



# Banners Gate & Parklands Community & Neighbourhood Forum

**174<sup>th</sup> September 2023**

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

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**The Boldmere Christmas Festival 2023 with Christmas Lights Switch on is scheduled to take place on Sunday 19th November from 1pm to 6pm with Christmas Lights Switch on at approximately 5:15pm. For further details see the Supplement on page 50.**

## Tip Truck visits in Vesey.

Monday 6th November,  
Darnick Road, near junction  
with Jockey Road.  
Both sites will be open  
from 7am - 12.30pm



### Rob Pocock: SUTTON PARK AUTUMN NATURE TOUR - REPORT

I was delighted with another highly successful Guided Autumn Nature Tour of Sutton Park Nature Reserve on Saturday 1<sup>st</sup> October, many thanks to all Banners Gate and New Oscott residents who came along. Once again we got a top class briefing from Matthew, our expert Park Ranger who is a font of all knowledge on these tours of the land restoration work. He was justly proud of the stunning restoration of the forest floor that has happened following the controversial felling of the outgrown holly woods 7 years ago. The picture here [pic] shows exactly what it was all meant to achieve. Under the thick canopy of the old holly woods, the dark forest floor was as dead as a dodo. But now you can see:

- Grass growing on and beside the forest paths
  - Holly re-growth as fresh ground grazing (people said it would never re-grow!)
  - Birch saplings springing up in the glades, perfect insect and caterpillar habitat
  - We spotted Rowan seedlings growing up again – trees lost to the Park for many years during the overgrowth of the holly woods
- Bilberry also re-establishing with berries an ideal autumn bird food store.

In summary, a pattern of live, green forest



glades is emerging where just 7 years ago the excessive holly had resulted in nothing but bare and lifeless soil. The City Council got a lot of flak when the felling started but our Park Rangers are true specialists who know what they are doing. And they are leaving future generations with a much better Nature Reserve than we have had for many years.

Don't forget, these are annual tours that I first started in the autumn of 2016 when the tree felling controversy broke out and any local resident can take part – just email me

[rob.pocock@birmingham.gov.uk](mailto:rob.pocock@birmingham.gov.uk) to go on the list of residents that will be invited next year – come along and you will be amazed with what you find out!

### NEXT TIP TRUCK VISIT

**Monday 6<sup>th</sup> November** is the next arrival of the City Council's mobile tip trucks, and this time it's going to be on the top end of Darnick Road, at the junction with Jockey Road, New Oscott. Drop by any time from 7am to 12.30pm, surplus autumn garden waste will be especially welcome!



Max Hatton:

Hello Gatepost Readers! I hope you've all enjoyed your October and are well and truly settled into Autumn. We celebrate Halloween each year at the end of October and although it is a very Americanised holiday, did you know that Halloween has roots to the old pagan harvest festivals celebrated here before Christianity arrived? Halloween shares most similarities with Samhain, which was a Pagan holiday celebrated on 1<sup>st</sup> November each year to mark the end of the harvest season and the beginning of the darker half of the year. We're coming to the first half term of the academic year, and once again there are

restaurants and businesses offering free or discounted meals for children over the half term. There is a picture in the Gatepost advising which businesses are taking part. And if you're looking for a local activity to kick start your half term, the popular Farmers Market will be returning to Sutton Coldfield Town Centre along the parade this Sunday 29<sup>th</sup> October!

Next month will see the return of the much-loved Boldmere Christmas Festival and Lights Switch On. Boldmere Futures CIC have run many successful festivals and events in Boldmere over the years, and this will be the largest Christmas event in Sutton Coldfield this year. There will be a variety of great stalls and rides available, suitable for the whole family and with the Christmas lights switch on, it's a great way to kickstart your festive period! The festival will be held on Sunday 19<sup>th</sup> November from 1pm-6pm along Boldmere Road (Highstreet). You can find more information here <https://www.boldmere.org/community-festivals/christmas-2023/>

Our next Full Town Council meeting is due to be held on Tuesday 28<sup>th</sup> November from 7pm at the Trinity Centre, Sutton Town Centre. We hope to see you there! Until next time Gatepost Readers, have a great month!

**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](mailto:cafe.oasis@scurc.org.uk) or telephoning 07713970096.







## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2023

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### M&S CAFES

Spend £5 & get one free kid's meal Mon - Fri during the Oct Half term (various dates)

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### YO! SUSHI

From Monday 16th October - Friday 27th 2023 kids eat free with every £10 adult spend

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### BILLS

2 kids eat FREE Monday - Friday from Monday 23rd October - Friday 3rd November 2023

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### IKEA

Kids get a meal from 95p daily from 11am

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

Cllr. Max Hatton

[max.hatton@suttoncoldfieldtowncouncil.gov.uk](mailto:max.hatton@suttoncoldfieldtowncouncil.gov.uk)

# Banners Gate Bulb Planting

Due to Tesco's kind donation of £2000 to support a community project, it was decided at the Banners Gate Forum meeting to use the last £200 to purchase daffodil bulbs to continue the display further on down Banners Gate Road, where there were a few gaps.

Keenly awaiting a suitable weather day, having purchased the bulbs several of us, Gill and John McKenna (Hollyhurst Road), Carol and Roger Green, ( Banners Gate) and myself and my husband Tony (Hollyhurst Road), spend a morning planting as some of you may have seen.

Generally, the men lifted the turf and then the ladies planted the bulbs. Gill, an avid jigsaw enthusiast, was very efficient at repositioning the turf, we all helped with this task and arrived at the end with one small piece missing!

However after some clever slight repositioning we were pleased with the result and the grass seems to have knitted together well.

We now await with bated breath for spring to arrive and assure us that our efforts will give us all a display to be enjoyed by many for a few years.

Thanks Tesco!

Margaret Adams







**Yoga Body**

## Just for Mum Yoga

Re-energise  
Reconnect  
Relax

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

[www.yogabodybirmingham.co.uk](http://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](http://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

Easy as you go at block book

All equipment provided

[www.yogabodybirmingham.co.uk](http://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](http://YOGABODYBIRMINGHAM.CO.UK)

### 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?**

- 30-30 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 an 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 Senior Hub, Carers Trust, Telford, Alzheimer's Society, Memory Assessment Service](#).



Birmingham and Solihull Integrated Care System  
Dementia advisors, Social support, finance support, [Birmingham Senior Hub, Carers Trust, Telford, Alzheimer's Society, Memory Assessment Service](#)



*Sunday Mornings  
at St Columba's*

Rev Beccy 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.*

## St Columba's Church Hall

Hall letting for St Columba's Church.


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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

[st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)



**Slimming World**  
taste the freedom

FREE membership

eat out and lose weight!

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

[slimmingworld.co.uk](https://www.slimmingworld.co.uk)



**Coffee Morning**  
every Friday 10:30-12:30  
St Columba's Church Hall  
Banners Gate  
Sutton Park (near)  
All welcome for  
Coffee, Tea, friendly chat,  
warm space

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

**£485 raised for Macmillan Coffee Morning**

### Classes at St Columba's Church

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



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

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

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



# Sutton Coldfield District Children's Centres Activity Calendar

## October - December 2023

### Monday

**11.00-12.00pm**  
Breastfeeding  
Lounge  
**Falcon Lodge  
Community Hub**

#### 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



### Tuesday

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



### Wednesday

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



Pick these up from any children's centre



### Thursday



#### 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

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

**9.45 - 11.15pm**  
Step by Step  
Play and Learn 0-5's  
In conjunction with  
DLP North Cluster  
**Falcon Lodge  
Community Hub**

**1.30-2.45pm**  
Play and Learn  
Under 18 months  
**Trinity Church**

## Bookable Services

#### Baby Massage

We offer a free 4 week programme for parents and babies up to 1 year old to support with bonding and attachment.

#### Journey to Parenthood

Free course for expectant people.  
**Holland House**

#### Little Talkers

6-8 week programme to support children over two who may need support with speech and language who do not attend nursery.



#### Stepping Stones

Stay and play session for children with additional needs diagnosed or undiagnosed.

This will take place at Lakeside Children's Centre on **Tuesday's** 1.00-2.30

#### KID's Family Group

Supportive session for children with SEND and their families. Offering tailored support for professionals from KID's West Midlands

**Thursday**  
9.30-11.30am  
**Holland House**

#### First Words Together

We offer a 5 week programme which supports children's communication before the age of two. The programme will run:

**Tuesday**  
1.00-2.00pm  
03/10/23-24/10/23  
**Holland House**

#### Parenting

We offer a range of parenting courses to include techniques and strategies to support you and your child/ren. Call your local Children's Centre for more advice or to refer yourself.

## Other Services

#### Health Activities

We can support you with:  
Introduction to solid food.  
Oral health.  
Bottle to cup transition,  
fussy eating and healthy eating/ nutrition.  
Contact us and ask to speak to Tal or Paula C

#### Family Support

Need some advice or support?  
Ring your local Children's Centre to ask to speak to one of our Family Support Workers



#### Adult Education and Employment Support

We offer a range of courses to support you such as:  
NHS Discovery Days  
First Aid  
Childcare and Working in Schools  
Arts and Crafts  
IT  
ESOL

We also offer support with CV writing, applications and interview techniques. For more information contact us and ask to speak to Natalie C or Zaheer

#### Domestic Abuse

We offer advice and courses. Call or come in to the Children's Centre to find out more

# Erdington District Children's Centres Activity Calendar

October - December 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>9.15-10.45am</b> Play and Learn 0-5's <b>Castle Vale</b></p> <p><b>10.00-11.00am</b> Music and Movement <b>Featherstone</b> *please note this is running from 06/11/23-11/12/23 only*</p> <p><b>1.15- 2.30pm</b> Play and Learn Under 18 months <b>Lakeside</b></p> <p><b>Foodcycle from 9/10/23</b> 3.30-5.00pm <b>Lakeside</b> *Bookable slots* Free 3 course meal for those with children aged 0-5 years. Ask for a leaflet for further details or call Lakeside to enquire.</p>	<p><b>10.00-12.00pm</b> Breastfeeding Lounge <b>Lakeside</b></p> <p><b>10.00-11.00am</b> Music and Movement <b>Castle Vale</b> *please note this is running from 07/11/23-12/12/23 only*</p> <p><b>1.15-2.45pm</b> Play and Learn Over 1's <b>Featherstone</b></p>	<p><b>EEE advice</b> 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</p> <p> Pick these up from any children's centre</p> <p></p>	<p><b>9.45- 11.15am</b> Step by Step Play and Learn 0-5's <b>Osborne Nursery School</b></p> <p><b>9.45-11.15am</b> Play and Learn Over 1's <b>Lakeside</b></p> <p><b>1.15-2.45pm</b> Play and Learn 0-5's <b>Kingstanding Leisure Centre</b></p> <p><b>1.30-2.45pm</b> Play and Learn Under 18 months <b>Featherstone</b></p>	<p><b>1.15 - 2.45pm</b> Step by Step Play and Learn 0-5's In conjunction with DLP North Cluster <b>Castle Vale</b></p> <p>Check out the Startwell website for information on healthy eating and the importance of physical movement.</p> <p><a href="http://www.startwellbirmingham.co.uk">www.startwellbirmingham.co.uk</a></p> <p></p>

