



Banners Gate & Parklands Community & Neighbourhood Forum

173rd August 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. Alternatively, you can click on the address under the date above.

We have a 90th birthday in the supplement. Clive gave the Forum a talk several years ago, on his job in television as a sound engineer. I remember him telling us that on a production of a Romeo and Juliet show he had all the microphones set up and all ready to go. During the show he was appalled when an actress started watering a window box where he had hidden the microphones!

Tip Truck visits in Vesey

Britwell Road in the URC Car Park, B735SW, 7.00 to 12.30 Tuesday, 19/09/2023.

You cannot bring:

- building materials, for example, rubble, concrete, sand or soil, bricks, slabs and paint
- white goods such as fridges and washing machines
- large items such as garage doors, tree stumps or thick branches
- hazardous materials such as asbestos, engine or cooking oil and gas cylinders
- wheelie bins



Rob Pocock: FIVE NEW COMMUNITY PROJECTS ON THE WAY

It's just a year since the Commonwealth Games Triathlon event was held here, and to mark the milestone the City Council have drawn on the 'legacy fund' to allocate money to each local area. This is to grant funds for community projects under the title 'Celebrating Communities 2023'. In Sutton Vesey Ward we are awarding grants for five new projects:

An **'international food festival'** where foods and delicacies from across the Commonwealth nations will be on show to try and taste!

Extra **litter bins for dedicated parkland** as part of a community-based clean-up scheme.

A new **'open water swimming project'** which will supervise sessions for open water swimming at the Powells Pool site where the swim section of the Triathlons was held (you don't need to be speedy, just to enjoy open water swimming under safe supervision!

A **'baby elephants community arts project'** where five sculptured small elephants will be painted by local artists and a trail laid out as a sponsored scheme to support St Giles Hospice.

A **local mural at Wylde Green railway station** that will promote local attractions around the location.

More news coming soon on these projects as they get under way – watch this space!

SUTTON PARK ANNUAL 'NATURE TOUR' RETURNS

Regular Gatepost readers will probably remember that I run an annual **Sutton Park autumn 'nature conservation tour'**, which includes an explanation and update on exactly what's being done about the landscape and forest restoration work, and why this is so vital to the legacy of the Park. The tour involves one of the expert Park Rangers taking residents round to view progress with the medieval landscape restoration project and to spot new vegetation, wildlife and ecology returning in its traditional ancient form.

Residents will know I'm a passionate advocate for the work being done to restore the traditional 'managed medieval landscape' of our Sutton Park nature reserve. Many people are unaware of the reasons behind the tree felling and clearance work. Mistakenly it gets described as 'trashing the Park' but nothing could be further from the truth. For several years now, our annual visit has shown how the forest floor is recovering and new glades are opening up, new undergrowth is developing and supporting more wildlife to return.

This year's tour is by invitation only please, and will be on the morning of Saturday 30th

September. Please email me on rob.pocock@birmingham.gov.uk and I'll add you to the invitation list and send details of the time and starting point. The tour takes about 90 minutes and makes a truly fascinating visit, with a mass of insight being revealed and passed on by Matthew, who is our Park's ecological expert Ranger. You can slip off early if you need!



Max Hatton: Hello Gatepost Readers! We are coming to the end of our Summer Holidays and Autumn is around the corner! Thankfully the weather has been slightly warmer this month after a cold and wet July. There was a free festival in Birmingham City Centre at the start of the month, I managed to pop down there on one of the days and saw a particularly amazing dance group. Although we had a few showers over the day it didn't dampen people's spirits!

For those looking for something to do over the August bank holiday weekend, the Farmers Market will be held this Sunday (27th August – 10am-3pm) along the Parade in Sutton Town Centre. Sutton Coldfield BID do a fantastic job each month with the market, and there's always a great variety of stalls to browse!

Well done to those that have recently received A Level and GCSE results! I hope you got what you

desired, and for those that are disappointed just know you won't hold that disappointment for long. When I received my own A Level results, I had my first choice as University of Birmingham, and I needed 3 B's to get in. I ended up with 2 B's and a D but miraculously I got into my second choice of Swansea University and it turned out to be the best 4 years of my life! So remember, sometimes option B might turn out to be the best choice!

You may know that Sutton Coldfield Town Council run a community grants scheme that award grants to local and voluntary organisations. If you are part of a local community or voluntary group and require funding for projects or activities that will benefit the residents of Sutton Coldfield, please consider the community grants scheme. You can find information on eligibility and how to apply here - <https://suttoncoldfieldtowncouncil.gov.uk/community-grants-awards/apply-for-community-grant/> The next deadline for the community grants scheme will be the end of September.

The next Full Town Council Meeting will be held on Tuesday 26th September at the Trinity Centre from 7pm, we hope to see you there! Until next time Gatepost Readers, enjoy the rest of your summer!

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.





Just for Mum Yoga

Re-energise
Reconnect
Relax

Post-natal yoga
9:30am Saturday
St Columba's Church, B73 6TX

www.yogabodybirmingham.co.uk

Yoga Body




Mum & Little One Yoga

- Rebuild your strength and fitness
- Connect with other local mums
- Bring little one along too!

Tuesday mornings

St Columba's Church, B73 6TX

www.yogabodybirmingham.co.uk

Yoga Body



Pregnancy Yoga

7-8PM WEDNESDAY
BANNERS GATE COMMUNITY HALL,
B73 6UR

- Ease aches and pains
- Learn breathing techniques
- Learn relaxation techniques
- Improve sleep
- Shorten your labour
- Meet other mums-to-be

pay as you go or block book

All equipment provided

www.yogabodybirmingham.co.uk

Yoga Body



MOTHER'S CIRCLE

First Saturday of the month
9:30-11:30am
at
St Columba's Church
B73 6TX

YOGABODYBIRMINGHAM.CO.UK

Yoga Body

Annual health checks for those who are diagnosed with dementia


Information for those who are living with dementia, their families, loved ones and carers

Are you a person living with dementia or do you care for somebody that is living with a type of dementia? (for example Alzheimer's disease, Vascular Disease, Frontotemporal Dementia).

Did you know that if you are diagnosed with dementia, you are entitled to a free annual health check. It is important to undertake annual health checks and it is a key part to an individual's care and well-being.

What is an Annual Health check?

- An Annual Health Check is a discussion between you and a Health Care Professional (Nurse, Advanced Health Practitioner, GP) to see how things are going and offer local support on matters which you may find challenging.



Why do you need an Annual Health Check?

- The health check will help you keep healthy and get the right support you need if there are any changes to your body or the way you are feeling

How do you get an Annual Health Check?


- Each year the patient will be contacted by their registered GP Practice before their annual health check is due. If you provide support to a person living with dementia, and want to arrange an annual health check, then please contact your GP Practice.

What if you want an Annual Health Check but haven't had one?

- You or a member of your family can contact your GP Practice and ask for an Annual Health Check appointment
- Tell your GP Practice that you have dementia so they can give you the right health check


How long does an Annual Health Appointment last?

- 20-30 mins




What help might you need?

- Ask for help if you feel that you might be distressed about going to the GP Practice by yourself
- If you find it hard to tell the Health Care Professional how you are feeling or are worried about having a health check, you can take a member of your family or someone that knows you well
- Maybe write down a list of questions you might want to ask the Health Care Professional



What happens during the Annual Health Check?

- The Health Care Professional will ask all about you and how things are at home
- Review medication/weight/height and carry out blood tests
- Identify any changes in behaviour and offer some solutions
- Review planning for the future conversations by identifying a person's wishes and preferences
- Offer personalised support by referring the patient or someone who is caring for them to a number of services including: Dementia advisors, Social support, finance support, [Birmingham Carers Hub](#), [Carers Trust Solihull](#), [Alzheimer's Society](#), [Memory Assessment Service](#)



Birmingham and Solihull Integrated Care System
Caring about wellbeing



*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

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](#) or [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



Sutton Coldfield Neighbourhood Network Scheme (SCNNS) are pleased to launch their new monthly email newsletter. Please sign up to the mailing list by emailing nns@ageconcernbirmingham.org.uk to receive updates on newly supported projects, asset news and training opportunities.



SEPT. 2023

WELCOME TO OUR

September Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our **NEW** monthly Newsletter



The team would like to share a few nuggets of Sutton Coldfield NNS news to keep our community updated on newly supported projects, asset news and training opportunities. We hope you find it useful!

If you would like promote any relevant news or opportunities through the newsletter please get in touch at

nns@ageconcernbirmingham.org.uk

THANK YOU! From Pete, Hilary, Suzy, Joe, Manjit, and Cathy

E-mail!

To: UK Government

Prevent Government removing DVLA services from the Post Office from April 2024

<https://you.38degrees.org.uk/petitions/prevent-government-removing-dvla-services-from-the-post-office-from-april-2024>

Thank you Alison



<https://www.facebook.com/profile.php?id=100086596932293>

<https://birmingham.connecttosupport.org/>

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.

Free monthly activity sessions for people aged 75+



Activity: Indoor bowling
Starting: Monday 11th September
Date: Every second Monday of the month
Time: 10.30am - 12pm
Venue: United reformed church, Sutton Coldfield

Bringing generations together



Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SCO39377)
visit www.reengage.org.uk for more information

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.



