice View Road, B73 6UE.

Go along and see what's on board. Use it – Or lose it!

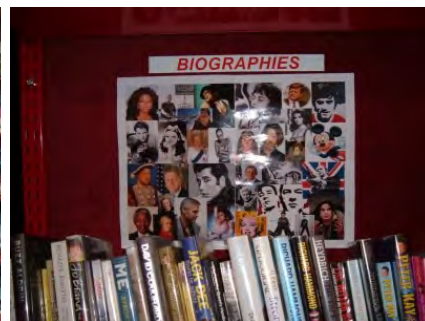
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171    Mobile: 07766 923344

Email: [mobile.library.service@birmingham.gov.uk](mailto:mobile.library.service@birmingham.gov.uk)

FaceBook: Mobile Library Service - Birmingham UK    Twitter: bhammobilelib

[www.birmingham.gov.uk/mobile-library](http://www.birmingham.gov.uk/mobile-library)





**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





## Simple ways to get growing for nature

This week we interview gardening expert and RSPB ambassador David Domoney. Filmed at RSPB Sandwell Valley, David shares his top tips to help wildlife and create a vibrant outdoor space.

[Show me how](#)

welcome to Notes on Nature.

This spring, we're asking everyone to join in with the first-ever Wild Weekender and help wildlife flourish.

The BBC TV series Wild Isles has shone a light on our amazing wildlife. Yet it has also reminded us that nature needs our help to thrive. That's why we've joined forces with WWF and the National Trust to help everyone sow and grow between 28 April and 1 May. Sign up to [Our Wild Weekender | Save Our Wild Isles](#) and get a **free guide** to making your space wilder.

To whet your appetite, we're delighted to bring you a special Notes on Nature film with gardening expert and RSPB ambassador David Domoney. The RSPB's Jamie Wyver caught up with him on a trip to RSPB Sandwell Valley, where he shared some of his top tips to help wildlife. We also meet local volunteers, Margaret and Edwina, who reveal some super plants for pollinators.

Also this week, find out how you could support nature-friendly farming.

Have a wonderful wildlife-filled week.



Siân Duncan  
Notes on Nature editor



Fuel prices fell for the fifth straight month in March, but price of diesel still too high

Fuel prices fell for the fifth straight month in March with another penny coming off petrol and 4p off diesel, according to data from [RAC Fuel Watch](#).

By the end of the month a litre of unleaded was 146.5p (down from 147.56p) – a price last seen at the end of January 2022, while diesel reduced to 162.94p (down from 167.06p) – its cheapest price since early March last year.

This means the price of petrol has fallen nearly 20p from 166p at the start of November, saving drivers almost £11 every time they fill up a 55-litre family car (£91.3 in November 2022 to £80.57 – 31 March 2023).

Diesel, however, has dropped 27.5p from 190.5p, saving drivers a £15 a tank (£104.77 to £89.62).

While the diesel pump price reduction appears dramatic, the RAC believes it should have been far greater as its wholesale price was very similar to petrol's for most of March.

In fact, diesel became cheaper than petrol on the wholesale market on 23 March and has stayed that way since, finishing the month at 111.69p a litre compared to petrol at 115.81p.

The RAC calculates that the average retailer margin on a litre of diesel at the end of March was 21p – three times the long-term average of 7p. In contrast, the margin on petrol was just 7p.

The extent to which drivers of diesel vehicles are being taken advantage of is blatantly apparent when comparing the average price charged by retailers in Northern Ireland as it's 10p cheaper at just 152.78p. Petrol is also 2.5p cheaper there – being sold for 143.97p at the end of the month.

While a number of factors make fuel cheaper in Northern Ireland, including a higher retailer-to-car ratio, more fuel distributors as well as sometimes cheaper fuel across the border, it should also be noted that the big four supermarkets don't have the same hold on fuel retailing there as they do in Great Britain, with only 28% market share in stark contrast to 43% across the whole of the UK.

The average price of unleaded at one of the big four supermarkets fell by 1.5p in March to 143.18p and diesel by 5.3p to 159.88p. Asda had the cheapest petrol at 142.69p (down 1p) and Tesco had the lowest priced diesel at 159.58p (down 6p). However, member-only retailer Costco is still offering the most competitively priced fuel across the UK with petrol at 137.7p and diesel at 149.8p.



# Which?



If you've ever been tempted to vacuum up common spills like soil, glass or liquids – stop now! We've tested hundreds, if not thousands of vacuum cleaners and can say with confidence that not many escape unscathed from these clog-up culprits. Take a look below at the [top six vacuum killers](#) – yours will thank you.

## Facebook still infiltrated by fake review groups

Despite promises of a crackdown, Facebook isn't cleaning up its act on fake reviews. Our investigation quickly found groups buying and selling fake reviews on the site.



## Cheapest destinations for all-inclusive breaks

Soak up some sunshine for less in these five destinations this summer. Using our own independent data, we've found the places where your money goes further.



