



Banners Gate & Parklands Community & Neighbourhood Forum

170th May 2023

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.**

The next Banners Gate
Neighbourhood Forum
meeting will be on 18th July
at 12.30 in the Community
Hall, after the Coffee
Morning that starts at 10.

This
looks
worth
going
to, I'm
going.

**International Marquetry
Exhibition at Middleton Hall**
Middleton, Tamworth, North Warwickshire B78 2AE
Saturday 27th May to Friday 2nd June 11am-4pm
Around 200 exhibits of the best in contemporary
marquetry will be on display.



Rob Pocock: CITY COUNCIL ELECTS NEW LEADER

Since 2017 the City Council has been led by Councillor Ian Ward, who negotiated and masterminded the highly successful Commonwealth Games event that arrived in the City last summer. Sometimes people in Sutton confused him with Councillor Simon Ward, leader of the Town Council – but luckily, we won't face that "clash of the Wards" any more – the City Council now has a new Leader, John Cotton!

By pure chance, I have known John for a very long time. We go back to 1991, when John became active in local affairs as a young, wide-eyed and innocent 19 year old who had just left school from what was then Great Barr Comp. I was living in that area at the time and working as a campaign agent and got John legging it round the streets of Great Barr delivering newsletters right away, like my volunteers do here now. Never imagining that 32 years later, John would end up as the

political leader of Europe's biggest regional City, covering over 1.25 million residents. A City where he was born, went to school, grew up, and began his community work on the bottom rung. I can honestly say that John is a man who I have watched and supported as he has risen 'from the shop floor to the head office'. He has certainly earned his way to the top the hard way.

John lives locally now, and as one of our residents I hope that he'll help add to the progress being made recently to bring more resources and investment to our Sutton Vesey Ward. Like most big cities, Birmingham has its problems and there are massive difficulties in reviving the City as a whole. But I know from my own experience that John will also have our area in his heart and be assured, I will be taking our concerns to his office from day one!

SUTTON PARK BOLDMERE GATE CAR PARK – OPEN AT LAST!

The long delayed new car park at the Boldmere Gate entrance to Sutton Park is

AVAILABLE IN LARGE PRINT. TEL: EDITOR AT 605 4947

Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: 605 4947, or bgatepost@gmail.com **Next deadline: May 25th**

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now open at last. The Commonwealth Games spent £770,000 improving that site as a 'legacy project'. There were many 'hiccups' on the way which have delayed the final completion (I can talk for hours about that!) but at last we have a legacy site that's going to be a real long term asset to us all as local residents.

NEXT TIP TRUCK VISIT - WEDS 31ST MAY

The popular visits from the City Council mobile 'tip trucks' continue with the next site being at the top of New Church Road just off Boldmere Road, opposite St Michaels Church. It's scheduled for Weds 31st 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 Gate Post Readers! I hope you have all had a brilliant May, we've been blessed with some great weather, and it looks set to continue into Whitsun Half Term! Don't forget,

there are the last few packets of wildflower seeds still available for free from *Sutton Coldfield Town Hall*, the *Harvest Fields Centre*, and *Falcon Lodge Community Centre*. So if you're planning on spending time in the garden this half term, feel free to grab a packet of seeds and plant away, it's a great way to support the biodiversity of your garden!

May has been a busy month, we've all witnessed history with the Coronation of HM King Charles III. There were plenty of celebrations in the Royal Town earlier this month! Garden and street parties were in full swing. We had the Kings Coronation Celebration with a packed-out parade in Sutton, full of stalls, guests and a very good brass band, courtesy of Sutton Coldfield many people support local, independent vendors and businesses! The market will be running from 10am-3pm, and occurs on the last Sunday of every month.

I hope you all enjoy your bank holiday weekend and half term, until next time Gate Post readers!

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



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

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

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





Coronation celebrations at St Columba's

Only a short time ago Union Jack bunting adorned many buildings up and down the country. Street parties were in full swing and even the sun managed an appearance over the weekend. On Friday 5 May, St Columba's coffee morning certainly celebrated in style. We were thrilled that over 90 people came along to join in with the party atmosphere.

Ours was a breakfast feast complete with hot bacon and sausage baps, croissants and other breakfast pastries. Sitting down and enjoying events like this is of course a great opportunity for members of the community to get together.

However, St Columba's coffee morning meets every Friday throughout the year 10.30-12, which means anyone can come along regularly without having to wait for an occasional bank holiday event. Do visit us, we look forward to welcoming you!



The latest news from our school—May 2023



Summer term 1 has been a busy and enjoyable time in school. We would like to say a huge well done to both Y6 and Y2 for completing their SATS papers with such maturity and resilience in the past few weeks. Everyone at Sutton Park

Primary is very proud of you!

Several of our year groups have now enjoyed their extra-curricular trip, with others looking forward to theirs in the remaining weeks of this year. Nurture group are excited to be planning sports day again this year and there are many other events to look forward to before the school year ends.

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

Mrs Middleton, Head of School

Celebrating the King's Coronation:

Pupils wore red, white and blue on Friday 5th May to signify this historic event. Our school kitchen team made an amazing afternoon tea lunch and school was decorated with bunting created by our pupils. Monarch portraits were created in class and we were amazed by the artistic talent on display.

In Nursery, pupils role-played coronation day using their small world toys. They had so much fun!



Reception intake—September 2023:

We are really looking forward to welcoming new families into school in September for Reception places. We will be holding transition events and welcome meetings to enable new families to visit, ask any questions and prepare for September.

Letters will be sent to children with places after the half term break but if there are any questions in the meantime, please email Mrs Jones via enquiry@suttonparkprimary.co.uk



Follow us on twitter [@SuttonParkPri](https://twitter.com/SuttonParkPri)

Spotlight on....ROOTS TO FRUIT PROVISION:

We work closely with the local not-for-profit organisation Roots to Fruit every week here at Sutton Park.

Mrs Holder offers lunchtime enrichment groups and a weekly curriculum-linked session too.

We have our own cottage garden allotment plot and a 30ft polytunnel which are used for these activities.

Recently, pupils have been giving our SP scarecrow a little makeover. He deserves some love and attention as he watches over our crops come rain or shine!



Reception have been learning about identifying seeds in fruits and had lots of fun squishing tomatoes for re-planting!



The rhubarb in our allotment plot is flourishing so our kitchen team have been pleased to use home-grown products in their canteen offer this term.



- BELIEVE - INSPIRE - ACHIEVE



Royal Sutton Fun Run, 4th June 11am start

You begin the 8.5-mile route with an uphill climb of Mill Street out of Royal Sutton Coldfield town centre, passing the police and fire stations before turning left onto Anchorage Road. Down to the Town Hall at King Edward Square before descending Upper Clifton Road and Clifton Road passing Wyndley Leisure Centre & Pool before turning right onto Monmouth Drive.

From here you enter Sutton Park [Europe's largest urban park] at Boldmere Gate, winding your way for one mile up to the Jamboree Stone – the site of the 1957 World Scout Jamboree – then turn right towards Keepers Pool and onto Town Gate drinks stage.

From here you pass Blackroot Pool, then turn left at 'Railway Turn' before tackling 'Cardiac Hill' on your way out of Sutton Park at Four Oaks Gate.

The final 1.5 miles, along Four Oaks Road & Lichfield Road to the finish in Royal Sutton Coldfield town centre, is reasonably level or downhill.



*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

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



Coffee Morning

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

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

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

Classes at St Columba's Church

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



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

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

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 1's
Featherstone

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

Wednesday

9.45 - 11.15 am
Play and Learn
Over 1'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 5th June <https://www.un.org/en/observances/environment-day>

World Oceans Day 8th 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

The closing date for applications is 5pm May 15th 2023

AFE/BS April 2023



To find out what these photos are all about, please read the next page.

Royal Town of Sutton Coldfield awarded Dementia Friendly Community Status 2023

May 16, 2023

This Dementia Action Week, the Town Council is delighted to announce that Sutton Coldfield has been awarded Dementia Friendly Community Status 2023 by the Alzheimer's Society.

Since 2021, the Town Council has been convening and co-ordinating the efforts of the Royal Sutton Coldfield Dementia Friendly Community Steering Group. The group is made up of a diverse and dedicated range of individuals, including Dementia Friends, residents, care homes, representatives of community groups and support services, alongside the Town Council.

A Dementia Friendly Community is a city, town or village where people with dementia are understood, respected and supported. The steering group has been working towards 8 categories as set out by the Alzheimer's Society.

One of the projects and initiatives the group has spearheaded includes the delivery of Dementia Friends' sessions, delivered by volunteer dementia Friends ambassadors Rachel and Karen. The interactive training has been delivered to schools, faith groups, businesses and public services, at which attendees learned more about dementia, how it affects people and what they can do to help people affected by dementia in our community. Big or small, every action counts!

Students from High Claire School recently received the training and pledged to be *"patient and calm"* with those living with dementia and *"make their life happy"* by doing activities with them that they enjoy. The session educates young people, supporting the next generation to understand the condition and take meaningful actions for people affected by dementia in their community.

Faith settings, such as the Sutton Coldfield United Reformed Church, have also received the training and implemented practical actions such as putting up dementia friendly signage across the church.

Other practical actions and activities the group have delivered include scam awareness sessions with local PCSO's, engaging with public services to promote important initiatives such as the 'Herbert Protocol' and 'Safe and Well' and working with staff at community venues to connect them with health services, such as Occupational Therapy, enabling them to deliver outreach services in the community.

The group has also been working closely with the brilliant voluntary and community groups in Sutton Coldfield that support those living with dementia as well as their loved ones. The Town Council's webpage 'Discover Sutton Coldfield' is home to over 100 local community groups and venues and the dedicated 'Local Support Services' page offers a wide range of helpful information where residents can search for support relevant to them. Residents can now also search for local support services directly for people with dementia and their carers by searching the Alzheimer's Society Dementia Directory linked on the webpage.

This Wednesday (17th May), the group is hosting a Dementia Awareness Afternoon at Sutton Coldfield United Reformed Church 12:30-14:00 at which residents are invited to attend to find out more about dementia and services that are available to them locally.

Chairman of Amenities, Leisure and Community Services Committee, Cllr Terry Wood, said: *"This is an incredible achievement for our Royal Town and shows the dedication of those in Sutton Coldfield in their support for one and other. I would like to thank all of those involved and know the steering group has worked hard for over a year towards the accreditation and their efforts are not to be understated."*

The Town Council remains committed to improving the health and wellbeing of our residents, which is prioritised in our strategic plan and the Health and Wellbeing Roadmap, which has a current focus on Falls and Frailty and supporting the town's older population.

With special thanks to The Royal Sutton Coldfield Dementia Friendly Steering Group:

Natasha Atkinson – Resident; Kathy Beniston – Alzheimer's Society; Sue Bevington – Home Instead; Karen Handley – Sutton Park Grange Care Home; Julie Knight – Birmingham Carers Hub; Rachel Mackay – Mercia Grange Care Home; Adele McEvilly; Julie Lewis, Sue Richards - Sutton Coldfield United Reformed Church; Abigail Mensa – Murdock – WSC Wellbeing Consultancy; Pete Millington – Sutton Coldfield Neighbourhood Network Scheme; Stuart Moffat – Friends of Jones Wood; Cllr Jane Mosson – Royal Sutton Coldfield Town Council; Tony Willis – Banners Gate Neighbourhood Forum.