Annual Concert

Birmingham Male Voice Choir

Comprising Birmingham Canoldir Male Choir and

Birmingham Icknield Male Voice Choir

Emmanuel Church, Wylde Green, Sutton Coldfield.

An evening of musical entertainment

Musical Director Steve Roche

Accompanist Chris Walk

Guest Soloists include.

Lesley Delo

Jobe Baker- Sullivan

On Sat.14th October 2023 at 7pm

Tickets £ 10.00 inc. Refreshments

Available from Meirion Bowen

0121 358 1740/ 07766 301677

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

Final part

Following a night in a stable the POWs were taken to Sakarta, after arriving they were taken to Shinagawa Camp near Tokyo. At one point Dad was sent by mistake, to Hiroshima but transferred out before the bomb exploded. The next posting was to the Mitsubishi works on the eastern side of Japan. On the 8th of August 1945, Dad was looking towards Nagasaki from his camp when he saw a mushroom shape rise into the sky, he showed his mates and thought no more about what he had seen. The theory was that it was a waterspout. It was the atomic bomb dropped on Nagasaki.

Whilst on the railway Dad suffered from beri beri, dysentery and malaria. Following the war, he suffered from peptic ulcers and nervous disability (known today as PTSD), all because of his treatment by the Japanese.

When Dad was finally released he came back home by ship. The POWs were treated well in America, Australia, Hawaii, and all other stopovers until they reached the UK. On arrival at Liverpool, the POWs were given a cup of tea, a copy of the previous days' Daily Herald and a rail pass, having been told to make their own way home. Following three and a half years of brutal and relentlessly cruel treatment Dad was greeted by indifference. The only person who offered to help Dad was a railway porter on a Liverpool Lime Street Railway station who said, "Let me give you a hand son, you look exhausted". He then helped Dad to the train. A land fit for heroes, what an appalling way to treat men like Dad.

Dad finishes off by saying about the whole war experience:

"It's an experience I would never like anybody else to experience but it's an experience that I would never have missed. I've met some real brave lads in a context of inner bravery. If a person gets VC or George medal it is in a flash of fear and courage but, in the case with these men there wasn't a flash, a second or a minute it was bravery of three years eight months. If that can be understood."

My own thought is what a generation, what courage and what heroes. If not for them, we would not be free and able to enjoy all that we do now. God bless every single one of them and always follow their example of courage.

The Kohima epitaph is close to all POWs hearts. It is as follows:

"When you go home, tell them of us and say, that for your tomorrow, we gave our today."

Laugh for the DAY

HAVE YOU EVER BEEN GUILTY OF LOOKING AT OTHERS YOUR OWN AGE AND THINKING, "SURELY I CAN'T LOOK THAT OLD."

WELL, YOU'LL LOVE THIS ONE:

MY NAME IS ALICE , AND I WAS SITTING IN THE WAITING ROOM FOR MY FIRST APPOINTMENT WITH A NEW DENTIST.

I NOTICED HIS DDS DIPLOMA ON THE WALL, WHICH BORE HIS FULL NAME. SUDDENLY, I REMEMBERED A TALL, HANDSOME, DARK-HAIRED BOY WITH THE SAME NAME HAD BEEN IN MY HIGH SCHOOL CLASS SOME 30-ODD YEARS AGO.

COULD HE BE THE SAME GUY THAT I HAD A SECRET CRUSH ON, WAY BACK THEN?

UPON SEEING HIM, HOWEVER, I QUICKLY DISCARDED ANY SUCH THOUGHT.

THIS BALDING, GRAY-HAIRED MAN WITH THE DEEPLY LINED FACE WAS WAY TOO OLD TO HAVE BEEN MY CLASSMATE.

AFTER HE EXAMINED MY TEETH, I ASKED HIM IF HE HAD ATTENDED MORGAN PARK HIGH SCHOOL.

"YES. YES, I DID. I'M A MUSTANG," HE GLEAMED WITH PRIDE.

"WHEN DID YOU GRADUATE?" I ASKED.

HE ANSWERED, "IN 1975. WHY DO YOU ASK?"

"YOU WERE IN MY CLASS!" I EXCLAIMED.

HE LOOKED AT ME CLOSELY.

THEN, THAT UGLY,

OLD,

BALD,

WRINKLE-FACED,

FAT-ASSED,

GRAY-HAIRED,

DECREPIT

SON-OF-A-BITCH

ASKED,

"WHAT SUBJECT DID YOU TEACH?"

Thank you, Mike.

FRIENDS OF THE GATES

THE TRAMPERS ARE HERE

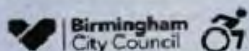


The first user sets off for a tour.

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 354 4074** with correct phone number this time.



NO I CAN'T DO SNAPCHAT OR TIKTOK BUT I CAN WRITE IN CURSIVE, DO MATH WITHOUT A CALCULATOR AND TELL TIME ON A CLOCK WITH HANDS.

New seatbelt design: 45% less car accidents!!



Husband: "Why do you keep buying plants when you just end up killing them?"

Wife: "Just to remind you what I'm capable of."

A woman went to the emergency room, where she was seen by a young new doctor. After about 3 minutes in the examination room, the doctor told her she was pregnant. She burst out of the room and ran down the corridor screaming. An older doctor stopped her and asked what the problem was; after listening to her story, he calmed her down and sat her in another room. Then the doctor marched down the hallway to the first doctor's room. "Whats wrong with you?" he demanded. This woman is 63 years old, she has two grown children and several grandchildren, and you told her she was pregnant?!!" The new doctor continued to write on his clipboard and without looking up said: "Does she still have the hiccups?"

When I was 9 months pregnant with my son, my mom & I were on the side of the road, struggling with a flat. A car with 4 men stopped, not to help, but to ask for directions to a local golf course. My mom sent them 15 miles in the wrong direction. She is the legend who shaped me.



I found a wood that can lower my score. It's called a pencil.

Thank you, Eric

Eric's Satnav tales

How would we cope now without smart technology and the trusty Satnav to aid us in locating unknown locations. Like many of you, I can very clearly recall navigating with the trusty road atlas books. In fact, I travelled the South of England and Wales for over 25 years and had almost a boot full of A-to-Z city maps in those days. Not to mention, at the same time having to know where all local phone boxes were as there was also no mobile phone technology.

My earliest experience was being driven by a friend to a golf complex down in Devon, he had the latest car gimmick, a Satnav. On reaching our destination it promptly announced *"you have reached your destination"*. We were surrounded by sweetcorn fields. We asked two ladies who were blackberry picking in the hedgerows, and they explained a route to us nowhere near the Satnav reckoning.



My wife calls our Satnav announcer 'Flossie', and they don't get on at all. Its fine when its just me and Flossie in the car, but there is a love hate relationship when there are three of us. I am sure Flossie plans a complex route just to annoy my wife who grapples for the maps and states she is taking us a funny way. I think Flossie takes it to heart and she will even stop speaking to me sometimes. Then I recall I have touched the no sound button or did my wife do it on purpose ummm"

I have learned a trick that if you know most of your way to, your destination, take it, then pull over and punch in the final location. This stops Flossie from continually saying *"Turn around when possible"*. Swiftly followed by my wife saying *"oh shut up silly woman"* I did think of paying extra where Basil Fawlty announces *"you have now reached your destination please do not expect me to carry your cases"*.



I love my sat nav! I just don't know where I'd be without it!

I really hate my new John Denver Sat Nav. While it may well take me home, it's always down some country roads.

Got stuck in traffic for so long the other day, even the sat nav said *"Are we nearly there yet?"*

Eric Jones August 2023



Hello Gateposters,

For several months, on my journeys around Sutton Park, I have become more and more dismayed at the parlous state of the surrounding fencing, particularly on the Monmouth Drive and Thornhill Road sides of the Park. It is curious those sides seem to be more affected than the Chester Road North and Streetly Lane sides ... why? Any ideas?

It is said The Park is the jewel in the crown of 'Royal' Sutton Coldfield and rightly so. People come from far and wide, some from well outside the area, to use it. What a shame their approach to it is marred by what appears to be shabby and unkempt fencing (it is a flimsy enough barrier at its best).

Thus, I contacted Councillor Rob Pocock who replied with some interesting information about which you might like to know.

The Thornhill Road side is due for repair during this winter using, happily, timber from the wood retrieved from the woodland clearances over the past few months. Recycling at its best.

Monmouth Drive's fencing is a little trickier as its repair is contractually the responsibility of the golf club. So, the City of Birmingham will have to negotiate with the golf club to get it sorted. Let's hope sooner rather than later.

In my simple mind I had thought this was the ideal project for Sutton Coldfield Town Council. However, it appears the upkeep of the Park falls within the City of Birmingham's aegis. Food for thought.

Some years ago, young offenders groups (or community payback) were used to repair the fence. I recall congratulating them on a good job. Apparently, these youngsters are still used in the Park but are helping with the maintenance of pathways and roads. All power to their elbows.

I do hope the fence soon achieves due attention and the perimeter of this important asset starts to look spic-and-span. Nothing could be more local.