Bookable Services		Other Services		
<p><b>Baby Massage</b> We offer a free 4 week programme for parents and babies up to 1 year old to support with bonding and attachment.</p> <p><b>Domestic Abuse</b> We offer advice and courses. Call or come in to the Children's Centre to find out more.</p> <p><b>Little Talkers</b> 6-8 week programme to support children over two who may need support with speech and language who do not attend nursery.</p>	<p><b>Stepping Stones</b> Stay and play session for children with additional needs, diagnosed or undiagnosed <b>Thursday</b> 9.30-11.00am <b>Featherstone</b></p> <p><b>KID's Family Group</b> Supportive session for children with SEND and their families. Offering tailored support for professionals from KID's West Midlands <b>Monday</b> 9.30-11.30am <b>Lakeside</b></p>	<p><b>First Words Together</b> We offer a 5 week programme which supports children's communication before the age of two. The programme will run: <b>Monday</b> 10.00-11.00am 02/10/23-23/10/23 <b>Lakeside</b></p> <p><b>Parenting</b> We offer a range of parenting courses to include techniques and strategies to support you and your child/ren. Call your local Children's Centre for more advice, or to refer yourself.</p>	<p><b>Health Activities</b> We can support you with: Introduction to solid food. Oral health. Bottle to cup transition, fussy eating and healthy eating/ nutrition. Contact us and ask to speak to Tal or Paula C</p> <p><b>Journey To Parenthood</b> Free course for expectant people <b>Castle Vale</b></p> <p><b>Family Support</b> Need some advice or support? Ring your local Children's Centre to ask to speak to one of our Family Support Workers.</p>	<p><b>Adult Education and Employment Support</b> We offer a range of courses to support you such as: NHS Discovery Days First Aid Childcare and Working in Schools Arts and Crafts IT ESOL We also offer support with CV writing, applications and interview techniques For more information contact us and ask to speak to Natalie C or Zaheer</p>



## Addresses and Other Information

### Holland House Children's Centre

Holland Road, B72 1RE  
Telephone: 0121 752 1860

Open 8.30 am - 4.30 pm

*Parking on Duke Street- 2 hours without pay and display.*

### Trinity Church

Church Hill, Mill Street, B72 1TE

*Car park spaces available*

### Falcon Lodge Community Hub

Church Hill Road, B75 7LB

*On street parking available*

### Mere Green Library

30A Mere Green Road, B75 5TB

*On street parking available.*

### Boldmere Library

119 Boldmere Road, B73 5TU

*On street parking available.*

### Emmanuel Church

Corner of Little Green Lane and  
Birmingham Road, B72 1YG

*Parking available on car park opposite.*

### Health Visitor Hub

If you would like to speak to a Health  
Visitor please call them on  
0121 683 2330



Instagram



Like us on Instagram and Facebook

Our page's are called  
Sutton Coldfield Children's Centres

### PLEASE NOTE

To book onto any of the available  
services call your local Children's  
Centre on the numbers provided  
on this page.

When calling it would be helpful to  
have your child's NHS number  
available. This can be found in  
your child's red book, alternatively  
use the below link to find this  
[www.nhs.uk/find-nhs-number](http://www.nhs.uk/find-nhs-number)

**We look forward to meeting you.**

## Addresses and Information

### Castle Vale Children's Centre

372 Yatesbury Avenue,  
B35 6DG  
Telephone: 0121 752 1920  
Open 9.00 am - 5.00 pm

*On street parking available*

### Featherstone Children's Centre

29 Highcroft Road, B23 6AU  
Telephone: 0121 752 1870  
Open 9.00 am - 5.00 pm

*On street parking available.*

### Lakeside Children's Centre

Lakes Road, B23 7UH  
(B23 7LY if using a satnav)  
Telephone: 0121 752 1970  
Open 9.00 am - 5.00 pm

*Some car parking space available,  
disabled parking plus plenty of  
on street parking.*

### Osborne Nursery School

Station Road, B23 6UB  
*On street parking available*

### Kingstanding Leisure Centre

Dulwich Road, B44 0EW

*Car park spaces available*

### Health Visitor Hub

If you would like to speak to a Health  
Visitor please call them on  
0121 683 2330



Instagram



Like us on Instagram and Facebook

Our page's are called  
Erdington Children's Centres

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on this page.

When calling it would be helpful  
to have your child's NHS number  
available. This can be found in  
your child's red book,  
alternatively use the below link to  
find this  
[www.nhs.uk/find-nhs-number](http://www.nhs.uk/find-nhs-number)

**We look forward to meeting you.**



<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**

A woman with long brown hair, wearing a dark blue long-sleeved top and a dark apron, stands in the center of a food bank storage room. She is surrounded by wooden shelves filled with various food items, including boxes of cereal, tins of soup, and bags of rice. The room has a high ceiling with exposed wooden beams.

**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 (SC039377)  
visit [www.reengage.org.uk](http://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](http://www.reengage.org.uk)



St Chads Church  
Hollyfield Road  
presents our Autumn  
Concert featuring  
No Direction Band  
and "Our Choir"

# Autumn Concert



Join us for a fun afternoon of 60's music  
and help us raise funds for Dementia UK,  
MacMillan Cancer Support & Parkinson's UK

Sunday 19<sup>th</sup> November 2023 at 3.00pm  
Tickets £10.00 (includes light refreshments)

Contact Brian on 01212404874 or

[brian.scotcher@hotmail.co.uk](mailto:brian.scotcher@hotmail.co.uk)

**MACMILLAN**  
CANCER SUPPORT

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

  
**DementiaUK**  
Helping families face dementia



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



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



## Commissioners arrive at council

Commissioners and political advisors – appointed by the government's Department for Levelling Up, Housing and Communities – started their roles, on 9 October, as vital work to address budgetary and organisational challenges at the local authority continues. The council's Leader, Cllr John Cotton, and Chief Executive, Deborah Cadman, have vowed to work constructively and collaboratively with the Commissioners to tackle Birmingham's current challenges. [Find more information about the new commissioners here.](#)

### What do the changes at the council mean for you?

If you are a Birmingham resident, and have concerns or questions regarding the council's financial situation, [find helpful advice here.](#)

### How are businesses affected?

If you have a [contract with the council](#), be assured that contractual commitments will be honoured and all invoices for work delivered will be paid.



## Home From Hospital Care

What our 6-week free support could look like for you:

One Free Food Parcel to anyone referred.

Going to the supermarket for you.

A befriending service for anyone that is lonely.

A sit in service to give your friend or carer a break.

A free electronic device such as a mobile phone to anyone who needs one.

Helping you with applying for benefits or general form filling.



**Offering  
Free  
Practical  
Support to  
all adults.**



**To refer call 0121 472 4499 or visit  
[www.home-from-hospital-care.org.uk](http://www.home-from-hospital-care.org.uk)**





27 October 2023

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



If YOU are continuing to feel the pinch, you're NOT alone! Get set to join us and our partners from right across Brum for a full week of special events dedicated to tackling the cost-of-living crisis. There is no cost to the council to deliver the programme – but LOTS of opportunities to celebrate and promote the life-changing work done so far; agree how we can work together; and get everyone involved and thinking about how they can support the cause. [Find out more - and get involved!](#)

### More Eric stories.

Some interesting well-known sayings gleaned whilst on a recent holiday in Seaton Devon. We visited the 2,000-year-old man made caverns at \*Beer Quarry Caves\* well worth a visit if you are ever in the area. Beer stone is chalk Limestone laid down in the Cretaceous age (65 – 140 million years ago)

Beer stone is in many prestigious buildings, including Exeter, Winchester, St. Paul's and Norwich Catholic Cathedrals, Westminster Abbey, and the Tower of London. At Exeter Cathedral the great image screen on the west front is of Beer stone, giving it a particularly warm and reflective quality. Much of the Cathedral's interior too, including nearly all the fine carving and the ribbed vaulting originated in this quarry. It can be found in 24 of Britain's 44 cathedrals. The very informative guide led us through the Roman then Saxon period up to the Victorian period of stone extraction. The vast man-made complex of underground caverns with their mighty halls of vaulted roofs and pillars of Beer Stone which have been likened to a vast underground cathedral.

Our guide explained the methods used to quarry and deliver the huge blocks of stone, the working conditions, the hardships endured, and the dangers faced daily by the workforce using only the light from a flickering tallow candle. You may never again see a famous building with the same eyes.

The guide explained that the quarry men were just using picks up to the 16<sup>th</sup> century and cutting out huge blocks weighing many tons. They had to purchase 5 candles (No not four!) from the mine owners and only got the candle money back if they did 4 tons of stone a man each day. Hence the well-known saying ***"Not worth the candle"***.



Due to the hard work quarry men were not long lived. There were ancient markings still visible on walls with quarry men's initials and dates.

The guide on the last part of the tour said to us, ***"Can you imagine the***



***noise in here with metal picks hammers and saws working away?"*** He demonstrated by banging an old hard composite safety helmet onto a piece of stone and the sound was ear splitting. Hence the other saying ***"Stone deaf"***. Finally, before we departed the caves, he asked for a volunteer to sing something loudly to show the acoustic echoes bouncing around. As a quite reserved chorister I stepped forward with my wife muttering, *"trust you"*. The applause was thunderous, well OK, greatly aided by the echo amazing effect

*Eric Jones October 2023*







# Pregnancy Q&A

**Q: Should I have a baby after 35?**

A: No, 35 children is enough.

**Q: I'm two months pregnant now. When will my baby move?**

A: With any luck, right after he finishes college.

**Q: What is the most reliable method to determine a baby's sex?**

A: Childbirth.

**Q: My wife is five months pregnant and so moody that sometimes she's borderline irrational.**

A: So what's your question?

**Q: My childbirth instructor says it's not pain I'll feel during labor, but pressure. Is she right?**

A: Yes, in the same way that a tornado might be called an air current.

**Q: When is the best time to get an epidural?**

A: Right after you find out you're pregnant.

**Q: Is there any reason I have to be in the delivery room while my wife is in labor?**

A: Not unless the word "alimony" means anything to you.

**Q: Is there anything I should avoid while recovering from childbirth?**

A: Yes, pregnancy.

**Q: Do I have to have a baby shower?**

A: Not if you change the baby's diaper very quickly.

**Q: Our baby was born last week. When will my wife begin to feel and act normal again?**

A: When the kids are in college.



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 Shia 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?
25. How many players are there in an ice hockey team?
26. In which ocean are the Aldabra islands?
27. For which country is BG the international car registration?
28. Who was the Romanian king deposed by the Iron Guard in 1940?
29. What is the informal name for Portsmouth?
30. Who was the guitarist in the group Cream?

Answers on page 25



Prince's Trust

**START  
SOMETHING**



**ARE YOU 16-25? LOOKING FOR SOMETHING DIFFERENT?  
ARE YOU STUCK NEEDING DIRECTION?**

**Then why not try The Prince's Trust Team Programme:**

- **Free** 12 week personal development programme
- Develop your skills
- Gain Qualifications
- Have fun and make new friends
- Take up Team challenges and a community project!
- Realise your own potential
- Gain two weeks work experience
- Improve your employability skills
- Take part in a one week residential



**INTERESTED?**

**Contact us for more information**

**To register your interest in joining the North Birmingham team,  
contact Natalie Sparrow at [nsparrow@wcg.ac.uk](mailto:nsparrow@wcg.ac.uk) or 07799 843722**

[wcg.ac.uk](http://wcg.ac.uk)

| 0300 456 0049 |

[info@wcg.ac.uk](mailto:info@wcg.ac.uk)





We are delighted to announce that the **Autumn Exhibition** of the **Sutton Coldfield Society of Artists** will take place in the **Crush Hall, Sutton Coldfield Town Hall** from **10.00am Saturday 4th November until 4:00pm Sunday 12th November**.

**Exhibition open 9:00am to 5:00pm each day**

We would also like to extend a warm invitation to the **Official Opening and Award Presentation**, which is to be held on **Saturday 4th November at 10.30am**. if you are unable to attend the presentation, we hope that you will be able to visit the exhibition during the opening hours.

We look forward to welcoming you and we hope that you enjoy our exhibition!

*Deborah Hodgson*  
*Acting President*



and many more  
2D and 3D  
artists.

# Exhibition

Tuesday 31st October - Saturday 11th November

RBSA Gallery  
4 Brook Street  
St Pauls Square  
B3 1SA

Tuesday - Saturday  
Closed Sunday and Monday  
10.30am - 5pm

Free Entry



## North Birmingham Cats Protection Direct Rehoming Scheme



Thinking of adopting a cat? We have lots of currently owned cats in need of a new home available on our website.

Liaise directly, adopt directly - no fees involved.