The steering group will continue to meet and aim to improve the lives of those living with dementia in our community. If you or your group or organisation would like to get involved, please email enquiries@suttoncoldfieldtowncouncil.gov.uk



GROWING OUR COMMUNITY TOGETHER

SUTTON COLDFIELD NNS



**COME ALONG AND DISCOVER THE WEALTH
OF ACTIVITIES AND SERVICES FOR OLDER
PEOPLE AND ADULTS WITH DISABILITIES
WITHIN SUTTON COLDFIELD!**

**WEDNESDAY 14TH JUNE
AT THE SUTTON COLDFIELD TOWN HALL
DROP IN BETWEEN 10AM-3.30PM**

- Take part in activity taster sessions happening in Sutton Coldfield
- Gain information and advice on how to start a community group
- Meet your Adult Social Worker team
- Find out about Dementia care support
- Discover social groups, dance and exercise activities
- Learn about advice and guidance services

**LET US GROW THE COMMUNITY SECTOR OF
SUTTON COLDFIELD TOGETHER!**



SUTTON COLDFIELD

**NEIGHBOURHOOD
NETWORK SCHEME**

AGEconcern
Birmingham



Compass Support
Part of The Pioneer Group



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 three

After some time in Changi, Dad noticed the previously loyal Sikhs (Sepoys) standing guard over the POWs. Many had joined the Japanese Indian Free Army where they became guards, acting brutally towards the FEPOW's at times. The Japanese turned these soldiers under threats of death. It is worth noting that the Punjabi's and the Ghurkhas remained loyal to the Allies.

The Australians occupied the jail section of Changi and the British the barracks area.

After three months, Dad was moved to French Indo China, now Vietnam, where they were moved to Thai Sao camp in Saigon. They arrived in Saigon from Keppel harbour and onto Saigon docks where the troops were made to work. Dad witnessed incidents of cruelty whilst at the docks, the worst of which was when six soldiers were found stealing sugar they were sentenced to death. The troops were made to form a circle around these men to witness a Japanese officer punish them. The punishment consisted of tapping the blind-folded men on the forehead with the sharp edge of a bayonet breaking the skin and causing a nasty wound. This was a cruel trick to play on men by the Japanese, but they lived. Dad was beaten for trying to help another soldier; he was punched, kicked, and slapped by Japanese guards.

The work in Saigon consisted of loading and unloading ships. The main ship to be unloaded was the Miki Maru, which carried armaments and fuel. Attempts to sabotage were made by Dad and other soldiers. This was done by standing a piece of glass on the top of a fifty-six-gallon drum of petrol and loosening the cap. The hope was that the sun would ignite the fuel; the cap had been loosened by the POWs.

A dangerous game was played by Dad and his comrades. They would steal hand grenades or silk cloth from the warehouse and trade them with the local population, the Anamites; they were traded for sugar or anything that could be eaten. The Anamites were kind to the POWs and gave them cigarettes and food until the Japanese guards saw what they were doing. The punishment to the Anamites was swift and brutal. The natives were beaten and tied to a post in view of the population for a day in the sun, these people were brave and carried on whenever possible giving Allies aid.

The next section of the captivity is the railway, six hundred of the fittest men were selected by the Japanese to work on the railway, and they were taken by ferry from Saigon to Phnom Penn where they disembarked. Having arrived they were marched to a camp where they would await transport up country. These men were known as the Saigon Battalion.

HEALTH & CARERS EVENT

FRIDAY 9th JUNE 2023
10.30am – 1.00pm

at

Sutton Coldfield United Reformed Church

(Behind Gracechurch Shopping Centre)

**BUILDING A HEALTHIER COMMUNITY
TOGETHER**

**FREE SCREENINGS
BY PARISH NURSE:**

- Blood Pressure
- Weighing

**ADVICE, SUPPORT AND
INFORMATION FROM A
VARIETY OF DIFFERENT
ORGANISATIONS**

**ALL
WELCOME!**

MEET LOCAL COUNCILLORS.

Call 0121 355 1006 for more information

UNITED REFORMED CHURCH, 1 BRASSINGTON AVENUE, SUTTON COLDFIELD, B73 6AA



£189,922 injected into Sutton Coldfield organisations thanks to local community Trust

[Sutton Coldfield Charitable Trust](#), which strives to enhance the quality of life in Sutton Coldfield, has announced a record total of grants awarded to nine beneficiaries this month.

The Trust, which has been in existence for almost 500 years, offers a range of grant programmes to benefit the area and its residents.

Latest figures from last month highlight a total of £190,132 has been awarded to Walmley Gold Foundation CIC, You're Cherished CIO, Sutton Coldfield United Reformed Church, Boldmere Swimming and Water Polo Club, Maney Hill Primary School, Xpress-Yourself Dance CIC, New Hall Primary School, Walmley Bowling Club and The People's Orchestra in April alone.



Tina Swani, Chief Exec of SCCT meets with grant beneficiaries during annual visit day

The funds will help towards several initiatives such as improving disability access, supporting mental health programmes in Sutton Coldfield schools as well as equipment costs and venue hire.

From October 2022 to April 2023, the Trust has granted a total of £492,167 to organisations and £9,557 to individuals across Sutton Coldfield, with plans to continue making vital improvements and helping those in need in the area. Based on these results, it's clear that April has been an especially generous month in terms of grant donations.

Tina Swani, Chief Executive of Sutton Coldfield Charitable Trust, said: "It's incredible to see the impact that our grants have on the organisations we can support. We're dedicated to enhancing the quality of life in Sutton Coldfield and these funds will help to achieve that for the entire community."

Clare Haines, Grants Manager at Sutton Coldfield Charitable Trust, added: "We're immensely proud to support organisations and individuals in need of funding. These grants are the core of the Trust, and the impact they have can be lifechanging not only for the groups themselves, but for everyone in Sutton Coldfield."

"Our grants work to support anyone who is currently a resident in Sutton Coldfield. For community organisations who would like to apply for a grant, it must be for the benefit for residents living within the Borough of Sutton Coldfield."

"Grants may also be awarded to individuals who have been a Sutton Coldfield resident for at least two years and are in need."

"Such grants may help with the purchase of essential domestic equipment, to help people with disabilities, to help people with long term health problems and to meet other needs."

"The Trust also provides school clothing grants, with application forms available through its website, and application forms can also be picked up from a local school where a pupil is a Sutton Coldfield resident. The closing date for receipt of applications is 12pm on Thursday 30 June 2023."

To find out more information about how to apply for a grant or on the Trust, please visit: www.suttoncoldfieldcharitabletrust.com.

Eric's **Part 2** Scouts sailing on the Norfolk Broads

The return journey from Olton Broad would take us back up towards Breydon Water and Yarmouth. After a few trips we were joined by the girl guides from our group who hired a large cabin cruiser. This boat became the focal point in the evenings with all crowding onto it armed with guitars, banjos and penny whistles, for a good sing song and a welcome hot cocoa. Some of the scouts would swop boats for the day with the guides so that the girls could be taught the rudiments of sailing. The weather being Easter was mostly cold but very good winds for sailing and you could really get the boat heeling over on its side with a cross wind. You had to make sure all crockery and pans were safely stowed, as we were on a penalty for breakages. Many is the time when you heard a crash from below deck



and hoped it was a cup, not a costly tureen.

We, once again, had to pass under Potter Heigham bridge and I recall watching yachts pass under, with lowered masts and its overhang turn too soon and bashing other boats moored with the end of their masts.

The last couple of nights before the end of our epic journey were my most enjoyable part of the Northern Broads on Hickling Broad and Horsey Mere. We would moor up in the Horsey dyke by the National Trust windmill and it was a 20-minute walk out to a pub by the sea.

On Hickling Broad there was always our annual water battle, where all crews armed with saucepans, buckets and anything that could hold water was used to pelt other boats as we sailed past each other. Not sure whether it's a testament to the cleanliness of the water? or the boys good washing up techniques? but we all survived cooked meals following the event which used some of those same utensils.

On the catering front, boat crews were allocated a daily rate each morning to get their food supplies to augment the powdered supplies we had bought on board. It was a great experience and, in some cases, a learning curve, on the preparation and cooking front for the boys. Not without its disasters, like the tinned steam pudding incident, when having correctly boiled in the sealed tin, they threw away instructions and opened it at the wrong end, so jam spurted onto the cabin roof. In the 60's a chicken was a luxury, and the final meals were always a grand affair with boats bragging on how many courses they were having.

On the chicken front unfortunately, frozen chickens bought that day and, being cold on the boat did not defrost too well. Many is the time I have had a chicken between my legs yanking on the plastic bag of giblets, then telling the boys to cook it, initially, on a very low setting for a while. Pleased to say we never had anybody ill. Pleased to say health and safety/hygiene standards are much changed since the early 60's



I recall one year when the wind conditions were so strong, we returned to the boatyard early, spending the night moored up with the wind side-on with the boat cranked over at what felt like 45 degrees. Every night someone would be delegated the job of tying back the mast rigging to prevent the continual clanking against the mast overnight. Clad in pyjamas the task would be carried out by a brave volunteer.

On returning home after a week on the water, when you went to the smallest room in the house, there was a sensation of small movement side to side.

Happy and memorable experiences.

Eric Jones May 2023 "Gatepost"

National Carers Week Afternoon Tea

TUESDAY 6TH JUNE FROM 2.30PM - 4.30PM

Join us at Sutton Park Grange on Tuesday 6th June
at 2.30pm for our *Carers Week Afternoon Tea*.

To recognise the contribution that carers make and to show support for all those carers across Sutton Coldfield we are holding a complimentary 'Afternoon Tea' in our garden.

Reservations for this special event are essential, so to book your place please call Karen on 01217 567 766 or email suttonpark.enquiries@cinnamoncc.com for more information. We look forward to welcoming you to Sutton Park Grange.



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE



TOP
20
CARE HOME
GROUP
AWARD 2022
carehome.co.uk

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 1LY
www.cinnamoncc.com/suttonparkgrange

Discover Sutton Coldfield

Local organisations can:

1. Publish information about the services they offer
2. Share volunteering opportunities within the local area
3. Be more easily found by the people who need them

Local residents can:

1. Learn about our community and what is available
2. Search and locate support groups and community activities
3. Contact the organisations directly for more information



ROYAL SUTTON COLDFIELD
TOWN COUNCIL



www.discoversuttoncoldfield.co.uk

If you cannot scan a QR click [here](http://www.discoversuttoncoldfield.co.uk)



Welcome to the Sutton Coldfield Art Trail 2023

The Sutton Coldfield Art Trail is back this summer. We have a few changes in the artists taking part and a few additional venues. Many different types of art are represented, including painting, ceramics, sculpture, photography, illustration, collage, jewellery and textile art. We hope that, as always, there is something to interest everyone. You will be able to see many of the artists demonstrating their skills, and they will be delighted to talk to you about their work and working methods. We aim to represent the best of art in this area.