Hazel P

If you are on a pension you are in with a chance of doing well with this one. If not, good luck. Answers on page 29.

1. What name is given to a young goose?
2. The works of which composer/conductor include "The Age of Anxiety".
3. Which is the largest island of the Philippines?
4. In which country is the town of Prestonpans?
5. Who was the father of Tyr, the Norse god of war?
6. Of which nationality was Marie Tussaud, of waxworks fame?
7. What would be done at a 'piscary'?
8. To which post was the late Tomas O'Fiaich appointed in 1978?
9. Who would have been trained in "palaestras"?
10. What did the English Quaker William Penn found?
11. Of which group of countries is the Glomma the largest river?
12. Of which genus of shrub are St. John's Wort and Rose of Sharon?
13. Which is the third letter of the Greek alphabet?
14. What would 'P' plates, proposed for new drivers, indicate?
15. Which British author entitled his autobiography "My Life and Loves"?
16. Of which Shiah Sect is the Aga Khan the head?
17. How was Malcolm Little, assassinated in 1965, better known?
18. Under whose rule was a Gauleiter a German provincial governor?
19. To what does the adjective 'entomic relate?
20. Which British pop singer and film actor (real name Gerald James) had a 1960 top twenty hit with "Mystery Girl"?
21. Which Italian towns are connected by the Flaminian Way?
22. Which is the deepest lake in Scotland?
23. At the foot of which range of English hills is Reigate situated?
24. What are the initials R.G.S. the abbreviation for?

communit^ea 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
communit^ea@ageconcernbirmingham.org.uk



Communit^ea Café

What's On



August 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!

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.

Menopause: 4.30pm until 6pm - 7th only
A monthly group to support each other through the menopause, looking for knowledge and tips to share with each other.

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!

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.

Wednesday

Warmer Homes: 11am until 12.30pm - 2nd & 16th only
Offering advice and support on affordable warmth and managing fuel poverty.

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.

Thursday

Parkinson's UK: 10am until 12pm - 3rd and 17th only
A group welcoming those with Parkinson's and their families and carers.

NEW! Jubilee Citizens: 10am until 11am - 10th and 24th only
Need help at home? Pop in and have a chat with one of our team, who will be able to discuss our services and book in a home visit to discuss your needs.

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!



Helen Haywood-Willis ARBSA



An Exhibition of Saggar Fired* Ceramics

29th August - 14th October 2023

**Saggar:
a protective casing
encasing ceramic ware
while it is being fired.*

Royal Birmingham Society of Artists
4 Brook Street Birmingham B3 1SA
<http://rbsa.org.uk/>

RBSA
Gallery

Do people drive too fast along your road?

Sgt Zulf Hussein who is in charge of our Neighbourhood Policing Team told the last Ward Meeting in July of plans for the Police Road Harm Reduction Team to conduct monthly patrols in the Vesey Ward, and other initiatives to deal with speeding and other anti-social behaviour by drivers.

Residents have raised their concerns about people driving at excessive speeds in our communities at successive Ward Meetings with our City Council and Town Council representatives.

Although average speeds seem to have reduced, the number of drivers still driving too fast is unacceptable, and all the more noticeable.

Are there any roads around Banner's Gate in which excessive speed is not a problem?

Before the Covid pandemic, we had nearly 40 volunteers operating [Community Speedwatch](#) sessions across the Vesey Ward. We all wanted to reduce speeding in our communities, and make them safer, more pleasant places to live, walk, cycle, and even drive!

Every session we got positive comments and complements from people walking and cycling past about what we were doing.

The minority of drivers exceeding the speed limit received letters from the Police telling them their details had been recorded, and advising them to drive more responsibly in future.

We wanted to change the presumption that drivers have a right to go as fast as they want to get to their destination.

News of enforcement action resulting from our activities, and how offenders are dealt with by Roads Policing, was encouraging.

Everyone expects "something to be done" about people driving at excessive speed, but...

We know that the local authority is strapped for cash, and "Traditional" responses – vehicle-activated signs, road markings, etc. are ignored by the minority, and seem to be only token efforts. There is a massive amount of evidence internationally about the effectiveness of different "traffic calming" approaches, and Low Traffic Neighbourhoods that reduce both casualties and pollution. These take time and money to establish.

We know that Police Resources are stretched, having lost 2,000 officer since 2010. In 2011 there were 292 Roads Policing Officers. In 2021 there are 154.

On the plus side, there is now double the number of speed camera vans than in 2011, but still only **four** to cover the whole of the West Midlands force area.

On a positive note, there is now a new Facebook group promoting responsible, thoughtful, patient and considerate driving and riding to reduce casualties and make our communities pleasant places in which to live, work and visit. You can join this group [here](#).

Five people die every day on the road in the UK and 84 suffer serious and sometimes life-changing injuries (on average). Every time you hear about a fatal or serious collision on the news, there is a family, a circle of friends, a community plunged into mourning. How many bouquets and bunches of flowers and other tributes do we drive past – every one commemorating a tragedy?

We are still not taking road safety seriously enough. The responsibility for making our roads a safer place is one that we all share.

continued on next page ...

...continued from last page

Inattention and speed, or more accurately, excessive speed for the conditions and drink or drug driving, are consistently the principal causes of the most serious road traffic collisions in which people are killed or seriously injured on the roads.

Speeding is not just a low-level crime, it's dangerous. It is a serious threat to other road users. Speeding causes crashes. In a crash the most vulnerable thing on the road is you.

If we all stop speeding, more people live. If we all stop speeding, fewer people have to contend with life-changing injuries.

9 out of 10 people hit by a car driven at 20mph survive. 5 out of 10 people hit by a car being driven at 30mph die.

Stopping distance – remember these from your test?

Unsurprisingly, the **faster your car is travelling, the longer it takes you to stop.**

Travelling at 30mph, rather than 20mph, means it'll take you an extra 11 metres (around three car lengths) to come to a stop in an emergency.

If a driver doing 20mph could stop in time to avoid a child running out three car-lengths in front. The same driver doing 25mph would hit the child at 18mph - roughly the same impact as a child falling from an upstairs window.

From 30 mph an emergency stop takes 23mtrs - that doesn't include reaction time. Go just 1 mph faster, and you are still travelling at 8mph. That's like running headlong into something.

If you could have stopped from 50mph, from 55mph, you would still be travelling at 23mph.

If you could have stopped from 70mph, from 80 mph you would still be doing 39mph.

Why speeding is an offence like no other

1. No other offence contributes as much to fatal collisions.
2. No other offence worsens the outcomes of crashes as much
3. No other offence causes as much intimidation
4. No other offence causes environmental harm
5. No other offence is so common

For full rationale and explanation, visit:

<https://actionvisionzero.org/2021/05/19/avz-blog-may-2021-speeding-an-offence-like-no-other/>

<https://www.brake.org.uk/get-involved/take-action/mybrake/knowledge-centre/uk-road-safety>]

<https://roadsafetygb.org.uk/news/speeding-is-selfish-unfair-and-it-puts-so-many-lives-at-risk/>

Thank you David H



The August edition of OUR NEWS is here

We are pleased to bring you the latest edition of our newsletter for Neighbourhood Watch supporters across England and Wales. Here are some highlights in August's edition:

- We celebrate the amazing amount of money raised in our first Crowdfunder towards innovative work with young people, thanks to our members and volunteers.
- Read guidance on identifying and safely intervening when you see street harassment.
- Download or buy a copy of our Impact Report 2022/23
- Meet Genie, a new AI-powered scam detecting software.

We hope you enjoy this edition - please share it with others!

[READ THE AUGUST NEWSLETTER HERE.](#)

Thank you,

Ruby

- Improve where you Live?
- Make new Friends?
- Make a Difference?
- Get Fit?



StreetWatch has been kept **really** simple, it is about going for a walk with your neighbours, getting to know people in the area and building up a sense of community spirit.

We ask for a minimum of 2 hours a month but you can do as much as you like.

The whole point of StreetWatch is about being that visible presence to **DETER** crime and anti-social behaviour, **NOT** deal with it- that's our job. If you see something that needs to be dealt with, call us.

All members are vetted and trained; the training is very simple and just involves making sure that people are aware of what we are asking of them, this takes approx. 1 hour. After training we register members on the forum which enables you to communicate with us.

We go with you on your first 2 walks to check you are confident and know what you are doing and then you go out independently.

There must be 2 people on each walk for safety and you are given a high visibility jacket with "StreetWatch" on it so people know you are part of an organised group. After that you organise your own walks, go where you want to, for how long you want, when you want!


At the training people usually swap phone numbers and set up chat groups such as WhatsApp to organise the walks - all very simple and low key, you can even walk your dog at the same time if you have one.

It really is up to the group themselves how much or little they do, StreetWatch is for the community, by the community.

Interested?

