



Banners Gate & Parklands Community & Neighbourhood Forum

171st June 2023

bannersgateneighbourhoodforum.com

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

The next Banners Gate Neighbourhood Forum meeting will be on 18th July at 12.30 in the Community Hall. It will be after the Coffee Morning that is between 10 and 12 o'clock.

In the old days (maybe they still do) we used to put E & OE at the bottom of invoices. It stood for **Errors and Omissions Excepted** and was to protect us from the consequences of any errors made in the preparation of the invoice. Well, over the last two weeks, we have both had our second doses of covid so **E & OE for this edition**.



Rob Pocock: At long last, the dreadful road surface on the stretch of Westwood Road between George Frederick Road and Reay Nadin Drive, is going to be fully repaired. The City Council contractors, Kier Highways, will be removing the old tarmac and replacing it with an entirely new road surface. **Work is due to be carried out between 29th June and 17th July.** Please note there will be an inevitable level of disruption while this work is being done over this period.

It's been a long wait, to get the job done properly. Time and again there's been bits of patchwork done, but the underlying problem is that the under-core of the road has degraded and needs a full restoration job. We raised a petition about it a few years ago now – so this work has been overdue for a considerable period. Many thanks to all residents who signed the petition and kept on lobbying to get this done. Hopefully this will be success at last!

Meanwhile, Kath and I are moving on to the pavements in the area needing improvements, including the petition we ran on Longmoor Road recently, and the remaining work needed on Hollyhurst Rd.

HONILEY DRIVE / CHESTER ROAD NORTH - PUDDLE PROBLEM

Recent storms have 'flushed out' the continuing problem of the road flooding that occurs in heavy rain at this road junction. The highways engineers have been out to inspect, but the root cause of the blockage is still being traced. It seems there is a fault or obstruction some way further down the stormwater sewer, which might need more major 'surgery' than just clearing the drains.

SCREENING DEMANDED FOR MOBILE PHONE JUNCTION BOXES, AT CORNER OF SUTTON OAK RD / CHESTER RD NORTH

The obtrusive and unsightly metal junction boxes beside the above mobile phone mast should have been screened off by the transmission company with hedges and bushes, when their installation was put in. But nearly two years later, the company responsible (MBNL Limited) has still not done the work. I've been back onto them for some time, and if they don't do what they should, we'll have to carry out a community planting scheme, to avoid the unsightly boxes damaging the overall appearance of this key 'gateway' junction. I'll update residents when I hear more.

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: July 27th**



Max Hatton:

Hello Gate Post Readers! Summer is finally here and what a scorcher it's been the last few weeks!

Hopefully you've been keeping cool in the hot weather, our homes certainly weren't designed for this heat. A couple of tips I've found useful for beating the heat were keeping my curtains and windows closed during the hottest points in the day and letting all the cool air in in the evening. Also, hot water bottles can be put in the freezer, this comes in handy if your home is as hot as a sauna at night!

My commendations go out to all students who have sat exams recently in this particularly nasty heat, I wish you all the best with your results! Many of you students will be enjoying your last day of school in the coming weeks, and I hope you all have a healthy, happy, and relaxing summer break!

Although we are not officially in a drought, I've noticed many plants and trees browning earlier this year due to high temperatures, and lack of rain. One of the great things our city is known for is its abundance of trees, and it's a

shame to see them struggling in such heat! If there are any trees or plants near you that need a bit of water, if you have any leftover bath/ washing up water this works a treat at hydrating plants, and it's best to water them either early mornings or evenings. Birmingham Tree People have a lot of information online on how you can help support the trees of our great city!
<http://birminghamtreepeople.org.uk/>

There have been a few reports of fly-tipping in recent weeks, that have been dealt with swiftly. If you see any fly-tipping within your area, please report so we can deal with this immediately - [Report fly-tipping | Birmingham City Council](#) And remember, we still have the tip trucks visiting our area on a frequent basis, the most recent visit was on Friday 23rd June at Reay Nadin drive, with more to come!

Our next Full Town Council meeting will take place on Tuesday 27th June 7:00pm at the Trinity Centre. Hope to see you there, and 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, as you are still needed.



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.



Harold Jones at the National Arboretum

Lance Corporal Harold Jones, who served in India and Burma and will be 100 in July, was asked to unveil his Regiment's Memorial at the National Arboretum in June.

The Regimental Band entertained the large number of specially invited seated guests, in addition to the members of the public visiting this popular centre on the day, together with his son and wife.

Harold says that he had no previous idea of what the memorial would be like beneath its cover but when he removed it he automatically exclaimed "WOW" and thinks that those present felt the same when they saw the enormous Lion, part of the regimental badge, standing upon it.

Harold also says that, apart from it being a wonderful experience, he received lots of very kind help from so many people.

The Arboretum at Alrewas is a great place of interest to visit and is popular with all ages and parties of school children.



**The Regiment's Memorial
at the National Arboretum**



Keep in Touch



To view in a browser [click here](#).

Birmingham Bulletin – doing BRUM PROUD: Windrush 75

Birmingham City Council sent this bulletin at 23-06-2023 04:01 PM BST



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

WINDRUSH 75: events do us PROUD in BRUM!

The Windrush generation brought incalculable benefits to modern Britain – and it has NEVER been more important for us all to have celebrated the super-important, annual, national Windrush Day on 22 June: marking 75 years since the first passengers disembarked HMT Windrush, to play a key part in helping rebuild this country after the Second World War. **And, perhaps nowhere in Britain have they made a bigger contribution than HERE, with us, in BRUM.**

- You might want to take in the INCREDIBLE **Vanley Burke Fire & Blood exhibition** at Soho House Museum – and discover more about the other **fantastic Windrush 75 attractions in Brum**.



*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

Don't eat and lose weight!

Slimming World
Losing weight, changing lives.

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 I's
Featherstone

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

Wednesday

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

Group Information
All our groups are on a
first come first served
basis (1 session per week
for 6 weeks) in order to
provide a
service to all families

In order for the sessions
to run smoothly please
ensure you arrive at the
session within the first
20 minutes.

Thursday AM

9.45 - 11.15 am
Stepping Stones
Referral only
Featherstone
9.45-11.15am
Play and Learn- 0-5 years
Castle Vale

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

Thursday PM

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

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

1.30 - 3.00 pm
Employment and Training
Drop-In
Featherstone

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

DID YOU KNOW?...

National recommendations are
that pregnant women and
young children should take
vitamin D supplements.

Ask for yours at reception or
call your Children's Centre.



Friday

10.00 - 11.00 am
First Words Together
(12-24 months)
21/04/23-19/05/23
Call to register interest
Lakeside

1.00 - 2.30 pm
Step by Step
Play and Learn
Run in conjunction with
DLP North Cluster
Castle Vale

HIGH IMPORTANCE

Please ensure that you bring
NHS numbers for everyone
attending a group session. This is
highly important to ensure that
staff can sign you in and out
effectively.

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



Birmingham Community Healthcare
NHS Foundation Trust



Addresses:

**Lakeside
Children's Centre**
Lakes Road, Erdington,
Birmingham, B23 7UH
Telephone: 0121 752 1970
Open 9.00 am - 5.00 pm
Some car parking space
available, disabled parking plus
plenty of on street parking.

**Featherstone
Children's Centre**
29 Highcroft Road,
Erdington, Birmingham,
B23 6AU
Telephone: 0121 752 1870
Open 9.00 am - 5.00 pm
On street parking available.

**Castle Vale
Children's Centre**
372 Yatesbury Avenue,
Castle Vale, Birmingham,
B35 6DG
Telephone: 0121 752 1920
Open 9.00 am - 5.00 pm
On street parking available.

Osborne Nursery School
Station Road,
Erdington, Birmingham
B23 6UB
On street parking available.

**Kingstanding Leisure
Centre**
Dulwich Road,
Kingstanding, Birmingham
B44 0EW
Car park spaces available

Other Children's Centre information

Family Support

Need some advice
and support?

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

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



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

Facebook

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

Erdington Children's
Centre

Wellbeing Support

Need support with your
wellbeing?

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

Employment, Training and Volunteering

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

Contact: Zaheer on 07974 255788
or Natalie on 07870 981272

Health Activities

We can support you with:

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

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or
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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.

**Brum
Breathes
Fund**



A BOLDER GREENER BIRMINGHAM

**THERE'S OVER
£4MILLION
TO BE SPENT
ON IMPROVING
AIR QUALITY
IN BIRMINGHAM**

**LEARN HOW
TO FUND YOUR
COMMUNITY
PROJECT [HERE](#)**



**SCAN THE
QR CODE**

**FIND OUT MORE AT
[www.brumbreathes.co.uk/
brumbreathesfund](http://www.brumbreathes.co.uk/brumbreathesfund)**



On 14th June, Sutton Coldfield Neighbourhood Network Scheme (NNS) hosted the 'Growing Our Community Together' event at Sutton Coldfield Town Hall. It was a fantastic day with over 50 display stands from local charities, community groups and organisations with a provision for Sutton Coldfield residents over the age of 50 years, or any adult with a disability. These included support groups, social activities and advice and guidance services.