You will find the venues listed, along with artists' details, on this leaflet and also a map to help you find them. Anyone who signs in at **all the venues** will be entered into a draw for a small prize. Some of the venues will have an activity of interest for young people.

Please be aware of distancing and personal space during this weekend and follow any regulations that may be necessary.

Whether you visit some or all of our artists, on foot, by bicycle, car or public transport, we, the artists, are looking forward to meeting you and hope that you will enjoy the weekend.

Contact: Deborah Hodgson, 14 Mulroy Road, Sutton Coldfield. B74 2PY

Email: deborah.s.hodgson@gmail.com

Instagram: [suttoncoldfieldarttrail2023](https://www.instagram.com/suttoncoldfieldarttrail2023)

Website: www.suttoncoldfieldarttrail.wordpress.com



We would like to thank the Royal Sutton Coldfield Town Council, the Gracechurch Centre, the Sutton Coldfield Society of Artists, Luc Hubbard and everyone who helped to put on this event.



**24th and 25th June 2023
10am - 4pm**

Join us for a weekend of artistic discovery
in the Royal Town of Sutton Coldfield

ADMISSION FREE

www.suttoncoldfieldarttrail.wordpress.com

Our Venues and Artists

1

**Mere Green Community Centre
B75 5BT**

Kathryn Sawbridge Gill Saviker
Una Smith Pat Pagett



2

14 Mulroy Road, B74 2PY

Deborah Hodgson John Handley Keith Wilkins
Margaret Fairhead Jean Willis Kathryn Morris
Julia Green



3

Gracechurch Centre B72 1PH

Geoff Stubbins Chris Bowden Helen Haywood-Willis



4

12 Somerville Road, B73 6JA

Petra Rohr-Rouendaal Piensnelo
Gabrielle Gavin Wendy Griffiths
Norma Banton Mive Phelps
Anyia Mansurova



5

**Sutton Sailing Club,
Monmouth Drive, B73 6JL**

James Ware Clare Walcot
Fran Vere Clive Sayer
Joanne Barker



6

17 Haselor Road, B73 5DW

Judy Preston



7

**Boldmere Bistro,
St. Michael's Road B73 5FU**

Pauline Barnes Mathé Shephard
Oli Shephard Rachel David



8

71 Britwell Road, B73 5SW

Austin Gannon



There is street parking or parking close by at all the venues and wheelchair access at venues 1, 2, 3, 5, 7.



Protecting Your Digital Footprint

Dear Resident,

Every time you use visit a website, send or receive a message or email, buy or book anything online, comment on a post, upload a photo or find directions on your phone, you're adding to your digital footprint.

The internet provides many positive experiences, but we could probably all benefit from thinking more about the trail we leave online.

Your digital footprint is part of your online history and can potentially be seen by other people, or tracked and held in multiple databases, however careful you are with your privacy settings.

This month the Get Safe Online campaign considers what might happen as a result of your digital footprint, and provides tips and advice on what you can do to protect your digital trail. Please visit the following link for further information:

https://www.getsafeonline.org/digitalfootprint/?utm_source=nwemail&utm_medium=email&utm_campaign=nwmay23

And attached is a leaflet for use and to share as helpful.

With kind regards,
the Get Safe Online team

And attached is a leaflet for use and to share as helpful

With kind regards,
The Get Safe Online team

Attachments
[May23_Digital_Leaflet.pdf](#)



Message Sent By
Get Safe Online



Have you secured your email account?

Why are email accounts so important?

Your emails contain a lot of information about you, so it's crucial you make your email password strong. If criminals get into your email account, they could access personal information that could be used to scam you or others. To make it harder for them, always use an email password that you haven't used elsewhere.

Your email inbox can also act as a 'gateway' to your other accounts. Once they can access it, a criminal could use the 'forgot password' option to request emails enabling them to get into other accounts, such as your social media.

How to secure your email account

Your email password

Using a combination of 3 random words creates passwords that are long enough and strong enough. Avoid words that can be guessed, like your pet's name or birth month. Adding numbers and symbols is a good way to make your password even harder to guess.

Turn on 2-Step Verification (2SV) for your email

2-Step Verification (2SV) gives you twice the protection so even if cyber criminals have your password, they can't access your email.

2SV works by asking for more information to prove your identity. For example, getting a code sent to your phone when you sign in using a new device or change settings such as your password.

You **won't** be asked for this every time you check your email.

How to turn on 2-Step Verification (2SV)

· Turn on 2SV for [Outlook](#) · Turn on 2SV for [Gmail](#) · Turn on 2SV for [iCloud](#)

If you are using an email service that does not offer 2SV, please consider switching to an email provider that does.

How to check if one of your online accounts may have been compromised

Services such as www.haveibeenpwned.com can tell you if your personal information or any of your account passwords have been made public in a major data breach.

If you have been affected by a data breach, you can find some useful information [here](#) from the National Cyber Security Centre on how to protect yourself from the impact of data breaches.

For more advice on how to stay secure online, please visit www.cyberaware.gov.uk



Message Sent By
Action Fraud
(Action Fraud, Administrator, National)

(If you have found this information useful, please forward it to friends, family members and colleagues)

Today I am asking for your help.

Perry Park is the home of Alexander Stadium and was the venue for the Commonwealth Games. The local community were promised that after the games left, the park would be returned to the residents, by September 2022. It is now nearly June 2023 and half of the park is still fenced off, the children's playground has not been put back and the tarmacked parking areas have not been removed. Large holes are still visible and big pebbles still litter the surface.

I do know that the internal repairs have been completed and that shrubs and young trees have been planted, yet most of the park is still closed off and now there are rumours that possibly the area used as the throwing field is to be permanently fenced off for more sporting events which will be available at a charge. This area is the main access to the Beeches Estate which runs at the back of the park and would mean that the local population will have to walk all around the HPC and gym to access the park. This area was originally where kids could play, dog owners could walk their dogs and it was planned that children would have Football and Rugby posts installed. Walking all around the reservoir is still not possible, it can only be achieved by walking around the back of the lake, going up some (disabled or pushchair unfriendly) steps, walking along the canal towpath and then re-entering the park at the aforementioned throwing field area.

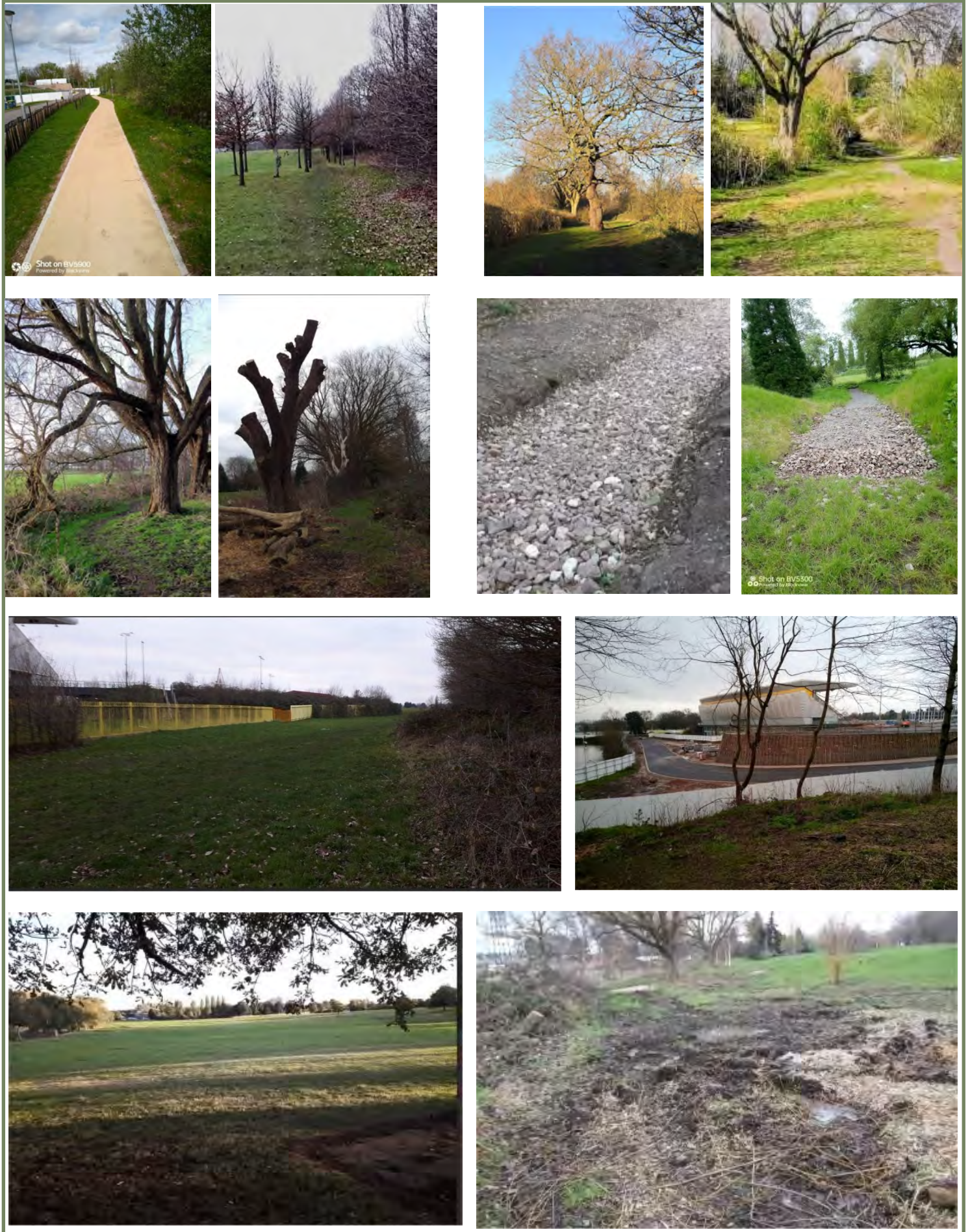
We, the Friends of Perry Park would like you to sign our petition if you have not already done it. Additionally, please contact your MP or local councillor and demand that the legacy plan for Perry Park is honoured. Central government is asking all areas of the UK to promote biodiversity, that green spaces should be encouraged and people should get out and look at the flora and fauna before it is too late. Yet at the same time funding for all councils has been cut - so the expense of maintaining these areas must be emphasised to ensure they are properly prioritised. Dispensing with this drain on public finances could be seen as simple, just sell them to the highest bidder - to the detriment of us all.

Mature trees that were removed 2 years ago cannot be replaced. It will take 50 -70 years before the trees being planted currently will be big enough to soak up the pollution being produced right now. If you want your children or grandchildren to enjoy our city's green spaces, please help and act now. Remember it might be your local park or green space that gets sold off for housing or office space unless our elected representatives are made to understand that voters (and their children) care about these public spaces.