To get involved or for more information please email - streetwatch@west-midlands.pnn.police.uk or call **07391 864 258**

 @StreetWatchWM

 I am proud of what I do



191004-001618



Preventing crime, protecting the public and helping those in need
www.west-midlands.police.uk



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)

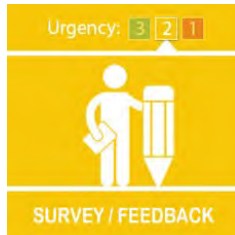
To report crime or anything suspicious call 101 or please visit [Residential burglary | Your Options | West Midlands Police \(west-midlands.police.uk\)](https://www.west-midlands.police.uk)

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)



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

Answers to quiz on page 20

1. Gosling; 2. Leonard Bernstein; 3. Mindanao; 4. Scotland; 5. Odin; 6. Swiss; 7. Fishing; 8. Archbishop of Armagh and primate of all Ireland; 9. Athletes; 10. Pennsylvania; 11. Scandinavia; 12. Hypericum; 13. Gamma; 14. Probationers; 15. Frank Harris; 16. Ismaili; 17. Malcolm X; 18. Hitler; 19. Insects; 20. Jess Conrad; 21. Rome and Rimini; 22. Loch Morar; 23. North Downs; 24. Royal Geographical Society; 25. Six; 26. Indian Ocean; 27. Bulgaria; 28. King Carol II; 29. Pompey; 30. Eric Clapton.



Message on Behalf of Birmingham City Council - Public Space Protection Orders - Dog Control 2023

Dear Tony

Please see the below link for the BeHeard consultation for 5 Dog Control Public Space Protection Orders (PSPOs), please share within your networks.

[Public Space Protection Orders - Dog Control 2023 - Birmingham City Council - Citizens Space \(birminghambeheard.org.uk\)](https://www.birminghambeheard.org.uk/public-space-protection-orders-dog-control-2023)

On 20 October 2020, Birmingham City Council implemented 5 PSPOs. The PSPOs were brought in to tackle irresponsible dog owners who failed to control or clear up after their dogs. Particular concerns involved dog fouling and dogs that were allowed to roam loose on the roads and straying into children's play areas and onto school land. A full public consultation was carried out prior to the PSPOs being made. These PSPOs replaced those made in 2017.

All PSPOs last for 3 years and then they must be re declared. The current PSPOs will cease to be in effect on 19 October 2023. Birmingham City Council wishes to renew the PSPOs in place and are required to carry out a public consultation.

Please do not reply to this email but respond via the link provided. Thank you.



Message Sent By
Anthony Wilkes

(West Midlands Police, Engagement and Consultation Officer , West Midlands)



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](#)

Play Bridge




Join us - Bridge is for everyone!



Sutton Coldfield Bridge Club
BEGINNERS BRIDGE LESSONS

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

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

160 Walmley Road, Sutton Coldfield See our website for more information at www.suttoncoldfieldbc.co.uk

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

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge



Pawpounders
Doggy Daycare Centre

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

Puppy Socialisation and Training Classes
now available.

FOR PUPPIES FROM 2 TO 6 MONTHS

LIMITED SPACES AVAILABLE

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

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




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



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





**CREATIVE
PLANTS**

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



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

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

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@cinnamonncc.com to reserve your space.

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

CINEMA TICKET

TOP 20 CARE HOME 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@cinnamonncc.com to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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

TAKE A PERSONALISED TOUR BOOK TODAY

TOP 20 CARE HOME 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>	



**Hello
September**

**What's On at
Sutton Coldfield
Library
September 2023**

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



ROALD DAHL DAY



Sutton Coldfield Library

Opening hours:
Monday: 9.00am-1pm & 2pm-5pm
Tuesday: 9.00am-1pm & 2pm-5pm
Wednesday: CLOSED
Thursday: 9.00am-1pm & 2pm-5pm
Friday: 9.00am-1pm & 2pm-5pm
Saturday: 9.00am-1pm & 2pm-5pm
Sunday: CLOSED




FOR FAMILIES
Every Monday
English for Ukrainians Class - 10 - 11.30am - Come along to our friendly class to learn English and make new friends
Ukrainian Coffee Morning - 11.30am - Join other Ukrainian people for an informal cuppa and chat every Monday
After-school Lego Club - 3.15 - 4.30pm - Come and play with our Duplo and Lego blocks. Term Time Only
Every Friday
Pre-School Story Time 10 - 10.30am - Bring your children aged 0-5 along to enjoy some stories, rhymes & musical instruments.
NCT Bumps & Babies Cafe 10.30am - 12.00pm - Join NCT Sutton Coldfield's free Bumps & Babies group with breastfeeding support. Soft Play places must be pre-booked. See their Facebook page for further details: <https://www.facebook.com/NCTSuttonColdfield>
Every Saturday
Lego Club or Boardgames 2.30 - 4.30pm - We alternate between Lego Club and Boardgame sessions every Saturday. Boardgames 2nd, 16th & 30th, Lego 9th & 23rd
First Tuesday of the month
Stay & Play 10.30am - 12.00pm - Bring your under 4s for a good bit of fun on the soft play equipment. Please speak to a member of staff for prices and to book a place
FOR EVERYONE
Every Thursday and Saturday
Warm Welcome Coffee Mornings 10am - 1pm - Come along for a free cuppa and biccie, with puzzles, word searches and colouring sheets. Board games and lego available upon request
8-17th September 2023
Birmingham Heritage Week - Come and celebrate some of Sutton Coldfield's heritage with us in the library where we will be showing some of our local history collection.



FOR ADULTS
Saturday 2nd September
Poetry Matters group 10.30am - 12.30pm - Join like-minded poetry lovers in the library for poetry readings and discussions
1st Saturday of the Month
Royal Sutton Coldfield Town Council Advice Surgery 9.30 - 11.30am - Monthly advice surgery with Councillor Pears
Every Tuesday
IT Help from FOLIO volunteer Geoff 2 - 4pm - Geoff is available to help with how to use a desktop computer or laptop to smart phones and tablets / iPads. To book a place please ask at the Information Desk
Sutton Coldfield Local History Research Group 2 - 4.30pm - SCLHRG meet weekly in the library. For more information visit their website: <https://sclhr.org.uk>
Thursday 7th September
Elderberries 10am-12pm - Held on the first Thursday of the month. Over 50s social group - come for a chat and a cuppa with Noran from FOLIO Sutton Coldfield
Thursday 14th & 28th September
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 21st September
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.

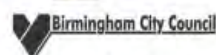
As places are limited, if you book a place and cannot attend, please refund/ return your tickets via Eventbrite.

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




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

How water will boost wildlife and your world!

Create a splash in your outdoor space by adding water. From bird baths to ponds, this simple how-to guide will give you all the inspiration and advice you need.

[Provide water for wildlife](#)



Welcome to Notes on Nature.

This week, we're looking at what RSPB gardening expert Adrian Thomas calls a 'great life-giver' – water.

We'll show you how to provide water for wildlife, whether it's in your own outdoor space or for your community. And with a couple of options taking less than an hour, it's not as difficult or time-consuming as you might think!

You'll also meet three inspirational water heroes, who have taken steps to add water where they live. Watch our short film to see how Pixley from Yorkshire has created a beautiful outdoor space with shade and simple water stations for wildlife.

A big thanks to Notes on Nature reader Simon Andrews who sent in this great photo of a Blackbird bathing in his garden.

Have a wonderful wildlife-filled week.



Jamie Wyver
Notes on Nature editor

Are drivers who pay with cash when parking being discriminated against?



Drivers in the Sutton Council area of South London are facing 'discriminatory' parking fees for those who use cash rather than an app.

The local authority – ran by the Liberal Democrats – increased its car parking prices in June for people using machines to pay. However, they maintained the previous cost for drivers who use an app or called the telephone number on the nearest machine.

In response, Sutton Council stated that the decision was due to the rising cost of maintaining parking machines across the area.

Barry Lewis, Sutton Council's Chair of the Environment and Sustainable Transport Committee, said: "In order to keep our prices low, we are encouraging all our residents and visitors to go cashless when paying for parking, with the incentive being a discounted rate.

"Maintaining the cash machines and collecting the money from our car parks has become more expensive. The charge for paying for parking by cash has increased to cover these costs.

"We understand concerns about people who don't have a smartphone, but you can also pay using a dedicated phone line. This means that those who do not have a



smartphone are not excluded from benefiting from the discounted rate.

“Unlike other councils who have completely removed the option for people to pay by cash, residents and visitors to Sutton still have the option to pay by cash at our parking machines.”

- **Parking Charge Notices – what you need to know**
- **Parking guide – where you can and can't parking**
- **How to bay park**

The June update to the cost of parking at council-owned car parks for an hour costs £3 if paid for at a machine but just £2 via the RingGo app or phone service.

A statement from the Department for Levelling Up, Housing and Communities, read: “This practice unfairly penalises those who choose to pay at parking machines, and we ask that Sutton Council reconsiders their policy.

“Councils have a duty to ensure that they do not discriminate in their decision making against older people or those with vulnerabilities.”

Following this, Conservative MP Greg Smith, who is a member of the Transport Select Committee, commented: “Councils should not seek to rip off those who still want to use a pay and display machine. Whilst the vast majority of us now use parking apps, there are many who can't or don't want to.”