Throughout the day taster sessions were enjoyed, giving a flavour of the fun and support available in our local community. *Focus Birmingham* showcased their new 'Oomph' activity bringing music and movement that is accessible to those with a sight impairment. Drumatised demonstrated interactive drumming and tai chi activities. *Successful Ageing* engaged attendees with the benefits of yoga and relaxing mindfulness techniques for wellbeing. *Salus Fatigue* delivered self-help mindfulness exercises, providing useful skills for attendees to take away. Finally *Punjabi Seniors* provided lunchtime entertainment with traditional singing and dancing.



We wish to say a big thank you for all of the groups, organisations and services who attended. An estimated 175 people participated, making it the biggest ever Sutton Coldfield NNS event. These included local residents, Councillors, health and social care workers. It was a great opportunity to make connections, learn new information and share knowledge and experience.

Thanks so much to everyone who gave up your time to hold a display stand, provide an activity, or just came along and network with us.

We have a wonderful community spirit in Sutton Coldfield and together we can continue to grow and strengthen that community! If you would like to find out more about this event, or ones in the future, then please contact nns@ageconcernbirmingham.org.uk



This advertisement is still here because the need is still here.

**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.

Here are some questions from one of the British Citizenship tests, no.37. They are not as easy as you may think so make sure you do not lose your passport! I have not given the answers, you can find them if you click [here](#).

Which of the following sports began in the UK? Cricket Football
Rugby All of the above

Which famous architect designed Dumfries House? Sir Christopher Wren Robert Adam Sir Norman Foster Dame Zaha Hadid

What did the Education Act of 1944 introduce? Free primary education in England and Wales Free secondary education in England and Wales
Free high school education in England and Wales Free university education in England and Wales

Which of the following tribes invaded Britain? The Jutes The Angles
The Saxons All of the above

Many schools organise events such as book sales, toy sales or bringing food to sell to raise money for extra equipment or out-of-school activities. True False

Do you need a TV licence for watching TV on a mobile phone? Yes
No

What do you need to apply to become a British citizen? Be single and without children Be over 25 years old Have lived in the UK for 3 years
Have a good understanding of life in the UK

Which of the following is a British overseas territory located in the South Atlantic? Guernsey Northern Ireland The Falkland Islands
Jersey

Who wrote the novel Charlie and the Chocolate Factory? Rudyard Kipling Sir William Golding Charles Dickens Roald Dahl

The Normans used a system of land ownership known as _____.
Clergy Chartism Feudalism Imperialism

Who were the Huguenots? Protestant refugees from France Catholic refugees from Spain Catholic refugees from Italy Protestant refugees from German

Which of the following statements is TRUE? The official name of the country is the United Kingdom of Great Britain and Southern Ireland. The official name of the country is Great Britain and Southern Ireland. The official name of the country is the United Kingdom of Great Britain and Northern Ireland. The official name of the country is the United Kingdom and Great Ireland.

Severn Trent is reminding customers to avoid flushing wet wipes down the toilet following a recent increase in blockages caused by wipes across the region.

Severn Trent's sewer blockages lead, Grant Mitchell said: "These blockages are all the result of people flushing one wipe here and there, and not realising that it's collecting in the pipe and creating a big problem. Blockages of this size can easily cause sewer flooding, which would be awful to experience and can be devastating for homes, businesses and the environment.

"Many people also don't realise that a lot of wet wipes, even the ones that are labelled as 'flushable', contain plastic, which means that they don't break down in the sewers in the same way that toilet paper does.

"Certain brands of toilet wipes have started to sell a new product, which is actually more of a moist toilet tissue – they don't contain plastic and are safe to flush down the toilet, as they will break down in the sewer.

These wipes carry the 'Fine to Flush' symbol on their packaging, which means they have been stringently tested by independent technical experts to ensure they're safe to flush. We recommend that customers look out for these wipes, as they are less likely to cause a blockage if they get dropped down the loo!"

Grant added: "If everyone kept a bin in their bathroom and binned their wipes, or only flushed wipes which meet the 'Fine to Flush' standard, we could easily prevent the majority of these blockages from occurring."

A video comparing 'Flushable' and 'Fine To Flush' wipes can be found [here](#).

More information on avoiding blockages can be found [here](#). If you do run into problems, either slow drains or a blocked sewer which is **Severn Trent's** responsibility you can report it [here](#) or by calling 0800 783 4444.



This is what it looks like when they apply pressure to the blockage. Yes, that is pure, unadulterated sewage, full of wet wipes and very definitely smelly. It came up over an innocent neighbour's patio.



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/>

← This is worth looking at.

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 Four

The transport consisted of a goods train where the soldiers were crammed into steel trucks. There was only room to sit with the knees bent and no room to straighten the legs. From Phnom Penn they arrived in Bangkok, where they went by another train to Nom Pladuk and then onto Tsao. From Tsao they finally arrived at Kroeung Krai in the Nithya area. Dad was **sent** to Kinsayok camp, which was particularly unpleasant, it was a long trek to and from the work area. The men were expected to carry their food, water for the day and of course that of the Japanese and any other supplies required. On the return journey help also had to be given to , those FEPOWs unable to walk or too ill to carry on. The work undertaken on the railway was brutal and back breaking. An example of the type of work being a task called the 'hammer and tap', a two-foot bar was held by one Pow whilst another would drive it into the rock with a sledgehammer, the hole was to take explosives to blast rock away in the various cuttings. When a prisoner became tired, he was liable to miss with the hammer and cause serious damage to the hands of his co-worker. Another problem arose when the end of the chisel flowered over and pieces of metal broke off hitting the FEPOWs in the leg; this caused severe ulcers, this meant losing a limb if medical aid was not given. The holes were then filled with the explosives to clear obstructions. Dad remembers two POWs being blown up by the Korean guards. The POWs were told to clear from the area where explosives had been laid, they did not hear the order, so the guards set the charges off, killing both men. The Koreans were particularly cruel and described as beneath human beings.

Although Dad was not at the bridge over the Kwai, he heard of attempts to sabotage the bridge. This was done by relocating an ants' nests next to the base of the wooden structure in the hope the ants would eat into the wood. This was not successful but shows the spirit of the troops.

Dad mentions names in relation to Japanese guards and engineers; an engineer called Larimoto was cruel and would drag dying prisoners from hospital to work. The Black Scorpion, a guard who tried to make the POWs learn Japanese, this man dished out many vicious beatings. Another vicious guard was nicknamed the Tunshin Kid. Some of the Japanese guards were kind and when on duty were more lenient than others in their duties.

£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.

Join a local choir!



It's beneficial to health and wellbeing as well as a social icebreaker. Breathing techniques are acquired, as well as memory retention improvements. These are just a few of the many advantages gained. Choir master Gareth Malone has encouraged via TV the visibility of communal choirs, such as rock and pop attracting a new crowd to the idea of the communal singalong. It is estimated that an incredible 2.8m Britons are now members of a choir. This is particularly valuable in today's often alienating world, where many of our social interactions are conducted remotely via Facebook and Twitter.

"Phoenix Singers" is performing yet another summer pop concert this year after last year's great success. I have been a member of this Bournville based choir as Chairman, and in other roles, since 1996. I possibly, hold the UK record for distance travelled to a weekly choir rehearsal.

When working up in Skelmersdale and living in Southport for three years I would, every Wednesday, leave the office at 3.00 pm and head down the M6 stopping off at Hilton services for *"Harry Ramsdens"* fish 'n' chips and a cuppa, then on to choir rehearsal in Bournville. I'd return to sleep at home in Sutton Coldfield, up at 6.00am the following day and scamper back up the M6 to Skelmersdale office. Oh, and come home each Fridays. Not quite sure what medication I was on in those days, being in my late 50s at the time, ha ha!

Eric Jones July 2023 for the Gatepost

Songs from Queen, Coldplay, Elton John, Toto, Eric Clapton, Carly Simon, Leonard Cohen, and others.

It promises to be a "knock your socks off" full-on evening of song.

Optional glass of wine after the concert.

***A lovely venue, good Parking.
Local to the Botanical Gardens.***

<https://www.phoenixsingersbham.org/>

Supporters of "Acorns Hospice" and
"Birmingham Childrens Hospital"

PHOENIX SINGERS
Phoenix Singers presents
Phoenix Goes 'Pop' Again!
Saturday 15th July
7.30pm
The Octagon
Edgbaston High School for Girls
Westbourne Road,
Birmingham, B15 3TS
Tickets: Adults £12;
Students and 12+ £5
under 12 free
available from choir members, on the door or
contact the ticket secretary
on 07870 196061

If you cannot scan a QR click [here](#)

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

One day a florist went to a barber for a haircut. After the cut, he asked about his bill, and the barber replied "I can't accept money from you, I'm doing community service this week" The florist was pleased and left the shop.