The Petition is available at <https://change.org/saveperrypark>

Below are some photos taken of the park before the games and how it looks at the moment.

These are Val's before and after photos



FRIENDS OF THE GATES



On a very wet Coronation bank holiday Monday about 20 volunteers, of all ages, and one dog braved the weather and joined us by Boldmere Gate for our Big Help Out litter pick. The pouring rain didn't dampen our enthusiasm and, fortunately, it became much lighter fairly quickly. Volunteers were all very eager, particularly the children and there was

keen competition to see who reached a piece of litter first. All the pickers and hoops provided by RSCTC were used and, although there wasn't a huge amount of litter, we managed to collect about 6 full bags of rubbish.



We had hoped to give volunteers bags of special swan and duck food but, because of the ongoing threat of avian flu, these were replaced by packets of wild flower seeds, labelled with warnings not sow them in Sutton Park as this is not allowed in a Site of Special Scientific Interest (SSSI). These were funded by the grant from RSCTC.

One piece of good news, the Trampler four wheeled all terrain mobility vehicles have arrived and the park rangers are being trained on their use. Hopefully before very long they will be available for hire by less mobile park users.

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:

30th APRIL
14th MAY
28th MAY
9th JULY ENIGMA BRASS



We are having a 70s themed summer fair on the 17th 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 8th, 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 Waimley Road, Sutton Coldfield See our website for more information at www.suttoncoldfieldbc.co.uk

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

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge



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Doggy Daycare Centre

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 by **DEFRA**
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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
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- Sit and stay
- Gate, Door control
- Vocal Commands
- Lead Walking




TO BOOK YOUR PLACE PLEASE
 EMAIL ERICA at
Ecd23@icloud.com or call
 07704523733.



Caroline Howell MSc PGCE MCP

01675 470105
 07796 546172

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www.putertutor.co.uk

Blythe Cottage, Dexter Lane
 Hurley, Atherstone CV9 2JQ

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Saturday
24 June at
7.30 p.m.

Lichfield Cathedral
Chorus
 and guests including
 Young Voices and Youth Voices

THE MUSIC OF
JOHN RUTTER

Bar open from 6.45 p.m.
 Enjoy a pre-concert drink
 on the Cathedral Green

5% Early-bird discount for
 bookings before June 16th
 Under 18s free
 Enquiries ring
 0345 0611201




www.lichfieldcathedralchorus.co.uk

I didn't believe these laws at first but have found them to be true from actual experience.

1. Law of Mechanical Repair -After your hands become coated with grease, your nose will begin to itch and you'll have to pee.
2. Law of Gravity - Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.
3. Law of Probability- The probability of being watched is directly proportional to the stupidity of your act.
4. Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.
5. Supermarket Law - As soon as you get in the smallest line, the cashier will have to call for help.
6. Variation Law - If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.
7. Law of the Bath - When the body is fully immersed in water, the telephone rings.
8. Law of Close Encounters - The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.
9. Law of the Result - When you try to prove to someone that a machine won't work, it will.
10. Law of Biomechanics -The severity of the itch is inversely proportional to the reach.
11. Law of the Theatre & Sport Arena - At any event, the people whose seats are furthest from the aisle always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance, or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.
12. The Coffee Law - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
13. Murphy's Law of Lockers - If there are only 2 people in a locker room, they will have adjacent lockers.
14. Law of Physical Surfaces - The chances of an open-faced jam sandwich landing face down on a floor are directly correlated to the newness and cost of the carpet or rug.
15. Law of Logical Argument - Anything is possible if you don't know what you are talking about.
16. Brown's Law of Physical Appearance - If the clothes fit, they're ugly.
17. Oliver's Law of Public Speaking - A closed mouth gathers no feet.
18. Wilson's Law of Commercial Marketing Strategy - As soon as you find a product that you really like, they will stop making it.
19. Doctors' Law - If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better... But don't make an appointment, and you'll stay sick. This has been proven over and over with taking children to the pediatrician.

Thank you Terry W

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



Turn it up! PRIDE hits BRUM: THIS WEEKEND!

NOTHING showcases our super-diverse city quite like Birmingham Pride – and there's an INCREDIBLE line-up of headline acts this weekend, supported by the likes of HSBC and Jaguar: with Sugababes headlining on the Main Stage – plus the Fun Fair is back, with street food and community stalls. **Get YOUR tickets [NOW!](#)**

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.



Never ever, ever, ever go to the horse auction after 4 margaritas
Lesson learned.



My hobbies include drinking and hanging out with my parrot

I don't usually brag about going to expensive places, but I just left the gas station.

Attention: anyone missing a child in an orange coat...come to the Lingerie dept. Your child is hungry! 🍔🍔🍔🍔



Two of the greatest qualities to have in life are:



PATIENCE and WISDOM



At the bank, I told the cashier, "I'd like to open a joint account please."
"OK, with whom?"
"Whoever has lots of money."

If jealousy had a face.



SO I'VE BEEN BARKING FOR 20 MINUTES AND YOU KEEP TELLING ME TO SHUT UP AND YOU KEEP IGNORING ME...ANYWAY YOUR CAR IS GONE!

A friend suggested putting horse manure on my strawberries... I'm never doing that again, I'm going back to whipped cream.

Since I bought this toy for my dog... no more salesmen, break-ins, or friends popping in unannounced.
Just peace & quiet.



Hello Jane

What's On at Sutton Coldfield Library June 2023

Contact Us

sutton.coldfield.library@birmingham.gov.uk

www.facebook.com/SuttonColdfieldLibrary

www.twitter.com/SuttonLibrary

www.instagram.com/suttoncoldfieldlibrary

0121 464 2274



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

JUNE

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> **Please Note: No NCT session on 2nd June**

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

hello june

FOR ADULTS

Saturday 3rd June

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 1st June

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

Thursday 8th & 22nd June

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 15th June

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

Kingstanding Library

birmingham settlement
developing communities, changing lives

Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:

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

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



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

www.birminghamsettlement.org.uk
Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



OPEN WEEKLY ON TUESDAYS
10.15AM - 12 NOON

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

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

Or Call: Elizabeth - 07597 012 598

It's Free!

Free

Bring proof of address for first loan



Pop-up Share Shack



Wednesday 11am - 1pm



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

Come and visit us where you can:

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

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



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



See next page

ELIM LIFE CHURCH FOODBANK

Are here to help You!



COVERING:

- KINGSTANDING
- WYRLEY BIRCH
- PHEASEY

P.T.O

ELIM LIFE CHURCH COMMUNITY HUB

ELC 28 ROMNEY WAY
PHEASEY B43 7TL

OPEN WEDNESDAYS

Referrals:

WEDNESDAYS IN BY 12NOON

Parcel Collection:

WEDNESDAYS 12NOON-2PM

*Also available from ELC Kingstanding | B44 8QD

Donations:

WEDNESDAYS 9.30AM-2.30PM

EMAIL:

foodbank@elimlifechurch.co.uk

CALL:

0121 360 1239

ONLINE FORMS:

www.elimlifechurch.co.uk



PLEASE NOTE:

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



NIHR | School for Social
Care Research

UNIVERSITY OF
BIRMINGHAM

Call for participants

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

Please participate in our focus group!

If you:

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

We are interested in hearing from you!

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

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

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



Benefits Advice Surgery

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

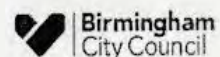


- General benefit advice
- Debt & Welfare
- Housing benefit
- Universal Credit
- Help with accessing online welfare services

Areas Covered:

Erdington, Kingstanding, Perry
Common, Stockland Green,

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



What's On at Streetly Community Library May-July 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 Wednesday 10-12 Knit, Stitch & Chat—*drop in with your current project or just enjoy some company*

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 13th May 11-12.30 Lego Fun

Saturday 27th May Elmer Day—*Colouring Competition, Story at 10.30, drop-in craft all day*

Saturday 10th June 11-12.30 Lego Fun

Tuesday 13th-Saturday 18th June Drop-in Fathers' Day Craft

Saturday 8th July 11-12.30 Lego Fun

This year's Summer Reading Challenge, *Ready, Set, Read*, starts Saturday 8th July!

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

01922 654864 streetlylibrary@walsall.gov.uk

Summer Reading Challenge 2023

Ready, Set, Read!

Presented by The Reading Agency.
Delivered in partnership with Libraries.



summerreadingchallenge.org.uk



Supported and funded by
**ARTS COUNCIL
ENGLAND**

**SUMMER
READING
CHALLENGE**



**YOUTH
SPORT
TRUST**

**INSPIRING
ACTIVE
READERS**

**THE
READING
AGENCY**

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!

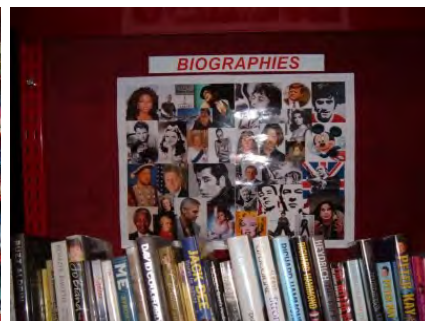
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171 Mobile: 07766 923344

Email: mobile.library.service@birmingham.gov.uk

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

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

Keeping checking back online as more spaces will be launched weekly.

Benefits and Money Advice:

During the cost of living crisis, it is also important to ensure you have access to the right benefits and money advice for you. There are several information portals below which can help.

To find out what benefits you are entitled to, it is best to use the Benefits Calculator provided by the Government. Find out more by using this link

www.gov.uk/check-benefits-financial-support

Birmingham City Council has also developed several support factsheets which provide useful information on a range of debt related issues. You can view and download information on www.birmingham.gov.uk/debtadvice

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

There are also other services who offer free and confidential advice:

- The Project - Benefit, debt and housing advice
0121 453 0606 | www.theprojectbirmingham.org
- Citizens Advice Birmingham - Advice on benefits, debt, housing and more
0344 477 1010 | www.bcabs.org.uk
- Disability Resource Centre - Advice and advocacy services for disabled people
03030 402 040 | www.disability.co.uk

Energy Efficiency:

As energy costs rise we are committed to reducing energy bills and helping everyone to keep warm as we head into the winter months.

There are several schemes already available for residents, with full information and guidance available at

www.birmingham.gov.uk/energyhelp

There has been a significant rise in energy scams linked to the cost of living crisis.

There is some helpful support on the Birmingham City Council website to avoid these scams.

www.birmingham.gov.uk/energyscam

Food Support:

The cost of living crisis has made it much more difficult for many people to afford food. If this is something you are experiencing, there are several information points below which can help.

Foodbanks:

We know that accessing a foodbank or other projects for the first time can be daunting. However, the volunteers do their utmost to make visitors feel welcome.

With one visitor saying "It was just a small personal touch that made you feel welcome and on the occasions when I was on a tiny budget, it also felt like somebody did care that times were tough."