Here are some of the cats and kittens currently looking for a home this  
**October/November**



Here are some cat-themed cartoons while you make up your minds.



## WOULD YOU LIKE TO BE PART OF AN INTERGENERATIONAL BEFRIENDING PROJECT?


**Age Concern Birmingham are looking  
for participants to take part in a  
intergenerational befriending project.**



**We wish to reduce social isolation for older adults in  
Birmingham by making connections with younger  
people aged 18-25. This will be through a variety of  
communication methods including letter writing, phone  
calls and face to face for an initial  
period of 6 months with ongoing support.**

**To get involved please contact Claire:**

**Tel: 07930354885 or email [info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk)**

**Age Concern Birmingham particularly encourages marginalised groups to participate :**  
 **LGBTQI+ VETERANS DISABILITIES BLACK AND MINORITY COMMUNITIES**







# THE BIRMINGHAM 2024 INTERNATIONAL TATTOO

**Experience the Pageantry & Spectacle  
of Britain's Biggest Indoor Tattoo**



Massed International Marching Bands  
Combined Pipes & Drums

Massed Parade of Standard Bearers  
Exciting Displays & Thrilling Performances  
including Field Gun racing and Flyball dog racing

Three hours of spectacle for all the family

**FEATURING OVER 1,000 PERFORMERS  
IN THE SPECTACULAR GRAND FINALE**

**Saturday 10th February 2024 at 6pm  
Sunday 11th February 2024 at 2pm  
BIRMINGHAM RESORTS WORLD ARENA  
at the NEC**



*Resorts World*  
**ARENA**  
BIRMINGHAM

Tickets from £20.00 (with concessions available)  
Additional fulfilment fees apply,  
please check at time of booking

**Box Office: 0344-338-8000**

Special discounts available for groups of 10+  
**Group bookings: 0800-358-0058**

More information and buy tickets online at  
**[www.bhamtattoo.com](http://www.bhamtattoo.com)**


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.



# Health Unity: Bridging Communities and Research

Join us to meet people involved in health and care research in Birmingham, and find out how you can help shape it too

 Tuesday 31 October 2023

 Midday - 3.30pm

 The Legacy Centre, Aston, B6 4UU

[CLICK HERE TO  
REGISTER OR  
USE QR CODE](#)



Free entry,  
lunch and  
family fun



#BlackHistoryMonth2023

**NIHR** | Birmingham Biomedical  
Research Centre

**NIHR** | Birmingham Clinical  
Research Facility

**NIHR** | Applied Research Collaboration  
West Midlands

**NIHR** | Midlands Patient Safety  
Research Collaboration



**12:00 PM**

**Event open**

Exhibition area, interactive activities for children and networking

**12:30 PM**

**Session 1: Understanding Research**

Introduction and Q&A with researchers

**1:00 PM**

**Lunch and Networking**

Buffet including vegetarian and vegan options

**1:45 PM**

**Session 2: Community Stories**

Personal experiences of community members shaping research

**2:45 PM**

**Session 3: Creative Spaces**

Time for you to get creative and share your thoughts

**3:30 PM**

**Close**

**Coming with your  
kids?**

Enjoy free face  
painting, balloon  
artist, and fun  
research games



[REGISTER](#)



**The Legacy Centre of Excellence, Aston**  
**144 Potters Ln, Birmingham B6 4UU**

**NIHR** | Birmingham Biomedical  
Research Centre

**NIHR** | Birmingham Clinical  
Research Facility

**NIHR** | Applied Research Collaboration  
West Midlands

**NIHR** | Midlands Patient Safety  
Research Collaboration



## Signs of child exploitation


**Do you know the signs of child exploitation? Would you know where to report exploitation if you spotted the signs?**

Exploitation can happen anywhere. It happens online and offline. Children are being targeted outside fast food outlets, at shopping centres, through online games, and social media. There are many types of child exploitation including money laundering, stealing from shops, transporting drugs via trains and bus routes.

### **Signs of child exploitation:**

Ask yourself, is a young person:

- • Travelling alone, particularly in school hours, late at night or frequently?
- • Looking lost or in unfamiliar surroundings?
- • Anxious, frightened, angry or displaying other behaviours that make you worried about them?
- • In possession of more than one phone?
- • Carrying lots of cash?
- • Potentially under the influence of drugs or alcohol?
- • Being instructed or controlled by another individual?
- • Accompanied by individuals who are older than them?
- • Seen begging in a public space?

Learn how you can help stop the exploitation of children and young people  <https://bit.ly/46yUs5j>





Two people have been arrested following a spate of robberies targeting school children in Sutton Coldfield.

Two people have been arrested following a spate of robberies targeting school children in Sutton Coldfield.

We are investigating nine robberies that have happened since 13 September where teenagers have been targeted for their mobile phones.

On Friday 6 October we arrested two 13-year-old boys on suspicion of robbery. They've been bailed with strict conditions.

Our investigations into the robberies are still continuing and we need people to come forward with information so that we can identify and take action against anyone that's involved.

Sergeant Frances Clark, from Stechford local policing area, said: "We understand that people have been concerned about the spate of robberies we've seen recently.

"I want to reassure people that we have been working with our partners, local schools and colleagues within the Safer Travel team to ensure the safety of our young people in the area.

"We've held enforcement days and operations and our officers have visited schools to give talks on how to stay safe.

"The arrests are part of the work we are doing and we've been able to put conditions in place which includes ensuring the boys stay away from Sutton Coldfield town centre.

"We believe there was a group of people involved in committing these robberies and need people to continue to come forward with information."

Anyone with information that could help the investigation is urged to call us on 101 quoting 20/853779/23.

Alternatively people can leave information anonymously by contacting Crimestoppers, the independent charity.



**Message Sent By**

Anthony Wilkes

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



Do you know the signs of child exploitation?



Would you know where to report exploitation if you spotted the signs?  
Exploitation can happen anywhere. It happens online and offline. Children are being targeted

Learn how you can help stop the exploitation of children and young

people  <https://bit.ly/46yUs5j>

Spotting the signs could save a child or young person from exploitation. We're working hard to disrupt criminal gangs but we need your help. Exploitation can happen anywhere. If you see something that does not feel right, report it.

You can report exploitation to the Police by calling 999 or 101 or report online [County Lines | Your Options | West Midlands Police \(west-midlands.police.uk\)](#)

If you want to report 100% anonymously, you can call Crimestoppers on 0800 555 111

Visit the Children's Society #LookCloser campaign for more

information  <https://bit.ly/46yUs5j>

Regards,

Jayne



**Message Sent By**

Jayne Turner

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



# communit<sup>ea</sup> 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<sup>ea</sup>@ageconcernbirmingham.org.uk](mailto:communit<sup>ea</sup>@ageconcernbirmingham.org.uk)



## Communit<sup>ea</sup> Café What's On



This is what was on  
in 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!



Here at **Age Concern Birmingham** – and funded through **The Armed Forces Covenant Trust Fund** - we have been running a Birmingham and Sandwell “Friends for Life” project for ex-service men and women since May last year. We started out with a group of 4 and now have 40+ who are aware of our project. Our weekly Tues meetings can see between 15-25 people attend on a drop in basis and have representation across all services. (Army, Navy and RAF) our oldest member being Joan who is 101 and was one of the first women to service in the WAF.

The aim of the project is to bring like-minded people together, to expand social opportunities and promote supportive interactions. Over the months we are proud to report that many friendships have formed, respect and strong values bring this group together resulting in a community of support outside of the weekly meet. Many of our veterans have also gone on to fulfil a volunteer role within our organization, giving a real sense of purpose and increased self-esteem.

The project has many options to combat isolation - not everyone may be comfortable with a group setting, so where possible we can facilitate phone calls, 1-1 meets and in some cases home visits if all parties are happy.

If you have served or know someone who has and would benefit from this project – please contact Claire on 07930354885 for more information



**WE NEED YOU!**

Calling all Ex Service Men and Women  
Across Birmingham and Sandwell

Did you serve?  
Do you know someone who served?

Lets get together to reduce  
isolation, promote social  
interaction and make new friends  
with people from similar  
backgrounds.

For more information on our  
groups and opportunities  
contact Claire on 07930354885

AGE Concern Birmingham THE ARMED FORCES COVENANT FUND TRUST

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

Here at Communita 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





## SimpliSafe offers guidance on protecting your home, and exclusive Neighbourhood Watch member discount on home security products

We are pleased to share with you SimpliSafe's guide to preventing burglars from targeting the outside of your home. This guide offers advice on easy-to-install security features, as well as tips on protecting your walls and fences from burglars.

SimpliSafe joined Neighbourhood Watch Network in October as our newest partner sponsor and will work with us over the coming year to provide guidance, support and research to our members about the best ways to protect your home and your community. SimpliSafe are committed to their mission of making Every Home Secure and offer a range of affordable security options for every type of home.

[Read SimpliSafe's guide to preventing burglars from targeting the outside of your home.](#)

### Member Discount

We are also pleased to announce that members of Neighbourhood Watch now have exclusive access to a 50% discount on SimpliSafe home security systems, plus two free months of Pro Premium professional monitoring!

[Access discount on SimpliSafe website here.](#)

*\* A 50% discount is applied to new purchases where there are one or more security systems in the order. Security system needs to include a Base Station, Keypad and Wired Indoor Camera. Systems are subject to availability, while stocks last. 50% off code will automatically apply and overwrite any sitewide discounts. For every system sold, Neighbourhood Watch receives £133.*

There is much to look forward to as a result of this exciting new partnership with SimpliSafe, including a large-scale hardware donation event for a local community in the new year and regular fundraising events by SimpliSafe's staff for Neighbourhood Watch.

If you have any questions about SimpliSafe's guide to preventing burglars from targeting the outside of your home, or our partnership with SimpliSafe, please let us know!

Thank you.



**Message Sent By**

Ruby Smart

(Neighbourhood Watch Network, Head of Communications, National)



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

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://birminghambeheard.org.uk)

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](mailto: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 deadlines .....this 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](mailto:careers@westmidlands.police.uk)**



**Message Sent By**

Stefanie Sadler

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



**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 £3.00 per lesson.

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

English Bridge Union, Broadfields, Bicester Road, Aylesbury HP19 8AZ - 01296 337200

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

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

**Pawpounders**  
Doggy Daycare Centre



**5** ★★★★★  
DEFRA  
Lichfield District Council

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

**FOR PUPPIES FROM 2 TO 6 MONTHS**

LIMITED SPACES AVAILABLE

*3 week course at our specially designed training centre that will cover the following:*

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

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




**PIE**

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



  
**CREATIVE PLANTS**

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

  
**PREGO Cafe**

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

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

**SUTTON PARK GRANGE**  
Caring for the future

# Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH  
LAUNCHES WEDNESDAY 26<sup>TH</sup> JULY 3.30 - 4.30PM

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

Join us with your carer, partner or friend when you will be welcome to watch an appropriate film and if you require any support.

For more information please call Rachel on 0121 732 1716 or email [rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com) to reserve your space.

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 5LP  
[www.careuk.com/suttonparkgrange](http://www.careuk.com/suttonparkgrange)



**SUTTON PARK GRANGE**  
Caring for the future

# 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 decor in their rooms, their dining experience, facilities or personal preferences.

At Sutton Park Grange, people will always know that

For more information or to book your personalised tour please call our Team on 0121 732 1716 or email [sutton.park.grange@careuk.com](mailto:sutton.park.grange@careuk.com) to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 5LP  
[www.careuk.com/suttonparkgrange](http://www.careuk.com/suttonparkgrange)




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 cafe. We also have a Dementia-friendly barbers on hand to provide your loved one with a unique pampering experience.

Experience a taste 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](mailto:rachel.mackay@careuk.com)

**care UK** 



## SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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](mailto:nns@ageconcernbirmingham.org.uk)** to receive updates on newly supported projects, asset news and training opportunities.