When the barber went to open his shop the next morning, there was a 'thank you' card and a dozen roses waiting for him at his door.

Later, a cop came in for a haircut and when he tries to pay his bill, the barber again replied, "I can't accept money from you, I'm doing community service this week." The cop was happy and left the shop.

The next morning when the barber went to open up, there was a "thank you" card and a dozen donuts waiting for him at his door.

Then a politician came in for a haircut and when he went to pay his bill, the barber again replied, "I can't accept money from you. I'm doing community service this week." The politician was very happy and left the shop.

The next morning, when the barber went to open up, there were a dozen politicians lined up waiting for a free haircut.

And that illustrates the fundamental difference between the citizens of our country and the politicians who run it.

As Ronald Reagan said "Politics can be messy, both politicians and diapers need to be changed often and for the same reason."

Gerry forwarded this from his American friend. At least this country isn't as bad, is it?



Keep your home safe in Summer.

Summer is here, and while we enjoy the warm weather, let's not forget about keeping homes safe.

Criminals will take advantage of open windows and propped open doors, even if it's the back door.

Keep you and your home safe this summer by following these useful tips:

1. Make sure doors and windows are closed and locked. Even if you're just popping out, lock up and secure your home.
2. Consider installing window locks to prevent intruders from easily opening your windows.
3. Consider installing a home security system with visible cameras and alarm systems to deter burglars.
4. Keep your valuables out of sight. Close blinds or curtains to prevent prying eyes from scouting your belongings. Shutting the blinds will keep your house cooler.
5. Give a spare key to a trusted neighbour or invest in a secure key lockbox.
6. Hosting family or friends in your garden - don't invite burglars to the party. Keep your side entrance, back door, or garden gate closed/locked.
7. Tidying the garage or dusting off the bikes for summer adventures? Lock up and keep that garage door closed. It takes seconds for thieves to spot and take expensive tools/bikes/motor vehicles.
8. For extra security keep porch doors locked, wheelie bins away from low fences or garages, and sheds secure.



For more advice from West Midlands Police visit [27 Station Road | West Midlands Police \(west-midlands.police.uk\)](https://www.west-midlands.police.uk)

To report crime or anything suspicious call 101 or please visit [Residential burglary | Your Options | West Midlands Police \(west-midlands.police.uk\)](https://www.west-midlands.police.uk)

In an emergency always dial 999.



Message Sent By

Stefanie Sadler

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



Distraction Burglary

The Vesey Neighbourhood Team have had reports of a distraction burglar in the area, he is going to households and asking residents for money to get a taxi.

The description of this male is a white male, 60/70 years of age, 6ft 2", clean shaven, dirty blond hair and heavy built.

If this male calls at your house please call the Police immediately on 999.

Kind Regards

PCSO FLORENCE



Message Sent By

Ian Florence

(West Midlands police, PCSO, Sutton Coldfield)



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)



21 million scam emails reported

Almost 21 million reports have been made to the Suspicious Email Reporting Service (SERS), resulting in the removal of over **235,000 malicious websites**.

SERS was launched by the [National Cyber Security Centre](#) (NCSC) and the City of London Police in April 2020 to enable the public to forward suspicious emails to an automated system that scans them for malicious links. Since its launch, almost 21 million reports have been made to the service.

Mobile phone providers also offer a service that allows customers to report suspicious text messages, by forwarding them to the number **7726**. The service is free of charge and enables providers to takedown malicious websites and block malicious texts from being sent across their network.

As of 31 May 2023, **54,000 text message scams have been removed** as a result of suspicious texts forwarded to the 7726 service.

Commander Nik Adams, from City of London Police, said:

"Every year, thousands of people in the UK are scammed by a fraudulent email or text message. Phishing scams, whether it's a text message claiming you have missed a delivery and are required to pay a redelivery fee, or an email claiming to be from your bank are a common security challenges that both individuals and businesses across the UK face on a daily basis.

"If you receive an email or text message that you think might be a scam, don't respond to it or click any links in the message or email. Instead, contact the organisation directly using contact information from the company's official website, and not the links or numbers provided in the message itself.

"If you think you have been a victim of fraud, report it to Action Fraud at www.actionfraud.police.uk or by calling 0300 123 2040. By reporting phishing scams or suspected fraud, you are directly helping us in our work to identify and stop these criminals and helping us protect others from these scams. If you are in Scotland, I ask that you report the fraud directly to Police Scotland by calling 101."

How to protect yourself from scam emails and texts

Received an email or text that seems suspicious? Report it. Your reports enable us to remove the emails and websites criminals use to commit fraud and cyber crime.

1: Forward suspicious emails to report@phishing.gov.uk . Send emails to this address that feel suspicious, even if you're not certain they're a scam - we can check.

2: Forward suspicious text messages to 7726 (it's free of charge). Your provider can find out where the text came from and block or ban the sender.

3 - If you've lost money or provided personal information as a result of a phishing scam, notify your bank immediately and report it to Action Fraud at www.actionfraud.police.uk or by calling 0300 123 2040. In Scotland, call Police Scotland on 101.

Please note: Sometimes a forwarded email may not reach us because it is already recognised by spam detection services. You can also take a screenshot of the email and send it to report@phishing.gov.uk

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



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

Linguistic humour, A glossary of medical terms

artery	the study of paintings
bacteria	back door to cafeteria
barium	what doctors do when patients die.
benign	what you be after you be eight
Caesarean section	a neighbourhood in Rome.
CAT scan	searching for kitty.
cauterize	make eye contact with her.
colic	a sheep dog
coma	a punctuation mark
D&C	where Washington is.
dilate	to live long.
enema	not a friend
fester	quicker than someone else
fibula	a small lie
genital	non-Jewish person
GI series	World Series of military baseball
hangnail	what you hang your coat on
impotent	distinguished, well known.
labour pain	getting hurt at work.
medical staff	a doctor's cane
morbid	a higher offer than I bid.
nitrates	cheaper than day rates
node	I knew it.
outpatient	a person who has fainted
Pap smear	a fatherhood test
pelvis	second cousin to Elvis
post operative	a letter carrier.
recovery room	place to do upholstery.
rectum	near killed him.
secretion	hiding something.
seizure	Roman emperor
tablet	a small table.
terminal illness	getting sick at the airport.
tumour	one more than one more
urine	opposite of you're out.
varicose	nearby close by

Thank you, Harold

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 Walmley 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



Pawpounders
Doggy Daycare Centre

5 *Awarded* ★★★★★
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.



Line Dancing
Absolute Beginners Class
 to be held at
Banners Gate Community Hall
 Tuesdays 5 - 6 pm
 Everyone welcome
 Please phone Diane
 On 07711 048 215
 For further information





CREATIVE
PLANTS

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



PREGO
Cafe

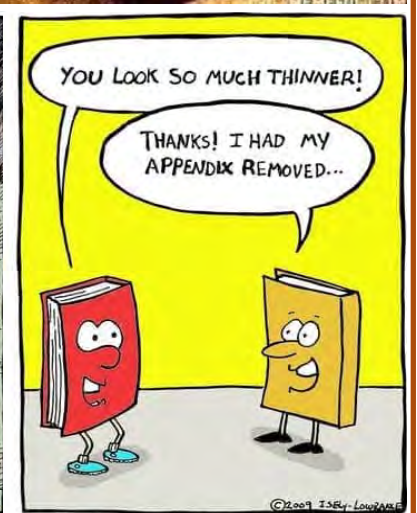
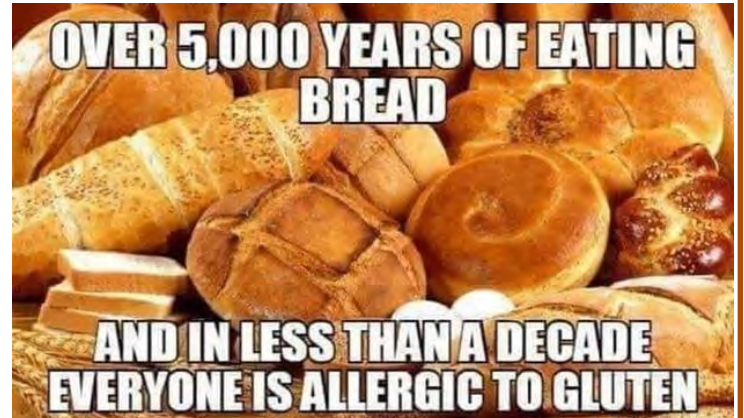
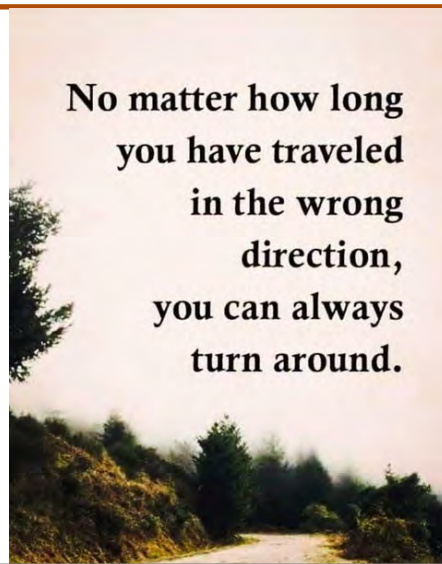
Bespoke Italian coffee, home made cakes and freshly
 cooked meals.