To find a foodbank or other food support please visit

<http://www.birmingham.gov.uk/foodhelp>

Healthy Start card

If you are 10 weeks pregnant or more, have a child under four years old, or you or your family get certain benefits, you may be able to qualify for a Healthy Start card.

The card has money on it to be used in shops to buy: plain liquid cow's milk; fresh, frozen, and tinned fruit and vegetables; fresh, dried, and tinned pulses; and infant formula milk based on cow's milk. You can also get free vitamins.

To find out more and how to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

You can also check if your child can get free school meals, visit www.birmingham.gov.uk/school-meals to see if you are eligible. (This will also automatically register you for the Holidays, Activities and Food Programme.)

Other Support Available

There is also a lot of support at a local and national level. Here are some key contacts if you need information or guidance:

Age UK Birmingham

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

Birmingham Mind

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

Moneyhelper

Advice to help improve your finances
0800 138 7777 | www.moneyhelper.org.uk

Stop Loan Sharks

Investigates and prosecutes illegal money lenders and provides support for borrowers
0300 555 2222 | www.stoploansharks.co.uk

Turn2Us

Information and financial support
0808 802 2000 | www.turn2us.org.uk

Birmingham and Solihull Women's Aid

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

Shelter

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

The Active Wellbeing Society

Listen and Connect support people to feel heard, connect with others, be active, live well and access information
0121 728 7030 | www.theaws.co.uk/listen-connect

The Refugee and Migrant Centre

Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship
0121 374 0140 | www.rmcentre.org.uk

Spitfire Services

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

More Information Available

Even more information is available on the Birmingham City Council website www.birmingham.gov.uk/helpinbrum which can guide you to various organisations depending on the help you may require. Alternatively, phone 0121 303 9944 and one of our customer service team will be able to help you.



Coffee and Craft

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

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

ALL ARE WELCOME

Funded by
Royal Sutton Coldfield Town Council



WARM WELCOME POP IN

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

Saturdays in December and
January between 10am-1pm

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

"HAVE A NICE DAY"



Funding Provided By
Royal Sutton Coldfield Town Council




CHESTER ROAD Baptist Church

CAFE TOTS

We're a Warm Space!

for parents/ carers and your little ones!

Chester Road, Sutton Coldfield B73 5HU

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

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

Supported by Royal Sutton Coldfield Town Council

*in your drink





OUR PLACE
Your Place for Support

Advice Service

FREE ADVICE ON:

BENEFITS
HOUSING
EMPLOYMENT SUPPORT



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

DEBT ADVICE
LEGAL ADVICE

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



Supported By 

EHPSC
Early Help Partnership Sutton Coldfield



Early Help is a network of local organisations, here to ensure services are accessible for families who need support.

Use the QR code to access our **Family Connect Form**

Fill in your details and what support you're looking for, and we will be in touch.

 Food & Energy	 Worth Support	 Domestic Abuse	 Emergency Funding	 Money & Debt Advice
 Data & IT	 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

 **OUR PLACE** Your Place for Support 

Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach








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

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

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

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

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

Do you need guidance to a problem you are facing?

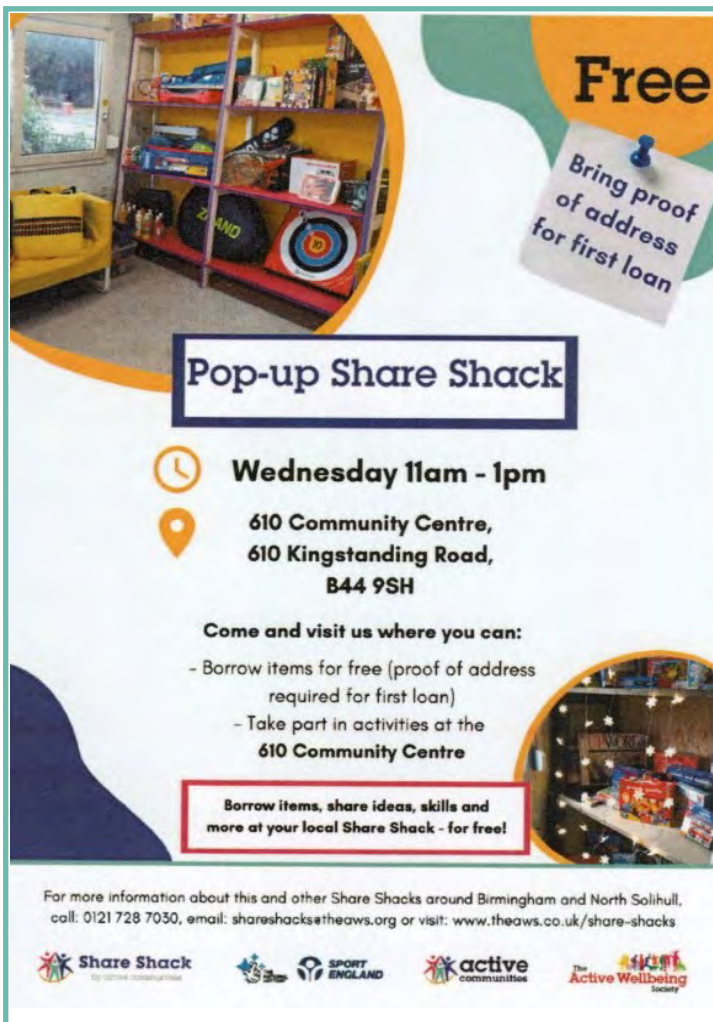
Would you like help to identify and set life goals?

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

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

To find out more please get in touch.

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



Free

Bring proof of address for first loan

Pop-up Share Shack

Wednesday 11am - 1pm

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

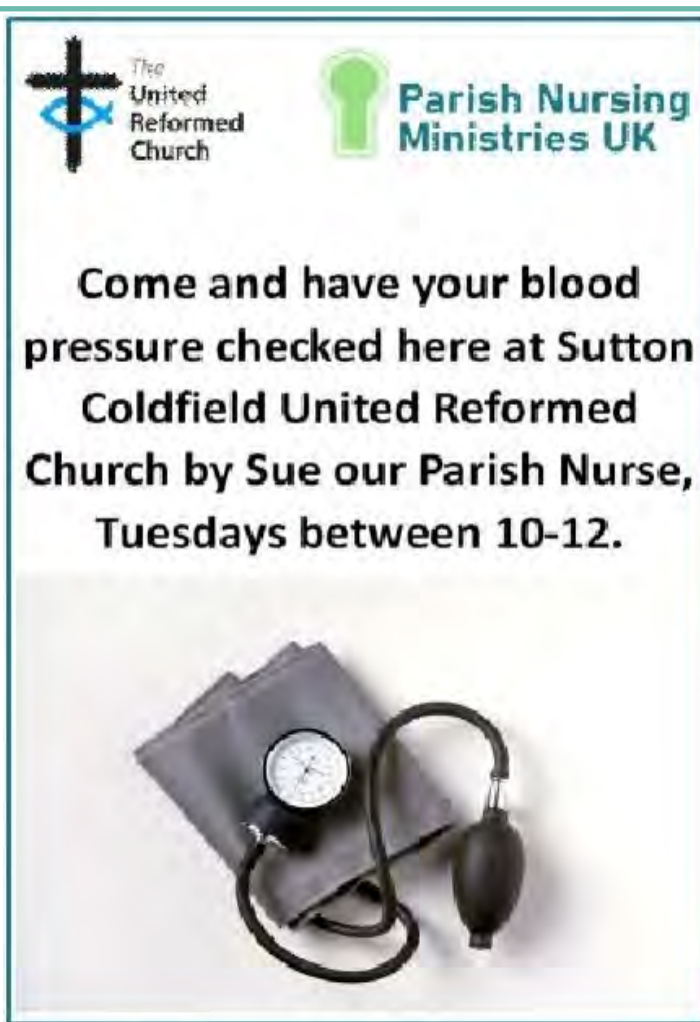
Come and visit us where you can:

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

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

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

Share Shack
SPORT ENGLAND
active communities
The Active Wellbeing Society



The United Reformed Church

Parish Nursing Ministries UK

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



Warm Spaces in Sutton Coldfield

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

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

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

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

EHPSC
Early Help Partnership Sutton Coldfield



AGE concern
Birmingham

Later Life Planning Services

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

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

Wills
Made Clear

Coastal cacophonies and baby bird boom

Summer's just around the corner and with it comes some fascinating wildlife wonders. In June's Nature's Calendar we look at the top things to see and do this month. Will you seek out a seabird city, teeming with birds battling to raise their young, or watch for one of the last summer migrants, Spotted Flycatchers (pictured)? And, as we approach peak fledgling season, we look at what to do if you find a baby bird.

[June Nature's Calendar](#)



Welcome to Notes on Nature.

Head outside for some summer magic

Early summer is a busy time for birds and other animals, which makes it a brilliant time for us nature-lovers to experience some amazing natural spectacles.

Right now, some coastal cliffs become seabird cities, teeming with boisterous birds such as Razorbills and Puffins, busy nesting and raising their young. Take a look at Nature's Calendar for what to see and where to visit.

It's also a good time to keep an eye out for one of the last summer migrant birds to arrive, the Spotted Flycatcher. Head to a park or woodland and look for one darting to and from its perch snaffling up insects. You can also find out about those summer serenaders, grasshoppers and crickets, plus what you should do if you find a baby bird.

Also this week, take a look at the RSPB's response to the People's Plan for Nature, and discover what RSPB local groups could do for you.

Have a wonderful wildlife-full week!



Siân Duncan
Notes on Nature editor

RAC

A new blood test could be used to prosecute drivers who cause accidents due to a lack of sleep.

The blood-based test is currently undergoing trials in Australia and could be introduced in the UK, allowing police officers to determine if a driver has caused an accident due to tiredness.

This raises the prospect of drivers who are taken to a police station or hospital after a crash being tested for sleep deprivation at the same time as for drink and drug driving.



Government data suggests as many as one fifth of accidents on UK motorways may be caused by drivers falling asleep at the wheel, with 18- to 30-year-old males most at risk when driving late at night.

Although in its early stages, there is growing support for the plans. The study is being funded by the Office of Road Safety, Australia's equivalent to the Department for Transport (DfT) here in Britain.

Professor Clare Anderson, an Associate Professor of Psychology from Monash University, who is working on the study, told The Guardian: "When you look at the major killers on the road, alcohol is one of them, speeding is another, and fatigue is one of them.

"But even though the solution to fatigue is quite simple, which is to get more sleep, our capacity to manage it is impaired.

"This is because we don't have tools to be able to monitor it like we do with alcohol."

Fellow researcher Professor Shantha Rajaratnam, also of Monash University, told the Guardian: "With the right investment to be able to scale this, I reckon that within five years we will be able to implement these biomarker-based tests."

- **Falling asleep at the wheel – tips and advice to stay alert**
- **Dangerous driving – what it is and how to report it**
- **Driving in the dark – tips on how to stay safe**

Ministers are not currently looking to implement the proposed technology in Britain, however, the DfT stated that it will 'always note new ideas to make our roads safer'.