- **Single yellow lines – can you park on them?**
- **How to parallel park – video guide**
- **Parking on the pavement – is it illegal?**

RAC spokesman Rod Dennis said: “To make the cheapest parking available only to those that use apps is nothing short of discriminatory.

“While there's no denying that parking apps can make drivers' lives easier, as everyone with a mobile phone knows the technology is far from infallible – if the signal fails or isn't strong enough, this leaves drivers who have made every effort to pay to park in an impossible position.

“It can't be right that those who find themselves in this situation, or who struggle with technology in the first place, end up having to pay more just to park their cars.

“We fear this kind of promotional pricing for parking in the borough could be a precursor to the council removing machines for good, something which other local authorities have already started doing.

“This would see drivers forced to use apps to pay to park whether they like it or not, something which our research clearly shows a majority of drivers of all ages are against.”

What do you make of the news? What can be done to make parking fairer in the UK?

That is without mentioning wheelchair users who cannot reach the machines. Tony

Which?

Drivers tricked into signing up for expensive subscriptions.

Scammers are hijacking search results for parking apps and QR codes to defraud drivers out of £40 monthly payments as they try to pay for parking. After we were alerted to one scam website, we decided to investigate. [Here's what we found.](#)

'An Amazon delivery driver tricked me and stole my new phone'

For some purchases, Amazon sends you a six-digit one-time password (OTP) ahead of your delivery, which you must read out to your courier before they hand over your parcel. These codes are designed to give you peace of mind that high-value purchases will arrive safely. We helped a Which? magazine reader who got in touch after falling victim to a one-time password scam.

If you use Amazon, find out more about how the system works alongside [tips if you have a problem with an OTP delivery.](#)

Our top tips to spot a scam email

When it comes to email scams, we all know to check for typical red flags such as poor spelling and grammar, but for more sophisticated scams it might not be that easy.

Our top tips cover more extensive advice, such as free website checker tools that will show you when the website was created. If the site was created recently, it's likely to be dodgy. [Read our top tips](#), and don't forget to bookmark the page, it could come in handy next time you receive an email that doesn't look quite right.

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.

[Scam Sharer Tool](#)

Stay safe,

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.



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	Thursdays 2 - 3pm
St Columba's Church hall Banners Gate Road/ Chester Road North Sutton Coldfield B73 6TX	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



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*



Talking Space

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

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

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

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

In Partnership with
creative SUPPORT
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
creative SUPPORT
Forward Thinking Birmingham

You may be able to
advertise in this space.
Send an email to
bgatepost@gmail.com
for details.

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

SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

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

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

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

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

ਜੀ ਆਇਆਂ ਨੂੰ

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

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

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

Please share with your family & friends

SCCT
Sutton Coldfield Charitable Trust

THE BRITISH SIKH AWARDS 2022 WINNER

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

Sanjha Chulha
a Punjabi Luncheon Group

Calling all in and around Sutton Coldfield

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

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

ENJOY THE PUNJABI MUSIC & ENTERTAINMENT WHILE YOU EAT
BRING YOUR FRIENDS ALONG OR MAKE NEW FRIENDS THERE!

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

Please share with your family & friends

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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
07719 857 450
for further details.

Pregnant? Children under four?

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

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

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

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

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

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

Healthy Start
Give your family a healthy start

Birmingham City Council **HEALTHY START** **NHS**

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



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.**



RDS



**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

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
- ✓ ~~REWARD~~ ENVIRONMENT FOR ALL CHILDREN TO HAVE
FUN AND BUILD THEIR CONFIDENCE TOO!
- ✓ ESTABLISHED DANCE SCHOOL WITH MULTIPLE
CLASSES ACROSS THE MIDLANDS
- ✓ FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

**PRICE
£5
PER
CHILD**

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

WHERE?
BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !



"W" (Double-u)
(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105
07796 546172

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

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172

@

@PuterTutor
...Your tech problems solved

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



Occupational Therapy

Who will come to visit me?

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

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

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

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



What is the Learning Disability 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

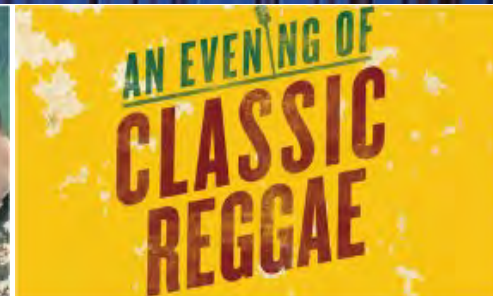
ALEXANDRA THEATRE BIRMINGHAM



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



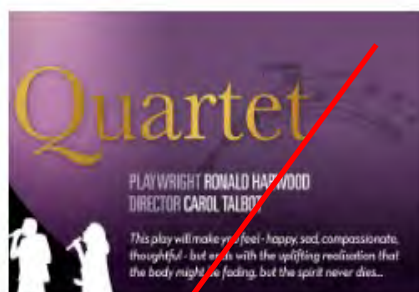
80s Live
SUN 24 SEP 2023



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

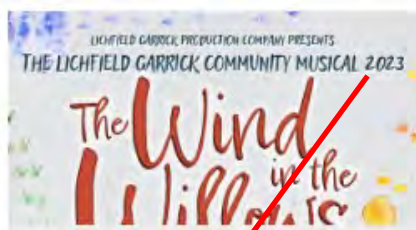


Sing-A-Long-A The Greatest
SUN 1 OCT 2023



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](#)



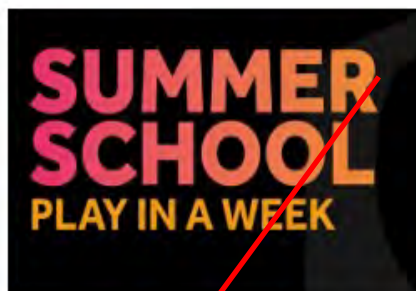
Oklahoma! Starring Hugh Jackman

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

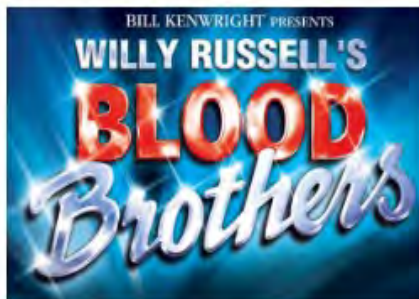
Main Auditorium, Saturday 2nd September 2023 - 7.30pm
[MORE](#) | [BOOK](#)



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!





SATURDAY 9 SEPTEMBER 2023



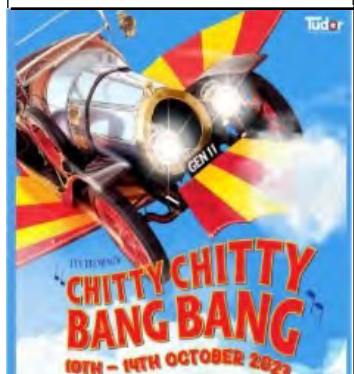
WEDNESDAY 13TH TO
SATURDAY 16TH SEPTEMBER



FRIDAY 29TH SEPTEMBER



SATURDAY 30TH SEPTEMBER



TUESDAY 10TH - SATURDAY
14TH OCTOBER 2023



WEDNESDAY 25TH OCTOBER -
SATURDAY 28TH OCTOBER



THURSDAY 2 NOVEMBER



FRIDAY 3RD NOVEMBER



SATURDAY 4TH NOVEMBER



FRIDAY 10TH NOVEMBER



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.

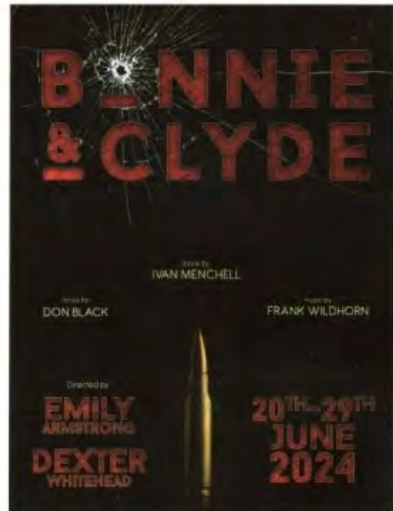
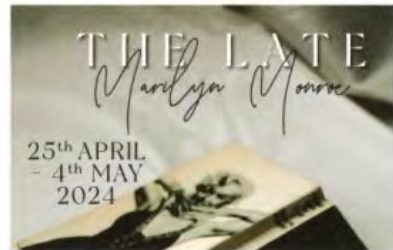
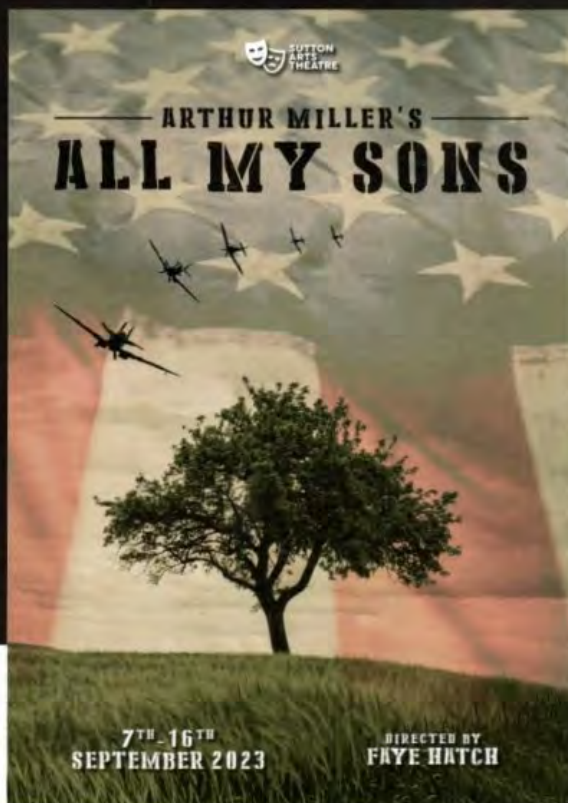
<https://www.nhs.uk/vaccine-walk-in>

NATIONAL BLOOD DONATION
Appointments only:
Telephone:
0300 123 2323



SUPPORT US

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


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.