## 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



## 47






**Pawpounders**  
Doggy Daycare Centre

Awarded  
**5** stars  
by **DEFRA**  
& Lichfield District Council

**Puppy Socialisation and Training Classes**  
now available.

**FOR PUPPIES FROM 2 TO 6 MONTHS**

LIMITED SPACES AVAILABLE

5-week course at our specially designed training centre that will cover the following:-

- Socialisation
- Play
- Food
- Toilet Training
- Heel work
- Sit and stay
- Gate, Door control
- Vocal Commands
- Lead Walking

TO BOOK YOUR PLACE PLEASE  
EMAIL ERICA at  
[Ecd23@icloud.com](mailto:Ecd23@icloud.com) or call  
07704523733.






**BRAND NEW DANCE CLASSES IN YOUR AREA!**

REPERTOIRE DANCE STUDIO COMES TO SUTTON COLDFIELD IN 2023!

DO YOU HAVE A CHILD THAT IS FULL OF ENERGY?  
DOES YOUR CHILD LOVE DANCE & MUSIC?  
WHY NOT BRING THEM ALONG TO A FUN PACKED CLASS WITH US? BOOK YOUR FREE TASTER CLASS NOW

**PRICE £5 PER CHILD**

**WHEN?**  
EVERY FRIDAY  
4PM - 5PM  
OR  
5PM - 6PM

**WHERE?**  
BANNERS GATE COMMUNITY HALL  
SUTTON COLDFIELD  
B73 6UR

**MORE INFORMATION**

- ✓ WEEKLY REWARD INCENTIVES - STAR OF THE WEEK!
- ✓ FRESH, FUN DANCE CLASSES FOR CHILDREN AGE 3+
- ✓ WE OFFER A RANGE OF STYLES SUCH AS STREET DANCE, JAZZ, HIP HOP, BALLET AND
- ✓ A SAFE ENVIRONMENT FOR ALL CHILDREN TO HAVE FUN AND BUILD THEIR CONFIDENCE TOO!
- ✓ ESTABLISHED DANCE SCHOOL WITH MULTIPLE CLASSES ACROSS THE MIDLANDS
- ✓ FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

**CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !**



"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](mailto: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

05 May

[Find Tickets](#) [Q](#)**Thank You For The Music**

07 May

[Find Tickets](#) [Q](#)**The Elvis Tribute Artist  
World Tour**

10 May

[Find Tickets](#) [Q](#)**Northern Live - Do I Love  
You**

11 May

[Find Tickets](#) [Q](#)**Have A Word Podcast**

12 May

[Find Tickets](#) [Q](#)**Jimmy Carr - Terribly Funny  
2.0**

13 May

[Find Tickets](#) [Q](#)**Johannes Radebe: Freedom  
Unleashed**

14 May

[Find Tickets](#) [Q](#)**Hello Again... A Tribute to  
Neil Diamond**

Starts 16 May 2023

[Find Tickets](#) [Q](#)**Heathers The Musical**

Starts 23 May 2023

[Find Tickets](#) [Q](#)**The Ocean at the End of the  
Lane**

28 May

[Find Tickets](#) [Q](#)**Calling Planet Earth**

30 May

[Find Tickets](#) [Q](#)**Ministry of Science LIVE -  
Science Saved The World**

31 May

[Find Tickets](#) [Q](#)**Psychic Sally**





### Don't Stop Believin'

Main Auditorium, Saturday 29th April  
2023 - 7.30pm

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



### Queenz: The Show with Balls!

Main Auditorium, Sunday 30th April -  
5pm & 8pm

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



### Nobody - Motionhouse

Main Auditorium, Tuesday 2nd &  
Wednesday 3rd May - 7.30pm

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



### Scummy Mummies

Main Auditorium, Thursday 4th May -  
7.30pm

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



### A Vision of Elvis

Main Auditorium, Friday 5th & Saturday  
6th May 2023 - 7.30pm

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



### Tracy Borman: How To Be A Good Monarch...

Main Auditorium, Friday 12th May -  
7.30pm

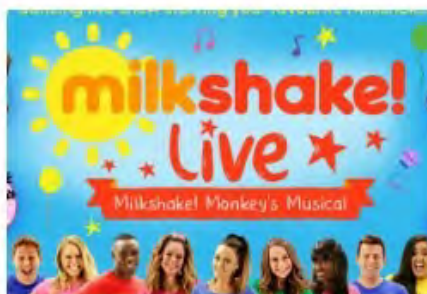
[MORE](#) | [BOOK](#)



### Make-Up

Studio, Friday 12th May - 7.45pm

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



### Milkshake! Live

Main Auditorium, Saturday 13th May -  
12pm & 3.30pm

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



### Bowie Experience

Main Auditorium, Sunday 14th May -  
7.30pm

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





### Walk Right Back

Main Auditorium, Wednesday 17th & Thursday 18th May - 7.30pm

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



### NTLive - Best of Enemies (Live Recordi...

Studio, Thu 18 May

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



### Chicago Blues Brothers

Main Auditorium, Saturday 20th May - 7.30pm

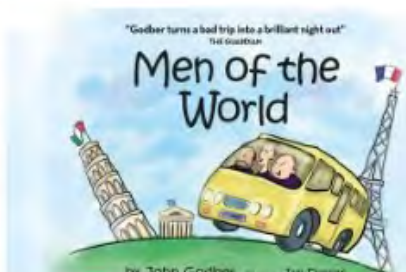
[MORE](#) | [BOOK](#)