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



1. A thief broke into my house last night. He started searching for money, so I got up and searched with him.
2. I think I'll just put an "Out of Order" sticker on my forehead and call it a day.
3. Just remember, once you're over the hill, you begin to pick up speed.
4. Having plans sounds like a good idea until you have to put on clothes and leave the house.
5. It's weird being the same age as old people.
6. When I was a kid I wanted to be older. This is not what I expected.
7. Life is like a helicopter. I don't know how to operate a helicopter.
8. It's probably my age that tricks people into thinking I'm an adult.
9. Marriage Counsellor: Your wife says you never buy her flowers. Is that true? Me: To be honest, I never knew she sold flowers.
10. Never sing in the shower! Singing leads to dancing, dancing leads to slipping, and slipping leads to paramedics seeing you naked. So remember. . . . Don't sing!
11. If 2022 was a math word-problem: If you're going down a river at 2 MPH and your canoe loses a wheel, how much pancake mix would you need to re-shingle your roof?
12. I see people about my age mountain climbing; I feel good getting my leg through my underwear without losing my balance.
13. So, if a cow doesn't produce milk, is it a milk dud or an udder failure?
14. Coronacoaster: noun; the ups and downs of a pandemic. One day you're loving your bubble, doing work outs, baking banana bread and going for long walks and the next you're crying, drinking gin for breakfast and missing people you don't even like.
15. I'm at that age where my mind still thinks I'm 29, my humour suggests I'm 12, while my body mostly keeps asking if I'm sure I'm not dead yet.
16. You don't realize how old you are until you sit on the floor and then try to get back up.
17. We all get heavier as we get older, because there's a lot more information in our heads. That's my story and I'm sticking to it.

Thank you, Ed





FOR FAMILIES

Every Monday

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

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

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

Every Friday

Pre-School Story Time 10 - 10.30am - Bring your children aged 0-5 along to enjoy some stories, rhymes & musical instruments

NCT Bumps & Babies Cafe 10.30am - 12.00pm - Join NCT Sutton Coldfield's free Bumps & Babies group with breastfeeding support. Soft Play places must be pre-booked. See their Facebook page for further details: <https://www.facebook.com/NCTSuttonColdfield>

Every Saturday

Lego Club or Boardgames 2.30 - 4.30pm - We alternate between Lego Club and Boardgame sessions every Saturday. Boardgames 8th & 22nd, Lego 1st, 15th & 29th

FOR EVERYONE

Every Thursday and Saturday

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



Launches on 8th July. See staff for more details!

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

Or click [here](#)



SCAN ME



FOR ADULTS

Saturday 1st July

Poetry Matters group 10.30am - 12.30pm - Join like-minded poetry lovers in the library for poetry readings and discussions

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 13th July

Elderberries 10am-12pm - Over 50s social group - come for a chat and a cuppa with Noran from FOLIO Sutton Coldfield

Thursday 6th July Only

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 20th July

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



Birmingham
City Council

What's On at Streetly Community Library Summer 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 Extra—*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 8th July 11-12.30 Lego Fun

Saturday 22nd July Summer Reading Challenge Fun Sports Day in the garden—*weather permitting*

Drop-in crafts each week over the Summer Holidays

Saturday 5th August 11-12.30 Lego Fun

Saturday 19th August 10-3 'Beside the Seaside' crafts—*seaside story 10.15-10.45*

Saturday 2nd September 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

Starts Saturday 8th July!

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

01922 654864 streetlylibrary@walsall.gov.uk



National Lottery funded
**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 – 11.00 parked** outside Sutton Park Academy on Coppice View Road, B73 6UE.

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

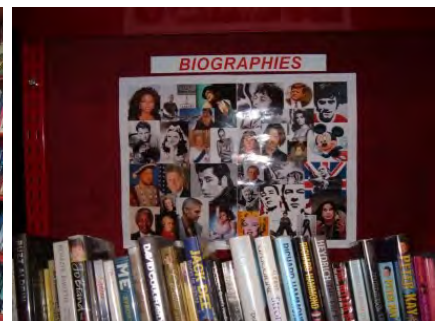
For more information, please use one of the methods detailed below -

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



Regarding the photo of Chester Road Station, it was built in the 1800s. Please see attached on right.

Chester Road Station Friends may be pleased to read it as the photo is much older than the 1960's.

The clue is in the clothing, hence my search online.

Alison Jolley

History [\[edit \]](#)

The line from [Aston](#) to [Sutton Coldfield](#) was built by the [London and North Western Railway](#) (LNWR) in 1862, although Chester Road station was not opened until 1 December 1863.^{[1][2]} The LNWR became part of the [London Midland and Scottish Railway](#) in 1921, as part of the [Grouping](#), which was [nationalised](#) to become part of [British Railways](#) at the beginning of 1948. The station booking office and waiting room were rebuilt in 1991-1992 during the electrification of the line. The original LNWR station waiting room was dismantled, and moved to [Market Bosworth](#), another former LNWR station, on the preserved [Battlefield Line Railway](#).^[3]



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.

St John
Ambulance



Young Responders

Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

"Make a difference
today!"

Hands-on first aid
sessions for 14 - 25s



FREE first aid sessions
in your local area

For more information
visit www.sja.org.uk

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Awarded funds from



CHESTER ROAD
Baptist Church

CAFE
TOTS

CHESTER ROAD
CAFE

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



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.

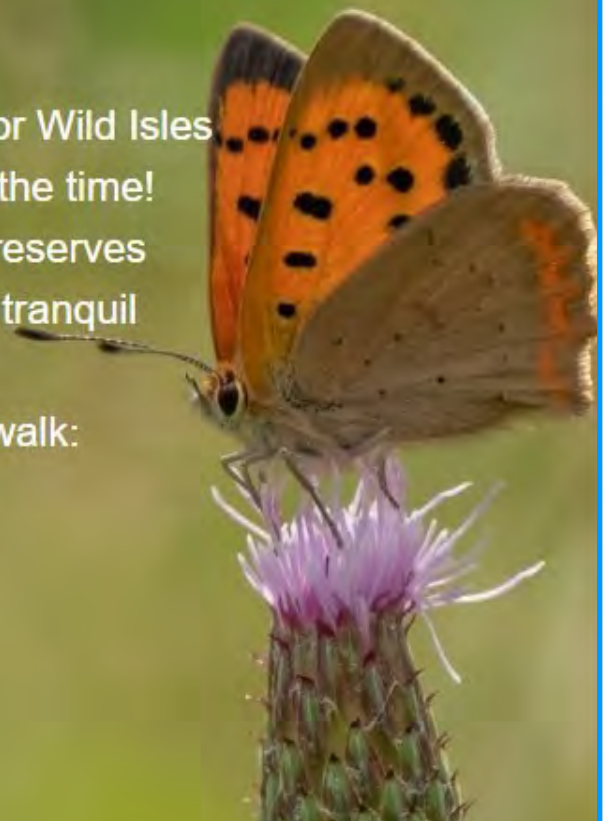
To book an appointment contact us at info@ageconcernbirmingham.org.uk or call us on 0121 362 3650

Wills Made Clear

Step through your TV screen and step into nature

If you've been watching Springwatch or Wild Isles and itching to get outside, then now's the time! The RSPB has 170 incredible nature reserves that are waiting to welcome you, from tranquil woodlands to busy sea cliffs.

Take part in an event, or take a quiet walk: you never know what you might see, like this Small Copper.



[Find your wild](#)



[Meet our](#)

How many different reptiles do we have in the UK?

With our unpredictable weather, you might not think the UK is a great place to find snakes and lizards. But we have species here that can survive even in the far north of Scotland! At RSPB Arne, where Springwatch is based, you even have a chance of seeing all our native species - like this stunning Sand Lizard - in one place.



Are drivers set to be taxed by the mile to fill the £25bn void from lost fuel duty?



A new report from The Centre of Policy Studies has revealed that drivers in the UK should be taxed by the mile when behind the wheel once [electric vehicles \(EVs\)](#) become the most popular car of choice.

This would then ensure the Government can cover the £25 billion loss that they would suffer from a loss in fuel duty.

Data from the report was shared with MPs on Wednesday 24th May, and called for an urgent and 'major overhaul' of the UK's motoring taxation system.

