



Banners Gate & Parklands Community & Neighbourhood Forum

172nd July 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.

There are many more photos of Harold's 100th birthday in the supplement.
There are two new classes in the Community Hall. There's one for community skills on page 7 in Gatepost and page 13 in the supplement, ICYMI (in case you missed it). The other is for craft skills on page 66 in Gatepost.
Take your pick, or try both, what do you have to lose?

Tip Truck visits in Vesey

Mon	24/07/2023	Welford Road	B735DP	07:00	12:30
Fri	04/08/2023	Welshmans Hill	B736RZ	07:00	12:30
Fri	25/08/2023	Avery Road	B736PX	07:00	12:30
Tue	19/09/2023	Britwell Road	B735SW	07:00	12:30
URC Car Park					



Rob Pocock:

NEW 'FOREST PLAN' FOR SUTTON PARK

The City Council's future steps for improving Sutton Park now include an official updated Forest Plan. Sutton Park is a unique habitat combining open 'lowland heath' and also woodlands, which have had a long history of not being managed properly since Victorian times. Hence why the holly woods have invaded other areas and suffocated the forest floor, and the birch scrub that has overwhelmed parts of the lowland heath.

Now the City Parks Dept are working with the Forestry Commission to get a full long term official Forest Plan developed, which will chart the re-emergence of the traditional medieval forest canopy for the areas of the Park designated as historic natural woodland. This will be the first time that a professional land management scheme for forestry in the Park has ever been created through national experts from the Forestry Commission. It's further proof that Sutton Park nature reserve is gaining steadily more prominent national recognition for conservation as a natural environment.

Forest plans have to last longer than anyone's lifespan, if they are to work properly. No-one reading this will live to see the final fruits of this investment. But we can rest happy with the thought that children yet unborn to children yet unborn, will owe a vote of thanks to the scheme now getting under way.

WESTWOOD ROAD - POLISHED AND PRISTINE!

The upgrading of the full road surface on Westwood Road (from George Frederick Road to Reay Nadin Drive) has now been finished. The potholes on that stretch are thankfully a thing of the past - for now at any rate! Many thanks to the local residents who have had to put up with the disruption and traffic delays, hopefully the improvements will mean it was all worth the hassle.



'TIP TRUCKS' SUMMER TOUR ARRIVES IN AUGUST!

The next two City Council 'tip truck visits' are now scheduled to arrive in our area in August. On Friday 4th August they will be on Welshmans Hill, off Chester Road North, and three weeks later on Friday 25th August they'll be on Avery Road, just up off Monmouth Drive. Both sites

Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: 0121 605 4947, or bgatepost@gmail.com **Next deadline: Aug 24th**

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will be running from 7am – 12.30pm. Ideal for the summer clear-out, holiday cast-offs, garden clearance or just general tidy up – don't miss!



Max Hatton: Hello Gatepost Readers!
The Summer Holidays have commenced, and growing up this was one of my favourite times of year. My family would make our annual camping trip to Shell Island, North Wales over the Summer Holidays, 2 weeks of fun, sand dunes and toast on the campfire! For anyone that's braving a camping

holiday in the British countryside over the holidays, I hope the weather improves!

The increased childcare costs of the holidays can be a burden, particularly when eating out. Over the school holidays, some of the supermarket cafes and restaurants are offering free or discounted kids meals. Tesco and Asda both have offers on kids meals in their cafes, and there is a full list available online

www.moneysavingcentral.co.uk/kids-eat-free

There are also plenty of free activities to do around the city over the holiday season. Some great places to visit could be the Birmingham Museum & Art Gallery, your local library, or the Thinktank Science Museum in Town. There will also be summer events hosted in Sutton Town Centre with thanks to Sutton Coldfield BID such as the Crafts Market this Sunday (30th July) and a free Car Show on the parade (6th August)

This week we hosted our Sutton Vesey Ward community meeting at the Carpenters Arms Boldmere. We had many residents in attendance, and we heard from our new Policing Team on plans to tackle issues such as speeding, drug dealing and crime. We had great dialogue with residents on how we can improve our area, and we also heard updates from local community groups. We are due to meet again in the Autumn, we'll keep you posted on the date!

The next Full Town Council meeting will be held at 7pm on 26th September at Trinity Centre, until then I hope you all have a great summer, see you next time!

PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023
moneysavingcentral.co.uk/kids-eat-free

<p>ASDA Kids eat for £1 All Day. Every Day at Asda cafes, with no adult spend required.</p> <p>TESCO Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023</p> <p>SAINSBURYS CAFES Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.</p> <p>BEEFEATER & BREWERS FAYRE Two children under 16 can get a free breakfast every day with one paying adult!</p> <p>THE REAL GREEK Kids under 12 eat FREE every Sunday for every £10 spent by an adult</p> <p>M&S Free Kid's Munch Meal when you spend £5+ on non-kids food or drink at M&S Cafes</p> <p>TRAVELODGE & PREMIER INN Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free</p> <p>SIZZLING PUBS Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.</p> <p>TGI FRIDAYS Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)</p> <p>HUNGRY HORSE Kids eat for £1 on Mondays</p> <p>IKEA Kids get a meal from 95p daily from 11am</p>	<p>MORRISONS Spend £4.49 & get one free kids meal all day, every day. FREE Crumpets also available</p> <p>GORDON RAMSEY RESTAURANTS Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants</p> <p>PRETO Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms</p> <p>BILLS 2 kids eat FREE Monday - Friday from Monday 24th July - Friday 1st Sept 2023</p> <p>BELLA ITALIA Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.</p> <p>WHITBREAD INNS Two kids under 16 eat for FREE with every adult breakfast purchased</p> <p>BREWDOG Kids under 13 eat free until August 25th 2023 with one adult's main meal when you pre-book with code: KIDS EAT FREE</p> <p>TABLE TABLE Two children under 16 can get a free breakfast every day with one paying adult!</p> <p>PAUSA CAFE @ DUNELM Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm</p> <p>VO! SUSHI From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend</p> <p>FUTURE INNS Under 5s eat for free with any adult meal.</p>
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Copyright of MONEY SAVING CENTRAL

Thank you, Max

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.





See more about Harold's birthday in the Gatepost Supplement.



Coffee Morning

Summer Programme

Fridays July 28th & August 4th - meeting in the church
August 11th & 18th - no meetings while the team has a rest
August 25th & September 1st - we're back in the church

**All welcome
 for good chat
 FREE coffee, tea & cake**

**St Columba's
 Church
 Banners Gate**






*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

July and September 2023

Monday

10.00-12.00pm
Breastfeeding
Lounge
**Falcon Lodge
Community Hub**



Tuesday

9.20-10.00am
10.10-10.50am
11.00-11.40am
Story and signing
sessions
Boldmere Library

1.30-2.30 pm
Music and
Movement
Holland House

Wednesday

9.45 - 11.15 am
Play and Learn
0-5's
**Emmanuel
Church**



Thursday

1.00 - 2.30 pm
Stepping Stones
Referral only
Holland House

EEE advice

Are you aware you
could be eligible
for free 15 hours
for 2, 3 and 4 year
olds? For more
information call
your local
Children's Centre

Friday

9.45 - 11.30pm
Step by Step
Play and Learn
0-5's
In conjunction with
DLP North Cluster
**Falcon Lodge
Community Hub**

9.20-10.00am
10.10-10.50am
Story and signing
sessions
**Mere Green
Library**
Start date **TBC**

1.30-2.45pm Play
and Learn
Under 1's
Trinity Church

August 2023

31/07/23-
04/08/2023

03/08/2023
2.00-3.00pm
Music and
Movement
Emmanuel Church

EEE advice

Are you aware you
could be eligible
for free 15 hours
for 2, 3 and 4 year
olds? For more
information call your
local Children's
Centre

07/08/2023-
11/08/2023

07/08/2023
9.30-11.30 am
Startwell
Stay and Play
plus making lunch
**Falcon Lodge
Community Hub**

08/08/2023
9.45-11.15am
Speech and
Language
stay and play
**Emmanuel
Church**

14/08/2023-
18/08/2023

14/08/2023
10.00-11.00am
Messy Play
**Falcon Lodge
Community Hub**

18/08/2023
9.30-11.30 am
Startwell
Stay and Play plus
making lunch
**Emmanuel
Church**



21/08/2023-
25/08/2023

21/08/2023
9.45-11.15am
Speech and
Language
stay and play
**Falcon Lodge
Community Hub**

24/08/2023
9.45-11.15am
Music and
Movement
Holland House

28/08/2023-
01/09/2023

29/08/2023
9.45-11.15am
Speech and
Language
stay and play
Holland House

30/08/2023
10.00-11.00am
Messy Play
**Emmanuel
Church**



July and September 2023

Monday

9.15-10.45am
Play and Learn
0-5's
Castle Vale

9.45 - 11.15am
Step by Step
Play and Learn
0-5's
In conjunction with
DLP North Cluster
**Osborne
Nursery School
(July only)**

1.15- 2.30pm
Play and Learn
Under 1's
Lakeside

Tuesday

9.45-11.15 am
Play and Learn
Over 1's
Featherstone

10.00-12.00pm
Breastfeeding
Lounge
Lakeside

1.00-2.30pm
Play and Learn –
over 1's
Featherstone

Wednesday

9.45-11.30am
Play and Learn
Over 1's
Lakeside

EEE advice

Are you aware you
could be eligible
for free 15 hours
for 2, 3 and 4 year
olds? For more
information call
your local
Children's Centre



Thursday

9.30-10.30am
Music and
Movement
July only
Castle Vale

9.45 - 11.15am
Step by Step
Play and Learn
0-5's
**Osborne
Nursery School
(21st and 28th
September)**