### Lichfield Concert Band presents An Aft...

Main Auditorium, Sunday 21st May - 2.30pm

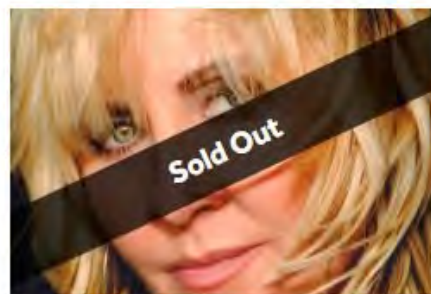
[MORE](#) | [BOOK](#)



### Men of the World - Lichfield Players

Studio, Tuesday 23rd - Saturday 27th May

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



### Lulu - For The Record

Main Auditorium, Wednesday 24th May 2023 - 7.30pm (M&G time 6pm)

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



### The Magic of Motown

Main Auditorium, Friday 26th May 2023 - 7.30pm

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



### The Bon Jovi Experience

Main Auditorium, Saturday 27th May 2023 - 7.30pm

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



### Royal Ballet: The Sleeping Beauty (Liv...

Studio, Sunday 28th May 2023 - 2pm

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



Courses & Talks, Workshops

## Young Community Drop-In Sessions

Wed 12 Apr – Wed 31 May

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.**

Step into a land of mystery, magic and adventure. With a magic flute and a set of magic bells for protection, Tamino sets off on his quest to save Pamina from the grip of an evil enchanter, accompanied by his sidekick the endearing Bird Catcher. Along the way he encounters unforgettable characters – from the mysterious Queen of the Night to animals that can be tamed by music. But as he overcomes a series of challenges, all is not what it seems...

**The Magic Flute** is an opera for all ages, with a reputation for being the perfect first opera. WNO's new production takes this enchanting fairy-tale and gives it a modern twist. Set in a world of fantasy, feast your eyes on vibrant sets and costumes accompanied by Mozart's sublime music and a witty story.

Opera, Main House

## Welsh National Opera - The Magic Flute

The quest for truth and discovery

Wed 3 May – Fri 5 May

Tickets from £25

**WNO**

Welsh National Opera

**The Magic Flute**  
Mozart



Opera, Main House

## Welsh National Opera - Blaze of Glory!

Cymru, coal and choral singing

Sat 6 May

Tickets from £25

Set in a 1950s Welsh Valleys' community, **Blaze of Glory!** follows the fortunes of a small group of miners who embark upon a musical escapade by reforming their Male Voice Choir to raise spirits following a mining disaster. Led by their heroic Chorus Master and supported by the strong-willed women who stand by them, the men embark on a series of adventures: they kidnap a yodeller, take part in the historic trans-Atlantic link-up with Paul Robeson and blaze a trail to the Eisteddfodau and beyond.

**Blaze of Glory!** celebrates the Land of Song and how community spirit can triumph over adversity. Traditional Welsh harmonies blend with the *cappella* sounds of the 1950s, operetta, gospel and big band as our intrepid band of gleemen Lindy Hop their way to glory. Join our men in blazers, for a feel-good performance which will make your heart sing.

In the Night Garden Live is coming to Birmingham Hippodrome in 2023! Igglepiggle, Upsy Daisy, Makka Pakka and friends are back in their fun-filled live show **Igglepiggle's Busy Day!** Join Igglepiggle as he looks for his friends in the Night Garden by following their funny sounds until he finds them all! You'll see all your favourite characters beautifully brought to life with full-size costumes, magical puppets, and enchanting music. This show lasts just under an hour and your little ones will be amazed when they see a very special visit from the amazing flying Pinky Ponk.

Now in its 14<sup>th</sup> year, **In the Night Garden Live** is one of the UK's favourite family events. Over 1.1 million people have seen it so far and it gets 4.8 out of 5 stars based on 13,653 [parents' reviews](#).

Family & Pantomime, Main House

## In the Night Garden Live

Igglepiggle, Upsy Daisy, Makka Pakka and friends are coming to Birmingham!

Mon 8 May – Wed 10 May

Tickets from £17.50



Comedy, Main House

## Russell Howard Live 2023

Putting the world to rights in his own way

Thu 11 May – Fri 30 Jun

Tickets £33.50

Russell Howard, "one of the world's top comedians" (Sunday Times) is back for a brand new live tour of the UK in 2023 and stops off here at Birmingham Hippodrome on his way around the country.

As we reel from one global crisis to the next, join Russell, 'the *uplifting Comedy King*', as he puts the world to rights in his own uniquely hilarious way.

A spectacular line-up of not just one, not two, but 10 of the world's best professional dancers will be coming to Birmingham Hippodrome for the 2023 official **Strictly Come Dancing: The Professionals UK Tour**.