Sonya Hurt, chief executive of the Road Safety Trust, said: "Driver fatigue is a significant and serious issue. Government statistics show in 2021, 467 people were either killed or seriously injured in collisions where fatigue was noted as a contributory factor.

"Therefore, any work to reduce the impact of sleep deprivation is welcome as we strive to improve road safety and save lives."

Despite no laws directly relating to tiredness, anyone who kills while driving can be charged with death by dangerous driving or death by careless driving.

With the introduction of this technology - once proven accurate - could help legislate against tired drivers who have caused crashes in the future.

An official threshold to indicate tiredness or the minimum sleep that a driver requires would need to be written into law.

The tests in Australia have found five biomarkers in blood that can detect whether somebody has been awake for 24 hours or longer.

Although preliminary, this method is already said to be up to 90% accurate in real-world settings. Further research over the next few years will need to be studied before this can be implemented.

Which?

The 4 most convincing scams we've seen in 2023

Online scammers are continually evolving their tactics to deceive unsuspecting individuals. **For example, what starts as a fake missing persons appeal on social media can quickly turn into an investment scam once the post goes viral.**

It's crucial to stay vigilant and informed about the latest scams to protect yourself and reduce the risk of falling victim. [Here are this year's most devious and convincing scams and some tips on how to dodge them.](#)

Beware of doorstep scams

It can be challenging to distinguish between a genuine doorstep seller and a scammer.

Doorstep scammers are people who show up at your front door out of the blue with the intention of either tricking you out of money or gaining access to your home.

It's important to be cautious when dealing with strangers who appear unannounced at your doorstep. [Learn about the different types of doorstep scams and how to identify potential scammers.](#)

How to get your money back from a scam

More than four in 10 respondents to a recent Which? survey told us they were not confident that they would know how to get their money back after falling victim to a scam.

While recovering your money can be challenging, [our new video outlines the steps you can take to get your money back, depending on the payment type you used.](#)

Remember to stay alert and shield yourself from scams, including being cautious with sharing personal information online.

[Scam sharer tool](#)

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

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

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

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

SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

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

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

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

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

ਜੀ ਆਇਆਂ ਨੂੰ

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

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

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

Please share with your family & friends

SCCT
Sutton Coldfield Charitable Trust

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



Sanjha Chulha

a Punjabi Luncheon Group

Calling all in and around Sutton Coldfield

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

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

ENJOY THE PUNJABI MUSIC & ENTERTAINMENT WHILE YOU EAT

BRING YOUR FRIENDS ALONG OR MAKE NEW FRIENDS THERE!

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

Please share with your family & friends

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

**SUTTON COLDFIELD
NEIGHBOURHOOD
NETWORK SCHEME**



st Chad's Sunshine Cafe

Our Dementia Friendly Cafe

11am-1pm

1st Wednesday of the month

Hollyfield Road, Sutton Coldfield B75 7SN

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

Free car parking.

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

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

Pregnant? Children under four?

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

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

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

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

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

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

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




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 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



DOG FIRST AID TRAINING COURSE

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

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

DATE: Sat 20th May 2023

TIME: 9.30am-1.45pm

PRICE: £59.50

TO BOOK: Please go to

dog-first-aid.com/finder

or get in touch by phone or email

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

Samantha - attended Feb 2023

The CPD Standards Office
CPD PROVIDER: 21188
2021-2022
www.cpdstandards.com



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

T 07494 613747

www.dog-first-aid.com



Occupational Therapy

Who will come to visit me?

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

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

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

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



What is the Learning Disabilities Enablement Team ?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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



The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/budgeting



Personal care/
Dressing yourself



Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

ALEXANDRA THEATRE BIRMINGHAM



Buy tickets from **£28.50**
+ £3.80 transaction fee



Sold out



Sold out

WED 31 MAY 2023



Buy tickets from **£28.88**
+ £3.80 transaction fee

THU 1 JUN 2023



Sold out

FRI 2 JUN 2023



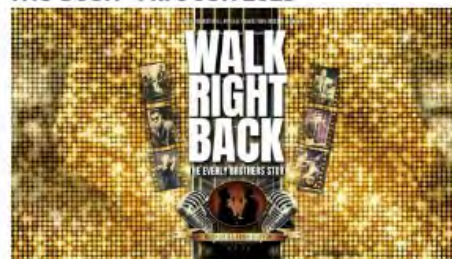
Buy tickets from **£26.75**
+ £3.80 transaction fee

SUN 4 JUN 2023



Buy tickets from **£14.30**
+ £3.80 transaction fee

THU 8 JUN - FRI 9 JUN 2023



Buy tickets from **£24.50**
+ £3.80 transaction fee

SAT 10 JUN 2023



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

TUE 13 JUN - SAT 17 JUN 2023



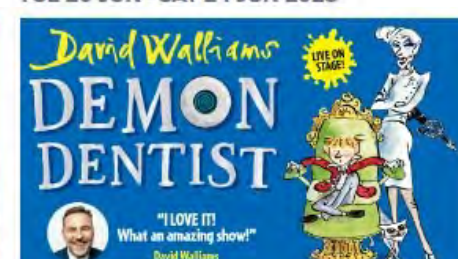
Buy tickets from **£25**
+ £3.80 transaction fee

SUN 18 JUN 2023



Buy tickets from **£29.65**
+ £3.80 transaction fee

TUE 20 JUN - SAT 24 JUN 2023



Buy tickets from **£13**
+ £1.95 transaction fee

SUN 25 JUN 2023

MON 26 JUN - MON 6 NOV 2023

WED 28 JUN - SAT 1 JUL 2023



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

Studio, Sunday 28th May 2023 - 2pm

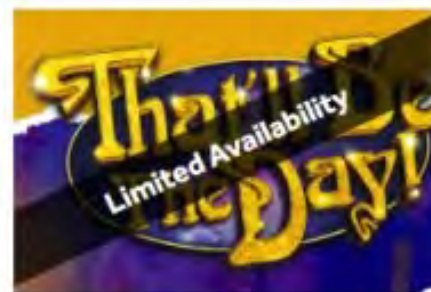
[MORE](#) | [BOOK](#)



Opera Boys: A Night at the Musicals

Main Auditorium, Sunday 28th May - 7.30pm

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



That'll Be The Day

Main Auditorium, Wed 31st May & Thu 1st June 2023 - 7.30pm

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



And Finally... Phil Collins

Main Auditorium, Saturday 3rd June - 7.30pm

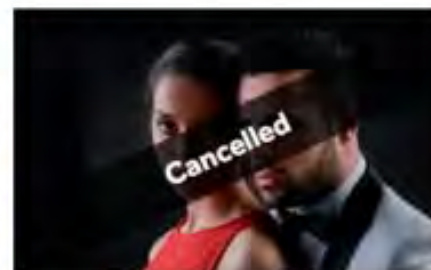
[MORE](#) | [BOOK](#)



Cirque: The Greatest Show

Main Auditorium, Saturday 10th June - 2.30pm & 7.30pm

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



Barcelona Flamenco Ballet - Storm of L...

Main Auditorium, Sunday 11th June - 7.30pm

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



The McCartney Songbook

Main Auditorium, Wednesday 14th June 2023 - 7.30pm

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



NTLive: Fleabag (Live Recording)

Studio, Thursday 15th June - 7pm

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



The Drifters

Main Auditorium, Thursday 15th June 2023 - 7.30pm

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



80's Live

Main Auditorium, Friday 16th June -
7.30pm

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



Arrival: The Hits of ABBA

Main Auditorium, Saturday 17th June -
7.30pm

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



Michael Starring Ben

Main Auditorium, Sunday 18th June -
7.30pm

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



Dracula: The Bloody Truth

Main Auditorium, Friday 23rd &
Saturday 24th June - 2.30pm (Sat) &
7.30pm (all)

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



Animals Unleashed

Main Auditorium, Sunday 25th June -
2pm

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



Legend - The Music of Bob Marley

Main Auditorium, Thursday 29th June
2023 - 7.30pm

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



The UK Rock Show

Main Auditorium, Friday 30th June 2023
- 7.30pm

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



Seven Brides for Seven Brothers - Lich...

Main Auditorium, Tuesday 4th -
Saturday 8th July - 2.30pm (Sat) &
7.30pm (all)

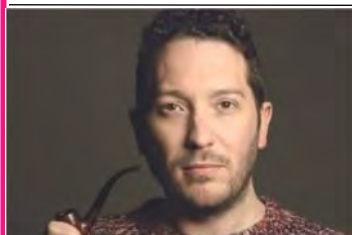
[MORE](#) | [BOOK](#)



Voodoo Room

Studio, Friday 7th July - 7.45pm

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



Comedy, Main House

Jon Richardson: The Knitwit

Sun 28 May – Mon 29 May
Tickets £26

[View Info & Book](#)

Will the recycling be put out on the right day? Who is going to smooth over the top of the margarine? How many lights are on upstairs when everybody is downstairs? Watch Jon pretend that these aren't his foremost concerns as he leaves home on his first tour since the last one. Best known as a team captain on *8 Out of 10 Cats Does Countdown* (Channel 4), host of Dave's *Ultimate Worrier*, and upcoming sitcom *Meet the Richardsons*. As well as *Would I Lie To You* (BBC One), *Have I Got News For You* (BBC One), *Michael McIntyre's Comedy Roadshow* (BBC One), and *Taskmaster* (Dave). **Jon Richardson: The Knitwit** has been rescheduled from Wednesday 12 April 2023 at 8pm to **Sunday 28 May 2023 at 8pm**. Any previous seat selections have automatically been transferred to the new performance.

Birmingham Hippodrome's popular free festival returns, celebrating all things Hip-Hop! This annual festival brings together extraordinary artists and breath-taking acts from across all four elements of Hip-Hop: breakin', graffiti, DJ'ing and MC'ing. Showcasing UK and international artists, B-SIDE is THE Hip-Hop event of the year!

Dance, Music, Visual Arts

Birmingham Hippodrome in partnership with Bullring & Grand Central

B-SIDE Hip-Hop Festival 2023

Thu 8 Jun – Wed 14 Jun
FREE



Courses & Talks, Workshops

Young Community Drop-In Sessions

Thu 8 Jun
FREE

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. Each drop-in session invites some of the best people currently working in the creative industries to host workshops looking at a range of art forms, skills and careers. 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.

This exciting triple bill includes Balanchine's *Apollo*, the perfect vehicle to display the Company's classical skill and artistry, sees the return of *Juliano Nunes's Interlinked*, premiered earlier this year to great acclaim, and welcomes back *David Bintley's* ever-popular, bittersweet and poignant look at human impact on the world. A colourful host of endangered animals seek shelter from the storm in David Bintley's *'Still Life' at the Penguin Café*. Featuring a morris-dancing flea, a ballroom-dancing ram, a hoe-downing rat, a majestic zebra and many more, this is an "unforgettable" (*Sunday Times*), witty and enjoyable, yet bittersweet and poignant look at human impact on the world. All danced to Simon Jeffes's delightful score, originally composed for the Penguin Café Orchestra. The "quiet perfection" (*The Guardian*) of *Apollo* highlighted the genius of its creator, the then 24-year-old *George Balanchine*, and launched his lifelong partnership with the composer Igor Stravinsky. This most exquisite of ballets was regarded by Balanchine as his artistic coming of age. Its pared back elegance gives the perfect platform for the Company's world-class dancers to shine. Brilliant young Brazilian choreographer *Juliano Nunes's Interlinked* was premiered in summer 2022 as part of the Birmingham 2022 Festival. Described as "stretching ballet's mould" (*The Guardian*) with a specially composed score by Australian composer *Luke Howard*, this beautifully abstract piece explores ideas of grace, beauty and harmony in ways that push the usual boundaries of classical dance.