To discover everything you need to know about the Sutton Coldfield Neighbourhood Network Scheme as a whole, you can also read our **NNS Handbook** at **<https://www.calameo.com/read/00067546760ea7e9396a0>**





## Contact Us

0121 464 2274

[sutton.coldfield.library@birmingham.gov.uk](mailto:sutton.coldfield.library@birmingham.gov.uk)

[www.facebook.com/SuttonColdfieldLibrary](https://www.facebook.com/SuttonColdfieldLibrary)

[www.twitter.com/SuttonLibrary](https://www.twitter.com/SuttonLibrary)

[www.instagram.com/suttoncoldfieldlibrary](https://www.instagram.com/suttoncoldfieldlibrary)

## 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 - TEMPORARY LOCATION CHANGE, PLEASE CHECK THEIR FACEBOOK PAGE. 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 11th & 25th, Lego 4th & 18th.

### FOR EVERYONE

#### Every Thursday and Saturday

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



### FOR ADULTS

#### Thursday 2nd November

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

#### Saturday 8th November

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

#### Every Tuesday

IT Help from FOLIO volunteer Geoff 2-4pm - Geoff is available to help with how to use a desktop computer or laptop to smart phones and tablets / iPads. To book a place please ask at the Information Desk.

Sutton Coldfield Local History Research Group 2 - 4.30pm - SCLHRG meet weekly in the library. For more information visit their website: <https://sclhrng.org.uk>

#### Thursday 9th & 23rd November

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



★ Trustpilot

pyjama  
drama

Teaching life skills through drama and imaginative play



Pyjama Drama  
Sutton Coldfield &  
South Tamworth

## Fun classes that develop life skills in babies & young children

**'DEWDROPS' (AGE 6 MONTHS – 2 YEARS)**

10:00am – 10:30am

followed by a 30-minute stay & play

**'RAINDROPS' & 'RAINBOWS' (AGE 2 - 4 YEARS)**

11:00am - 11:40am

followed by a 20-minute stay & play  
and access to soft play

**Get school-ready!**

Develop concentration,  
cooperation, creativity,  
listening skills, and learn  
how to make  
friends



Tuesdays from 12th Sept 2023 at Sutton Coldfield Library, Red Rose  
Shopping Centre, 45 Lower Parade, Sutton Coldfield. B72 1XX



3-week trials only £12, classes £6 thereafter

**Book now!**

**pyjamadrama.com**

or contact [sinead@pyjamadrama.com](mailto:sinead@pyjamadrama.com) / 07581 236823



# Kingstanding Library

**birmingham settlement**  
developing communities, changing lives

**Employability and Digital Skills Programme**

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

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

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




Scan to learn more about our services:



[www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk)  
Registered Charity: 517303

**Our Employability and Digital Skills Programme offers support in:**

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

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

**Find us:**

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

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

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

[www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk)  
Registered Charity: 517303

## DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



OPEN ALTERNATE TUESDAYS  
(from 18 April 2023)  
10.15AM – 12.30PM



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, this can also be arranged.

OR CONTACT ELIZABETH: 07597 012 598

**It's Free!**

**Free**  
Bring proof of address for first loan

**Pop-up Share Shack**

**Wednesday 11am - 1pm**

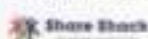
**610 Community Centre,**  
610 Kingstanding Road,  
B44 9SH

**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 7000, email: [shareshacks@bhamcc.org](mailto:shareshacks@bhamcc.org) or visit: [www.bhamcc.co.uk/share-shacks](http://www.bhamcc.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 8GD

**Donations:**  
WEDNESDAYS 9.30AM-2.30PM

**EMAIL:**  
foodbank@elimlifechurch.co.uk  
**CALL:**  
0121 360 1239  
**ONLINE FORMS:**  
[www.elimlifechurch.co.uk](http://www.elimlifechurch.co.uk)



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

**NIHR** | School for Social Care Research

**UNIVERSITY OF BIRMINGHAM**

**Call for participants**

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

Please participate in our focus group! If you:

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

We are interested in hearing from you!

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

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

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

**new hope** **Benefits Advice Surgery**

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



**FREE**

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

Areas Covered:  
Erdington, Kingstanding, Perry Common, Stockland Green,

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



## **What's On at Streetly Community Library Autumn 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***

**Wednesday 1st-Saturday 4th November Bonfire Night Colouring & Puzzles**

**Saturday 25th November 11-12.30 Lego Fun**

**Saturday 23rd December 11-12.30 Lego Fun**

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

01922 654864 [streetlylibrary@walsall.gov.uk](mailto:streetlylibrary@walsall.gov.uk)

## Birmingham's Mobile Library Service

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

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

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

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

It currently operates **every Tuesday between 10.00 – 11.00 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

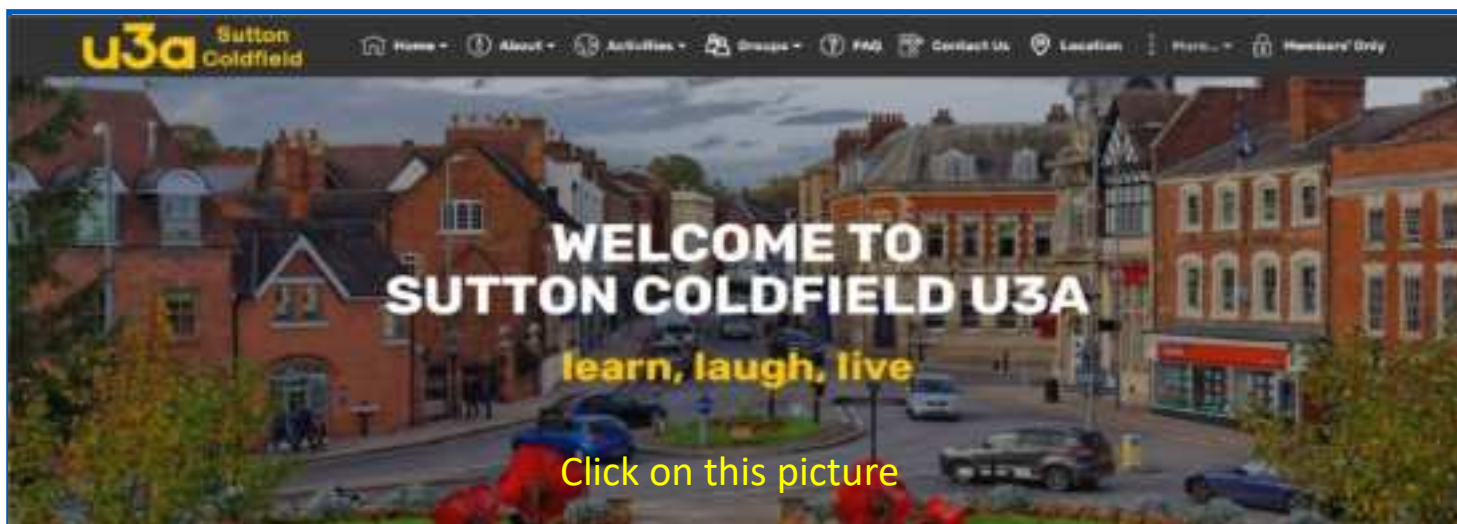
Email: [mobile.library.service@birmingham.gov.uk](mailto:mobile.library.service@birmingham.gov.uk)

FaceBook: Mobile Library Service - Birmingham UK    Twitter: bhammobilelib

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







## 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 25<sup>th</sup> 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](mailto: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](http://www.birmingham.gov.uk/warmwelcome)

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

## Benefits and Money Advice:

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

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

[www.gov.uk/check-benefits-financial-support](http://www.gov.uk/check-benefits-financial-support)

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

[www.birmingham.gov.uk/debtadvice](http://www.birmingham.gov.uk/debtadvice)

If you are struggling with debt and need advice and support you can also visit

[www.birmingham.gov.uk/helpinbrum](http://www.birmingham.gov.uk/helpinbrum) which can help direct you to the right information.

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

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

## Energy Efficiency:

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

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

[www.birmingham.gov.uk/energyhelp](http://www.birmingham.gov.uk/energyhelp)

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

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

[www.birmingham.gov.uk/energyscam](http://www.birmingham.gov.uk/energyscam)

## Food Support:

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

### Foodbanks:

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

With one visitor saying "It was just a small personal touch that made you feel welcome and on the occasions where 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 way to apply visit

[www.birmingham.gov.uk/healthystart](http://www.birmingham.gov.uk/healthystart)

### Free School Meals

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

## Other Support Available

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

### Age UK Birmingham

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

### Birmingham Mind

Providing advice, information and signposting for people affected by mental health issues  
0121 262 3555 | [www.birminghammind.org](http://www.birminghammind.org)

### Moneyhelper

Advice to help improve your finances  
0800 138 7777 | [www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

### Stop Loan Sharks

Investigates and prosecutes illegal money lenders and provides support for borrowers  
0300 555 2222 | [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)

### Turn2Us

Information and financial support  
0808 802 2000 | [www.turn2us.org.uk](http://www.turn2us.org.uk)

### Birmingham and Solihull Women's Aid

Support for women and children affected by domestic violence and abuse  
0800 800 0028 | [www.bswaid.org](http://www.bswaid.org)

### Shelter

Housing advice 0808 800 4444 | [england.shelter.org.uk](http://england.shelter.org.uk)

### The Active Wellbeing Society

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

### The Refugee and Migrant Centre

Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship  
0121 374 0140 | [www.rmcentre.org.uk](http://www.rmcentre.org.uk)

### Spitfire Services

Advice on money, benefits, housing and employment issues  
0121 747 5932 | [www.spitfireservices.org.uk](http://www.spitfireservices.org.uk)

## More Information Available

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

**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](http://www.sja.org.uk)

Supported by players of



Awarded funds from





**OUR PLACE**  
Your Place for Support

## Advice Service

FREE ADVICE ON:

**BENEFITS**  
**HOUSING**  
**EMPLOYMENT SUPPORT**



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

**DEBT ADVICE**  
**LEGAL ADVICE**

For more information contact us on: 0121 354 4080  
Email: [advice@ourplacesupport.org](mailto:advice@ourplacesupport.org)  
[www.ourplacesupport.org](http://www.ourplacesupport.org)  
Facebook, Twitter, Instagram  
@OurPlaceSupport



Supported By 

**EHPSC**  
Early Help Partnership Sutton Coldfield



Early Help is a network of local organisations, here to ensure services are accessible for families who need support.  
Use the QR code to access our **Family Connect Form**  
Fill in your details and what support you're looking for, and we will be in touch.



If you need more information, or support filling out the form, contact your Community Connectors, Danielle & Louise  
[communityconnectors@ourplacesupport.org](mailto:communityconnectors@ourplacesupport.org)

 **OUR PLACE** 

*Let your inner beauty emerge*

## Heal & Transform

with Tina Mistry

Reiki Practitioner  
Transformational Mindset & Trauma-Informed Coach




In the last 24 hours have you paused, taken a break and allowed your mind, body and soul to be relaxed and calm?  
Have you set aside some time to be still, to reflect on your life and its direction?  
Are you looking to make positive changes to your life but don't know how?  
Are you struggling to find a meaning or purpose to your life?  
Are you struggling with feeling stuck and unable to move forward?  
Do you need guidance to a problem you are facing?  
Would you like help to identify and set life goals?

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

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

Telephone: 07773845454  
Email: [healandtransform@yahoo.com](mailto:healandtransform@yahoo.com)  
Website: [www.healandtransform.co.uk](http://www.healandtransform.co.uk)



**Free**  
Bring proof of address for first loan

**Pop-up Share Shack**

**Wednesday 11am - 1pm**

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

**Come and visit us where you can:**

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

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

For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7050, email: [shareshacks@heaven.org](mailto:shareshacks@heaven.org) or visit: [www.heaven.co.uk/shares-shacks](http://www.heaven.co.uk/shares-shacks)

Share Shack | SPORT ENGLAND | active | NQFT



**Parish Nursing  
Ministries UK**

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



### Home visiting Podiatrist



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

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

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

## FORGET ME NOT SING-ALONG



### JOIN US

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

**£5 PER SESSION**

(CARERS FREE)  
NO BOOKING REQUIRED,  
JUST TURN UP

### WHEN?

Every Monday starting  
4th October at 11.5pm  
1 Hour Session

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

[kidzlikedanny@blueyonder.co.uk](mailto:kidzlikedanny@blueyonder.co.uk) | 07544393523





This week, we'd love to inspire you to take some time out to enjoy nature. October is a great time to get out and about, as the change in season means there are plenty of changes to look for in nature too.