1.15-2.45pm
Play and Learn
0-5's
**Kingstanding
Leisure Centre**

1.30-2.30 pm
Music and
Movement
Lakeside

Friday

1.00 - 2.30pm
Step by Step
Play and Learn
0-5's
In conjunction with
DLP North Cluster
Castle Vale

1.15-2.30pm
Play and Learn
under 1's
Featherstone



August 2023

31/07/23-
04/08/2023

01/08/2023
9.45-11.15am
Speech and
Language
stay and play
Castle Vale

03/08/2023
9.30-11.30 am
Startwell
Stay and Play
plus making lunch
Lakeside

04/08/2023
10.00-11.00am
Messy Play
Featherstone

07/08/2023-
11/08/2023

09/08/2023
9.45-11.15am
Music and
Movement
Featherstone

10/08/2023
10.00-11.00am
Messy Play
Castle Vale



14/08/2023-
18/08/2023

15/08/2023
9.45-11.15
Music and
Movement
Castle Vale

16/08/2023
9.45-11.15am
Speech and
Language
Stay and Play
Lakeside

16/08/2023
9.45-11.15am
Speech and
Language
Stay and Play
Featherstone

21/08/2023-
25/08/2023

22/08/2023
First Words Event
More information to
follow
Lakeside

23/08/2023
9.30-11.30 am
Startwell
Stay and Play
plus making lunch
Castle Vale

25/08/2023
10.00-11.00am
Messy Play
Lakeside

28/08/2023-
01/09/2023

31/08/2023
9.45-11.15am
Music and
Movement
Lakeside

01/09/2023
9.30-11.30 am
Startwell
Stay and Play
plus making lunch
Featherstone





BANNERSGATE COMMUNITY CENTRE SUTTON COLDFIELD B73 6UR



British Sign Language (Birmingham)

FREE

FREE BSL EVENING CLASSES STARTING SEPT 2023

Banners Gate Community Centre, Sutton Coldfield B73 6UR

The Great Barr Community Hub

*A **10-week** workshops, Virtual learning(online) and face to face(centre) providing you with basic conversational BSL skills to communicate effectively. No experience needed or Level of signing. Come join for some fun learning. Refreshments included. Please phone or email to reserve place **HURRY!** Limited places*

10-week courses delivered by experienced Tutors

Topics such as

- Fingerspelling
- Meeting people
- Questions
- Number/Time/Money
- Weather
- Transport
- Jobs
- Colours
- Family
- And more



Email: bslsilver2022@gmail.com

www.bslsilver.co.uk

www.bslsilver.co.uk



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.

Sutton Coldfield Volunteers Needed

Re-engage, the charity dedicated to ending loneliness and isolation among those aged 75 and over, is urgently seeking volunteers to help run a new social group in Sutton Coldfield.

It already stages monthly gentle activity groups for carpet curling and indoor bowls in Northfield and Garretts Green and is now expanding to other parts of Birmingham.

The charity believes no-one is too old to make friends or enjoy social interaction. Re-engage engagement officer, Deb Meynell, said: "Our groups are fun, friendly, completely free and provide an opportunity to stay physically active.

"Social isolation and loneliness can take a tremendous toll on both mental and physical health, so we hope our groups will give older people something to look forward to and an opportunity to connect with others.

"But before we can press ahead we urgently need volunteers to come forward to help run the groups. It really is rewarding and a great way to feel you are putting something back into society."

Retired nurse Jane, 82, who has seven grandchildren and two great grandsons, said: "The group sessions have helped reconnect me to the outside world. The Covid years altered the structure of a normal life pattern but the sessions bring back a socially safe rhythm to each week. It's a great way to take steps towards reconnecting through an exercise regime."

As well as setting-up in Sutton Coldfield, Re-engage hopes to start groups in Erdington and Harborne. The charity's research shows that 80% of older people taking part in the activity sessions say it has improved their wellbeing.

If you'd like to volunteer please contact Re-engage at: <https://www.reengage.org.uk/volunteer/>

Or you can call: 0207 240 0630.

Barry Gardner
Media and PR Officer
Tel: 0207 420 5818

(Mon- Fri 9-12.30) www.reengage.org.uk



Royal Sutton Coldfield Town Council hosts Partnership event, to support older residents to live longer, more independent lives.

In 2019, the Town Council established a Health and Wellbeing Partnership, bringing together representatives of public, private and voluntary sector organisations. The aim of the Partnership is to increase collaboration to help residents live happy, healthy and active lives.

The current priority, identified by the Partnership and local health providers, is to support older people who may be more vulnerable to falls and frailty. The event focused on sharing knowledge between 'frontline' staff and volunteers and those responsible for planning, so that practical actions could be identified with a view to relieving annual NHS winter pressures.

As falls in older adults often arise from a variety of health issues, representatives were invited from a range of services from the NHS' Birmingham Community Healthcare and Mental Health Foundation Trusts and Birmingham City Council's Public Health team. They included dietitians, podiatrists, occupational therapists and physiotherapists. A number of the town's strong voluntary, community and faith organisations were also represented. The services they offer play a vital role in the prevention of falls and frailty, by keeping people physically active, reducing social isolation and improving mental wellbeing. In May 2023, Royal Sutton Coldfield was awarded Dementia Friendly Status by the Alzheimer's Society. Dementia service and support groups were, therefore also present and able to share their experiences.

Attendees and residents will be able to find out more about the discussions and actions arising from the event in a subsequent report, which be made publically available.





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 Five

Dad recollects a propaganda film being made where a group of Japanese girls were brought in to work besides the POWs, the film took ninety minutes to make after which normal cruelty and brutality resumed.

Dad left the railway in August 1944; the intention was to take the POWs to work in Japan. They were shipped by freight train to Bangkok and then onto Malaya and finally to River Valley camp in Singapore. They remained in the camp for one month and on 3 September 1944 were shipped from Keppel Harbour, Singapore in a freighter, the USS President Harrison, which was re-named the Kachidoki Maru. This ship was part of a convoy which was shadowed and attacked by Allied submarines. On 12 September 1944 the ship was torpedoed and sunk in the South China Sea by the USS Pampanito. Dad tells of panic, heroism, suffering, death, and despair but having saved the life of a Japanese nurse, Dad, and an officer, Captain Pearce, only then decided to save their own lives by abandoning ship; they jumped overboard and, on surfacing, saw the ship rapidly sinking. At the time Dad was with Captain Pearce, who he admired and respected, they became parted when Pearce went to a boat with other survivors on board and Dad swam off to quieter waters to find his own life raft. He came across another soldier – Bill, who was from Lancashire lying across a piece of flotsam, Dad joined him. They lay on their makeshift raft for forty-four hours during which time, they saw sharks in the water and many of their colleagues slip beneath the waves.

After 44 hours in the sea a Japanese warship picked up Dad, Captain Pearce, Bill, and other survivors. On boarding the Japanese ship, they were treated badly by being kicked and beaten. The warship 'pinged' more subs in the area and made a run to Ami in China. On arrival the POWs were told to board an oil tanker but due to lack of space were transferred to a whaling ship. When under sail they were again 'pinged' by allied subs and made a run for Formosa. The convoy was attacked several times, but Dad made it to Moji in South Japan.

The Japanese did not put recognition markings on ships carrying FEPOWS which meant they were legitimate targets for any allied submarines.

Keep in Touch



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

Birmingham Bulletin – School's out for SUMMER, plus MELA, THIS WEEKEND!

Birmingham City Council sent this bulletin at 21-07-2023 04:00 PM BST

To view in a browser click here. To share click here



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



This weekend's super-inclusive Sandwell and Birmingham MELA set to make HISTORY!

FRIENDS OF THE GATES

THE TRAMPERS ARE HERE

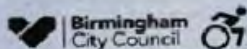


The first user sets off for a tour.

Do you have mobility or health issues which make it difficult for you to get around?

HIRE ME TODAY*

*subject to age and membership £2.50 for two weeks/£10 annual membership



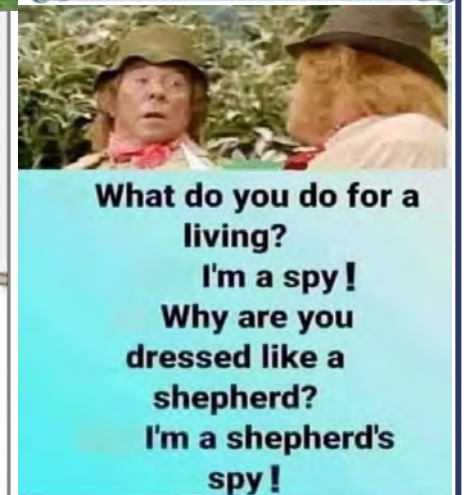
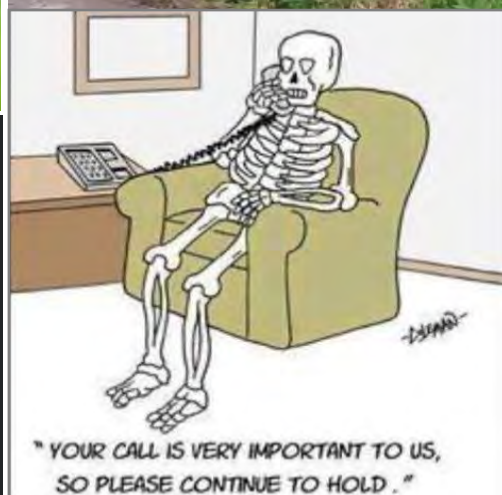
The launch of the two Trampler all terrain mobility vehicles bought with funding secured by Friends of the (Boldmere and Banners) Gates took place on Saturday 22nd July and they are now available to anyone with mobility problems to enable them to tour the park. They are based at the Visitor Centre at Town Gate. All you need to do is join the scheme, £2.50 for 2 weeks or £10 for a year. For more information call the Visitor Centre, 0121 464 8726.