This exhilarating show will showcase the exceptional talent of TV's hugely popular professional dancers, performed within the wonderful world of the BBC show, with its stunning costumes and sparkling sets. Audiences will enjoy world-class dance, stunning choreography and glamorous costumes, live and up close from 10 talented Strictly Professionals: **Dianne Buswell; Vito Coppola; Carlos Gu; Karen Hauer; Neil Jones; Nikita Kuzmin; Gorka Marquez; Luba Mushtuk; Jowita Przystal; and Nancy Xu.** Directed by Strictly's Creative Director Jason Gilkison, **Strictly Come Dancing: The Professionals** will surprise and delight audiences with dance and choreography at the highest possible standard. Don't miss your chance to see these much-loved dancers coming together to perform in a theatrical ensemble that will simply take your breath away.

Dance, Family & Pantomime, Main House

## Strictly Come Dancing: The Professionals 2023

A theatrical ensemble that will simply take your breath away

Sat 13 May – Sun 14 May

Tickets from £39.50



Comedy, Patrick Studio

## Jumprov! - May 23

A fun night of live sketch comedy!

Sat 13 May

£5 in advance, £8 on the day

Looking for something new and exciting to do in Birmingham?! Well, grab a ticket and join Jumprov, the UK's first Black and Brown Improv group for a night of fun featuring live sketch comedy which is completely made up on the spot using suggestions from you, the audience.

Tom Allen has finally moved out of his parents' house, which has been great news for him, better news for department stores and even better news for his latest stand-up tour as he's eager to share his life updates, get your opinions on his vegetable patch and delve into the protocol of inviting friends with children for dinner.

The household name with his signature acerbic wit and riotous storytelling, Tom is the host of *The Apprentice*; You're Fired and co-hosts *Cooking With The Stars*, *Like Minded Friends* and he is also a regular on *Bake Off*; *An Extra Slice* and *There's Something About Movies*.

Tom's last tour sold over fifty-thousand tickets including his sell out show at The London Palladium where he recorded his special.

Comedy, Main House

## Tom Allen: Completely

The household name with his signature acerbic wit and riotous storytelling

Wed 17 May – Fri 19 May

Tickets £26







# Sutton Coldfield TOWN HALL



0121 296 9543



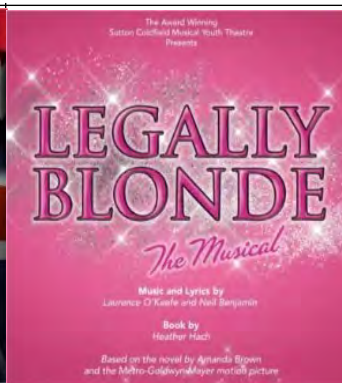
[enquiries@suttoncoldfieldtownhall.com](mailto:enquiries@suttoncoldfieldtownhall.com)



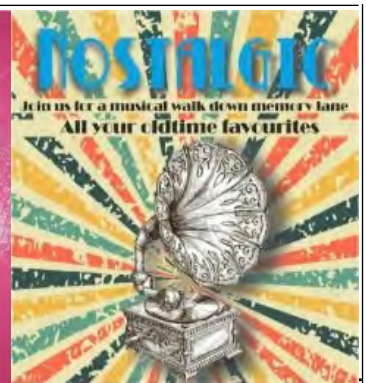
SUNDAY 30TH APRIL



FRIDAY 5TH MAY



TUESDAY 23RD MAY -  
SATURDAY 27TH MAY



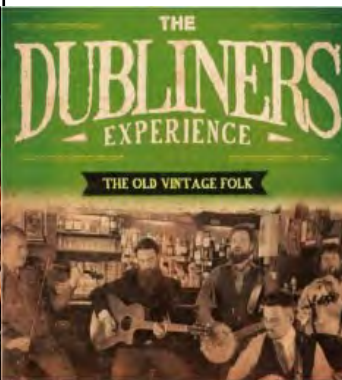
THURSDAY 25TH MAY 2023



MONDAY 29TH MAY 2023



FRIDAY 2ND JUNE



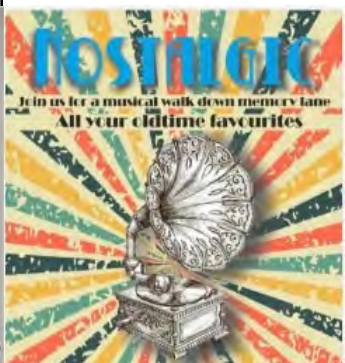
SATURDAY 3RD JUNE



FRIDAY 23 JUNE



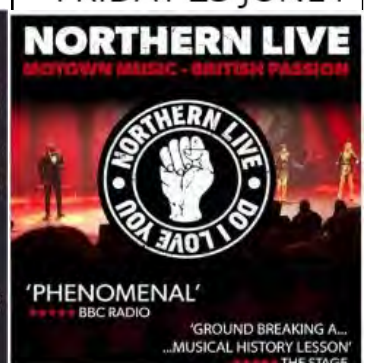
SATURDAY 24 JUNE 2023



THURSDAY 29TH JUNE 2023



FRI 7TH JULY 2023



SATURDAY 9 SEPTEMBER 2023



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

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

NATIONAL BLOOD DONATION

Appointments only:

Telephone:

0300 123 2323



## SUPPORT US

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





## BOOK NOW FOR OUR 2022/23 SEASON

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



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

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

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



# Highbury Players announce new season



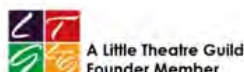
## WHAT'S ON? HIGHBURY PLAYERS PLAYS FOR 2022-23

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

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

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

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



0121 373 2761



# Highbury Cinema announces new season



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

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

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

0121 373 2761



# 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



# Make a difference to a child in emergency care

[Donate now](#)



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

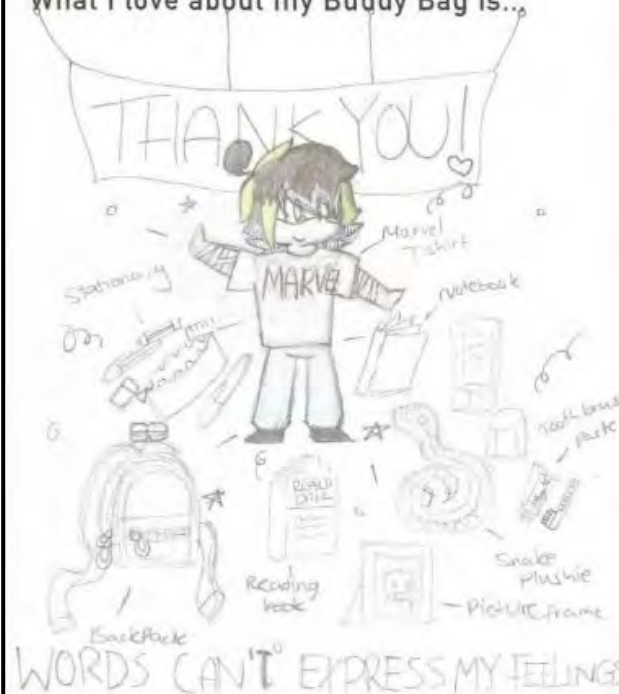
What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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

**Four Oaks**  
Financial Services Limited  
providing positive solutions

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







# 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



## BIRMINGHAM COMPUTERS & COMPONENTS

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

Check our web site for details of our services and products. We supply Desktops, Laptops – both new & high quality refurbished - Gaming Computers, Accessories, Web Design.

0121 270 6180

[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](https://www.instagram.com/beauty_by_ella) 07825001242 [Beauty By Ella](https://www.facebook.com/BeautyByElla)

### 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  
2.30 pm

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 9th May -  
AGM followed by a short  
Demonstration.

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.

Our April meeting was so well attended, we had to get out the spare chairs!! How fabulous. I hope all who came along enjoyed the evening, and that we see you again.

We had a practical evening where our show secretary Helen gave us a demo on planting up wall pots and baskets for spring colour. Helen works in a local nursery in Hints, so plants dozens of baskets on an average working day. Still, the speed in which she plants left us all a little amazed!! The end results were beautiful, and I certainly went home full of enthusiasm to smarten up my own!

The rest of the evening was looking at some of the classes in the August show. We aim to make the show as interesting as possible for the general public, so include classes such as fuchsias grown as bonsai, or a fuchsia grown in an unusual container, where the only limit is your imagination.

At our next meeting on May 11th, we look forward to welcoming an old member Jim Beveridge. Jim moved out into the beautiful countryside of North Staffordshire a few years ago, but we try to tempt him back from time to time to pass on his vast knowledge and experience. He will be taking us through all areas of fuchsia cultivation, from taking cuttings, growing standards, and getting the best from your plants on the showbench. I guarantee it will be a good evening, although I apologise in advance for the quality of his jokes!!

We meet at Banners Gate Community Church in Westwood Road, on the second Thursday of each month. Doors open at 7.30 p.m. for an 8.00p.m. start. Refreshments available, and always plants for sale.

If you would like more information, please give our secretary Gail a call on 0121 353 3373



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

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

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

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

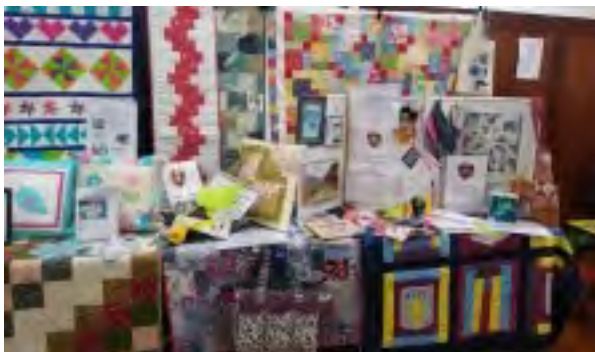
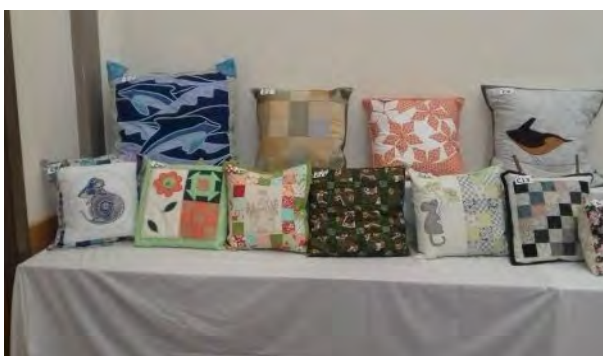
**WHAT KIND OF THINGS DO YOU MAKE?** Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many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

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

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

**WANT TO KNOW MORE?** You can contact me, Carol Morden, Chair on 0121 352 1485/ cmorden42@gmail.com, I'm always pleased to talk to people who are interested in the art of patchwork and quilting. You can also find out about us on Facebook - Sutton Coldfield Trinity Quilters.