Saturday 14 October was World Migratory Bird Day and millions of birds are on the move all across the globe. The UK is a vital winter home for huge numbers of birds seeking to avoid harsher winters in the Arctic Circle, Scandinavia and other colder parts of Europe.

A whole host of ducks, geese, swans and wading birds, such as Shovelers, Whooper Swans and Knots, head to our wetlands and coastal regions for vital food and shelter. Plus many birds head inland too, such as Redwings and Fieldfares.

You can even experience the magic of migration at night, simply by stepping outside or opening your window. Many birds migrate under the cover of darkness, and you can hear them calling out. Right now listen for the gentle 'seep, seep' of Redwings.

As well as taking time out to look for newly arrived birds, keep an eye out for fungi popping up in weird and wonderful shapes and colours. Plus, savour the changing leaves as they turn into a kaleidoscope of reds, golds and yellows.

Just like the seasons, Notes on Nature is also undergoing a few changes at the moment. But rest assured, we will continue to send you regular emails with great nature stories to keep you informed and inspired.

Have a wonderful wildlife-filled week.



Siân Duncan  
Notes on Nature editor

## Create an autumnal café

This week, we share our top tips on setting up a café for garden birds – from what food to put on the menu to how it should be served. Your local birds won't be able to resist!

[How to feed birds](#)



Welcome to your new **fortnightly** Notes on Nature! By sending every two weeks rather than every week, we hope to make these regular emails even better, bringing you more of the nature stories that you love.

Whether you're admiring the acrobatic antics of Great Tits (pictured) on a feeder or the exuberant splashing of a Starling having a bath, a little time spent watching garden birds can really brighten your day (not to mention relieve the tedium of doing the washing up!)

And the great news is that no matter how large or small your outdoor space, it's really easy to attract birds by putting out food and water. In our handy guide, we've got lots of tips and advice to share that will get your feathered neighbours flocking in, whether you're a complete bird feeding novice or a seasoned pro looking for ways to tempt even more birds to your patch.

Also this week, we look at the discovery of three new species of spider and a new tracking project to help unravel the mysteries of migration.



Have a wonderful wildlife-filled week.

Siân Duncan  
Notes on Nature editor





Just 6.7% of car thefts result in a conviction, new research shows



Fewer than 7% of car thefts reported to the police result in anyone being charged, with 69% dropped because no suspect can be identified.

Data released by 39 police forces in response to a freedom of information (FOI) request show, between 2019 and 2022, just 6.7% of the 396,000 reported car crimes (car thefts, thefts from a vehicle, and interference with a vehicle) resulted in anyone being charged.

Data was extracted from an FOI request to the Home Office, which covered all territorial police forces in England and Wales. Greater Manchester, Humberside, Staffordshire, and the West Midlands failed to respond to the FOI, which means the true scale of the UK's car crime problem could be far higher.

[Dash camera](#) specialist Nextbase, which submitted the FOI, claims a lack of video evidence is one of the key reasons why the police are unable to identify the criminals behind the wave of car crimes.

As a result, a new generation of car thieves are getting away with tens of thousands of cars and car parts every year.

- [Avoid car scams and frauds with these top tips](#)
- [Catalytic converters – how to protect yours from theft](#)
- [Car security – how to stop thieves](#)

# RAC

Nextbase also surveyed 2,000 drivers in the UK to understand what security measures are being used to combat car thieves.

Roughly half of drivers (51%) rely on their car alarm, while 25% says they park their vehicle in a place where it is visible from their home. 23% keep their keyfob away from windows or doors to prevent it being cloned, while 17% have a dash cam and 16% use a steering lock.

Just 6% of respondents to the survey said they do not take any measures to keep their car safe.

Common tactics used by thieves includes [hacking](#) keyless technology-enabled vehicles and stripping cars of their parts while on the roadside or left in a car park.

By parking in well-lit areas, using [steering wheel locks](#), and not leaving valuable items visible in the car, you can reduce the risk of becoming victims of car crime.



"The image many people have of car thieves breaking windows and hot-wiring cars is totally out of date," says car hacking expert and chief technology officer at automotive security software company Canis Automotive Labs, Dr. Ken Tindell.

"With the latest theft techniques the criminal can relay the wireless messages from the driver's key fob all the way to the car - telling it to unlock itself and deactivate its immobilizer. Or they clone a key fob to tell the car that the thief is the legitimate driver.

"These techniques can let the thief drive away in seconds, without raising any alarm, before a car owner would have any idea what was going on."



# Which?



**Luke Jeffery**  
Weekly Scoop  
Editor

Recent reports of a bedbug infestation in Paris, and sightings on the London Underground, have heightened anxieties about the tiny insects. Prevention is better than cure, and to help ease concerns we've spoken to experts on [how best to avoid and dispatch bedbugs](#) if you're unlucky enough to get an unwelcome visit.

Meanwhile, check out our early Christmas ideas to help spread your festive spending. Or why not treat a loved one to independent, award-winning journalism and reviews? [You can now gift a year's Which? subscription for only £79.](#)



## [How to protect your home from bedbugs](#)

Officials are reassuring people about fears of a bedbug spread. We've spoken to pest control experts about the best ways to banish them from your home if you do pick them up. Plus, what to do once they're gone.

# Which?

## **Four energy scams that will chill you**

With another winter of high energy bills ahead of us, many households have had to make do with colder homes, while others look for ways to improve energy efficiency.

**From fake Ofgem offers for free boilers to dodgy dealers cloning prepayment meter keys, con artists are poised to capitalise on widespread money worries with a range of scams.**

[Check out the latest dodgy energy scams and keep yourself safe over the colder months.](#)

## **The scams you need to know about**

Our scam tracker highlights the latest scams you need to know about this month, including Booking[dot]com scam warnings and hacked social media accounts.

**Our goal is to help you stay ahead of fraudsters and outsmart them.** [Discover what the latest scams are.](#)

## **Can you spot an email scam?**

Email scams are a common type of 'phishing' scam. Scammers usually impersonate legitimate organisations, like HMRC, using convincing branding to deceive people.

**These fake emails often contain fraudulent links asking for personal data or malicious software that can infect your device.**

If you suspect an email might be a scam, [follow our expert tips on email scams to avoid falling prey to scammers.](#)

## **[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

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

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

**£5**  
PER PERSON

If you are looking to do something new, feeling a bit lonely or living with health issues, I'd love you to come along and let Sing Me Sunshine brighten your day.  
Make new friends, feel positive and have some fun!  
Come on your own, bring a friend, family member or caregiver.

For more information, please contact Helen on 07981 957061 or email [helenwilliamsmusic@gmail.com](mailto:helenwilliamsmusic@gmail.com)



## St Chad's Sunshine Cafe

### Our Dementia Friendly Cafe

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

We offer people living with dementia, together with their carer, a friendly, accessible and spacious environment. We provide tea, coffee and cakes and a place where you can access local information and support. Choose from a hand massage, seated Pilates, crafts, board games, a singalong and other activities. Please pay what you can – suggested donation £2.50pp  
Free car parking.  
Places are restricted, so please book by calling our Team Leader Marion Swaffield on 07435 292390 or email [stchadssunshine@gmail.com](mailto:stchadssunshine@gmail.com)

12/04/2023  
\* 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 5pm - 11pm (Over 18 only)  
Thursday, Friday, Saturday & Sunday

**Beechcroft Centre**  
Rear of 581 Slade Road, Erdington, B23 7JG

In Partnership with  
  
Forward Thinking Birmingham



## Talking Space

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

**Low Mood Struggling to Cope**

**Mental Health Crisis Suicidal Thoughts**

Just drop in between 5pm - 11pm (Over 18 only)  
Wednesday, Thursday & Friday

**Handsworth Hub**  
9 Park Avenue, Hockley, Birmingham B16 5NE

In Partnership with  
  
Forward Thinking Birmingham



## CHESTER ROAD Baptist Church

### CAFE TOTS

**We're a Warm Space!**  
for parents/ carers and your little ones!

Chester Road, Sutton Coldfield B73 5HU  
Wednesdays 9am-3pm  
Thursdays 11am-3pm  
Fridays 9am-3pm

FREE entry, craft, parking, WiFi...  
Need the hot drink to be free?  
Just ask for a Royal Tea/ Royal Coffee\*  
Supported by Royal Sutton Coldfield Town Council





ਸਿੱਖਾਂ ਦੀ ਸੰਗਤ ਵਿੱਚ ਸਾਂਝੇ ਭੋਜਨ ਦੀ ਪਰੰਪਰਾ

# 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)

ਸੀ ਆਰੀਜ਼ਾ 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' Sena Group of the Year 2022  
@SikhsOfSuttonColdfield @Sikhs\_of\_Sutton

Please share with your family & friends

SCCT  
Sikh Community Centre of Sutton Coldfield

ਸਿੱਖਾਂ ਦੀ ਸੰਗਤ ਵਿੱਚ ਸਾਂਝੇ ਭੋਜਨ ਦੀ ਪਰੰਪਰਾ



## Sanjha Chulha

a Punjabi Lunchbox 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:  
115 WESTWOOD RD  
SUTTON COLDFIELD  
B73 4UH  
£3.50 PER CHILD



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

MOBE INFO:  
For all preschool age children.  
No booking required.  
Call Beth on  
07924 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 16 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 £400 or less per month)

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

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

**Healthy Start**

\* If you sign up at the first opportunity, when you are 16 weeks pregnant.  
\*\* If you qualify under any, you'll receive food £1.25 vouchers per week.  
If you qualify under none, you will receive food £3.22 vouchers per week.

Birmingham City Council HEALTHY START NHS





G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers.

We also have a soft play for the 0-2 years old.

To find out available dates please contact us on the following:

Facebook: Gandt party-hire

Instagram: gandt\_partyhire

Email: [Gandtpartyhire@hotmail.com](mailto:Gandtpartyhire@hotmail.com)



Sunday running club was started in January 2022 with a few friends running to get fit for football. In June they started a 5am run and ever since the numbers of the club has just got bigger and bigger. We now have over 200 active members.

The run club is totally free of charge offering social events and weekly coffee mornings. We are more than just your normal run club. We do not care about times, we do not care about how fast you run, we just want to help you along your fitness journey.

With over 200 active members you will never run alone because our members are lovely and caring. Sunday running club is open to all abilities we hope you join us soon.

Best wishes,

Grant & Natasha



**Pawpounders**  
Doggy Daycare Centre

**5** ★ ★ ★ ★ ★  
DEFRA  
Lichfield District Council

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

**FOR PUPPIES FROM 2 TO 6 MONTHS**

LIMITED SPACES AVAILABLE

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

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

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




**BRAND NEW DANCE CLASSES IN YOUR AREA!**  
REPERTOIRE DANCE STUDIO COMES TO SUTTON COLDFIELD IN 2023!

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

**PRICE £5 PER CHILD**

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

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

**MORE INFORMATION**

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

**CONTACT 07728477946 NOW TO RESERVE YOUR CHILD'S PLACE!**



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

[double-u.co.uk](http://double-u.co.uk)

**Caroline Howell** MSc PGCE MCP

01675 470105  
07796 546172

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

Blythe Cottage, Dexter Lane  
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



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# Occupational Therapy

## Who will come to visit me?

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

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

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

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



## What is the Learning Disabilities Enablement Team?

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



## Your visiting OTs

### Please contact:

ASC 0121 303 1234

[CSAdultSocialCare@birmingham.gov.uk](mailto:CSAdultSocialCare@birmingham.gov.uk)

Ask for Learning Disabilities Enablement team



## Learning Disabilities Enablement Service



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

## Your journey with the Learning Disabilities Enablement Team:



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

### An OT will:

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

### The enablement team will:

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

### Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



Laundry/Cleaning



Shopping and more....