**FINE, YOU CAN SLEEP
HERE, BUT ONLY FOR
TONIGHT!**



**Replace
Border Force
with GP
receptionists,
& then see
who gets let
in.**

**Sometimes, amongst all the angry posts,
politics, global warming and stress, you just
need a picture of a mouse sleeping in a flower.**



My wife and I got married in 1971 and we purchased our first house in Erdington a 3 bedroomed semi at the princely sum of £ 3,750. This was just before the property boom, the adjoining semi went 18 months later for about £ 6,000. Thought I would share with you a **"What was happening back in 1971"** My how things and prices have changed in 52 years eh! I dread to ask for a "Back in 1943" the year I was born.

Eric Jones July 2023

BACK IN 1971

Popular TV

The Two Ronnies
A Family at War
Queenie's Castle
Upstairs, Downstairs
The Generation Game



Big Events

- The Divorce Reform Act (1969) came into effect.
- The pre-decimal penny and threepence ceased to be legal tender.
- Qatar gained independence from Britain.
- A bomb exploded at the top of the Post Office Tower in London.
- China is admitted to the United Nations UN.
- The First Internet Chat rooms appear.
- Texas Instruments releases the first pocket calculator.
- United Arab Emirates - UAE Established.

What Things Cost?

- New House	£5,310
- Average Salary	£1,955
- New Car	£1,160
- Pint of Beer	£0.20
- Loaf of Bread	£0.09
- Litre of Petrol	£0.07
- Pint of Milk	£0.05
- Postage Stamp	£0.03
- Flour 1.5kg	£0.12
- Sugar 1kg	£0.09



WORLD
POPULATION

3.78
BILLION
UK Population
55.928 million

Publications

Gerda Charles, *The Destiny Waltz*

Agatha Christie, *Nemesis*

E. M. Forster, *Maurice*

Frederick Forsyth, *The Day of the Jackal*

Roger Hargreaves, *Mr. Tickle*

Spike Milligan, *Adolf Hitler*

My Part in His Downfall

V. S. Naipaul, *In a Free State*

Terry Pratchett, *The Carpet People*

Popular Music

Dawn - Knock Three Times

Slade - Coz I Luv You

T Rex - Hot Love

George Harrison - My Sweet Lord

Clive Dunn - Grandad

The Tams - Hey Girl Don't Bother Me

The Mixtures - Pushbike Song

Diana Ross - I'm Still Waiting

Judy Collins - Amazing Grace

T Rex - Get It On



Popular Films

The Aristocats

On the Buses

Soldier Blue

Carry on Loving

Dad's Army

Get Carter

Percy

The Railway Children

Up Pompeii



Incumbents

Monarch

Elizabeth II



Prime Minister

Edward Heath

Life Expectancy

71.1 years

Born in 1971

- Elon Musk

- Ewan McGregor

- David Tennant

- Martin Freeman

- Paul Bettany

- Damian Lewis

- Claire Forlani

- Dido

- Sacha Baron
Cohen



communitēa cafe

We pride ourselves on being a friendly and welcoming community café in the heart of Boldmere.

Managed by independent local charity
Age Concern Birmingham.

Our menu features plenty of healthy and affordable food, delicious sweet treats and freshly ground coffee.

All the groups in the cafe are free and space is available free of charge if you are interested in starting up a group.

Pop in for a cuppa and get involved.



Call us on 0121 630 2462 or email us
communitēa@ageconcernbirmingham.org.uk



Communitēa Café What's On



July 2023

76/78 Boldmere Road, Boldmere, B73 5TJ

Monday

Carers Hub drop-in: 9.30am - 12pm - weekly

Our advisors can provide information and advice today. Pop in and have a chat, no appointment necessary.

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe! Vouchers are available for a complementary meal and hot drink.

Knit and Natter: 10am until 12pm - weekly

Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Tuesday

Dementia Carers drop-in: 10am until 12pm - weekly

Advice and information for unpaid dementia carers. Pop in and have a chat, no appointment necessary.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe! Vouchers are available for a complementary meal and hot drink.

Chatty Cafe: 10.30am until 11.30am - weekly

Come down for a chat and a cuppa - everyone welcome!

Friends For Life: 1pm until 3pm - weekly

Our group aims to bring together all ex service personnel to make new friends, network and create new social opportunities.

Menopause: 5pm until 7pm - 4th only

A monthly group to support each other through the menopause, looking for knowledge and tips to share with each other.

Wednesday

Digital Drop In Sessions: 2pm until 4pm - weekly

Pop along and see Joe if you need advice, support or guidance on how to use your device - this can be your phone, laptop or tablet.

Warmer Homes: 11am until 12.30pm - 5th & 19th only

Offering advice and support on affordable warmth and managing fuel poverty.

Thursday

Parkinson's UK: 10am until 12pm - 6th and 20th only

A group welcoming those with Parkinson's and their families/carers.

Social Worker drop-in: 10am until 1pm - weekly

Come along to meet and chat to a social worker - ask us anything....

Friday

Art Group: 10am until 11.30pm - weekly

A friendly art group working with various mediums from charcoal and acrylic paints to lino printing. We create artwork in a relaxed positive environment.

Advice Cafe: 11am until 3pm - weekly

One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

Chatty Cafe: 2pm until 4pm - weekly

Come down for a chat and a cuppa - everyone welcome!



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)

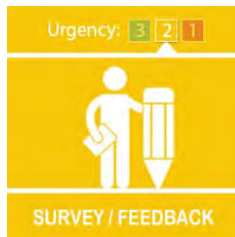
To report crime or anything suspicious call 101 or please visit [Residential burglary | Your Options | West Midlands Police \(west-midlands.police.uk\)](https://www.west-midlands.police.uk)

In an emergency always dial 999.



Message Sent By
Stefanie Sadler

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



West Midlands Fire Service needs YOU!

We are now in our third week of Consultation! There's still time for you to have YOUR say.

This is an opportunity for members of our community, our partners, and our staff to share their valued views and opinions on the services we provide, and help us align our priorities with what matters to YOU.

Our survey takes no longer than 10 minutes to complete and is your opportunity to help shape your fire service.

We'd love to hear from you!

Clicking the link below will take you to a landing page, where you can watch a short video from our Chief Fire Officer Wayne Brown explaining what we're doing, and why your response is important to us.

You can then select who you are, which will take you to the relevant survey.

<https://www.wmfs.net/consultation-2023/>

Thank you!



Message Sent By
Nathan Simmonds
(West Midlands Fire Service, Corporate Comms, West Midlands)



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)



Keeping your children and grandchildren safe online this summer

Dear resident,

As children break up for the long summer break, if they're like most children, they'll probably be getting up and going to bed later. Playing out more. And if they're lucky, you might be taking them away on holiday.

What's almost certain is that they'll be going online more than in term time ... for entertainment, keeping in contact and chatting with their mates, gaming and the multitude of other things kids use the internet for.

With all the additional time spent doing more online, how can you be sure that the young people in your family are safe from the issues they can encounter every day? Our latest campaign provides tips and advice on how to help your children stay safe online this summer. Read below, or see the attached leaflet for more information:

https://www.getsafeonline.org/yourchildonline/?utm_source=nwemail&utm_medium=email&utm_campaign=nwjuly23

With best wishes,
The Get Safe Online team

Attachments

[July23_Parents_Leaflet.pdf](#)



Message Sent By
Get Safe Online

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.

PIF
PET INDUSTRY FEDERATION

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



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

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



RECRUITMENT FOR CONTACT OFFICERS

PLEASE DO NOT RESPOND TO THIS MESSAGE - YOU NEED TO CONTACT OUR CAREERS TEAM

AT careers@westmidlands.police.uk

West Midlands Police is England's second largest police force. Together we serve the 2.9 million people who call the region home - one of the youngest and most diverse populations in Europe.

As an Employee of Choice, we are a professional organisation who employ over 10,000 local people. The shared **vision** of our officers, staff and volunteers is to be recognised as a police service that is big enough to cope with everything that is asked of us, while showing we are small enough to care about the things that really matter to people.

This vision is built on three **strategic priorities**

- A service that works for local people
- Engaged communities
- Employer of choice

We will achieve each of these goals to enable us fulfil our **mission** of working in partnership, making communities safer.

These are the **values** which guide all of our actions and decision making:

- Service – we put people first
- Integrity – we always do the right thing
- Compassion – we see the person needing help
- Professionalism – we lead by good example
- Equality, Diversity and Human Rights – we treat everyone fairly

We are looking for cool headed, problem solvers who really like to help others. At West Midlands Police, our 999 and 101 services need staff who can respond quickly and decisively to calls for assistance from the public.

As part the Force Contact Team as a **Contact Officer**, you will respond to calls from the public and will support police officers attending incidents. In this role you will support, advise and guide victims and

Continued on next page...

witnesses whilst gathering and recording information to help prevent, reduce and detect crime. Or as a **Dispatcher**, you could be communicating with front line officers to ensure calls for assistance are prioritised and managed. Either way, you will play a critical role in the first few minutes of a call which will shape the Force response and impact on the outcome of potentially a life- threatening situation.

Why don't you give it a try?

Are you calm in a crisis?

Can you make rapid decisions?

Are you able to prioritise when you are under pressure?

So, if you are

a calm, strong decision maker who can demonstrate leadership in critical situations, computer literate, with accurate keyboard skills (minimum 25 wpm), have accurate verbal and written language skills, are able to prioritise and multi-task under pressure and achieve deadlinesthis could be the role for you!

West Midlands Police is a Disability Confident Leader - the highest level an organisation can achieve under the scheme run by the Department of Work and Pensions. As part of our commitment we operate a 'Disability Confident Interview Scheme' - all candidates who declare a disability and meet the essential criteria for the role will be offered an interview.