**WE LOOK FORWARD TO SEEING YOU SOON!**





**Groups are back at the  
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

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

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

You might be feeling overwhelmed? and not yourself? Its OK! So... #letsstalk about you!

Ring Claire on 07930 354 885 for more information.

**MENOPAUSE**



**COMMUNITTEA CAFÉ ALLOTMENT**

**TUESDAYS 10 TILL 12**

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

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

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



Everyone  
welcome

Gardening  
Group

Help us grow  
fresh produce  
for the cafe

Sunnybank Road  
Allotments,  
Boldmere

Meet our  
Neighbourhood  
Networker

**CONTACT**

Suzy Summerfield

07940 709 314

Email: [s.summerfield@ageconcernbirmingham.org.uk](mailto:s.summerfield@ageconcernbirmingham.org.uk)

**Angel beads ltd**



Melanie Wright

07490133151

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

Facebook: @angelbeadsuk

Instagram: angelbeadsltd



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



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

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

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Tamworth  
B78 2AE

Tel:- 01827 287294

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

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18 Beeches Drive, Birmingham B24 0DU  
[redogihandmade@gmail.com](mailto:redogihandmade@gmail.com)  
07305 564 108





# Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

## Step 1: What's the problem?

### I suddenly have no money

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

See options 1 2 3

### My money doesn't stretch far enough

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

See option 1 2

### I have debt

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

See option 3

### I am waiting on a benefit payment or advance

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

See options 1 4

## Other Support

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

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

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

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

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

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

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

Apply online: www.healthystart.nhs.uk

## For Migrants, Asylum Seekers and Refugees

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

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

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

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

## About this leaflet

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

Feedback? What did you find useful about this guide? [www.bit.ly/moneyadvicefeedback](http://www.bit.ly/moneyadvicefeedback)



## Step 2: What are some options?

### 1 Council Support Schemes

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

Find out more at: [www.birmingham.gov.uk/benefits](http://www.birmingham.gov.uk/benefits)

### 2 Maximise Your Income

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

### 3 Debt Advice

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

### 4 Benefit Advance

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

### 5 Hardship Payment

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

### 6 Challenge a Decision

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

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

### BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

### CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

### THE PROJECT

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

Help with options: 1 2 3 4 5 6

### BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

### SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

### CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

### DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

### CHRISTIANS AGAINST POVERTY

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



# 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**



Hope Food North Birmingham are currently looking for a new base in/around Sutton Coldfield. We need it to store food and prepare food bags. We would need access in the day and evening Monday to Friday. We run 3 food banks weekly in Erdington, Falcon Lodge and Mere Green. If anyone has any premises with vehicle access that they would think would suit us, please get in touch. Thank you.

T: 07869 822502 E: [info@hopefood.org.uk](mailto:info@hopefood.org.uk)

IF YOU WOULD LIKE TO SUPPORT OUR WORK, PLEASE MAKE A DONATION USING THIS LINK.

[https://link.justgiving.com/v1/charity/donate/charityId/3143929?](https://link.justgiving.com/v1/charity/donate/charityId/3143929?tipScheme=TipJar2.1&reference=givingcheckout_tj21)

[tipScheme=TipJar2.1&reference=givingcheckout\\_tj21](https://link.justgiving.com/v1/charity/donate/charityId/3143929?tipScheme=TipJar2.1&reference=givingcheckout_tj21)

Hope Food – North Birmingham. A charitable incorporated organisation registered in England. Charity registration number 1195019.

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Lisa Marie on  
07765 135497





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@LottieLea.BabyPhotographer

KIDS & ADULTS

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Mon 6-7pm 10yr +  
Wed 5-545pm 7-9yrs  
Wed 6-7pm 10yrs +  
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[www.chishiki.co.uk](http://www.chishiki.co.uk)



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



Contact number above if interested.

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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)

# Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

Instagram: [onlyrosiescakes](https://www.instagram.com/onlyrosiescakes)

Email: [rosie\\_p25@hotmail.co.uk](mailto:rosie_p25@hotmail.co.uk)



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T: Dave Edwards 07305931199

E: [norburymaintenance@gmail.com](mailto:norburymaintenance@gmail.com)



Home  
Instead

To us, it's personal

## Memory Cafes

Do you know someone living with memory loss?