During the meetings with Government officials, the Centre believed that a pay-as-you-drive charge system would be the best way to tackle this future problem.

The report recommends a per mile taxation scheme in the UK to initially apply to electric cars before being expanded to cover all vehicles.

Officials who presented the report called the current strategy an 'outdated and onerous tax system'.

Currently, drivers are charged through a combination of fuel duty paid on every litre and the annual vehicle excise duty (car tax).

Last year, Chancellor Jeremy Hunt announced that [from 2025 EV drivers will be forced to pay vehicle excise duty](#) for the first time – with the aim of raising more than £7 billion for the Government.

In 2021, the Transport Select Committee suggested that per mile road pricing could become an option for the UK.

They claimed it would be 'one of the best fiscal changes' that any government could make in its efforts to make the [switch to electric by 2030](#).

Although nothing official has been announced, any changes to the current car tax system would be controversial.

Continued on next page...



...Continued from last page

The calculations used to make up the deficit would impact the drivers of all types of vehicles.

However, the changes would align with the Government's scheduled ban on sales of new petrol and diesel cars from 2030 – along with many other plans to help with the net zero goals for 2050.

Any per mile tax strategy would most likely see EV drivers paying significantly less than those with petrol or diesel vehicles.

- **The road to electric – in charts and data**
- **Electric cars – a definitive guide and tips for buyers**
- **Electric car charging – how it works and how much it costs**

When making their report, The Centre for Policy Studies spoke to focus groups about the topic.

They found that some drivers were 'wary of the state tracking their movements constantly'. However, the Centre suggested that charges could be paid by a monthly direct debit, with no recording of driver data.

The Centre also discovered that EV understood that the current tax-free status of their driving could not continue indefinitely – and that they knew changes would be happening in the years ahead.

The report stated: "Petrol and diesel drivers rightly pointed out that it was unfair that EV drivers today contributed nothing to the upkeep of the roads, despite causing significant damage given their weight.

"Thus, while no-one likes to have their taxes put up, there was a begrudging consensus that the current system would have to adapt to the new future of EVs, and that those currently driving an electric car would have to stump up down the road."

Tom Clougherty, Research Director and co-author of the report, said: "We shouldn't replicate the old, punitive tax system, but it is still important that all drivers pay a fair amount for the roads they use."

RAC head of roads policy Nicholas Lyes said: "As more electric vehicles come on to our roads, revenue from fuel duty and vehicle excise duty will decline, so it's inevitable a new system will have to be developed. Our research suggests drivers broadly support the principle of 'the more you drive, the more tax you should pay', with more than a third (36%) saying a 'pay per mile' system would be fairer than the current regime – although three-quarters (75%) are concerned the Government might use such a system as a way of increasing the amount they are taxed.

"Whatever any new taxation system looks like the most important thing is that it's simple, transparent and fair to drivers of both conventional and electric vehicles. It's essential that a new system replaces rather than runs alongside existing taxation regime. Ministers should also give serious consideration to ringfencing a sizeable proportion of revenues raised from a new scheme for reinvestment into our road and transport network, not least to finally end the country's plague of potholes."

Which?

Staycation or vacation: get ready for your holiday.

With all this sunshine, summer has (finally) arrived. Whether you're heading abroad or staying in the UK, we've got everything you need to feel prepped for your break, from new travel insurance reviews to the best car hire companies..



[Best car hire companies 2023](#)

We've surveyed thousands of Which? members to reveal the car rental companies that won't drive you to despair on your next trip.



[Insurance for Airbnb lets](#)

Looking to rent out your home for the summer? We explain why standard home insurance may not cover you and what you need to be protected.



[Fee-free spending abroad](#)

Avoid costly non-sterling transaction charges racking up with a travel credit card that offers fee-free spending abroad.



[Great cabin bag brands](#)

Save money on your flight by not paying for a baggage allowance. We look at cabin-size luggage that will last year after year for under £40.



Change of venue



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
St Columba's Church hall
Banners Gate Road/
Chester Road North
Sutton Coldfield B73 6TX

Thursdays 2 - 3pm
All Saints' Church Centre
Belwell Lane, Four Oaks,
Sutton Coldfield B74 4TR

£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



Sing Me Sunshine

Sing Me Sunshine is a fabulous group now meeting at St Columba's Church.

I have myself sampled the effects this singing group gives on more than one occasion now, it never fails to provide that instant "pick me up" we all need.

Go along, sing great catchy songs and enjoy tea and biscuits at half time. It's informal and not a choir. It's a group to sing with and enjoy an hour with. I will definitely be going back soon!

Meets every Tuesday during term time.
2pm-3pm at St Columba's church hall
Banners Gate.

£5-00 per session including tea & coffee.

Alison Jolley

Talking Space

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

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

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

Beechcroft Centre
Rear of 501 Slade Road, Erdington, B23 7JG

In Partnership with

Forward Thinking Birmingham

Talking Space

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

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

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

Handsworth Hub
9 Park Avenue, Hockley, Birmingham B18 5NE

In Partnership with

Forward Thinking Birmingham

Volunteers Needed

We need your help to run our community cafe!

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

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

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

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

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

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



Sutton Coldfield Charitable Trust



BRITISH SIKH AWARDS WINNER

Please share with your family & friends



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

Caroline Howell MSc PGCE MCP

01675 470105
07796 546172

caroline@putertutor.co.uk
www.putertutor.co.uk

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



@PuterTutor
...Your tech problems solved

Computers, Mobiles,
Websites, Smart TV, VOIP
Security, Wifi, Printers



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

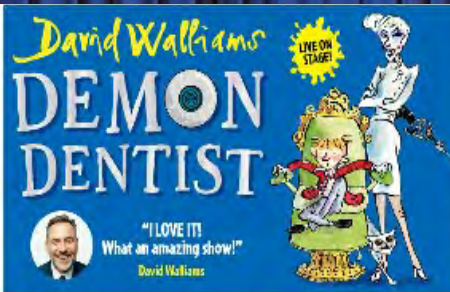
Ask for Learning Disabilities Enablement team

ALEXANDRA THEATRE BIRMINGHAM



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WED 28 JUN - SAT 1 JUL 2023



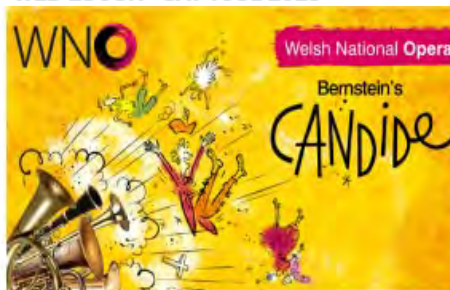
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SAT 8 JUL 2023



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SUN 9 JUL 2023



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WED 12 JUL 2023



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THU 13 JUL 2023



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FRI 14 JUL 2023



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SAT 15 JUL 2023



Buy tickets from **£25.50**
+ £3.80 transaction fee

SUN 16 JUL 2023



Buy tickets

MON 17 JUL 2023



Buy tickets from **£13**
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TUE 18 JUL - SAT 22 JUL 2023



Sold out

MON 24 JUL 2023



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

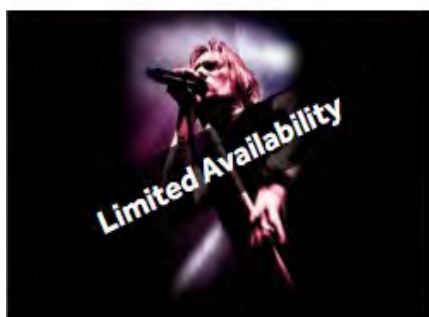
[MORE](#) | [BOOK](#)



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](#)



Garrick 20 Theatre Tours

LG, Saturday 1st July

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



Garrick 20 Workshop

LG, Saturday 1st July - 1.30pm

[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](#)



LICHFIELD FESTIVAL: The Tibetan Monks...

Main Auditorium, Thursday 13th July - 2.30pm

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



Showstopper! The Improvised Musical

Main Auditorium, Friday 14th July - 7.30pm

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



An Evening with Andy Hamilton

Main Auditorium, Saturday 15th July - 7.30pm

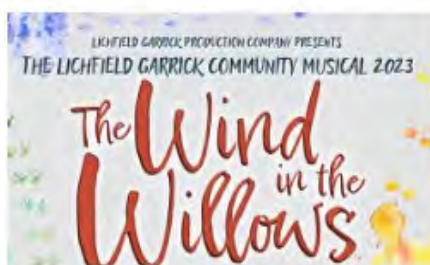
[MORE](#) | [BOOK](#)



Quartet - Lichfield Players

Studio, Tuesday 18th - Saturday 22nd July

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



The Wind in the Willows (2023 Community Musical)

Main Auditorium, Thursday 27th - Saturday 29th July

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



Oklahoma! Starring Hugh Jackman

Studio, Sunday 30th July - 2pm

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



Bye Bye Baby

Main Auditorium, Sunday 30th July - 7.30pm

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



Summer School: Play in a Week

LG, Monday 14th - Friday 18th August - 10am - 4pm

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



André Rieu's 2023 Maastricht Concert:...