It is important to note that there may be occasions where it is not practicable or appropriate to interview all disabled people who meet the essential criteria for the job. For example: in certain recruitment situations such as high-volume, seasonal and high-peak times, the employer may wish to limit the overall numbers of interviews offered to both disabled people and non-disabled people. In these circumstances, the employer could select the candidates who best meet the essential criteria for the job, as they would do for non-disabled applicants.

"Diversity and Inclusion Vision: Maximise the potential of people from all backgrounds through a culture of fairness and inclusion to deliver the best service for our communities"

PLEASE EMAIL careers@westmidlands.police.uk



Message Sent By

Stefanie Sadler

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

WEST MIDLANDS FIRE SERVICE

[Shape YOUR fire service](#)

SUTTON PARK GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH
LAUNCHES WEDNESDAY 26TH JULY 2.30- 4.30PM

Join us at Sutton Park Grange for our Dementia Friendly Cinema.

Join us with your carer, partner or friend where you will be welcome to watch an appropriate film and enjoy popcorn and refreshments.

For more information please call please call Karen on 01217 562 174 or email: sutton.enquiries@cinnamoncc.com to reserve your space.

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

CINEMA TICKET

TOP 20 DEMENTIA GROUP

SUTTON PARK GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

Sutton Park Grange has been designed with the people we care for in mind – whether it is the personalisation of their care plans, the careful selection of the décor in their room, their dining experience, hobbies or personal preferences...

At Sutton Park Grange, people will always come first

For more information or to book your personalised tour please call our Team on 01217 562 174 or email sutton.enquiries@cinnamoncc.com to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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

TAKE A PERSONALISED TOUR BOOK TODAY

TOP 20 DEMENTIA GROUP

Join us for our next event

Mercia Grange care home, Sutton Coldfield

Coffee, cake & friendship cafe

First Tuesday of every month
2pm - 4pm

Come along to our coffee, cake and friendship cafe! Meet Alzheimer's Society Dementia Advisors and gain valuable support and advice. Join like-minded members of the community, make new friends and enjoy a selection of home-baked treats in our warm café. We also have a dementia-friendly barbour on hand to provide your loved one with a unique pampering experience.

Experience a tour of our beautiful care home, whilst our friendly team are always on-hand to provide help and guidance.

Trusted to care. 

To attend please call
01214 682 684 or email
rachel.mackay@careuk.com

care UK 

610 Kingstanding							birmingham settlement developing communities, changing lives
SUN	MON	TUE	WED	THU	FRI	SAT	
	<p>Birmingham Mind Women's Group 10am-2.30pm</p> <p>Ageing Well Tai Chi 11am-12pm</p> <p>Little Settlers Baby Massage (Stay, Learn & Play) 12.30-2.30pm</p> <p>Men's Cuppa Club 1-3pm</p>	<p>Dance Fit (50+) 10-11.30am</p> <p>Dog Training Group 10.30am-12.30pm</p> <p>Panthers Judo Club 6-8.30pm</p>	<p>Ageing Well Arts Group 10am-12.30pm</p> <p>Learning Disability Group 7-9pm</p> <p>BCC Junior Youth Club 4.30-6.30pm</p>	<p>Little Settlers (Stay, Learn & Play) 10am-1pm</p> <p>Ageing Well Bowls Group 10am-12.30pm</p> <p>Walking Group 10am-1pm</p> <p>Yoga 1.30-2.30pm</p> <p>Girls Club 4-5.30pm</p> <p>Sports Thursdays 5-8pm</p>	<p>Ageing Well Cuppa & Chatter 10.30am-12.30pm</p> <p>Zumba 1.30-2.30pm</p> <p>Learning Disability Group 7-9pm</p>	<p>Foodcycle 1pm (serving time)</p>	

My Kid: I feel like you're always making up rules and stuff.

Me: Like what?

My Kid: Like if I don't clean my room a portal will open and take me to another dimension.

Me: Well that's what happened to your older brother.

My Kid: What older brother?

Me: Exactly.

©GOLDTIMERS



You should probably put on pants before they cancel you.

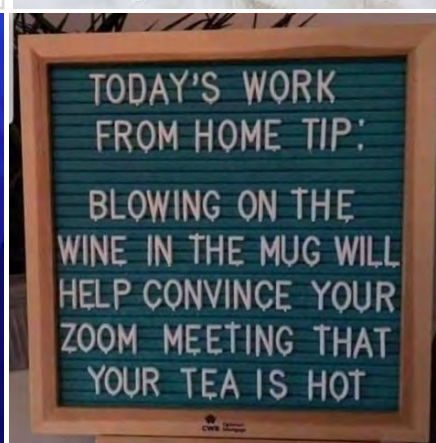


I said I was good at making decisions. I didn't say the decisions I made were good.

Being a little older, I am very fortunate to have someone call and check on me everyday. He is from India and is very concerned about my car warranty.



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

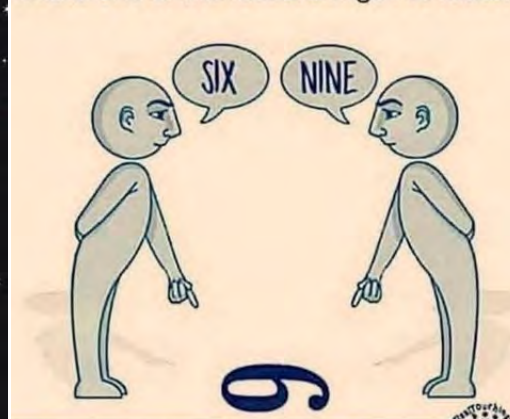


AT MY AGE, A TRAIL OF CLOTHES LEADING TO THE BEDROOM MEANS I DROPPED THEM ON THE WAY FROM THE DRYER.

IF WE WANTED TO BOLDLY SEND BILLIONAIRES WHERE NO BILLIONAIRES HAVE BEEN BEFORE, WE COULD HAVE JUST SENT THEM TO THE TAX OFFICE



This is one of the realist things I've read...



Just because you are right, does not mean, I am wrong. You just haven't seen life from my side.

We're looking for someone who can do the work of two men





Contact Us
0121 464 2274
sutton.coldfield.library@birmingham.gov.uk
www.facebook.com/SuttonColdfieldLibrary
www.twitter.com/SuttonLibrary
www.instagram.com/suttoncoldfieldlibrary


Book

Makaton International Awareness Day is Monday 28th August

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


Bank Holiday Closure: Monday 28th August

August

FOR FAMILIES
See our separate Summer Reading Challenge Programme for details of events during the summer.
Scan the QR Code to book our events.



Every Friday
Pre-School Story Time 10 - 10.30am - Bring your children aged 0-5 along to enjoy some stories, rhymes & musical instruments.
NCT Bumps & Babies Cafe 10.30am - 12.00pm - Join NCT Sutton Coldfield's free Bumps & Babies group with breastfeeding support. Soft Play places must be pre-booked. See their Facebook page for further details: <https://www.facebook.com/NCTSuttonColdfield>
Please Note: No NCT session on 4th & 11th August

Every Saturday
Lego Club or Boardgames 2.30 - 4.30pm - We alternate between Lego Club and Boardgame sessions every Saturday. Boardgames 5th & 19th, Lego 12th & 26th

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

August

FOR ADULTS
Saturday 5th August
Poetry Matters group 10.30am - 12.30pm - Join like-minded poetry lovers in the library for poetry readings and discussions

First Saturday of the Month
Royal Sutton Coldfield Town Council Advice Surgery 9.30 - 11.30am - Monthly advice surgery with Councillor Pears

Every Tuesday
IT Help from FOLIO volunteer Geoff 2 - 4pm - Geoff is available to help with how to use a desktop computer or laptop to smart phones and tablets / iPads. To book a place please ask at the Information Desk
Sutton Coldfield Local History Research Group 2 - 4.30pm - SCLHRG meet weekly in the library. For more information visit their website: <https://sclhr.org.uk>

Thursday 3rd, 17th & 31st August
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 17th August
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

Summer Reading Challenge 2023

Ready, Set, Read!

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

Sutton Coldfield Library
Programme of events
Reading challenge runs
8th July -
9th September

All sessions are free. Places can be booked two weeks in advance. To book please use our Eventbrite booking system:

www.eventbrite.co.uk/o/sutton-coldfield-library-67559830393

Due to the nature of the small parts for our craft sessions supervision is required for younger children. Parents of children aged 8 years and under must remain in the building during the session.

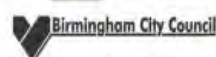
As places are limited, if you book a place and cannot attend, please refund/ return your tickets via Eventbrite.

www.twitter.com/SuttonLibrary

www.facebook.com/SuttonColdfieldLibrary

www.instagram.com/SuttonColdfieldLibrary

Sutton Coldfield Library would like to thank the following for their generous support towards the Summer Reading Challenge:



Sutton Coldfield Library

0121 464 2274 sutton.coldfield.library@birmingham.gov.uk

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



Saturday 22nd July - 11am - 12.30pm

Make your own keyring!

Family event

Event Type: Drop-in (no booking necessary)



Monday 24th July - 2.15 - 3.15pm

Decorate Plant Pots - story and craft

Suitable for children over 3 years old.

Event Type: Book a place from 10th July

Friday 28th July - 2.30 - 3.30pm

Mini World Records Sports

Event Type: Book a place from 14th July

Suitable for children over 5 years old.



Saturday 29th July - 11am - 12.30pm

Make your own keyring!

Family event

Event Type: Drop-in (no booking necessary)

Tuesday 1st August - 11am - 12pm

Junior Creative Writing Workshop

Suitable for children over 8 years old.

Event Type: Book a place from 18th July



Monday 7th August - 2.15 - 3.15pm

Amazing Sea Creatures - story and craft

Suitable for children over 3 years old.