**Every Monday**

10am—12noon

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

**Every Monday**

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist  
Church

South Parade, B72 1QY

**Every Tuesday**

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

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

All attendees must show proof  
of both covid vaccinations

**Every Thursday**

10am - 12noon

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

**"Friends on Fridays"**

10.30am - 12.30pm

Supported by

Sutton Coldfield Methodist  
Church,

South Parade, B72 1QY

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

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

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

0121 323 4200

## Pregnant? Children under four?

Don't miss out on **HEALTHY START**  
food and vitamin vouchers worth  
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You may qualify for Healthy Start vouchers if  
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**a child under four years old**. Your family  
must also receive one of the following:

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

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

Sign up today [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
or telephone 0345 607 6823

**Healthy Start**

Give your family a Healthy Start

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

Birmingham  
City Council

HEALTHY  
START

NHS





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

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







**Come join us!**

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

**DRINKS, SNACKS AND SANDWICHES**  
**HOT MEALS 12PM-2PM || FOOD DELIVERY**  
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**1 Brassington Av, Sutton Coldfield, B73 6AA**

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**REGISTERED CHARITY NO. 1131424**



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



**Events**

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

**Vacancies**

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

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Want to hire a room? Whether you want to host a  
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Activities and advice for un-paid Dementia Carers  
and their cared for.

Come along, socialize and join in stimulating activities whilst also  
being able to access support and advice from our friendly  
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10am-11:30am every Tuesday  
Commencing 23<sup>rd</sup> November 2021

Communita Café  
76-78 Boldmere Road  
B73 5TJ

Tel: 07876 826006

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

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

1 hour session	1.5 hour session	2 hour session
£30	£35 (£23.3 per hour)	£40 (£20 per hour)

##### \*Small groups (2 to 4 people)

1 hour session	1.5 hour session	2 hour session
£35	£40 (Under £27 per hour)	£50 (£25 per hour)

##### \*Groups (5 to 10 people)

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

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Email Luc at [luchubbard@hotmail.com](mailto:luchubbard@hotmail.com)





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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

Tuesdays 6pm

07886089473



- |   |                                |
|---|--------------------------------|
| 1 | Traditional Pilates Exercises  |
| 2 | Rehabilitation Exercises       |
| 3 | Tone Up & Improve Strength     |
| 4 | Improve Flexibility & Mobility |
| 5 | Improve Sleep & Well Being     |
| 6 | Improve Balance & Coordination |

The Loft Pilates  
& Yoga Studio



## Pregnancy YogaLates Class



THE LOFT PILATES  
& YOGA STUDIO



### Pregnancy YogaLates Class

Suitable for 2nd & 3rd  
Trimester or non pregnant  
beginners.  
Cimspa L4 Instructor  
Pre/Post Natal Qualified

Starts Thursday 1st Sept 22  
615-7pm  
£6

Register now

07886089473

## Pregnancy YogaLates Class



## 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



See front page

# STEPH LEES

O S T E O P A T H Y

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

Osteopathic Treatment can help with the following;

- Generalised aches and pains
- Joint Pains
- Osteoarthritis / Arthritic pain
- General, acute & chronic backache
- Neck pain
- Frozen shoulder / Tennis elbow
- Sciatica
- Muscle spasms
- Neuralgia
- Sports injuries



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



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Our Cook and Collect takeaway service means you can collect a nutritious, vegetarian and...

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[www.foodcycle.org.uk](http://www.foodcycle.org.uk)



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HANDLES / HINGES/ LETTERBOXES REPLACED



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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Minworth. B76 1AL

**LoveWorld**  
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Specially invite you to

# Worship WITH US

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.

## 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 20th June  
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)**

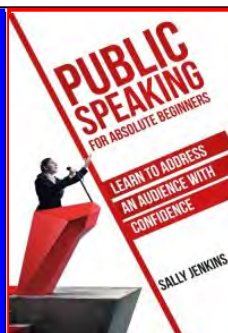
**The Jarrett room is approx. 13' x 8'  
(4m x 2.5m)**

**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  
Beginners  
by Sally Jenkins**

**Tips on constructing and presenting  
all types of speeches.**

**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.

**RAFAL SZPAK**

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**[www.rbbuilders.net](http://www.rbbuilders.net)**

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





## Create the best party possible for your little ones

**Birthdays, Weddings, Christenings, Fetes, School Workshops, Plays and much more**

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and Pamper Parties **Facebook: Lucky Buntys Twitter: @LuckyBuntys**

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Home Dog Boarders since 2005

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West Midlands North Branch

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



**You'd be barking  
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89 Blackwood Road, Sutton Coldfield B74 3PW  
Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets

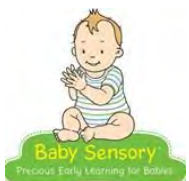


## SWIMMING LESSONS

for ages 4 and upwards:  
Wednesday & Friday Evenings  
Local Pools ~ All Abilities

Badge Work ~ Qualified Instructors  
**0121 353 6616**

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



**0 - 13 months  
Baby Development Class**  
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)

Plastering internal & external specialist  
Includes: Dry lining - Plaster boarding - Artex re-skimming - Replacement walls & ceilings - Painting / Decorating - Carpentry

**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)



## Personal Training

Looking to lose weight?  
Improve your fitness?  
Improve your diet?