Studio, Saturday 26th August - 6pm & Sunday 27th August - 1pm

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



Get It On - One Night of Glam Rock

Main Auditorium, Saturday 26th August - 7.30pm

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



Family & Pantomime,
Musicals, Main House

Disney's The Lion King

Thu 6 July – Sat 16
September

In July 2023, this acclaimed production will return to Birmingham Hippodrome for a strictly limited season. Set against the majesty of the Serengeti to the evocative rhythms of Africa, THE LION KING tells the story of Simba's epic journey to fulfil his destiny as King of the Pridelands.

Director Julie Taymor uses breathtaking theatrical magic to bring Disney's beloved animated feature to life in a production which has thrilled over 110 million people around the world.

Book now to experience this theatrical phenomenon! For best availability, please check mid-week performances from August. If a weekend performance is a must, please check later in the run.

IMAGINARY is a funny and inspiring musical about the wonder of childhood, the power of the imagination and what it means to grow up.

Milo is Sam's only friend and they spend all their time together, using only their imaginations to transform their world into a place of adventure and excitement. But as Sam's first day at a new school approaches, her mother worries that Milo is holding her daughter back. School turns out to be full of surprises – and secrets. Performed by our [Musicals Youth Theatre](#), IMAGINARY centres on an enduring friendship with other-worldly twists. The Juniors group will perform a Curtain Raiser before the main show.

Book & Lyrics by TIMOTHY KNAPMAN

Music & Lyrics by STUART MATTHEW PRICE

Commissioned and produced by National Youth Music Theatre and first performed 9 August 2017 at The Other Palace, London.

Musicals, Patrick Studio

IMAGINARY - A New Musical

Fri 7 Jul – Sat 8 Jul



Birmingham Weekender 2023

Sat 26 Aug –
Sun 27 Aug

The streets and squares of Birmingham city centre burst into colourful life as Birmingham Weekender returns to Bullring & Grand Central and Southside.

Join us for fantastical installations, pop-up performances and interactive games from local, national and international companies.

It's December 1641; King Charles is about to be formally challenged by a handful of MPs and radical commoners. In 50 days, the nation will plunge head first into a conflict that pitted neighbour against neighbour and shattered the very core of our constitution.

With parallels to Brexit, questions about the monarchy, a new grime soundtrack and a little bit of fake news, **#50days** is a new musical told through the eyes of underrepresented people of today.

Written by ThaboStuck, Music by Darkstar and Duramaneey Kamara and Amir Saleem, Nyasha Gudo as Director, Nadine-Rose Johnson & Kevin Sable as Musical Directors, Melody Sinclair as Choreographer and performed by a company of brilliant 14-21 year olds.

Musicals, Patrick Studio

#50Days

Fri 1 Sep – Sun



Corporate Events,
Fundraising

Events, Musicals Gala Evening at The Lion King

Thu 7 Sep

Join our Gala Evening at Disney's The Lion King. Enjoy an evening of first-class hospitality and world-class entertainment at this theatrical phenomenon.

Our Gala events are the perfect opportunity to entertain your valued clients, treat a team, network with other city professionals or simply to enjoy with friends.

Your evening includes: a premium show ticket, drinks reception, delicious three course seated dinner in our specially styled studio and an exclusive post-show reception.

Set against the majesty of the Serengeti to the evocative rhythms of Africa, The Lion King tells the story of Simba's epic journey to fulfil his destiny as King of the Pridelands.

Director Julie Taymor uses breathtaking theatrical magic to bring Disney's beloved animated feature to life in a production which has thrilled over 110 million people around the world.

Book your individual places or an entire table of 10 at this unforgettable dinner event and experience world-class entertainment and first-class hospitality at Birmingham Hippodrome.

By attending the event you'll be making a direct contribution to create social impact in our youth programmes including [Hippodrome Education Network](#), [Hippodrome Young Advocates](#) and our [Young Community and Creatives](#)

Carlos Acosta is turning up the volume on Birmingham's musical legacy. Original heavy metal heroes, **Black Sabbath**, forged their unique sound in Birmingham Royal Ballet's home city. In **Black Sabbath – The Ballet** expect a spectacular theatrical evening featuring thrilling dance and original Black Sabbath recordings (including Paranoid and Iron Man) featuring alongside full orchestration of their work (another first) and new orchestral compositions inspired by the sound of metal – all performed live by the Royal Ballet Sinfonia.

In the second of three Birmingham-focussed commissions, Carlos Acosta was drawn to both the band's work and its musical legacy as the originators of Heavy Metal. This full-evening ballet promises to be a unique undertaking with three composers and three choreographers, led by renowned Choreographer Pontus Lidberg (whose work has been performed by the Swedish Royal Ballet and the Paris Opera Ballet) and Composer Chris Austin (whose work includes orchestrating the White Stripes music for Wayne McGregor's Chroma) working alongside award-winning writer Richard Thomas (Jerry Springer, The Opera) to create an extraordinary metal symphony over three acts. Black Sabbath themselves have been closely involved in developing this unique collaboration. Sparks will undoubtedly fly in this intriguing new response to Black Sabbath's music and legacy – the first true heavy metal ballet experience.

Ballet, Dance, Main House

Birmingham Royal Ballet - Black Sabbath - The Ballet

Sat 23 Sep – Sat 30 Sep



Comedy, Main House

Foil, Arms & Hog - Hogwash

Sun 1 Oct

With over 1 billion views online, Foil, Arms & Hog are one of the internet's most renowned comedy sketch groups, but it's live performance where they thrive. Having previously sold out the Hammersmith Apollo, New York Town Hall and over 26,000 tickets at the 2022 Edinburgh Fringe, Foil, Arms & Hog present Hogwash; a fast-paced mix of sketches, improvisation, audience participation and talking suitcases. The show has plenty of music too, including a parody of 'Every Musical Ever', and a rock anthem from a group of octogenarians looking to escape a retirement home. Come and see why the Irish trio has become the top selling act at the Edinburgh Fringe Festival for three consecutive years. Foil, Arms & Hog are best known for their viral comedy sketches which include 'Getting past US Immigration', 'Quarantine Maths Class Disaster', 'An Englishman Plays Risk' and their mother and son recurring series Anne and Oisin. Their sketches have been shared in over 150 countries, from local radio stations in the Lebanon to television shows in the UK, Australia, USA, Canada and the Middle East. Their even in the English language text books in France! They have also amassed tens of millions of followers in India, the Philippines and China where they are known as 'The three brothers.' On the Chinese equivalent of YouTube (Bilibili), the trio have gained one million subscribers, making them one of the top foreign acts on the platform. They've been admired by celebrities including Emma Thompson, Rowan Atkinson, Key and Peele and Woody Harrelson, who uploaded their sketch without crediting them, and if they ever meet him in person, they probably won't mention it.

Ailey 2 is universally renowned for merging the spirit and energy of the country's finest early-career dance talent in the United States with the passion and creative vision of today's most outstanding and emerging choreographers. Dance Magazine calls Ailey 2 "second to none," and The New York Times declares "There's nothing like an evening spent with Ailey 2, the younger version of Alvin Ailey American Dance Theater."

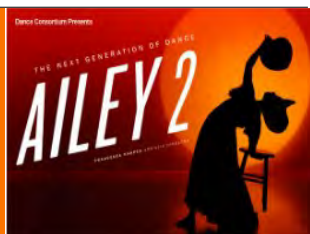
For their return to the UK, Ailey 2 brings an exciting repertoire featuring Francesca Harper's futuristic **Freedom Series** (excerpt), Robert Battle's thrilling **The Hunt**, the incredible energy of William Forsythe's **Enemy in the Figure** (excerpt), and Alvin Ailey's beloved masterpiece **Revelations**.

Founded by Alvin Ailey, the company embodies his pioneering mission to establish an extended cultural community that provides dance performances, training, and community programs for all people. Since its 1974 inception, Ailey 2 has flourished into one of the most popular modern dance companies, combining a rigorous touring schedule with extensive community outreach programs. Today, with new Artistic Director Francesca Harper at the helm, she brings fresh perspectives to Mr. Ailey's legacy, while nurturing new creative voices and propelling the company forward.