### Steps to self empowerment:

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



### Please contact:

ASC 0121 303 1234

[CSAdultSocialCare@birmingham.gov.uk](mailto:CSAdultSocialCare@birmingham.gov.uk)

Ask for Learning Disabilities Enablement team

# WELCOME

Established in 2013, Friends of Holy Trinity aims to deliver an inspiring programme of events to ensure that Holy Trinity remains at the very heart of Royal Sutton Coldfield and also one which helps to promote the heritage of and preserve and enhance our 750 year old parish church. Over £100,000 has been raised so far. All events will be held in Holy Trinity Parish Church.

**TICKETS FOR EACH EVENT:** Adult **£15** Under 18 **£5** Family **£35** (Family tickets include up to 2 adults and 3 under 18s).

**NOVEMBER 2023**



## THE BLUEBIRD BELLES

**Saturday  
25th November 2023**

Dubbed 'the best thing since The Andrews Sisters', The Bluebird Belles are a professional 1940s and vintage vocal harmony trio from the West Midlands. Specialising in retro sounds from across the eras, the Belles perform popular hits from the 40s, 50s and 60s, right up to well-known tunes from more recent years arranged in a 'new old-fashioned' way.

With their polished close harmonies and slick choreography, the girls add a touch of nostalgia which will transport audiences to a bygone era. Always dressed to impress, the Belles are known for their authentic Second World War WAAF uniforms, as well as their huge collection of beautiful vintage dresses.

**7:30pm**

**BOOK TICKETS CALL: 0121 321 1144 OR ONLINE: [HTSC.ORG.UK](http://HTSC.ORG.UK)**

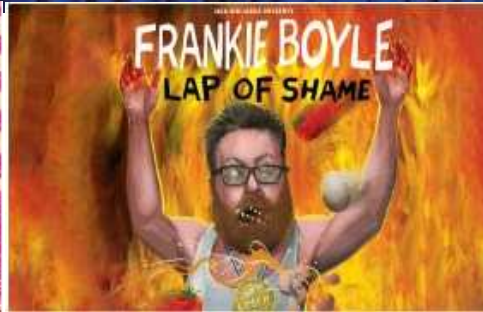


# ALEXANDRA THEATRE BIRMINGHAM



SUN 5 NOV 2023

Dave Gorman: Powerpoint to the



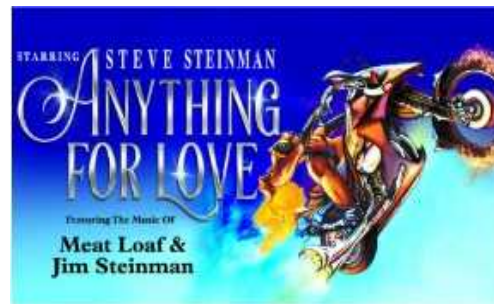
MON 6 NOV 2023

Frankie Boyle



TUE 7 NOV - SAT 11 NOV 2023

Murder in the Dark



SUN 12 NOV 2023

Steve Steinman's Anything for Love



MON 13 NOV 2023

World Cup After Party - The Good,



TUE 14 NOV 2023

The Stylistics



Fairytale of New York



The Serial Killer Next Door



Diversity



Peter Pan The Musical



The Sensational 60s Experience



QUIZ





### The Singing Mermaid

Main Auditorium, Tuesday 31st October  
& Wednesday 1st November 2023 -  
11am & 2pm

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



### Morgan & West's Massive Magic Show for...

Main Auditorium, Thursday 2nd  
November 2023 - 2pm

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



### The Velvet Voice & Personality of Miss...

Studio, Thursday 2nd & Friday 3rd  
November 2023 - 7.45pm

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



### The Wizard of Oz - Ballet Theatre UK

Main Auditorium, Friday 3rd November  
2023 - 6pm

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



### Discovering Antarctica: Heroic Tales o...

Studio, Saturday 4th November 2023 -  
7.45pm

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



### Mercury - The Ultimate Queen Tribute

Main Auditorium, Sunday 5th November  
2023 - 7.30pm

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



### Fairytale of New York

Main Auditorium, Monday 6th &  
Tuesday 7th November 2023 - 2.30pm  
(Tue) & 7.30pm (all)

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



### Paul Young - Behind the Lens (2023 Tou...

Main Auditorium, Wednesday 8th  
November 2023 - 7.30pm

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



### The Erasmus Darwin Memorial Lecture 20...

Main Auditorium, Thursday 9th  
November 2023 - 7.30pm

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





### Talon – The Best of Eagles

Main Auditorium, Friday 10th & Saturday 11th November 2023 - 7.30pm

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



### Manford's Comedy Club

Main Auditorium, Saturday 18th November 2023 - 8pm

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



### Beauty and the Beast (2023 Pantomime)

Main Auditorium, Friday 24th November 2023 - Sunday 7th January 2024

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



### André Rieu's White Christmas (Live Rec...

Studio, Saturday 2nd & Sunday 3rd December 2023

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



### A Christmas Getaway

Studio, Friday 8th - Sunday 31st December 2023

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



### Cinema with Santa - The Snowman

Studio, Sunday 17th & Monday 18th December 2023

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



### Touch Tour - A Christmas Getaway

LG, Thursday 21st December 2023 - 1.45pm

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



### Poetry Open Mic Night

LG, Tuesday 9th January 2024 - 7pm (doors/bar open from 6.30pm)

[MORE](#)



### Jason Fox – Life at the Limit

Main Auditorium, Tuesday 16th January 2024 - 7.30pm

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





### Tony Christie - A Life of Music: Celeb...

Main Auditorium, Friday 19th January 2024 - 7.30pm

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



### Chris McCausland: Yonks!

Main Auditorium, Saturday 20th & Sunday 21st January 2024 - 3.30pm (Sun) & 8pm (both)

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



### An Evening with Laurel & Hardy

Main Auditorium, Tuesday 23rd January 2024 - 7.30pm

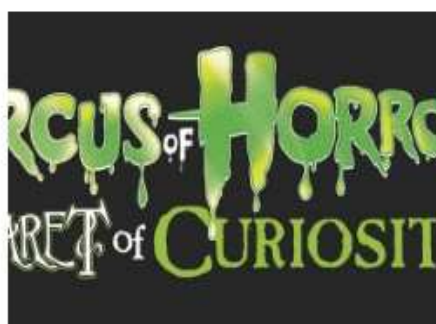
[MORE](#) | [BOOK](#)



### Royal Opera: Rusalka (Live Recording)

Studio, Wednesday 24th January 2024 - 6.45pm

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



### Circus of Horrors

Main Auditorium, Wednesday 24th January 2024 - 7.30pm

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



### A Beautiful Noise - Neil Diamond Tribu...

Main Auditorium, Thursday 25th January 2024 - 7.30pm

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



### Absolute Reggae

Main Auditorium, Friday 26th January 2024 - 7.30pm

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



### Jordan Adams: Movies, Musicals & Me

Studio, Friday 26th January 2024 - 7.45pm

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



### ELO Again

Main Auditorium, Saturday 27th January 2024 - 2.30pm & 7.30pm

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





Opera, Patrick Studio  
**Charlie and the Chocolate Factory - The Musical**  
A multi-award-winning production  
From the multi-award-winning songwriters of *Hairspray*  
Escapes to a world of pure imagination with **Roald Dahl's** *Charlie and The Chocolate Factory* – *The Musical*. Based on the iconic story, this spectacular stage show follows the hit West End and Broadway productions to combine the memorable songs from the original 1970's motion picture ( 'The Candy Man' and 'Pure Imagination' ) with all new numbers from the multi award-winning songwriters of *Hairspray*. When Charlie Bucket finds one of the five golden tickets to the Wonka Chocolate Factory, Charlie and the other winners can't wait to feast on the sweets of their dreams. But beyond the gates, they discover more than just remarkable edible delights. As they embark on an extraordinary journey through Willy Wonka's marvellous mind, they soon learn that nobody leaves the same way that they arrived... The weird and wonderful world of **ROALD DAHL'S** Charlie and The Chocolate Factory – The Musical will dazzle your senses when it plays Birmingham Hippodrome in October 2023 as part of its first ever UK & Ireland Tour. Every ticket is GOLDEN, book yours today!

Escape to a world of pure imagination with **Roald Dahl's** *Charlie and The Chocolate Factory* – *The Musical*. Based on the iconic story, this spectacular stage show follows the hit West End and Broadway productions to combine the memorable songs from the original 1970's motion picture ( 'The Candy Man' and 'Pure Imagination' ) with all new numbers from the multi award-winning songwriters of *Hairspray*. When Charlie Bucket finds one of the five golden tickets to the Wonka Chocolate Factory, Charlie and the other winners can't wait to feast on the sweets of their dreams. But beyond the gates, they discover more than just remarkable edible delights. As they embark on an extraordinary journey through Willy Wonka's marvellous mind, they soon learn that nobody leaves the same way that they arrived... The weird and wonderful world of **ROALD DAHL'S** Charlie and The Chocolate Factory – The Musical will dazzle your senses when it plays Birmingham Hippodrome in October 2023 as part of its first ever UK & Ireland Tour. Every ticket is GOLDEN, book yours today!

'What a sad day it was in Granada. The stones began to cry.'

*Ainadamar*, Arabic for 'Fountain of Tears', is the ancient well near Granada where the Spanish poet and playwright Federico García Lorca – labelled by the Falangist militia as a 'homosexual socialist' – was brutally executed in 1936 during the Spanish Civil War.

Golijov's twice-Grammy-winning opera reimagines Lorca's life through a flashback of memories by his muse and collaborator, the actress Margarita Xirgu, now in her final moments in 1969 Uruguay, as she seeks to pass her generation's hopes and passion on to her student, Nuria.

*Ainadamar* promises a spine-tingling spectacle from the Olivier-winning star choreographer Deborah Colker (Rio 2016 Olympics Ceremony; Cirque du Soleil) in her much-anticipated operatic debut in the director's seat.

The result is a dazzling kaleidoscope of music, dance, and theatre where flamenco meets opera through traditional Spanish singing and sumptuous operatic numbers, all interspersed with rhythmic, sonic, and poetic outbursts. *Ainadamar* invites you to experience opera like never before.

Sung in Spanish, with surtitles in English.

Opera, Patrick Studio  
**Welsh National Opera - Ainadamar**  
What would you sacrifice for freedom?  
Tue 7 Nov  
Tickets from £26



Opera, Main House  
**Welsh National Opera La traviata**  
Verdi  
Thu 8 Nov – Sat 11 Nov  
Tickets from £26

What would you give up for love?

Always the belle of the ball, Violetta, the most elegant courtesan in all of Paris, has her choice of wealthy admirers falling at her feet. She lives for the glamorous lifestyle of high society, but when she finds herself deeply in love with the penniless aristocratic poet Alfredo, she is willing to give everything up for him. Can she be accepted just as a woman who has fallen in love, or is she to remain a 'fallen woman' whose love has no future?

Based on Alexandre Dumas fils's novel, *La Dame aux Camélias*, Verdi's timeless opera features some of the most evocative arias and melodies including the instantly recognisable *Brindisi* (the drinking song) and the beautifully poignant finale, *Addio del passato*. Elegant and highly charged, WNO's five-star production will leave you in no doubt why this heart-wrenching tale of thwarted love, scandal and self-sacrifice makes *La traviata* a favourite with audiences across the world.

Sung in Italian, with English surtitles.

**Roshni** (from the Persian word meaning light or brilliance) is a beautifully intimate crafting of dance and live music, transporting and uplifting the audience on a journey of joy.