Ballet, Dance, Main House

BRB - Apollo | Interlinked | 'Still Life' at the Penguin Café

Thu 8 Jun – Sat 10 Jun
An unmissable triple bill Tickets from £16



Dance, Main House

Breakin' Convention

Presented as part of B-SIDE Hip-Hop Festival

Tue 13 Jun – Wed 14 Jun
Tickets from £12.50

Breakin' Convention, a ground-breaking showcase of hip-hop dance theatre, is back at Birmingham Hippodrome and celebrating 20 years as part of our B-SIDE Hip-Hop Festival! Expect jaw-dropping and inspiring performances from internationally celebrated poppers, lockers, b-boys and b-girls in an incredible event that presents local talent alongside global sensations. We're excited to be welcoming South Korea's breakin' crew **MOVER**, Netherland's influential forces of funk **Ghetto Funk Collective**, and Dutch international hip-hop pole champion **Yvonne Smink**. Hosted and curated by UK hip-hop theatre legend and Breakin' Convention Artistic Director Jonzi D, the event also features DJs, graffiti artists and freestyle sessions taking place all over the building. Run out of Sadler's Wells in London, Breakin' Convention has been leading the hip hop theatre revolution since 2004. Book your tickets now and be part of this ultimate celebration of hip hop culture.

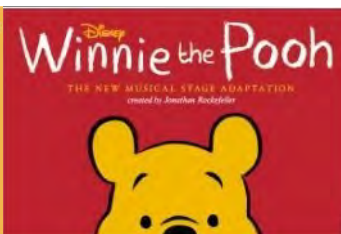
Disney's iconic Winnie the Pooh, Christopher Robin and their best friends Piglet, Eeyore, Kanga, Roo, Rabbit, and Owl (oh... and don't forget Tigger too!) have come to life in a beautifully crafted musical stage adaptation. Featuring the Sherman Brothers' classic Grammy Award-winning music with further songs by A.A. Milne, this beautiful fresh stage adaptation is told with stunning life-sized puppetry through the eyes of the characters we all know and love, in a new story from the Hundred Acre Wood. Created by renowned family entertainment creator Jonathan Rockefeller, this new adventure heads to the U.K. following a record-breaking New York premiere in 2021. The production is presented by Rockefeller Productions, in partnership with ROYO, and in association with Disney Theatrical Productions.

Family & Pantomime, Musicals, Main House

Winnie the Pooh

A new story from the Hundred Acre Wood

Fri 16 Jun – Sun 18 Jun
Tickets from £18



Musicals, Main House

SIX

An extra week added due to demand!

Tue 20 Jun – Sun 25 Jun
Tickets from £45

Reigning on Broadway and in the West End, the international smash-hit musical *SIX* makes its royal return to Birmingham Hippodrome following its previous sell-out success! Winner of the 2022 Tony Award for 'Best Original Score' and 'Best Costume Design', the 2022 Whatsonstage Award for 'Best West End Show' and a Gold Disk winning album, this sell-out Tudor take-off has 'an incredibly strong and powerful message' (*The Australian*) and is 'pure entertainment' (*The New York Times*). From Tudor Queens to Pop Princesses, the six wives of Henry VIII take to the mic to tell their tales, remixing five hundred years of historical heartbreak into an 80-minute celebration of 21st-century girl power. These Queens may have green sleeves but their lipstick is rebellious red. Think you know the rhyme, think again... Divorced. Beheaded. LIVE!

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. Round up your friends, family, clients or colleagues for a fantastic evening of comedy, beer and street food on Thu 29 June 2023. Alongside Russell's laugh out loud comedy you'll enjoy a live DJ and tasty street food supper from *Baked in Brick* the winner of 'The Best Street Food Trader' at both the British and European awards.

Comedy, Fundraising Events

Street Food & Laughs at Russell Howard

Thu 29 Jun from 6pm





Sutton Coldfield TOWN HALL



0121 296 9543



enquiries@suttoncoldfieldtownhall.com



MONDAY 29TH MAY 2023



FRIDAY 2ND JUNE



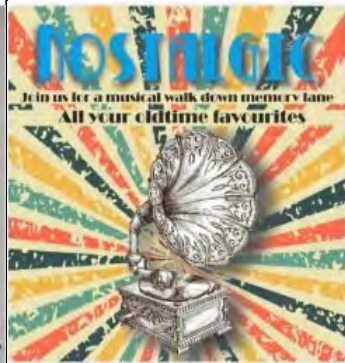
SATURDAY 3RD JUNE



FRIDAY 23 JUNE :



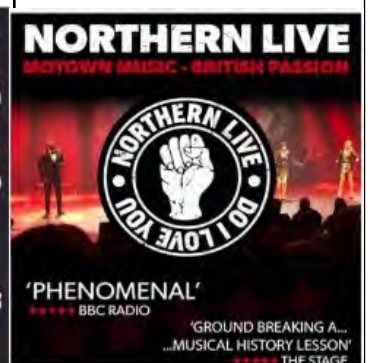
SATURDAY 24 JUNE 2023



THURSDAY 29TH JUNE 2023



FRI 7TH JULY 2023



SATURDAY 9 SEPTEMBER 2023



WEDNESDAY 13TH TO
SATURDAY 16TH SEPTEMBER



FRIDAY 29TH SEPTEMBER



SATURDAY 30TH SEPTEMBER



TUESDAY 10TH - SATURDAY
14TH OCTOBER 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...



LICENSED
BAR
OPEN FROM
6.45
PM

ASCOT RACE NIGHT

SAT 3RD JUNE

ASCOT THEME

eg. hats and dress to impress but NOT obligatory

REMEMBER TO BRING
CASH ONLY FOR BETTING

eg. £1 coins

BRING YOUR OWN SNACKS & NIBBLES

LIVE ACTION!



DOORS OPEN AT 6.45 PM • FIRST RACE AT 7.30PM

TICKETS £4.00 members | £6.00 non-members

SUTTON ARTS THEATRE, SOUTH PARADE, SUTTON COLDFIELD, B72 1QU
0121 355 5355 (SAT NAV postcode B72 1QU)

BOOK YOUR TICKETS VIA
WWW.SUTTONARTSTHEATRE.CO.UK
OR VIA THE BOX OFFICE ON
0121 355 5355

SUTTON ARTS THEATRE
SOUTH PARADE
SUTTON COLDFIELD
B72 1QU

SUTTON ARTS THEATRE
WELCOMES YOU TO A FREE THEATRE

OPEN DAY!

**17TH
JUNE
11.00AM
- 4.30PM**

SUTTON ARTS THEATRE IS
LOCATED IN THE HEART OF
SUTTON COLDFIELD.
JOIN US FOR A FREE OPEN DAY
INCLUDING, BACKSTAGE TOURS, THE
CHANCE TO WATCH A REHEARSAL,
MEET OUR TEAMS AND MORE!



RAFFLE &
COMPLIMENTARY
DRINK ON ARRIVAL

LEARN ABOUT
THE HISTORY OF
THE THEATRE

AWARD WINNING
THEATRE RIGHT ON
YOUR DOORSTEP!

★★★★★



SUTTON ARTS THEATRE
SOUTH PARADE,
SUTTON COLDFIELD
B72 1QU
WWW.SUTTONARTSTHEATRE.CO.UK
BOX OFFICE: 0121 355 5355



FUNNY GIRL

23 JUNE - 1 JULY 2023

INCLUDING A PERFORMANCE ON SUN 25 JUNE AT 5PM

produced for
THE BROADWAY STAGE
BY RAY STARK

Book by
ISOBEL LENNART
FROM AN ORIGINAL STORY
BY MISS LENNART

Music by
JALE STYNEBY

Lyrics by
BOB MERRILL

original production directed by
GARSON KANIN

New York Production
adapted and
JEROME ROBBINS

DIRECTED BY
EMILY ARMSTRONG & DEXTER WHITEHEAD

This amateur production of FUNNY GIRL is presented by arrangement with Concord Theatricals Ltd
on behalf of Toms-Wilkinson LLC www.concordtheatricals.co.uk



SUTTON ARTS THEATRE
SOUTH PARADE, SUTTON COLDFIELD, B72 1QU
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OR CONTACT US VIA THE BOX OFFICE ON
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TICKETS
FROM
£10



SCAN ME
TO BOOK



BOOK YOUR TICKETS VIA
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OR VIA THE BOX OFFICE ON
0121 355 5355

SUTTON ARTS THEATRE
SOUTH PARADE
SUTTON COLDFIELD
B72 1QU

DEXTER WHITEHEAD INVITES YOU TO HIS CHAIRMAN'S NIGHT 70'S THEMED EVENING

**FRI 7TH
JULY
2023
7.30PM**

MUSICAL
ENTERTAINMENT
FROM
**"THE ABBA
GIRLS"**

FANCY DRESS
ENCOURAGED!

INCLUDING
BUFFET

& GLASS OF
FIZZ FOR THE
CHAIRMAN'S
TOAST!

TICKETS
£15

TICKETS MUST
BE BOOKED
BY 1 JULY



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

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

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

Highbury Players announce new season



HIGHBURY THEATRE CENTRE

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

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

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

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

highburytheatre.co.uk



A Little Theatre Guild
Founder Member

0121 373 2761

Highbury Cinema announces new season



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

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

highburytheatre.co.uk

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

0121 373 2761

birmingham settlement

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Are you
unemployed
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for work?

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Employability and Digital Skills Programme

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

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



Scan to learn more
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www.birminghamsettlement.org.uk

Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:



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



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



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

www.birminghamsettlement.org.uk

Registered Charity: 517303



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.