Event Type: Book a place from 24th July



Friday 11th August 2.15 - 3.15pm

Friendship Bracelets - poems and craft

Suitable for children over 5 years old

Event Type: Book a place from 28th July



Monday 14th August 11am - 12pm

Dreamcatchers - story and craft

Suitable for children over 5 years old

Event Type: Book a place from 31st July

Thursday 17th August 11am - 12.30pm

Art and Play with BCAT

Suitable for children over 5 years old

Event Type: Book a place from 3rd August



Tuesday 22nd August 11am - 12pm

Beachballs - story and craft

Suitable for children over 3 years old

Event Type: Book a place from 8th August

Saturday 26th August 11am - 12.30pm

Make your own keyring!

Family event

Event Type: Drop-in (no booking necessary)



Thursday 31st August 11am - 12.30pm

Art and Play with BCAT

Suitable for children over 5 years old

Event Type: Book a place from 17th August

**SUMMER
READING
CHALLENGE**

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

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.





CHESTER ROAD STATION FRIENDS (CRSF).,

*invite local artists, to create a mini painting
on our Christmas disc 'baubles' . . .*

These painted baubles will be securely attached to our 6 foot wooden Christmas Trees, which are displayed along our Chester Road Station platforms, attached to the railings, on the weeks leading up to, and after the Christmas period. The baubles, signed by their artists, will be a treat to have publically exhibited in this way, to show all, our wealth of local talent.

- The 'baubles' are made from 11mm, untreated stand board and lightly sanded.
- The diameter of the wooden disc, for painting, is 147 mm (approximately 6").
- The painting needs to be sufficiently weatherproofed, to maintain for the display period.
- Must be ready to fix on trees by Saturday 25th November, 2023

Please note: *to comply with railway safety, no solid green colour, or solid red colour, which might be confused as a red or green light for approaching trains, should be used on the bauble discs please, and no decorative attachments, which could become detached, or glitter should be applied.*
Thank you.

**To obtain a bauble disc, please contact patline@talktalk.net
or tel. Pat on 07704354064**



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

Supported by players of



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?

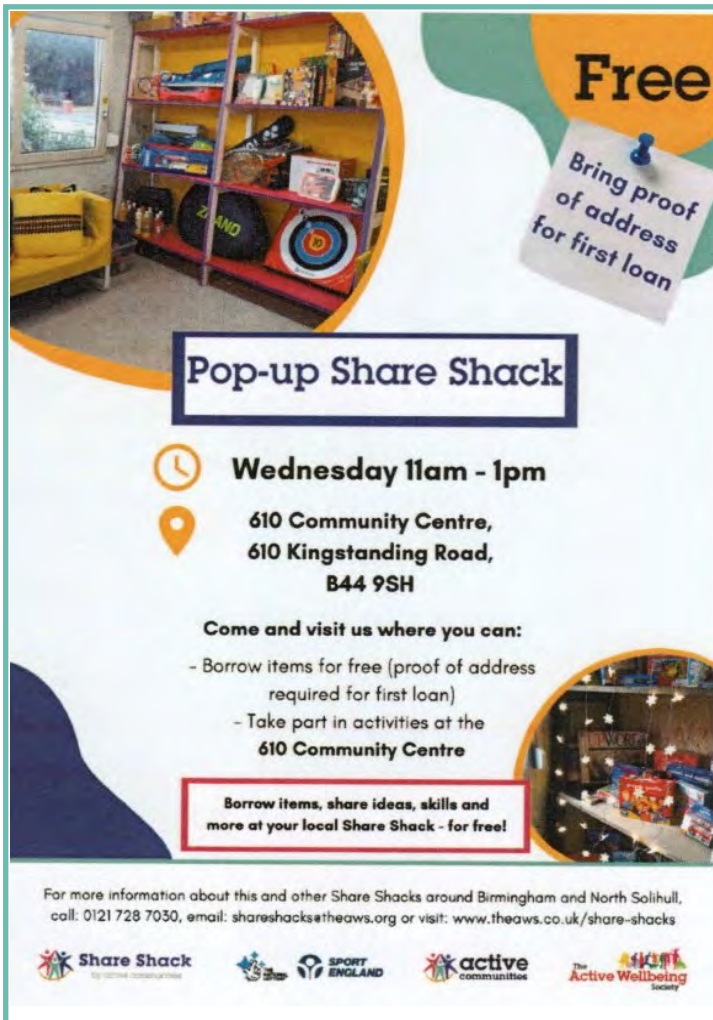
Would you like help to identify and set life goals?

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**

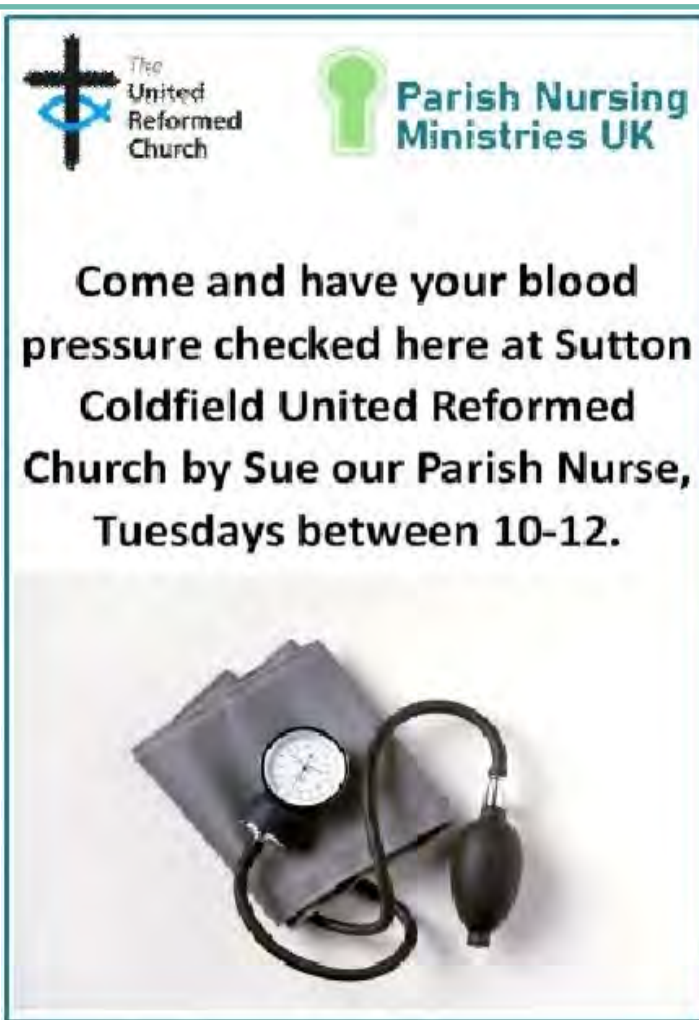
Come and visit us where you can:

- 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



The United Reformed Church | Parish Nursing Ministries UK

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




Home visiting Podiatrist

Ms Dawn Jarrett
BSc [Hons] Podiatry
HCPC Registered CH1417
Tel 07884471164

Visits to Sutton & all Birmingham
In the comfort of your own home.
Over 23 years NHS experience
Same day appointments available.

Foot/care/wear/advice given
Treatment of ingrown toenails,
Thick overgrown & involuted nails,
fungal nails, athletes foot,
Corns, callouses, verruca's,
Cracked heels, dry skin conditions.
Insole therapy for flat feet etc.



FORGET ME NOT SING-ALONG

JOIN US

Sing-along for people with Dementia, other disabilities and anyone else who'd like to come along. 1 hour of fun, singing and socialising.

£5 PER SESSION
(CARERS FREE)
NO BOOKING REQUIRED.
JUST TURN UP

WHEN?
Every Monday starting
4th October at 115pm
1 Hour Session

St Johns Centre
Christ The King Church
Warren Farm Road
Kingstanding
B44 0QN

kidzlikedanny@blueyonder.co.uk | 07544393523

From newts to nymphs: discover fascinating underwater creatures

On a sunny summer's day, ponds are a real hub of activity, with colourful dragonflies whizzing over the water and thirsty birds popping by for a drink. But have you ever wondered what's going on beneath the surface? Our experts reveal a secret world of amazing wildlife, just waiting to be discovered.

[Pro tips for great dips](#)



Welcome to Notes on Nature.

In the warm summer months ponds are teeming with life – from frogs and newts to upside-down bugs, and even ferocious diving beetles. In our new video filmed at the RSPB Sandwell Valley nature reserve, pond dipping pros share their advice on how to get up close and personal with some fascinating underwater wildlife.

Many of our nature reserves run pond dipping sessions, or you could have a go yourself at a pond near you. If you're inspired by what you discover, why not create your very own pond at home? As well as being fantastic for aquatic creatures, ponds can be a lifeline for birds and other wildlife in dry weather. Who knows what might come to visit?

Also in this issue, our gardening guru Adrian Thomas reveals how to fill your outside space with wildlife-friendly plants on a budget. Plus, find out how we could help you take action for nature in your community through the £1 million Save Our Wild Isles Community Fund.

Have a wonderful wildlife-filled week.



Jamie Wyver
Notes on Nature editor



Fifth of drivers accuse councils of scrapping, or planning to scrap, parking payment machines in favour of mobile apps



Nearly one-in-five drivers (19%) say their local authority has either scrapped parking payment machines or is consulting on doing so, forcing them to use mobile phones to pay instead, new RAC research reveals.¹

The survey of 1,900 UK drivers found that one-in-10 (11%) reported some or all parking payment machines had already been removed by their local councils with an extra 8% saying their local authority was consulting on doing so.

Drivers in London were most likely to say payment machines had already gone or were due to be going (44% of respondents in the capital), followed by those in the East of England (23%) and East Midlands (22%).

The RAC's findings are being driven by the fact many councils are getting rid of machines for taking payment for parking as a result many older machines relying on 3G mobile phone signals to



function, which telecoms operators are switching off.