Dance, Main House

Ailey 2

Tue 3 Oct – Wed 4
October





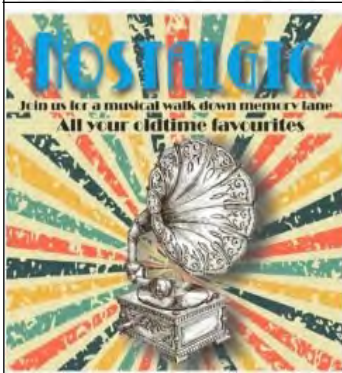
Sutton Coldfield TOWN HALL



0121 296 9543



enquiries@suttoncoldfieldtownhall.com



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



WEDNESDAY 25TH OCTOBER -
SATURDAY 28TH OCTOBER



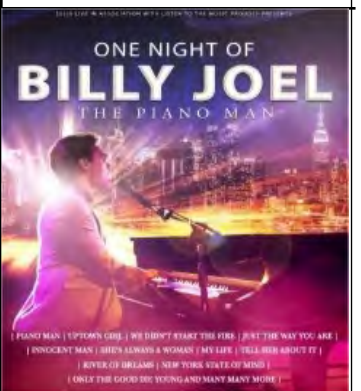
THURSDAY 2 NOVEMBER



FRIDAY 3RD NOVEMBER



SATURDAY 4TH NOVEMBER



FRIDAY 10TH NOVEMBER



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>

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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...

FUNNY GIRL

23 JUNE - 1 JULY 2023

INCLUDING A PERFORMANCE ON SUN 25 JUNE AT 5PM

produced for
THE BROADWAY STAGE
BY RAY STARK

booked by
ISOBEL LENNART
FROM AN ORIGINAL STORY
BY MISS LENNART

music by
JULE STYNEBY

original production directed by
GARSON KANIN

New York Production
supervised by
JEROME ROBBINS

lyrics by
BOB MERRILL

**DIRECTED BY
EMILY ARMSTRONG & DEXTER WHITEHEAD**

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



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

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JULY
2023
7.30PM**

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ENCOURAGED!**

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FIZZ FOR THE
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GIRLS"**

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**TICKETS MUST
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FUNNY GIRL

22 JUNE - 1 JULY 2023

Funny Girl tells the fascinating and bitter-sweet story of Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage. Everyone told her she'd never be a star, but her vocal talents and comedic ability see her rise from Brooklyn music hall singer to Broadway star, becoming one of the most beloved performers in history, shining brighter than the brightest lights of Broadway.

Featuring some of the most iconic songs in film and theatre history, including "People" and "Don't Rain On My Parade", this dazzling musical classic made famous by Barbara Streisand is one not to be missed.

Directed by Emily Armstrong & Dexter Whitehead



FUNNY GIRL

22 JUNE - 1 JULY 2023

produced for
THE BROADWAY STAGE
BY RAY STARK

booked by
ISOBEL LENNART
FROM AN ORIGINAL STORY
BY MISS LENNART

music by
JULE STYNEBY

original production directed by
GARSON KANIN

New York Production
supervised by
JEROME ROBBINS

lyrics by
BOB MERRILL

**DIRECTED BY
EMILY ARMSTRONG & DEXTER WHITEHEAD**

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

SEASON 2022 - 2023

**DO YOU KNOW THAT FOR EACH PRODUCTION WE DO IT TAKES A MINIMUM OF
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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

PLAYS FOR 2023/24 SEASON

PLAYERS
100TH
ANNIVERSARY



Relatively Speaking

12 - 23 September 2023

by Alan Ayckbourn

Mistaken identities and excruciating misunderstandings



Taking Sides

17 - 28 October 2023

by Ronald Harwood

Conductor or collaborator? Who decides?



The Farndale Avenue Housing Estate

28 Nov - 9 Dec 2023

Townswomen's Guild Dramatic Society's Production of "A Christmas Carol"

by David McGillivray and Walter Zerin Jr

Bring tissues again for more tears of laughter



Abigail's Party

23 January - 3 February 2024

by Mike Leigh

Frantic comedy ends in tragedy



Beginning

12 - 17 February 2024

by David Eldridge

Love is in the air

in the STUDIO



Blue Remembered Hills

5 - 16 March 2024

by Dennis Potter

Adults play children



A Bunch of Amateurs

23 April - 4 May 2024

by Ian Hislop and Nick Newman

Amateur theatre meets Hollywood



How to Date a Feminist

13 - 18 May 2024

by Samantha Ellis

An upside-down romantic comedy

in the STUDIO



Travels with my Aunt

11 - 22 June 2024

written by Graham Greene, adapted by Giles Havergal

An unforgettable journey

Highbury Players' plays are performed Tuesday to Saturday over two weeks, with Studio plays being performed Monday to Saturday. Performances all start at 7:30pm.

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.

0121 373 2761

highburytheatre.co.uk



HIGHBURY CINEMA

FILMS FOR 2023/24 SEASON

Welcome to our 2023/24 season of films

We're pleased to announce the first films of the season and 'save the date' for the rest of the season. Watch out for announcements of the programme from the start of next year. Films will start at 7pm, unless otherwise stated.



Sunday 17 September 2023
The Banshees of Inisherin (2022)
Black tragi-comedy

15



Sunday 22 October 2023
Muriel's Wedding (1994)
She's not just getting married, she's getting even

15



Saturday 18 November 2023
All Quiet on the Western Front (1930)
The original film version

PG



Wednesday 27 December 2023 2:30pm
Roald Dahl's Matilda The Musical (2022)
Sometimes you have to be a little bit naughty

PG

And then save the following dates:

Sat 6 January 2024

Sat 13 April 2024

Sun 1 February 2024

Sun 19 May 2024

Sun 10 March 2024

Sun 16 June 2024

0121 373 2761

highburytheatre.co.uk

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

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Blackroot Bistro, Sutton Park
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Come and learn new things about yourself,
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Website : www.suttoncancersupport.org

Telephone : 0300 012 0245 email : info@suttoncancersupport.org



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YOGA

Tuesdays 12.00 - 12.45

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www.suttoncancersupport.org

Telephone : 0300 012 0245 email : info@suttoncancersupport.org

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

Charity number : 1089658

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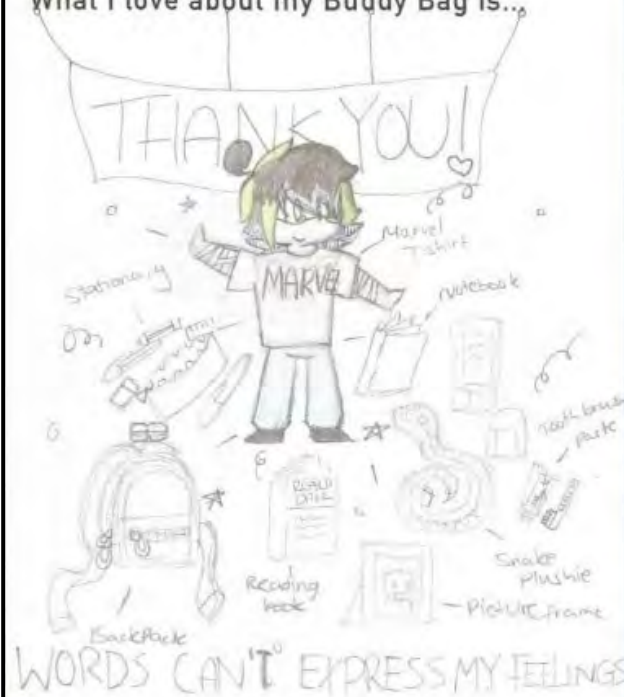
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The Garden Room

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Contact: Colin – 07966-745741

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

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

The First Tuesday of every month: 8pm to 10.30pm
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Or Contact: Sandra on 07932-395158





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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



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Places are restricted, so please book by calling our Team Leader Marion Swaffield on 07435 292390 or email stchadssunshine@gmail.com

12/06/2023
* 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

BRAND NEW BABY AND TODDLER CLASS TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



FIND US AT:
125 WESTWOOD RD
SUTTON COLDFIELD
B73 6UH
£3.50 PER CHILD



WHAT WE DO:
Music Time,
Craft Activities,
Sensory Play,
Stories,
Weekly Theme,
and more

MORE INFO:

For all preschool age
children.
No booking required.
Call Beth on
07951 857 450
for further details.



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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](https://www.instagram.com/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 at
Streetly Community Centre, Foley Rd East, B74 3HR.

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

Next meeting Tuesday 11th July

Demonstration Beverly Artis "Viva Andalusia".

Further details Chris Reeves tel: 0121 354 6264.



Our last meeting was a fab trip out to Floral Media gardens in Nottingham. An interesting stroll around the garden, and a great lunch followed by a small demo was enjoyed by all.



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.

This month's meeting was a little different. We welcomed Adam Kirtland, a local chap, who during lockdown decided to make gardening more central in his life. He is now a full-time gardener, author, writing for several publications, watercolour artist, podcaster and speaker.

Adam was last seen speaking at the Malvern Spring Show, so we were delighted to welcome him along to Banners Gate for the evening. His talk was entitled "Garden DIY with just a pallet and your imagination". The talk was very interactive with the audience, and at one point had a member take centre stage and make a pallet planter, complete with marigolds! It was a lovely evening, full of chatter and laughter.