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

Telephone : 0300 012 0245 email : 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

Telephone : 0300 012 0245 email : 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

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

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

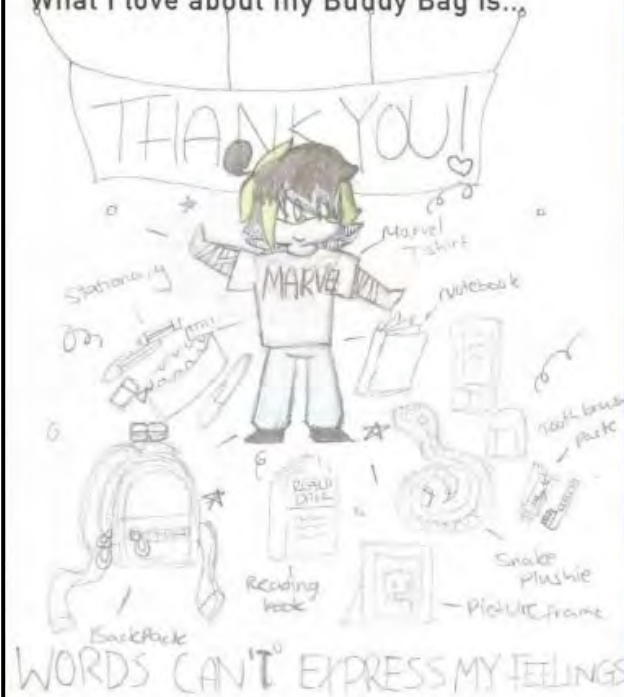
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What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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Four Oaks Financial Services Ltd, 168 Birmingham Rd,
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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

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SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

Live Music, Bar, Parking, & Socialising

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



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

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

Or Contact: Sandra on 07932-395158





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
1st Wednesday of the month
Hollyfield Road, Sutton Coldfield B75 7SN

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


Free car parking.

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



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



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

Find us at

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

£8.50

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We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

•BIAB Gel nails

•Gel toes

•Manicures&pedicures

•Gel extensions



Based at...

The Luna Lounge

Sutton Coldfield

B74 4EU

To book in, message me

Instagram

on...

Facebook

_beauty_by_ella 07825001242

Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com

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

They also have a natter at the same time!

Here are a few photos of them in action;





STREETLY FLOWER ARRANGERS' CLUB



We meet monthly 2nd Tuesday 2.30pm.

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

Why not join us - we are a friendly, enthusiastic Club

'Bringing People & Flowers Together'.

Tuesday 13th June - outing to Floral Media, Newark, Notts.

Further details - Chris Reeves tel: 0121 354 6264

Another month has gone by and here are some photos of our May meeting.



It was a successful AGM, followed by a demonstration by Maureen Pitt as the sky, went black and the heavens opened. The beautiful colours and the designs of the flowers and the interesting information that Maureen gave us about the month of May, made us forget the dreadful weather outside.



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

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



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

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

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

Banners Gate Community Church, Westwood Rd, B73 6UH

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

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.

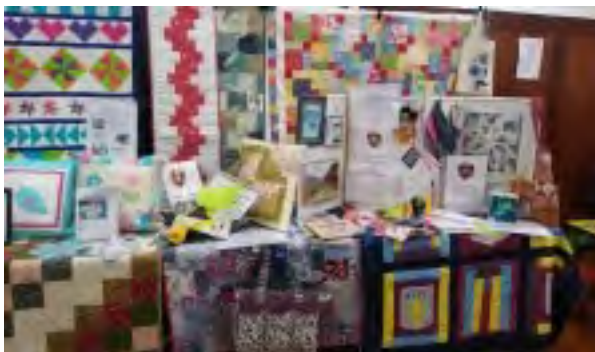
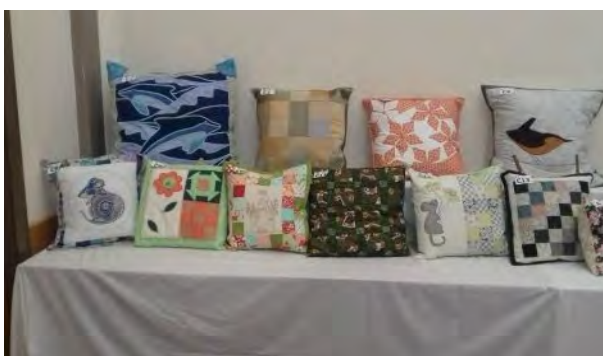
WHAT KIND OF THINGS DO YOU MAKE? Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many members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

MENOPAUSE

Ring Claire on 07930 354 885 for more information.



COMMUNITTEA CAFÉ ALLOTMENT
TUESDAYS 10 TILL 12

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

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsltd



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Sutton Coldfield
B72 1QU

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



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: 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 4 5

Other Support

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

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

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

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

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

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

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

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

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

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

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

About this leaflet

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

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



Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

THE PROJECT

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

Help with options: 1 2 3 4 5 6

BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

Other Support

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

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

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

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

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T: 07869 822502 E: info@hopefood.org.uk

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

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

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



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

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

Age Concern Birmingham run the Carer's Contact Centre as part of the Birmingham Carers Hub partnership. Our advisors are available to help carers with help, advice and information, we register carers and also offer a Statutory Carer's Assessment, wellbeing payments if eligible and information on a wide range of wellbeing

services. We also provide advice on welfare benefits and can link carers to information about grants, legal advice on wills and power of attorney and other one to one support.

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

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

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

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

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All attendees must show proof
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Every Thursday

10am - 12noon

Streetly Methodist Church

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Streetly, B74 3EH

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07422 406168

sue.bevington@suttoncoldfield.homeinstead.co.uk

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- Universal Credit (with a family take-home pay of £408 or less per month).

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Birmingham
City Council

HEALTHY
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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

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

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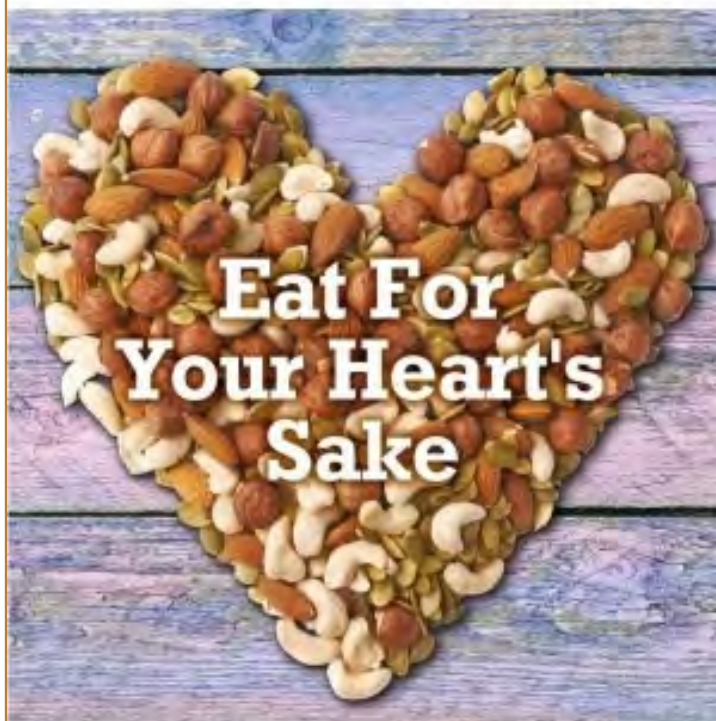
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CREATE at the Gate with K & S

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**Banners Gate Community
Hall Coffee Mornings.**
**The next is on 20th June
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New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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Or visit our web site www.newhorizonscounselling.org.

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

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

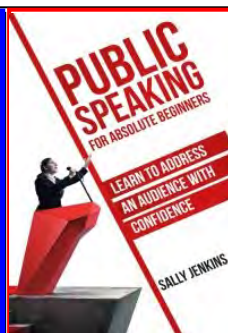
**The kitchen is approx. 11' x 7'
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The ladies has 2 cubicles and a nappy changing table. There is a gents/disabled toilet.

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**For further booking information go to:
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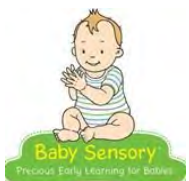


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0779 439 3477

www.manor-crafts.co.uk

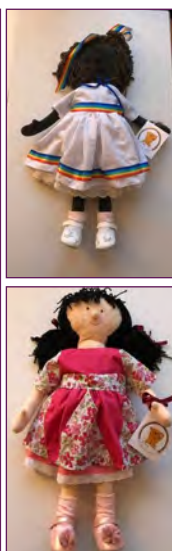


GRACECHURCH

The Crafty Lawyer @
Beach House Sixty-four
Arts & Crafts - Handmade Greeting Cards - Unique Gifting

Mantone Craftwork
07956802889
Create a selection of greeting card designs, 3D Decoupage
Favartage (which is an award Decoupage)
All sized Plaques of your choice relating to a Birthday or Wedding

OSCAR
much more than pet food®
Nikki Southwick-Gough
Nutritional Advisor
T: 0121 4139878
M: 07714 218678
E: nikki.southwickgough@oscars.co.uk
f /OscarPetFoodsSuttonColdfield
t @oscarstwefline
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

Marys
Where to find your Treat Day
Order for Postal
BROWNIES ♥ BLONDIES ♥ FLAPJACKS ♥ COOKIES
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..



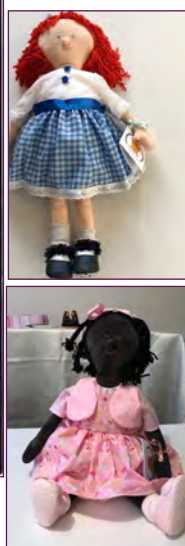
Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



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.

Page2Page book club
Independent & Usborne Organiser
"supporting schools and families to improve literacy and learning"
Ruth A Ible
(BA Hons, DipSW)
www.page2pagebookclub.co.uk
info@page2pagebookclub.co.uk
07818 401 440

URBAN CITY WOODSHOP
Reclaim, Reuse, Recycle
Bespoke and Handmade projects
www.urbancitywoodshop.com
Tristram Henderson
Woodworker/Maker
364 Slade Road
Erdington Birmingham
(Rear of Slade Road Mts)
07482173018
Email: info@urbancitywoodshop.com

The Elements Glass
Handmade
Danielle Titley
07971 684057
theelementsglass@hotmail.com
@theelementsglass
www.theelementsglass.co.uk

Furniture makeovers & upcycled items
Jiggity Junk Quirky Furniture
Commissions and off the peg items.
Etsy: www.etsy.com/uk/shop/JiggityJunk
Instagram: @jiggityjunk_quirkyfurniture
WhatsApp: 07481 894 093



Julia Westwood
FINE ART
T: 07971 800025
E: hello@juliawestwood.co.uk
W: juliawestwood.co.uk
f i B R REDBUBBLE



Kia Whitcombe
Logos, mix covers, visualizers, prints
kiawhitcombe.com
@kiawhitcombe
kiawhitcombe@hotmail.com
Prints available now at Bert & Gert's Sutton Coldfield

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

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

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

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

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

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

Tai Chi Class


Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
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 www.stcolumbasbannersgate.co.uk www.bannersgatechurch.com				
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 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. 15th June Talk on Japan - Fiona Lucas
 Thurs. 20th July Vanessa - Floral Jazz
 Our vibrant Guild meets on the 3rd
 Thursday of the month, 7.00 - 10.00 in
 the Westwood Hall, Banners Gate
 Community Church.
 Contact Sue Nation on 353 4114

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


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

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

33rd Sutton Coldfield Scout Group,
 H.Q. Coppice View Road
 Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
 Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years
 Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
 Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
 Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Contact 0121 353 5203
 Email: margaretdrummond1@btinternet.com



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

 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