This means councils either have to spend large sums on replacing machines with more modern ones or get rid of machines altogether, in turn making drivers use a mobile phone to pay to park – either via an app like RingGo or PayByPhone or by calling a phone number.

Among the councils the RAC is aware are scrapping all their payment machines are Brighton and Hove, along with Bromley, Enfield and Harrow in London.

The plan to scrap machines and force people to pay by app triggered a strong reaction among drivers surveyed by the RAC's with 59% – and 73% of those aged 65 and over – saying they feel angry at the idea of physical parking machines being removed as they believe they should be able to pay for parking however they want.

A fifth of all drivers (20%) said they felt discriminated against as they simply can't use mobile apps to pay for parking in the first place, a figure that rises to 30% of those aged 65 and over. Just three-in-10 (31%) of drivers of all age groups are completely comfortable with payment machines being removed (and only 14% of those aged 65-plus).

When asked what impact a council removing payment parking machines would have on them, half (48%) said they would drive to a different car park where they can still pay using cash or a bank card.

But a quarter (27%) said they would struggle to find somewhere else to park that was convenient, a figure that rises to 38% for drivers aged 65 and over – which suggests councils that choose to ditch machines risk putting off some drivers from visiting town and city centres.

A motivated fifth (19%) of all respondents meanwhile said they would complain to their local council and/or Member of Parliament if payment machines in their areas were to be removed.

- **[Parking guide: where you can and can't park](#)**
- **[Motorist uses AI tool ChatGPT to reduce parking fine](#)**
- **[Parking Charge Notices – what you need to know](#)**

[Road trips with kids - how to survive long journeys with children.](#)

Which?

Scam Alerts

The scams you need to know about this month

Our scam tracker highlights the latest scams that you need to know about this month, including Apple Pay phishing texts and fake fuel cards. **Our goal is to help you stay ahead of fraudsters.**

[Discover what this month's trending scams are.](#)

Dodgy YouTube ads

The YouTuber MrBeast has around 170 million subscribers and regularly gives away money to guests who overcome challenges in his videos. Unfortunately, scammers are taking advantage of this by creating fake ads that promise cash giveaways in MrBeast's name.

If you click on one of these ads, you'll be taken to a phishing website where your personal information can be compromised or malware can be downloaded onto your device.

[Learn more about the different dodgy YouTube ads and how to avoid them.](#)

Mobile antivirus protects you from phishing scams

Did you know that mobile antivirus apps can protect you from phishing scams? We put free and paid-for antivirus apps through our lab tests and compared them against the built-in security that comes with Apple and Android phones.

We subjected each mobile antivirus app to at least 200 known phishing sites on the internet **and found that all of them were more effective than the built-in protection from Apple and Android. What's more, we even found a free Best Buy, meaning you can protect your device without needing to pay.**

[Discover which antivirus apps are the most effective in safeguarding your mobile phone against phishing scams.](#)

[Scam sharer tool](#)

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

Which? Scam Alert Team

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

Stop press, several more scams: [five holiday scams](#); [dodgy Facebook ads for free train travel](#).



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

FORGET ME NOT SING-ALONG

JOIN US

Sing-along for people with Dementia, other disabilities and anyone else who'd like to come along. 1 hour of fun, singing and socialising.

£5 PER SESSION
(CARERS FREE)
NO BOOKING REQUIRED.
JUST TURN UP

WHEN?
Every Monday starting
4th October at 11:15pm
1 Hour Session

St Johns Centre
Christ The King Church
Warren Farm Road
Kingstanding
B44 0QN

kidzlikedanny@blueyonder.co.uk | 07544393523

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.



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.

PIE PET INDUSTRY FEDERATION



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!
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- ✓ 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



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Professional

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

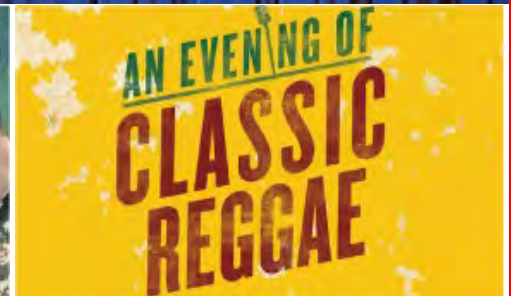
ALEXANDRA THEATRE BIRMINGHAM



Stage Experience - Bring It On
THU 17 AUG - SAT 19 AUG



James Acaster: Hecklers Welcome
THU 31 AUG - SUN 3 SEP



An Evening of Classic Reggae
FRI 8 SEP



Don't Stop Believin'
THU 14 SEP 2023



An Evening with Harry Redknapp
SUN 17 SEP 2023



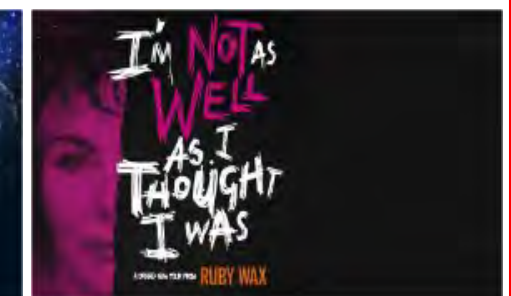
Luther - Luther Vandross
TUE 19 SEP 2023



Aunty Donna
WED 20 SEP - THU 21 SEP 2023



Queen by Candlelight
FRI 22 SEP 2023



Ruby Wax: I'm Not as Well as I
SAT 23 SEP 2023



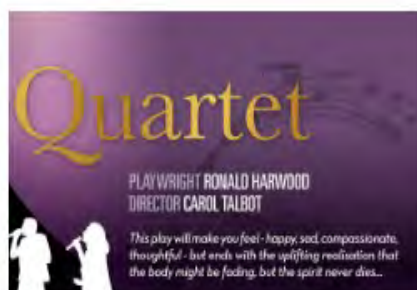
80s Live
SUN 24 SEP 2023



Sing-a-Long-a Encanto
SUN 1 OCT 2023



Sing-A-Long-A The Greatest
SUN 1 OCT 2023



Quartet - Lichfield Players

Studio, Tuesday 18th - Saturday 22nd July 2023 - 2.45pm (Sat) & 7.45pm (all)
[MORE](#) | [BOOK](#)



The Wind in the Willows (2023) Communit...

Main Auditorium, Thursday 27th - Saturday 29th July 2023 - 2.30pm (Sat) & 7.30pm (all)
[MORE](#) | [BOOK](#)



Oklahoma! Starring Hugh Jackman

Studio, Sunday 30th July 2023 - 2pm
[MORE](#) | [BOOK](#)



Bye Bye Baby

Main Auditorium, Sunday 30th July 2023 - 7.30pm
[MORE](#) | [BOOK](#)



Summer School: Play in a Week

LG, Monday 14th - Friday 18th August 2023 - 10am - 4pm
[MORE](#) | [BOOK](#)



André Rieu's 2023 Maastricht Concert:...

Studio, Saturday 26th & Sunday 27th August 2023 - 6pm (Sat) & 1pm (Sun)
[MORE](#) | [BOOK](#)



Get It On - One Night of Glam Rock

Main Auditorium, Saturday 26th August 2023 - 7.30pm
[MORE](#) | [BOOK](#)



90's Live

Main Auditorium, Friday 1st September 2023 - 7.30pm
[MORE](#) | [BOOK](#)



The Roy Orbison Story - Barry Steele

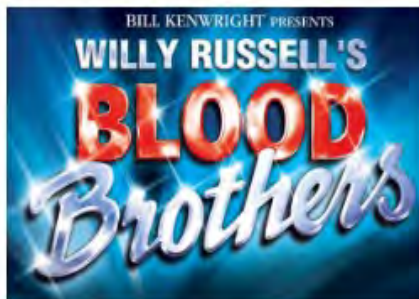
Main Auditorium, Saturday 2nd September 2023 - 7.30pm
[MORE](#) | [BOOK](#)



Gary Delaney: Gary in Punderland

Main Auditorium, Sunday 3rd
September 2023 - 8pm

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



Blood Brothers

Main Auditorium, Tuesday 5th –
Saturday 9th September 2023 –
2.30pm (Wed, Thu & Sat) & 7.30pm (all)

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



Shrek: The Musical (presented by Sutto...

Main Auditorium, Tuesday 12th –
Saturday 16th September 2023 –
2.30pm (Sat) & 7.30pm (all)

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



Solve-Along-A-Murder-She-Wrote

Studio, Friday 15th & Saturday 16th
September 2023 - 7.45pm

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



Grease - presented by Lichfield Musica...

Main Auditorium, Tuesday 19th –
Saturday 23rd September 2023 –
2.30pm (Sat) & 7.30pm (all)

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



Looking For Me Friend: The Music of Vi...

Studio, Tuesday 19th September 2023 –
7.45pm

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



Royal Opera: Das Rheingold (Live Scree...

Studio, Wednesday 20th September
2023 - 7.15pm

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



West Side Story (Presented by Brownhil...

Main Auditorium, Tuesday 26th –
Saturday 30th September 2023 –
2.30pm (Sat) - 7.30pm (all)

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



84 Charing Cross Road - Lichfield Play...

Studio, Tuesday 26th - Saturday 30th
September 2023 - 2.45pm (Sat) &
7.30pm (all) -

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



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 worldclass 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 Oisín. 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



Comedy, Main House

**Dawn French Is A Huge
Twat**

Roll up! Book early to see the telly vicar lady!

Thu 5 Oct – Sat 7 Oct
Tickets from £40

"This show is so-named because unfortunately, it's horribly accurate. There have been far too many times I have made stupid mistakes or misunderstood something vital or jumped the gun in a spectacular display of twattery. I thought I might tell some of these buttock clenching embarrassing stories to give the audience a peek behind the scenes of my work life... Roll up! Book early to see the telly vicar lady be a total twat on stage, live in front of your very eyes. And ears."