Unity Productions present
The Long Road
by **Shelagh Stephenson**

When eighteen-year-old Danny is fatally stabbed in a random attack his family struggles to find meaning and forgiveness.

His mother's determination to understand the atrocity brings her face to face with his killer and forces the family to confront the bitter senselessness of their loss.

**In the studio, 6 & 7
September 2023, 7:30pm**

What's on next?

Highbury Players present

Relatively Speaking

by **Alan Ayckbourn**
directed by **Sandra Haynes**

Ginny decides to take off alone one Sunday, ostensibly to see her parents in the country. In reality, she is going to surprise her married boss, Philip, and end their affair. When Greg, Ginny's partner, impulsively follows Ginny, the way is open to a dizzying series of misunderstandings.



by **ALAN AYCKBOURN**
directed by **Sandra Haynes**

*Mistaken identities and
excruciating misunderstandings*

12-23 September 2023, 7:30pm

**Tickets available from
Box Office, Highbury Theatre,
Sheffield Road, B73 5HD
Tel: 0121 373 2761 or book online
via highburytheatre.co.uk**



HIGHBURY THEATRE

The Banshees of Inisherin (2022)

Black fragi-comedy

15



17 September 2023, 7pm

Highbury Cinema presents

The Banshees of Inisherin

Director **Martin McDonagh**

Released **2022**

Duration **1h 54m**

Certificate **15**

Set on a remote fictional island off the west coast of Ireland, the film stars Colin Farrell and Brendan Gleeson as two lifelong friends who find themselves at an impasse when one abruptly ends their relationship, with alarming consequences for both of them.

What's on next?

The Flying Ducks Theatre Company presents

Unusual Shorts!

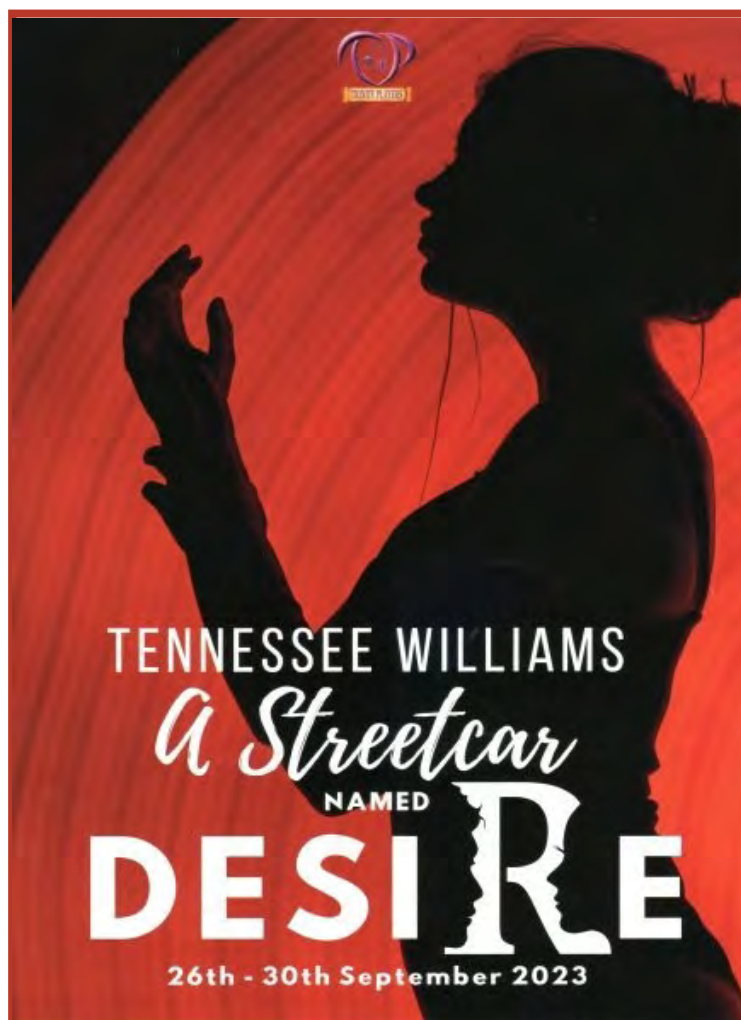
by **David Tristram**

To commemorate the historic milestone of 10,000 worldwide performances, successful comedy playwright David Tristram is going back to his roots with a tour of local small theatres and village halls. Gain hilarious insights into the mind of a comedy writer and enjoy live extracts of David's best-loved plays performed by Alan Birch and Sarah Raymond, two members of the original Flying Ducks Theatre Company. Occasional stong language and adult humour.

In the main auditorium,
30 September 2023, 7:30pm



Tickets available from
Box Office, Highbury Theatre,
Sheffield Road, B73 5HD
Tel: 0121 373 2761 or book online
via highburytheatre.co.uk



A Streetcar NAMED **DESIRE**
BY TENNESSEE WILLIAMS

This Autumn, the award-winning Trinity Players presents *A Streetcar Named Desire*. Facing financial ruin, school teacher Blanche must move in with her estranged sister Stella and brother-in-law Stanley. As the details of her situation become apparent Blanche's world starts to unravel. Will she be pushed to breaking point? A story of loss, truth and fragility; Tennessee Williams' masterpiece is one of the most important and highly-acclaimed plays of the 20th century.

This amateur production of 'A Streetcar Named Desire' is presented by arrangement with Concord Theatricals Ltd. On behalf of Samuel French Ltd. www.concordtheatricals.co.uk

BOX OFFICE
Online: www.ticketsource.co.uk/trinity-players
Telephone: 07843 928830
Post: 73 Britwell Road Boldmere B73 5SW

Cheques payable to TRINITY PLAYERS
☐ Please send stamped SAE for tickets to be posted

SCAN TO BOOK

Name:			
Address:			
Email:			
Telephone:			
Would you like to be kept updated about our future events:	<input type="checkbox"/> yes	<input type="checkbox"/> no	
How did you hear about the show?	<input type="checkbox"/> leaflet <input type="checkbox"/> outdoor banner	<input type="checkbox"/> social media <input type="checkbox"/> cast member	
Do you require wheelchair access to this event?			

DATE	£12 Adult	£10 under 18s	TOTAL AMOUNT PAYABLE IN £
Tues, 26 Sep 2023 7:30PM			
Wed, 27 Sep 2023 7:30PM			
Thurs, 28 Sep 2023 7:30PM			
Fri, 29 Sep 2023 7:30PM			
Sat, 30 Sep 2023 2:30PM			
Sat, 30 Sep 2023 7:30PM			

Please contact us if you have a booking of 10 or more for a group booking discount

Streetly Community Centre, B74 3HR

A STREETCAR NAMED DESIRE is presented by special arrangement with the University of the South, Sewanee, Tennessee, USA.

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

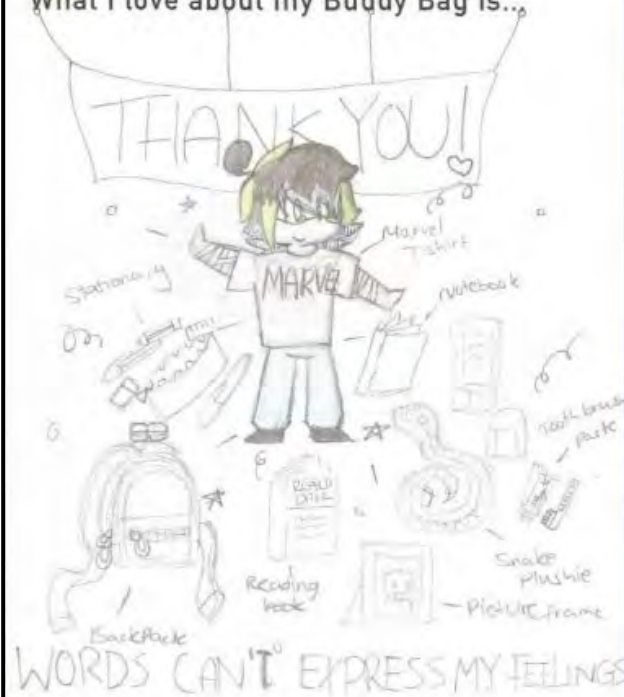
What I love about my Buddy Bag is...