In our uncertain world, when everything around us can feel full of pessimism and doubt, Roshni provides us with a ray of light, to put a spring in our step and a warmth in our hearts! World-class artists **Sonia Sabri** and **Sarvar Sabri**, alongside an ensemble of skilled musicians, take us on a path to repair and heal.

This soul-stirring performance is a captivating combination of Kathak dance, with live music and vocals from a global palette of styles, driven by the bold rhythms of Tabla percussion. Kathak is a striking movement language of virtuosic foot percussion, rapid spins, geometrical patterns, with poignant mime and gesture, all intricately woven with the live music. Roshni brings together Sonia's distinctive style of dance, rooted in the traditions of Kathak from Northern India, yet reimagined in the context of her lived British experience, with diverse musical genres and artists, ranging from South Asia, Middle East and Europe, celebrating the rich diversity of our global community.

Dance, Patrick Studio  
**Roshni – Sonia Sabri Company**  
A beautifully intimate crafting of dance and live music  
Thu 8 Nov  
Tickets £10



Family & Pantomime, Opera, Main House  
**Welsh National Opera Play Opera LIVE**  
A multi-award-winning production  
Sat 11 Nov  
Tickets £26

Travel through the depths of space on a musical voyage that is out of this world!

Experience extra-terrestrial activity, learn fun facts, and orbit the incredible world of opera and classical music with Welsh National Opera's space-themed interactive and educational family show that's suitable for all ages.

Navigating the expedition, the stellar Tom Redmond, who will have you singing, dancing, and clapping along to some of our favourite pieces from stage and screen. A WNO family experience wouldn't be complete without free foyer activities.

Transform into an alien at our face painting station, enjoy an intergalactic treasure hunt, and more from 1.30pm.

Birmingham Royal Ballet's Freefall Dance Company celebrates 21 years of entertaining, inspiring performances and impacting attitudes towards learning disabled performers this year. This November they're back in the Patrick Studio performing their latest delightful and entertaining dance piece 'Still Life' at the Freefall Café. With this colourful and joyful celebration of dance inspired by David Bintley's 'Still Life' at the Penguin Café and reflecting on people's impact on the environment and everything that lives on the earth, Freefall comes full circle, returning to the ballet that, through a BRB education project called Café Atlantic, kickstarted its formation in 2002. Students from Fox Hollies School, Hazel Oak Sixth Form, Uffculme School, All Saints Youth Group and Redd Support are joining the company at these performances after working with the company earlier in the autumn term. We're also delighted to host in various sites across the theatre the Freefall 21<sup>st</sup> Anniversary Exhibition (10 November – 2 March). Through photos, film and testimony, get to know the dancers, learn about the company's history and discover how Freefall represents BRB's values – creative to the core; devoted to brilliance; diverse and different; full of heart.

Dance, Patrick Studio  
**'Still Life' at the Freefall Café**  
With this colourful and joyful celebration  
Wed 10 Nov – Thu 10 Nov  
Tickets £12



Ballet, Dance, Family & Pantomime, Main House  
**The Nutcracker 2023**  
The perfect festive treat  
Fri 17 Nov – Sat 9 Dec  
Tickets from £25

At the stroke of midnight on Christmas Eve, Clara tiptoes downstairs and is swept away on an unforgettable magical journey...

At her parents' lavish Christmas party, Clara is given a mysterious Nutcracker Doll. Once all the guests have left, she sneaks downstairs to find her present and comes face-to-face with the fearsome King Rat, ready to do battle with the Nutcracker and his band of toy soldiers. As soon as King Rat is vanquished, Clara is whisked away on a magical adventure with the Nutcracker, travelling through swirling snowflakes to an enchanting kingdom where she is transformed into the Sugar Plum Fairy.

Tchaikovsky's glorious score, performed live by the 60-strong Royal Ballet Sinfonia, provides the captivating soundtrack to this festive classic.

This sumptuous and timeless production boasts daring swordfights, falling snow, magic, and a 30-foot Christmas tree. Whether you're yearning for a hint of nostalgia or looking to start a whole new tradition for your family and friends, start your festive season with a little theatrical sparkle.

Through mesmerising music and seamlessly woven archival and film footage, **Shirley J. Thompson's** celebratory opera, **Women of the Windrush**, portrays inspirational narratives from the lives of women who travelled to the UK from the West Indies between the 1940s and the 1960s, when persons from those countries were invited by the British government to assist in the rebuilding of post-war Britain.

The stage work is a re-imagining of Thompson's film, *Memories in Mind*:

*Women of the Windrush Tell Their Stories* (1992, British Film Institute). The renowned Birmingham-based soprano, Abigail Kelly, leads the performance.

Opera, Patrick Studio  
An opera by Shirley J. Thompson  
**Women of the Windrush**  
First Anniversary UK Tour  
Thu 23 Nov – Fri 24 Nov  
Tickets from £30





			
THURSDAY 2 NOVEMBER	FRIDAY 3RD NOVEMBER	SATURDAY 4TH NOVEMBER	FRIDAY 10TH NOVEMBER
			
SATURDAY 11 NOVEMBER	SUNDAY 12TH NOVEMBER	FRIDAY 17 NOVEMBER 2023	SATURDAY 18 NOVEMBER 2023
			
SATURDAY 25TH NOVEMBER	SUNDAY 26TH NOVEMBER	THURSDAY 30TH NOVEMBER	SATURDAY 9TH - 31ST DECEMBER



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:

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## SUPPORT US

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





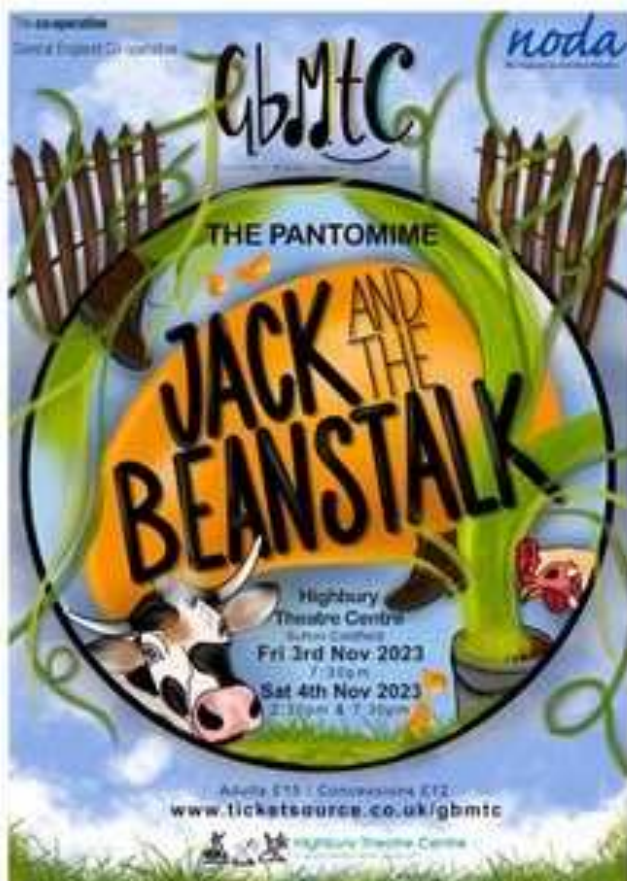
2023-2024



DO YOU KNOW THAT FOR EACH PRODUCTION WE DO IT TAKES A MINIMUM OF  
**15 VOLUNTEERS PER NIGHT...** AND THAT DOESN'T INCLUDE THE ACTORS!  
Acting, Directing, Musical Theatre, Backstage, Stage Management, Props, Set Building, Maintenance, Bar, Box  
Office, Coffee/Programme Selling, Sweets, Costume & Dressmaking, Front of  
House, Fundraising, Publicity, Lighting, Sound  
IF YOU ARE A MEMBER AND ARE INTERESTED IN HELPING US WITH ANY OF THE ABOVE PLEASE LET US KNOW.



# HIGHBURY THEATRE



Great Barr Musical Theatre Co-operative presents

## Jack and the Beanstalk - the pantomime

The NODA award winning Great Barr Musical Theatre Co-operative are back again in November 2023 with another pantomime! Jack and the Beanstalk.

## What's on next?

Highbury Cinema presents

## All Quiet on the Western Front

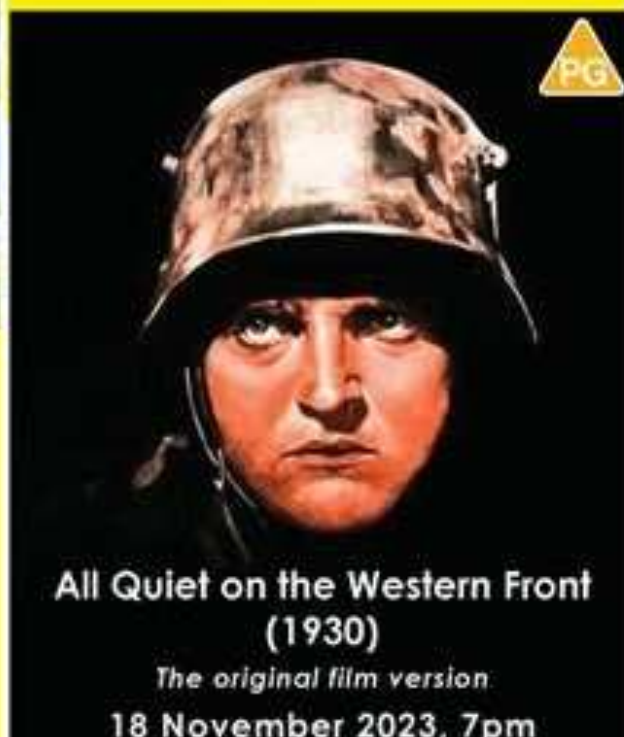
Director **Lewis Milestone**

Released **1930**

Duration **2h 8m**

Certificate **PG**

Follow a young German soldier and his comrades, experiencing first-hand the earth shattering events of WWI being played out around them. The first all-talking non-musical film to win the Oscar for Best Picture.



Tickets available from  
Box Office, Highbury Theatre,  
Sheffield Road, B73 5HD

Tel: 0121 373 2761 or book online  
via [highburytheatre.co.uk](http://highburytheatre.co.uk)



# birmingham settlement

developing communities, changing lives



Are you  
unemployed  
and looking  
for work?

We can  
help!

## Employability and Digital Skills Programme

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

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

[nasar.mahmood@bsettlement.org.uk](mailto:nasar.mahmood@bsettlement.org.uk)



Scan to learn more  
about our services:



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

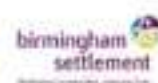
Registered Charity: 517303

## Our Employability and Digital Skills Programme offers support in:

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

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

## 610 Kingstanding



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

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

Registered Charity: 517303





## THE WALKING GROUP IS BACK!

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

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

To register please call 0121 378 6295  
or email [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org).



## The Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : [www.suttoncancersupport.org](http://www.suttoncancersupport.org)

Telephone : 0800 012 0245 email : [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)



## YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,  
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

[www.suttoncancersupport.org](http://www.suttoncancersupport.org)

Telephone : 0800 012 0245 email : [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)

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

Charity number : 2089658

Reg Companies House, Cardiff No : 4302887

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to a child in  
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**NEW FRIENDS, NEW INTERESTS  
A WARM WELCOME**

### **THE TUDOR CLUB**

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

### **NOSTALGIC MUSIC CIRCLE**

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

For further details contact John Bedford  
0121 353 5136 or [parkcycles@yahoo.co.uk](mailto:parkcycles@yahoo.co.uk)



## **SUTTON COLDFIELD JAZZ CLUB**

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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

Contact: Colin – 07966-745741

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



## **SUTTON COLDFIELD ACOUSTIC GUITAR CLUB**

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

Live Music, Bar, Parking, & Socialising

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



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

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

Or Contact: Sandra on 07932-395158





# Coffee Pot

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

Every Friday Morning  
10.30am - 12.30pm

Everyone Welcome




St Chad's  
Sunshine  
Cafe

**Our Dementia Friendly Cafe**

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

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


Free car parking.