Ed Gamble and **James Acaster** are taking the Dream Restaurant on the road for the first ever live tour of their smash-hit podcast, **Off Menu**. Join the genie waiter and maître d' as they quiz a guest about their dream cuisine – their favourite ever starter, main course, dessert, side dish and drink (not in that order) – live on stage. Featuring a different special guest each night, and a slightly different version of James' Diet Coke story. Since launching in December 2018, *Off Menu* has become one of the biggest podcasts in the country, winning multiple awards, regularly topping the podcast charts and racking up over 120 million downloads. Now – after nearly 200 episodes – it's time for Ed and James to take their meals-on-wheels in *Off Menu: Live*.

Comedy, Main House

Plosive Live in association with Avalon and PBJ
Management

Off Menu: Live

The multiple award-winning podcast comes to
Birmingham!











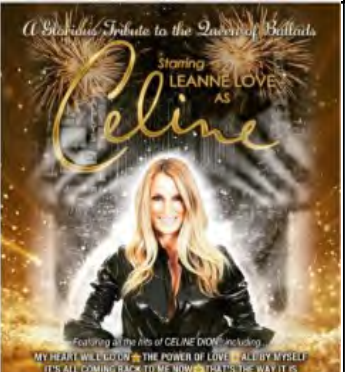





0121 296 9543



enquiries@suttoncoldfieldtownhall.com

 <p>NORTHERN LIVE MIDTOWN MUSIC - BRITISH PASSION</p> <p>'PHENOMENAL' ★★★★★ BBC RADIO</p> <p>'GROUND BREAKING A... ...MUSICAL HISTORY LESSON' ★★★★★ THE STAGE</p>	 <p>THE WIZARD OF OZ</p>	 <p>The ELTON JOHN Show THE ULTIMATE TRIBUTE</p>	 <p>RAT PACK DIRECT FROM LONDON'S WEST END SWINGIN' AT THE SANDS</p>
SATURDAY 9 SEPTEMBER 2023	WEDNESDAY 13TH TO SATURDAY 16TH SEPTEMBER	FRIDAY 29TH SEPTEMBER	SATURDAY 30TH SEPTEMBER
 <p>CHITTY CHITTY BANG BANG 10TH - 14TH OCTOBER 2023</p>	 <p>Fiddler on the Roof</p>	 <p>MUMS the WORD</p>	 <p>ELO ENCOUNTER - THE ELO SHOW</p>
TUESDAY 10TH - SATURDAY 14TH OCTOBER 2023	WEDNESDAY 25TH OCTOBER - SATURDAY 28TH OCTOBER	THURSDAY 2 NOVEMBER	FRIDAY 3RD NOVEMBER
 <p>The Legend of Meat Loat Rips-Out Of Hell SPECTACULAR STAGE SHOW FEATURING But Out Of Hell, Hunchback For Love, Dead Ranger, Many More</p>	 <p>ONE NIGHT OF BILLY JOEL THE PIANO MAN</p>	 <p>Celine A Starline Tribute to the Queen of Ballads Starring LEANNE LOVE AS Celine</p>	 <p>THE UPBEAT BEATLES</p>
SATURDAY 4TH NOVEMBER	FRIDAY 10TH NOVEMBER	SATURDAY 11 NOVEMBER	SUNDAY 12TH 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.

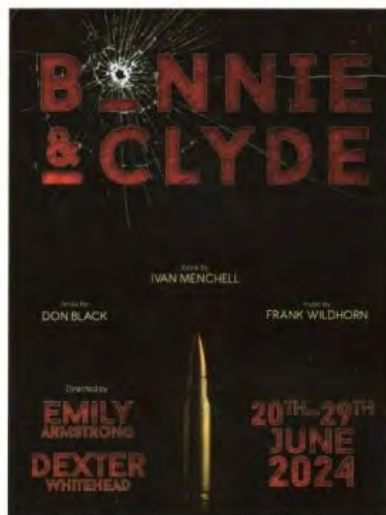
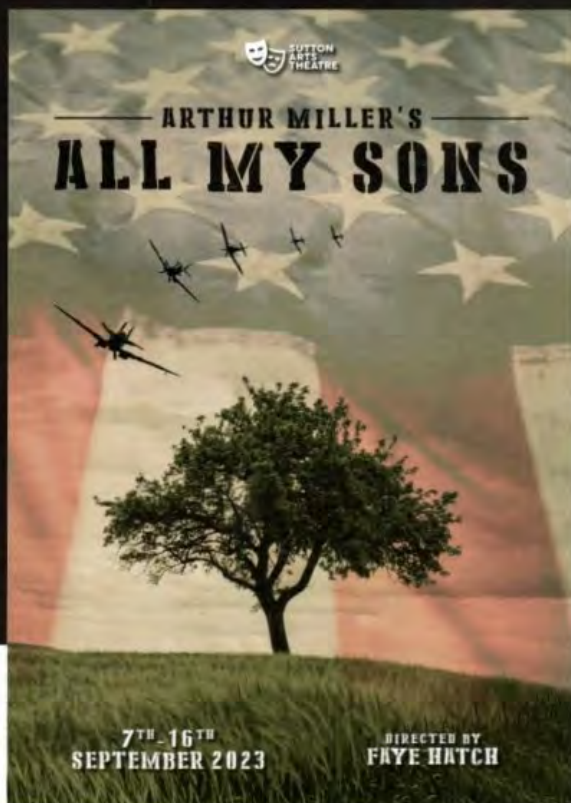
<https://www.nhs.uk/vaccine-walk-in>

NATIONAL BLOOD DONATION
Appointments only:
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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...


2023-2024


ALL MY SONS

7 - 16 SEPTEMBER 2023

America, 1947. Despite hard choices and even harder knocks, the Keller's are a success story. They've built a home, raised two sons and have established a thriving business.

Joe Keller, an aircraft manufacturer makes a decision that has tragic repercussions. In the aftermath of World War II, Joe is in denial, so too is his wife Kate who clings to the belief that their pilot son, Larry, reported lost in action, is still alive.

Long buried truths are forced to the surface and the price of their American dream is laid bare. All My Sons is a moving and powerful landmark drama, the first great play from one of the finest playwrights of the Twentieth Century.

Written by Arthur Miller
Directed by Faye Hatch

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

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

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



HIGHBURY PLAYERS

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

birmingham settlement

developing communities, changing lives



Are you
unemployed
and looking
for work?

We can
help!

Employability and Digital Skills Programme

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

If you would like to have a chat or book a place, please contact Nasar on 07885 210 369, or email

nasar.mahmood@bsettlement.org.uk



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!

610 Kingstanding

birmingham settlement
developing communities, changing lives

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>Birmingham Mind Women's Group 10am-2.30pm</p> <p>Ageing Well Tai Chi 11am-12pm</p> <p>Little Settlers Baby Massage (Stay, Learn & Play) 12.30-2.30pm</p> <p>Men's Cuppa Club 1-3pm</p>	<p>Dance Fit (50+) 10-11.30am</p> <p>Dog Training Group 10.30am-12.30pm</p> <p>Panthers Judo Club 6-8.30pm</p>	<p>Ageing Well Arts Group 10am-12.30pm</p> <p>Learning Disability Group 7-9pm</p> <p>BCC Junior Youth Club 4.30-6.30pm</p>	<p>Little Settlers (Stay, Learn & Play) 10am-1pm</p> <p>Ageing Well Bowls Group 10am-12.30pm</p> <p>Walking Group 10am-1pm</p> <p>Yoga 1.30-2.30pm</p> <p>Girls Club 4-5.30pm</p> <p>Sports Thursdays 5-8pm</p>	<p>Ageing Well Cuppa & Chatter 10.30am-12.30pm</p> <p>Zumba 1.30-2.30pm</p> <p>Learning Disability Group 7-9pm</p>	<p>Foodcycle 1pm (serving time)</p>

www.birminghamsettlement.org.uk

Registered Charity: 517303



The
Cancer
Support
Centre



THE WALKING GROUP IS BACK!

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

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

To register please call 0121 378 6295
or email info@suttoncancersupport.org.



The
Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

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



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

www.suttoncancersupport.org

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

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



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

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

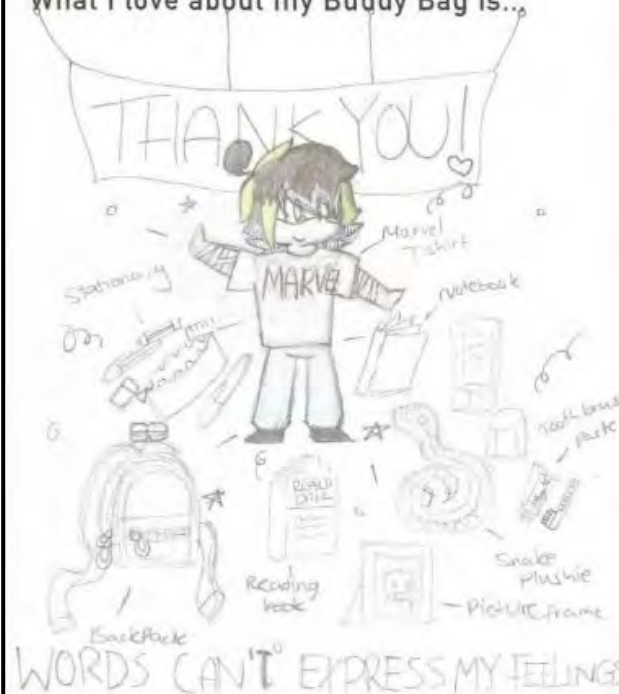
What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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

Four Oaks
Financial Services Limited
providing positive solutions

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

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity



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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

For further details contact John Bedford
0121 353 5136 or parkcycles@yahoo.co.uk



Pizza · Pasta · Steak · Fish

Bistro/Cafe Verona

SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

Live Music, Bar, Parking, & Socialising

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



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

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

Or Contact: Sandra on 07932-395158





Coffee Pot

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

Every Friday Morning
10.30am - 12.30pm

Everyone Welcome





St Chad's Sunshine Cafe

Our Dementia Friendly Cafe

11am-1pm
1st Wednesday of the month
Hollyfield Road, Sutton Coldfield B75 7SN

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



Free car parking.