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

buddy bag
foundation



Four Oaks Financial Services Limited is an appointed representative of Quilter Financial Services Limited and Quilter Mortgage Planning Limited, which are authorised and regulated by the Financial Conduct Authority.

Registered in England and Wales, Registered Number 4814506
Registered Address: 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 0NX.

This message and any attachments are confidential and may be privileged or otherwise protected from disclosure. If you have received it in error, please telephone or email the sender and delete this message and any attachment from your system. If you have received it in error, you must not copy this message or attachment or disclose the contents to any other person. Any views or opinions expressed in this email are those of the author only.

Email communications are not secure. For this reason, Four Oaks Financial Services Limited cannot guarantee the security of the email or its contents or that it remains virus free once sent.

Please note that email passing through the servers of Four Oaks Financial Services Limited or Quilter Financial Planning Limited (or any of its subsidiaries), may at any point be monitored or intercepted as part of the company's internal security policy. Thank you for your co-operation.

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

Craft Workshops

'Painting with Wool'

Suitable for beginners

Saturday 26th August
1pm—4pm

Learn the ancient technique of needle felting and make your own beautiful 2D seascape using hooked 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

See page 32 in the supplement



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.

After several weeks of hard work and stress, the show weekend was finally upon us. However, on the Thursday evening, a phone call to say that our show judge had been rushed into hospital was not what we wanted to hear. After several panic phone calls, a replacement was booked and everyone let out a sign of relief.

By the time the doors open to the general public at 1.00p.m. on Saturday, all the judging had taken place, and it's always a joy to see members come through the door, rush over to their entries to see if they have received a place card.

There were 24 classes to enter, 17 were fuchsias, including 'growing a fuchsia in an unusual container', 'depicting the name of the fuchsia', 'standards', 'baskets' and of course amazing pot grown specimens. In the open classes, we are doing our best to encourage people to give it a go, so classes for house plants, hostas, roses, patio pots, succulents plus flower arrangements cover most things.

The weather was not too clever, but we managed to open the patio doors so that people could enjoy their cuppa and cake in the fresh air. It's always nice to welcome friends old and new to these events, and I am happy to say that the show was very well attended, and hopefully some of these visitors will return in September to our monthly meeting and join us.

The next meeting will be on September 14th, when we will be looking at how to overwinter our plants, to ensure we have fabulous results next year! Please come along and join us. We meet at

Banners Gate Community Church in Westwood Rd., doors open at 7.30p.m. for an 8.00 start, and the meeting will finish around 9.45p.m. Join us now for just £5 which will cover the rest of the year, or come as a visitor for £2. Refreshments are always available, plenty of parking, and a warm welcome guaranteed.

If you would like any more information, please give our secretary Gail a call on 07307857440.



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.

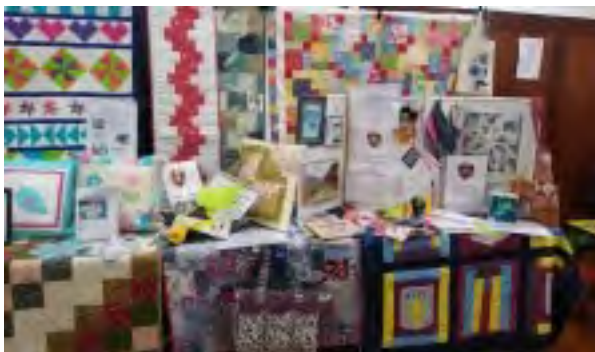
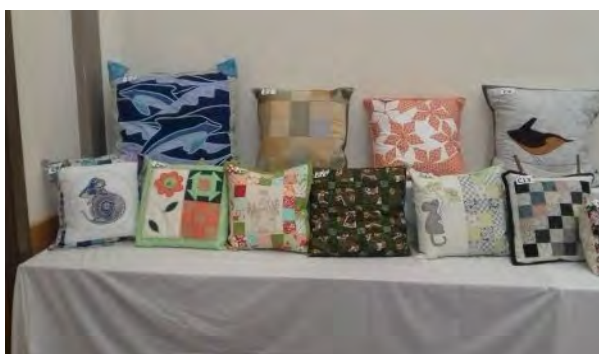
BENEFITS OF MEMBERSHIP: Firstly, you'll benefit from the skills and expertise of fellow quilters as well as a reduced attendance fee. We have an extensive library for the use of members, for a small borrowing fee. We also hold an exhibition every two years (the next one is in 2024) and you will have 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? It's OK! So... #letstalk about you!

MENOPAUSE

Ring Claire on 07930 354 885 for more information.



COMMUNITTEA CAFÉ ALLOTMENT
TUESDAYS 10 TILL 12

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

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsltd



www.militarychef.co.uk



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

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

Odonata Studios
Middleton Hall Courtyard
Tamworth
B78 2AE

Tel:- 01827 287294

email:- gillian@odonatastudios.co.uk

odonatastudio
 odonata_studios

www.odonatastudios.co.uk



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@centralenglandlc.org.uk
www.centralenglandlc.org.uk

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

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

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

About this leaflet

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

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



Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

THE PROJECT

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

Help with options: 1 2 3 4 5 6

BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

Other Support

Stop 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

For Over 25 Years We Have Created Flowers For All Occassions. Weddings, Funerals & Corporate Events etc. Let Us Create Something Special For You Today!



FREE LOCAL DELIVERY OR COLLECTION



From Banners Gate Road
@lisamarietflowersandtherapy



Contact
Lisa Marie on
07765 135497





Lottie Lea Photography



Lottie Lea PHOTOGRAPHY
Newborn and Family Photographer



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

XXXXXXXXXX
XXXXXXXXXX
XXXXXXXXXX
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

Made with PosterMyWall.com

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

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

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

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



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

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

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

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

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

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

Birmingham Carers Hub Specialist Dementia Service

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

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

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

COUNTRYWIDE SECURITY SYSTEMS

MIDLANDS



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

Phone no. 0121 386 2639

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

Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

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

Email: rosie_p25@hotmail.co.uk



Norbury Maintenance

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

T: Dave Edwards 07305931199

E: norburymaintenance@gmail.com



Home
Instead

To us, it's personal

Memory Cafes

Do you know someone living with memory loss?

Every Monday

10am—12noon

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

Every Monday

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

All attendees must show proof
of both covid vaccinations

Every Thursday

10am - 12noon

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

"Friends on Fridays"

10.30am - 12.30pm

Supported by

Sutton Coldfield Methodist
Church,

South Parade, B72 1QY

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.

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

07422 406168

sue.bevington@suttoncoldfield.homeinstead.co.uk

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

0121 323 4200

Pregnant? Children under four?

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

FREE

fruit, veg, milk
and vitamins for
you and your family.
Worth up to

£8.50
per week**

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

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

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

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

Healthy Start

Give your family a Healthy Start

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

Birmingham
City Council

HEALTHY
START

NHS



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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

www.birminghamsettlement.org.uk
Charity no: 517303



610 Community Centre
Kingstanding Road
Birmingham
B44 9SH

birmingham settlement
developing communities, changing lives



Cafe Oasis

Freshly Cooked Meals
Home Delivered

New menu every Friday
Deliveries made on Tuesday and Friday

4 Meals £15

3 Puddings £6

Contact Michelle on 07933 986 869

Monday - Friday 10am to 5pm

Cafe Oasis 1 Brassington Avenue, Sutton Coldfield, B73 6AA

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



Cafe Oasis

Monday, Tuesday,
Thursday & Friday.

10.00am - 2:30pm

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

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

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

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



Teachitright
Learn. Develop. Succeed.

FREE trial classes worth £40

95% OF PARENTS RECOMMEND US

80% more over

11+ Tuition classes

We are in Sutton Coldfield, Streetly, Walsall & Solihull

Taking bookings NOW! for September 2022

Try a FREE Trial Class!

Please call:
01922 863104
07809 614310
www.teachitright.com

Ofsted Approved

CRIDGEE PROGRESS ACCEPTED

"A little progress each day adds up to big results"

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.

Maths Tuition

- Online with zoom
(face-to-face if CV19 allows)
- Years 9, 10 and 11. GCSE Maths
- Year 12 A-level Maths
- Semi-retired maths teacher
- Edexcel/Pearson examiner
- Taking on students
- jsw7fr@hotmail.co.uk

G. Rogers

Painting and Decorating
Interior & Exterior
High Class Service
Free Quotations

Tel: 0121 355 0226
Mob: 07879 020 204



Do you want to learn Mandarin Chinese?

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

*Private 1-to-1 classes		
1 hour session £30	1.5 hour session £35 (£23.3 per hour)	2 hour session £40 (£20 per hour)
*Small groups (2 to 4 people)		
1 hour session £35	1.5 hour session £40 (Under £27 per hour)	2 hour session £50 (£25 per hour)
*Groups (5 to 10 people)		
1 hour session £40	1.5 hour session £45 (£30 per hour)	2 hour session £55 (£27.5 per hour)

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

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

Reliable, diligent & highly experienced teacher with background in memory, learning methods, learning technology & languages. Fluent in Mandarin & English with Masters degree in Applied Linguistics (distinction) & a PCET level 5 teaching Qualification. Various certificates including a full enhanced DBS available upon request. All levels & all ages are all welcome!