Our annual show is now just two months away. So much work to do, not least getting our plants in tip top condition to put on a beautiful show. This wonderful sunny weather we are experiencing at the moment brings along many challenges when growing plants in small pots, as they dry out very quickly. Most fuchsias are not too keen of sitting in full sunshine, which can mean moving them several times during the day, chasing the shade.

If plants are in plastic pots, direct sunlight can make the roots incredibly hot and damage the plant. A way around this is to wrap the pots in wet newspaper or plant the pot into a container of wet sand. Both methods will protect the plant during a hot spell.

Next month our speaker is Stevie Ballinger, who has a passion for pelargoniums. I know that he is doing a show garden at Gardeners World Live at the NEC so I am sure he will have plenty to tell us. And the good news, he will be bringing plants for sale!!!

The next meeting takes on the 13th at Banners Gate Community Church in Westwood Rd. Doors open at 7.30p.m. for an 8.00p.m. start. If you would like any more information, please give Gail our secretary 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.

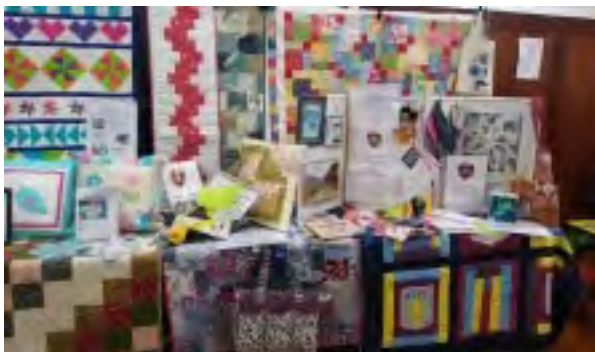
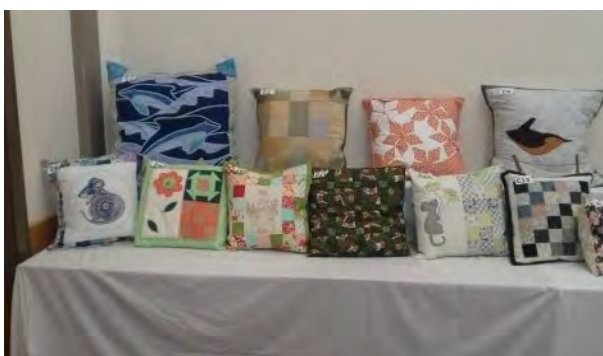
WHAT KIND OF THINGS DO YOU MAKE? Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many members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



communittea cafe AGE concern Birmingham

**Groups are back at the
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

no men.... just pause

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

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

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



www.militarychef.co.uk



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Sutton Coldfield
B72 1QU

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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: 5)

See options 1 2 3

My money doesn't stretch far enough

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

See option 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Other Support

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

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

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

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

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

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

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

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

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

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

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

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

Other Support

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

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

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

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

nostalgic

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



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



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

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

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

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

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

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

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Lisa Marie on
07765 135497





Lottie Lea Photography



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www.facebook.com/LottieLea
Instagram:
@LottieLea.BabyPhotographer

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



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www.manor-crafts.co.uk





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



Contact number above if interested.

Banners Gate C.C Westwood Rd B73

Made with PosterMyWall.com

Age concern no longer have their: **Our Trusted Tradesperson Scheme** has the right trade, whatever your job. From builders to plumbers and electricians all of our tradespeople are vetted, DBS checked and working to current guidelines.

But you could try the [NO ROGUE TRADERS HERE](#) scheme run by many councils, including Birmingham.

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

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



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

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

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

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

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

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

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

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

COUNTRYWIDE SECURITY SYSTEMS

MIDLANDS



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

Phone no. 0121 386 2639

Email: info@cw-sec.co.uk Website: www.cw-sec.co.uk

Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

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

Email: rosie_p25@hotmail.co.uk



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Handyman Services, Gardening,
Patio/Driveway Cleaning
Insured - Affordable - Reliable

T: Dave Edwards 07305931199

E: norburymaintenance@gmail.com



Home
Instead

To us, it's personal

Memory Cafes

Do you know someone living with memory loss?

Every Monday

10am—12noon

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

Every Monday

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

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

All attendees must show proof
of both covid vaccinations

Every Thursday

10am - 12noon

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

"Friends on Fridays"

10.30am - 12.30pm

Supported by

Sutton Coldfield Methodist
Church,

South Parade, B72 1QY

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

07422 406168

sue.bevington@suttoncoldfield.homeinstead.co.uk

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

0121 323 4200

Pregnant? Children under four?

Don't miss out on **HEALTHY START**
food and vitamin vouchers worth
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**



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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

www.birminghamsettlement.org.uk
Charity no: 517303



610 Community Centre
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4 Meals £15
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Contact Stella: stellaricketts@hotmail.com or
07984 918772 (Monday, Tuesday, Friday 9am-3pm)
Cafe Oasis 1 Brassington Avenue, Sutton Coldfield, B73 6AA

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



Cafe Oasis

Monday, Tuesday,
Thursday & Friday.

10.00am - 2:30pm

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

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

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

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

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

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or email: chong.fouroaks@gmail.com



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5K YOUR WAY MOVE AGAINST CANCER

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

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

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

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

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

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

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

See front page

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Sunday 10:00am

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Contact Details: 07565652762
loveworldsuttoncoldfield@gmail.com

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

CREATE at the Gate with K & S

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

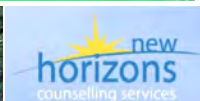
**Banners Gate Community
Hall Coffee Mornings.**
**The next is on 18th July
at 10 o'clock.**

Hall's Gardens Garden Maintenance Services

Gary Hall

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07833720015

garyhall7@blueyonder.co.uk



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New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site www.newhorizonscounselling.org.

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

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

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

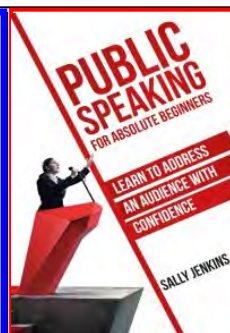
**The Jarrett room is approx. 13' x 8'
(4m x 2.5m)**

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

The building is step-free.

For further booking information go to:

www.bannersgatecommunityassociation.org



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Banners Gate

Community Hall,

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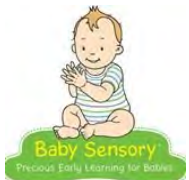
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BERT & GERT'S
We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.
The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.
Our aim is to support, encourage & promote small local businesses.
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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..



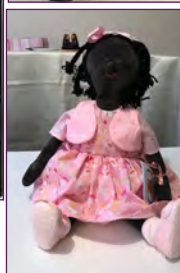
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St Columba's Church Hall

Hall letting for St Columba's Church.

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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



Banners Gate Community Association

Our Community Hall in Sutton Coldfield
is the perfect venue for your club, regular class,
meeting and much more!

[welcome](#)[what's on](#)[hire our hall](#)[view our hall](#)[committee](#)[contact](#)[links](#)

Welcome to Banners Gate Community Hall & Association

Run by a team of volunteers and situated in Sutton Coldfield, Banners Gate Community Hall is the perfect venue for your club or regular class. Our room hire rates are very reasonable and come with refreshment making facilities. The Hall has the capacity to hold up to 70 people, it is level throughout with a wheelchair accessible toilet and all of our facilities are fully insured and risk assessed.

If you are looking for a venue, simply telephone our [Bookings](#) Secretary on 0751 318 4845.

There's always lots going on at Banners Gate Community Hall. Newcomers are always very welcome! We cater for all needs no matter what your background, including young people, senior citizens, mother and baby. The hall is situated on the junction of Reay Nadin Drive and Coppice View Road (B73 6UR). On street parking is available.

Banners Gate Community Hall
Coffee Mornings, third Tuesday of the month
The next is on 18th July
at 10 o'clock

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
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10 a.m. daily, except
Wednesday

**Banners Gate
Community hall
Coffee Mornings
The next is on
18th July
At 10 o'clock**



The Townswomen's Guild

Patron HRH The Princess Royal GCVO

Thurs. 20th July Floral Jazz - Vanessa
No Meeting in August
Thurs. 21st Sept. Harvest with Wine & Cheese

Our vibrant Guild meets on the 3rd
Thursday of the month, 7.00 - 10.00 in
the Westwood Hall, Banners Gate
Community Church.
Contact Sue Nation on 353 4114

Banners Gate Community Church

Westwood Road. B73 6UH

We currently meet fortnightly on Sunday
mornings from 10.30am for fellowship,
worship, prayer and learning together in an
informal setting, with other gatherings
throughout the week.

To find out more visit our website at
www.bannersgatechurch.com.

St Columba's Church

Coffee Morning

**Every Friday of
the month**

10.00 - Noon

All Welcome

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

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



Girguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100

Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides.

There are also places available in both Brownie units in September for girls aged 7 or 8.

For more information contact Carol Gardner on 350 7191.



Girguiding UK

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