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

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.



BIRMINGHAM COMPUTERS & COMPONENTS

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

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

0121 270 6180

www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

•BIAB Gel nails

•Gel toes

•Manicures&pedicures

•Gel extensions



Based at...

The Luna Lounge

Sutton Coldfield

B74 4EU

To book in, message me

Instagram

on...

Facebook

_beauty_by_ella 07825001242 Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



Rainbow Moon

Saturday 26th August
1pm—4pm

Craft Workshops 'Painting with Wool'

Suitable for beginners

Learn the ancient technique of needle felting and make your own beautiful 2D seascape using barbed needles and wool fleece.

Cost just **£40** to include all equipment, materials and full instructions, along with a cuppa and a biscuit.

Call Lesley 07926 988204 or email lamoona1@hotmail.com

Limited spaces available

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



Our Felted Flower Workshop



STREETLY FLOWER ARRANGERS' CLUB



We meet monthly 2nd Tuesday 2.30pm Streetly
Community Centre,

Foley Rd East, B74 3HR

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

Next meeting Tuesday 8th
August - Demonstration with
Andrew Lloyd " Mid Summer
Madness".

Further details Chris Reeves tel:
0121 354 6264



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

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



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

Have a look at our Facebook page and website 'www.suttonfuchsia.co.uk' 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.

At our July meeting we were delighted to welcome Stevie Ballenger along to talk about his gardening passions. He came straight from receiving a Gold Metal for his border design at the BBC Gardeners World show at the NEC. Stevie along with his long suffering wife came along with an overflowing car of greenery, to show how we can use various plants within our own gardens to give us the designer look! He was hoping to talk to us about his pelargonium collection, but I am afraid the cold spells of last winter put paid to that idea, however he is rebuilding his collection and we hope to welcome him back in the near future.

Our annual show is now fast approaching, held on the 12th August at our club venue, Banners Gate Community Church, when the doors will be open to the public at 10'clock till 3.30p.m. Please come along and see what our members have managed to put on the show bench. Every year throws its own set of challenging circumstances for gardeners to deal with, last year the very hot temperatures, this year the constant rain!! However, I am confident that cometh the hour, the room will be overflowing with beautiful blooms. There will be refreshments on sale, with lots of wonderful homemade cakes, a plant tombola, and this year, yet again Halls Garden Centre have been very generous and have donated a beautiful wooden companion seat as the main raffle prize. This retails at £249.99, and will be delivered to the lucky winners home after the event. The cost of entry to the show is just £1, accompanied children are free.

Two days before the show on the 10th will be our August meeting, when we will be taking members through the 'do's & don'ts' regarding showing plants. If you would like to know more about us, please come along, We are a growing group, very friendly, and we include all ages and experience. You will be made very welcome. Take a look at our Facebook page to give you an idea, or give our secretary Gail a call on 07307857440



Katie Eliz-Anne



The Boys



Katie Eliz-Anne

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).

Our last meeting for the 2022-23 programme was on 13 June and our new programme commences on 12 September 2023. The 22/3 programme was our first full programme post COVID and was a great success, comprising speakers and demonstrations together with sit and sew sessions and workshops. The 23/24 programme is still being put together, but we have secured several interesting speakers, so the programme promises to be quite exciting!!

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, miniatures, 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. We have a collection of "how to" notes and patterns for beginners to help start quilting.

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.

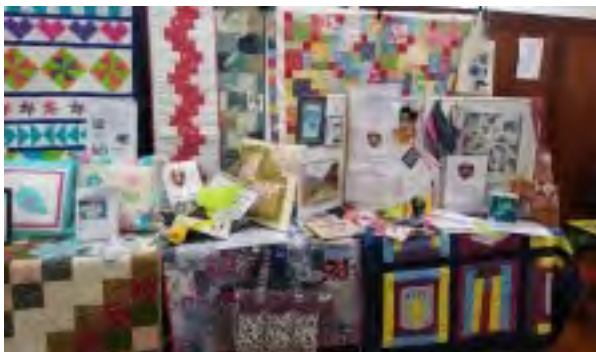
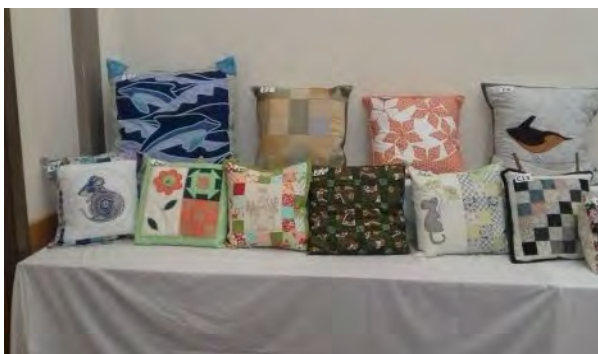
BENEFITS OF MEMBERSHIP: Firstly, you'll benefit from the skills and expertise of fellow quilters as well as a reduced attendance fee. We have an extensive library for the use of members, for a small borrowing fee. We also hold an exhibition every two years (the next one is in 2024) and you will have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

WANT TO KNOW MORE?

You can contact me, Carol Morden, Chair on 0121 352 1485

or cmorden42@gmail.com, I'm always pleased to talk to people who are interested in the art of patchwork and quilting. You can also find out about us on Facebook - Sutton Coldfield Trinity Quilters.

WE LOOK FORWARD TO SEEING YOU SOON!



**Groups are back at the
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

no men.... just pause

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

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

MENOPAUSE

Ring Claire on 07930 354 885 for more information.



COMMUNITTEA CAFÉ ALLOTMENT
TUESDAYS 10 TILL 12

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

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsltd



www.militarychef.co.uk



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Sutton Coldfield
B72 1QU

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



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options 1 2 3

My money doesn't stretch far enough

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

See option 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Other Support

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

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

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

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

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

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

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

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

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

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

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

About this leaflet

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

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



Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

THE PROJECT

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

Help with options: 1 2 3 4 5 6

BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

Other Support

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

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

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

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

NOSTALGIC

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



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



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

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

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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Contact
Lisa Marie on
07765 135497





Lottie Lea Photography



Lottie Lea PHOTOGRAPHY
Newborn and Family Photographer



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

XXXXXXXXXX
XXXXXXXXXX
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KIDS & ADULTS
KARATE
Mon 6-7pm 10yr +
Wed 5-545pm 7-9yrs
Wed 6-7pm 10yrs +
Booking Required
07886089473
www.chishiki.co.uk



Manor Crafts



Decorative Arts and Crafts for All Occasions
0779 439 3477
www.manor-crafts.co.uk





Floral Design Classes

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



Contact number above if interested.

Banners Gate C.C Westwood Rd B73

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

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

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

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



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

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

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

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

If you need advice in your caring role, please call us on:
Information and Advice Line – **0333 006 9711** (low call rate)
Mon, Tues, Thurs & Fri: 9am-5.15pm / Wed: 9am-7.15pm
Saturday: 10am – 12.30pm

Email us at info@birminghamcarershub.org.uk
Visit our website at <https://forwardcarers.org.uk/>

Birmingham Carers Hub Specialist Dementia Service

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

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

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

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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

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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

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- 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
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the above benefits.

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

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Birmingham
City Council

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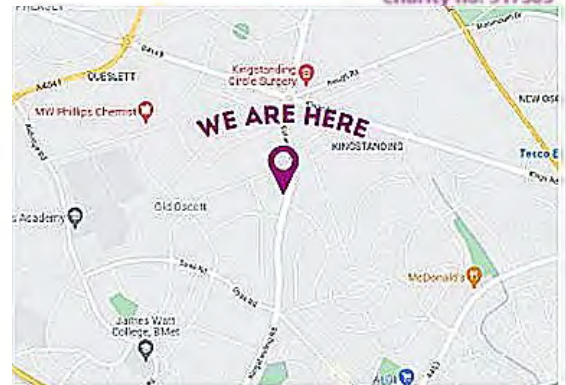
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FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- 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



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*5% discount for advance payment of five or more sessions
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All ages and abilities are encouraged and welcome.
Lots of us will be walking.
Do as little or as much as you want. There is no need to walk the whole 5k.

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

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

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

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:
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See front page

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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.**

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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)**

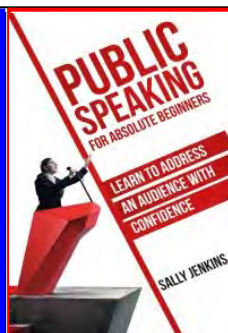
**The kitchen is approx. 11' x 7'
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Banners Gate

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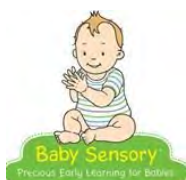


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BERT & GERT'S
We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.
The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.
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4th Saturday of the Month
Plus scan here for a full list of additional dates..



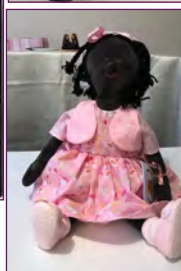
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st.columbahall@yahoo.com

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 15th August
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
 03444 111 444

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

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

 **The Townswomen's Guild**
 Patron HRH The Princess Royal GCVO
 No Meeting in August
 Thurs. 21st Sept. Harvest with Wine & Cheese
 Thurs. 19th October Falklands Talk - David Bardell
 Our vibrant Guild meets on the 3rd Thursday of the month, 7.00 - 10.00 in the Westwood Hall, Banners Gate Community Church.
 Contact Sue Nation on 353 4114

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

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

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

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



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

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