"Modern, novel, high-tech, unconventional teaching methods. Very effective & fun!" (Former student)

Email Luc at luchubbard@hotmail.com



Chongshin Do Academy of Martial Arts



Kickboxing * Jujitsu * Self-Defence * Fitness



Established in the area for over 22 years

Multi-style martial arts club welcome students of all ages and abilities

Enthusiastic and experienced instructors

Four chances to grade a year for lower grades

Local and national kickboxing and jujitsu competitions open to all students

Contact Gary on 07921 132 860

or email: chong.fouroaks@gmail.com



Mondays & Wednesdays

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

Kids 6.00pm - 7.00pm

Adults 7.00pm - 8.30pm

THE LOFT PILATES & YOGA STUDIO

199 TYBURN RD ERDINGTON B24 8NB



Pilates Rehabilitation

Mondays 945am

Tuesdays 6pm

07886089473



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

The Loft Pilates
& Yoga Studio




5K YOUR WAY MOVE AGAINST CANCER

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

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

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

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

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

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

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




Pregnancy YogaLates Class



THE LOFT PILATES
& YOGA STUDIO



Pregnancy YogaLates Class

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

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

Register now

07886089473

Pregnancy YogaLates Class

See front page

STEPH LEES

O S T E O P A T H Y

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

Osteopathic Treatment can help with the following;

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



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



The Clarence Spa, 312 Clarence Road, B74 4LT



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

FREE MEAL!

Every Saturday
from 3rd April
1pm - 2pm
610 Kingstanding
Road

www.foodcycle.org.uk



KN LOCKS & MAINTENANCE

TEL 0121 353 2214 / MOBILE 07971375080
DOUBLE GLAZING REPAIRS AND LOCKSMITH SERVICES

- EMERGENCY CALL OUT**
ALL TYPES OF LOCKS FITTED INCLUDING ANTI-SNAP CYLINDERS
MISTED UNITS REPLACED
UPVC DOOR ADJUSTMENT/ REPAIR
HANDLES / HINGES/ LETTERBOXES REPLACED



Grape Tree
Feel Good Foods



Kingsway
Christian Fellowship (Pheasey)

Worship and Communion Service
Sunday 10:00am

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

Please look for the **Beacon Room** – Everyone welcome

WDC Service Solutions Ltd

Complete Door Security and Access Solutions

WDC can repair the following products: UPVC WINDOWS, HANDLES, HINGES, LOCKS, ROLLERS FOR PATIO DOORS, SECURITY, UPGRADES, REPAIRS TO UPVC DOORS, TIMBER DOOR REPAIRS, REPLACEMENT DOORS, GARAGE DOOR REPAIRS, REPAIR OR REPLACE, FAULTY CABLES, HANDLES AND LOCKS, REMOTE CONTROLS, REPLACEMENT FOBS, NEW GARAGE DOOR SYSTEMS, FREE QUOTATIONS.

www.wdcservicesolutions.com service@wdcservicesolutions.com
sales@wdcservicesolutions.com T: 0121 285 3222

Unit 16 C, Maybrook Business Park, Maybrook Road,
Minworth. B76 1AL

LoveWorld
SUTTON COLDFIELD

Specially invite you to

Worship WITH US

EVERY WEDNESDAY & SUNDAY

LoveWorld Sutton Coldfield: Banners Gate Community Hall
35 Reay Nadin Drive, Sutton Coldfield B73 6UR
Contact Details: 07565652762
loveworldsuttoncoldfield@gmail.com

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 19th September
at 10 o'clock.

Hall's Gardens

Garden Maintenance Services

Gary Hall

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

garyhall7@blueyonder.co.uk



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site www.newhorizonscounselling.org.

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

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

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

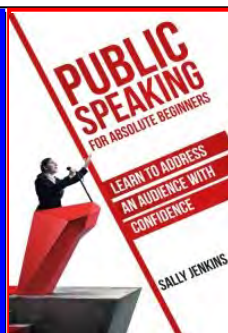
The Jarrett room is approx. 13' x 8'
(4m x 2.5m)

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

The building is step-free.

For further booking information go to:

www.bannersgatecommunityassociation.org



Public Speaking for Absolute Beginners

by Sally Jenkins

Tips on constructing and presenting all types of speeches.

Available on Amazon or direct from the author:

sallysjenkins@btinternet.com 0121

Lucky & Buntys
Childrens Entertainment

0777 333 9214



HATHA YOGA



Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.

R&B Builders Ltd.

RAFAL SZPAK

Landscaping & Fencing Services

Buildings Maintenance

07828-275-288

www.rbbuilders.net

Rafszpak@gmail.com



Create the best party possible for your little ones

Birthdays, Weddings, Christenings, Fetes, School Workshops, Plays and much more
We can cater for anything including: Full Party Entertainment, Mascots, Soft Play, Bouncy Castles, Face Painting,



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

PetStay

Home Dog Boarders since 2005

Would you like to be one of our dog carers?

- * Are you at home during the day?
- * Have a very secure garden?
- * Do you love dogs?
- * Want to earn a little extra?
- * Very flexible and fits into your lifestyle
- * We are THE alternative to kennels in the area.
- * Want to join a professional service?
- * Then maybe being one of our many loving dog carers would be ideal for you!



Become a PetStay dog carer.
Earn from £105 to £207 p/w looking after dogs in your own home

www.petstay.net sue@petstay.net
0121 769 2706 07724 212204
West Midlands North Branch

Paul White Electrical

No Job too small

Paul Andrew White
Electrician

111 Wandsworth Road
Birmingham
B44 9LY
07403445651

p.white.electrical@gmail.com
Part P reg 58023 PAT Testing



Give your little Mozart
a musical head-start

- multi-sensory games and activities
- interactive concerts
- musical Arts and Crafts
- wrap-around care

www.rhythmcircle.co.uk



**You'd be barking
not to come to
Streetly Vets**



89 Blackwood Road, Sutton Coldfield B74 3PW
Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets

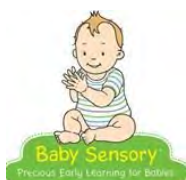


SWIMMING LESSONS

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

Badge Work ~ Qualified Instructors
0121 353 6616

www.swimminglessonsinsuttoncoldfield.co.uk



**0 - 13 months
Baby Development Class**
Wednesdays 9.30, 11.00 and 12.30

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

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

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

Lee Nugent

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



Personal Training

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

Katie Ingle
T: 0788 886 7850
E: kilfitfitness@outlook.com
IG: @kilfitfitness
FB: kilfitfitness

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

Muscle tightness / strains, Joint pain, Sciatica,
Shoulder & neck tension, headaches.
Sports Injuries (specialized in running injuries).



**Sports
Massage 360**

Amy Johnson (Bsc). Recommended since 2014.
12 Chester Gardens, B73 5BF 0770 7006802



HOME TUITION

Key Stage Two SATs tuition:
English comprehension, spelling, punctuation, and grammar.

Spanish and French: leisure courses and
exam preparation to GCSE and A-level.

Tracy: 0780 329 3351





PRICES START FROM
£20 per hour

11+ & CATCH-UP **TUITION** AVAILABLE

MORE INFORMATION

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

CARING FOR CARERS

Supporting carers through loss and bereavement

Have you experienced a
recent loss of a loved one?

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

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

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

Contact our friendly team now
on 0121 809 5902 or
caringforcars@communitiesinsync.info
for more information



COMMUNITIES
IN SYNC



Birmingham
City Council

Manor



Crafts

Decorative Arts and Crafts for All Occasions

0779 439 3477

www.manor-crafts.co.uk



GRACECHURCH

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

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

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




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

Marys
Where to find your Treat Day
Order for Postal
BROWNIES ♥ BLONDIES ♥ FLAPJACKS ♥ COOKIES
WWW.MARYSCUPCAKES.CO.UK
Or visit us at our weekly Markets
Sutton Coldfield The Parade
1st & 3rd Saturday of the Month
Redditch Kingfisher Centre
2nd Saturday of the Month
Tamworth Ankerside
4th Saturday of the Month
Plus scan here for a full list of additional dates..



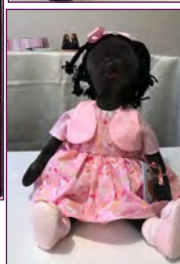
Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



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

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

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

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

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



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



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

St Columba's Church Hall

Hall letting for St Columba's Church.

Weekday lettings are available for the large Church Hall which includes a well equipped kitchen.

Entrance to the hall is step free and is suitable for wheel chair access throughout the premises.

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

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

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

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

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



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 19th September
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
Thurs 10.00–11.00 am 12 - 2.00 6.30 – 9.45 pm 6.45 – 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
19th September
At 10 o'clock**



The Townswomen's Guild
Patron HRH The Princess Royal GCVO

Thurs. 21st Sept. Harvest with Wine & Cheese
Thurs. 19th October Falklands Talk - David Bardell
Thurs. 16th November Christmas Past and Present - Mary Bodfish

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