Personal training sessions available from £30 p/h at Pure Gym, Sutton Coldfield (+£5.99 for a day pass). Free consultation & monthly packages also available!

**Katie Ingle**  
T: 0788 886 7850  
E: [kilfitfitness@outlook.com](mailto:kilfitfitness@outlook.com)  
IG: @kilfitfitness  
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Muscle tightness / strains, Joint pain, Sciatica,  
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PRICES START FROM  
£20 per hour

## 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

### Supporting carers through loss and bereavement

Have you experienced a  
recent loss of a loved one?

Are you caring for  
someone who is near the  
end of their life?

Would you like to meet  
other carers who share  
similar experiences?

Do you need support to  
help you through the  
grieving process?

Contact our friendly team now  
on 0121 809 5902 or  
[caringforcarers@communitiesinsync.info](mailto:caringforcarers@communitiesinsync.info)  
for more information



 **Birmingham**  
City Council

# Manor



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# GRACECHURCH

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Create a selection of greeting card designs, 3D Decoupage  
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much more than pet food®  
**Nikki Southwick-Gough**  
Nutritional Advisor  
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M: 07714 218678  
E: nikki.southwickgough@oscars.co.uk  
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www.oscars.co.uk




**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.  
**PROUD INDEPENDENT SMALL BUSINESS**  
[WWW.BERTANDGERTS.CO.UK](http://WWW.BERTANDGERTS.CO.UK)

**Mary's**  
Where to find your Treat Day  
Order for Postal  
BROWNIES ♥ BLONDIES ♥ FLAPJACKS ♥ COOKIES  
[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  
Redditch Kingfisher Centre  
2nd Saturday of the Month  
Tamworth Ankerside  
4th Saturday of the Month  
Plus scan here for a full list of additional dates..



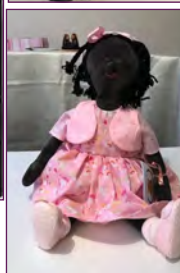
Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



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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07818 401 440

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Erdington Birmingham  
(Rear of Slade Road Mts)  
07482173018  
Email: info@urbancitywoodshop.com

**The Elements Glass**  
Handmade  
**Danielle Tittley**  
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theelementsglass@hotmail.com  
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[www.theelementsglass.co.uk](http://www.theelementsglass.co.uk)

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WhatsApp: 07481 894 093



**Julia Westwood**  
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E: hello@juliawestwood.co.uk  
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Prints available now at Bert & Gert's Sutton Coldfield



This is a trial Sales and Wants page.  
If you have anything just email it to [bgatepost@gmail.com](mailto:bgatepost@gmail.com).  
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.

BRAND NEW BABY AND TODDLER CLASS

# TEDDY TIME

At Banners Gate Community Church  
Mondays 1.30 – 2.30pm



Starts Monday 5th June 2023

## FIND US AT:

125 WESTWOOD RD  
SUTTON COLDFIELD  
B73 6UH  
£3.50 PER CHILD



## WHAT WE DO:

Music Time,  
Craft Activities,  
Sensory Play,  
Stories,  
Weekly Theme,  
and more



## MORE INFO:

For all preschool age  
children.  
No booking required.  
Call Beth on  
07719 857 450  
for further details.





## **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.
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 07837 Paul Murphy 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 11am to 1.00pm 7.30 – 9.00 pm	Self Defence & Fitness Dementia Care Line Dancing	Community Hall Community Hall Community Hall	Adam Claxton 07376 Barbara H-Walker Diane Pursall	27 90 15 553 6483 747 4659
 Tues 8.00 - 5.00pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 6.30 – 7.30 & 7.30 – 9.00 7.45 pm	Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74  67 09 13 747 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
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
Friday 9.30 - 11.15 10.30–11.30 4.30-5.30&5.30-6.30 7.00 - 8.00 pm	The Creation Station Tai Chi Repertoire Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall Community Hall	Avne Wilson 07793 Philip Shelton Chloe Lloyd 07729 Shakila Kosar 07825	54 26 48  47 79 46 25 50 42

**BOOKING SECRETARIES:**  
Community Hall mobile: 075 65 54 68 21  
Banners Gate CC - Nigel Willis 07711 284562  
St. Columba's - Alison Jolley [st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)  
Scout Hall - A & R Talliss 353 8166

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

**Useful telephone numbers**  
Sutton and Kingstanding  
**Police: 101**  
Good Hope: 424 2000  
Outpatients: 424 2000  
NHS Health helpline:  
Call 111 it's 24/7  
Citizens Advice  
03444 111 444

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

**Banners Gate  
Community hall  
Coffee Mornings  
The next is on  
20th June  
At 10 o'clock**

 **The Townswomen's Guild**  
Patron HRH The Princess Royal GCVO  
Thurs. 18th May King Charles III  
Coronation Celebration  
Thurs. 15th June Talk on Japan - Fiona  
Lucas  
(Original Speaker for 18th May now postponed  
until next year due to Coronation)  
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.

 Girlguiding 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