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

12/04/2023  
\* 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](http://www.scu3a.org.uk)





## Trinity Photography Group

### Do You Want To...

- Improve your pictures?
- Go on photography walks?
- Attend Social events?
- Learn about studio photography?
- Develop your camera skills?
- Learn about editing software?


*If so... come and join us.*


*"TPG welcomes photographers of all ages and levels, from beginners to advanced. We encourage and support those who are new to photography.*

*We provide: Theme night & practical workshops, speakers, activities, competitions and social events. Above all we want to make photography enjoyable and fun"*


**We meet 8-10pm every Monday at  
The Royal British Legion on Rectory Road,  
Sutton Coldfield, B75 7AL.**

We do have a small fee: member's £3.50/visit, non-member's £5.00/visit




[www.Trinity-photography-group.com](http://www.Trinity-photography-group.com)


[www.facebook.com/groups/TrinityPhotographicGroup/](http://www.facebook.com/groups/TrinityPhotographicGroup/)

Affiliate to the Photography Union of Great Britain through the World Country Photographs Federation





## Sutton Coldfield Photography Club


### The friendly club

All visitors and new members welcome at any level of experience.  
We have a varied programme of talks, competitions and activities.





**We meet on Friday evenings  
from September to April at:  
South Parade Methodist Centre  
Sutton Coldfield B72 1RB**

Contact us at  
[mail@suttonphoto.club](mailto:mail@suttonphoto.club)  
Find us at  
[www.suttonphoto.club](http://www.suttonphoto.club)  
or scan the Flowcode here




Photos above are by Catherine Nicholls, Steve West, John Cresswell & Malcolm Imhoff




## North Birmingham Bridge Club

338 Boddams Road, Sutton Coldfield, B73 8EU

Call Sue on 0121 580 7538




We invite you to free taster sessions:




Bridge for beginners

Bridge for improvers


A regular bodge session



Make new friends  
Stimulate the brain  
Comfortable and welcoming  
Age no barrier



Call Sue on 0121 580 7538



## North Birmingham Bridge Club

338 Boddams Road, Sutton Coldfield, B73 8EU

## 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 CLASSES

## TEDDY TIME

At Banners Gate Community Church  
Mondays 1.30 - 2.30pm





**WHAT WE DO**  
Sings, rhymes, crafts, stories, sensory play, music, story time and more

**WHAT WE DON'T DO**  
No food or drink  
No booking required  
Call Sue on 0121 353 5136 for further details






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We look forward to being of service to you

### Community Coffee Morning:

Every Wednesday 10:30am – 12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

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

### Beauty By Ella

•BIAB Gel nails

•Gel toes

•Manicures&pedicures

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Sutton Coldfield

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Children and adults



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B.Ed (Hons)

Tel: 0121 3557355

email: [sutton.piano.teacher@gmail.com](mailto:sutton.piano.teacher@gmail.com)





## 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 14th November  
- National Demonstrator Lorena Dyer  
'The Magic of Christmas'.  
Further details Chris Reeves tel: 0121  
354 6264.



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

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



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

Have a look at our Facebook page and website '[www.suttonfuchsia.co.uk](http://www.suttonfuchsia.co.uk)' or telephone our secretary Gail on 0121 353 3373 for more information.

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

**Banners Gate Community Church, Westwood Rd, B73 6UH**

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

Refreshments available.



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



## The Sutton Coldfield Fuchsia Society & Gardening Guild.

We had such a fabulous meeting in October, where we welcomed Wayne Williams from the Birmingham Botanical Gardens, who gave us a very interesting talk about chrysanthemums. These plants have been out of fashion for several years, although still popular as cut flowers, many people feel they are old fashioned, and associated with funeral flowers!!

However, as we all know, fashions come and go, as can be seen by how popular dahlias are now, compared to a few years ago when gardeners would not give them house room! Many chrysanthemums can be grown as hardy border perennials and add much needed garden colour at this time of year.

Wayne is off to pastures new, to take up a position on the Isle of White, so in an effort to downsize his plant collection, bought along some fabulous specimens for sale at bargain prices. Many members went home clutching large pots of aeoniums, hardy gingers, sansevieria and other goodies!! How much do gardeners love getting a new plant!



We had a competition called 'A spooky display' and the pictures show the winning entries.

Next month is our AGM and buffet. Please come along and see what we get up to. A warm welcome is guaranteed.

We meet the second Thursday of each month, at Banners Gate Community Church in Westwood Rd B73 6UH, doors open at 7.30 for an 8.00p.m. start. If you want more information, have a look at our website or Facebook page, or 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 programme 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 regular workshops 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 new programme commenced on 12 September 2023 and we have a good mix of speakers, workshops, sit and sew sessions.

**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 their quilting journey.

**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.



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

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





**communittea cafe** AGEconcern  
Birmingham

**Groups are back at the  
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650



Everyone  
welcome

Gardening  
Group

Help us grow  
fresh produce  
for the cafe

Sunnybank Road  
Allotments,  
Baldmore

Meet our  
Neighbourhood  
Networker

## COMMUNITTEA CAFÉ ALLOTMENT TUESDAYS 10 TILL 12

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

Meet at the green allotment gate at 10am - Sunnybank Road, B73 5R. 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 events to discuss NHS support and funding opportunities.



**CONTACT**

Suzi Summerfield  
07940 709 314

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



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



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[redogiandmade@gmail.com](mailto:redogiandmade@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 3)

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
- Own 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, 2

## Other Support

**Birmingham and Solihull Women's Aid**  
Support for women and children affected by domestic violence and abuse  
0800 630 0029 | www.btwaid.org

**Shelter**  
Housing advice  
0800 830 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  
0800 802 2009 | 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@thesws.org  
www.thesws.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@centralel.org.uk  
www.centralel.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: 0800 8010 503  
AGCorrespondence@migranthelpuk.org  
www.migranthelpuk.org (WhatsApp available)

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

## About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below. You can access the 'Worrying About Money?' leaflets online at [www.foodaidnetwork.org.uk/cash-first-leaflets](http://www.foodaidnetwork.org.uk/cash-first-leaflets). The information on this leaflet was last updated on 09/12/21.

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



## Step 2: What are some options?

### 1 Council Support Schemes

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

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

### 2 Maximise Your Income

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

### 3 Debt Advice

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

### 4 Benefit Advance

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

### 5 Hardship Payment

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

### 6 Challenge a Decision

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

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

### BIRMINGHAM CITY COUNCIL

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

Help with options: 1, 2, 3, 4

### CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1, 2, 3, 4, 5, 6

### THE PROJECT

Benefit, debt and housing advice  
0121 453 0808  
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@birminghamsettlement.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 5032 | info@spitfireservices.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@centralel.org.uk  
www.centralel.org.uk

Help with options: 1

### DISABILITY RESOURCE CENTRE

Advice and advocacy services for disabled people  
0300 402 040 | info@disability.co.uk  
www.disability.co.uk

Help with options: 1, 2, 3, 4

### CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty  
0800 325 0006  
www.capuk.org

Help with options: 3

### WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home  
0800 196 6296 (option 1)  
www.warmerhomeswmid.org.uk

Help with options: 1, 2, 3, 4

### Other Support

**Stop Loan Sharks**  
Investigates and prosecutes illegal money lenders and provides support for borrowers  
0300 555 2222 | www.stoploan sharks.co.uk  
reportloan shark@stoploan sharks.co.uk

**Local Energy Advice Partnership (LEAP)**  
Energy and money saving service  
0800 060 7667 | 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





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

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

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

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

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

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Instagram: [@LottieLen.BabyPhotographer](https://www.instagram.com/LottieLen.BabyPhotographer)

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## 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

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

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

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

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



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

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

Age Concern Birmingham run the Carer's Contact Centre as part of the Birmingham Carers Hub partnership. Our advisors are available to help carers with help, advice and information, we register carers and also offer a Statutory Carer's Assessment, wellbeing payments if eligible and information on a wide range of wellbeing services. We also provide advice on welfare benefits and can link carers to information about grants, legal advice on wills and power of attorney and other one to one support.

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

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

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

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



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

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**Memory  
Cafes**

*Do you know someone living with memory loss?*

**Every Monday**

**10am - 12noon**

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

**Every Monday**

**"Musical Memories"**

**2pm - 4pm**

Sutton Coldfield Methodist  
Church

South Parade, B72 1QY

**Every Tuesday**

**10.30am - 12.30pm**

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

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

*All attendees must show proof  
of both covid vaccinations*

**Every Thursday**

**10am - 12noon**

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

**"Friends on Fridays"**

**10.30am - 12.30pm**

Supported by

Sutton Coldfield Methodist  
Church,

South Parade, B72 1QY

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

07422 406168

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

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- 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 income of £10,000 or less per month)

You also qualify if you are  
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if you don't get any of the above benefits.

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

**Healthy Start**

Birmingham  
City Council

HEALTHY  
START

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## FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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

www.birminghamsettlement.org.uk  
Charity no: 517303



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

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**Contact Michelle on 07933 986 869**

**Monday - Friday 10am to 5pm**

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

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Drinks, snacks and sandwiches.  
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Find us in Sutton Coldfield United Reformed Church  
**Call: 07713 970096 Email: cafe.oasis@scurc.org.uk**  
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*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)

\*15% discount for advance payment of five or more sessions  
\*30% for advance payment of 10 or more sessions

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or email: [chong.fouroaks@gmail.com](mailto:chong.fouroaks@gmail.com)



Mondays & Wednesdays

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Kids 6.00pm - 7.00pm

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# 5K YOUR WAY

## MOVE AGAINST CANCER

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

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

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

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

**Ambassador:** Anne Kelsall, Sarah Hinkley & Jane Ford

**It's Free!**

Get in touch and let us know you will be coming.

[5k your way: move against cancer](#) | 
 [@cancer5kYourWay](#)  
[info@5kyourway.org](mailto:info@5kyourway.org) | 
 [www.5kyourway.org](http://www.5kyourway.org) | 
 [@5kyourway](#)

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



# Pregnancy YogaLates Class



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# Pregnancy YogaLates Class



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- Sports injuries



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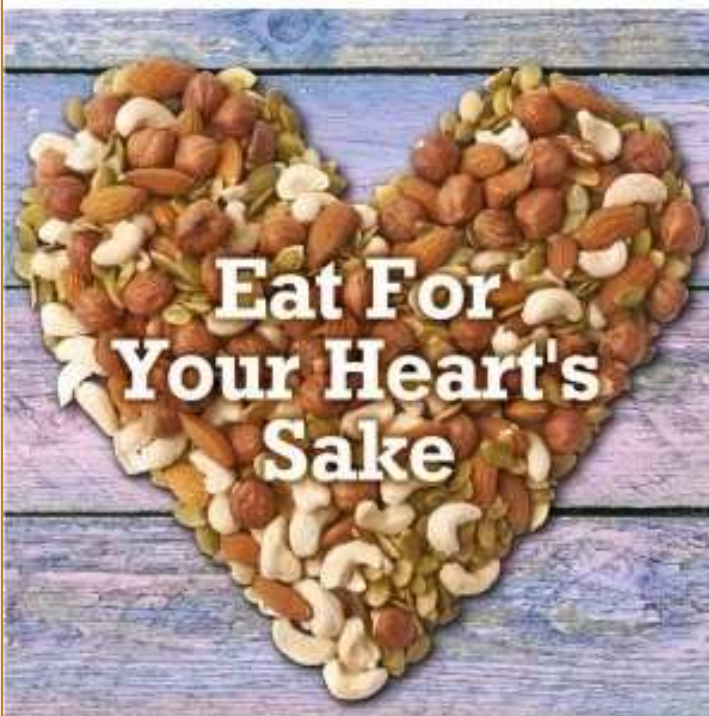
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Sunday 10:00am

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

Please look for the Beacon Room – Everyone welcome

The Chemist, M.W. Phillips, at Sutton Park Surgery – 0121 353 9027



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Contact Details: 07956 213 229 / Kellyanne: 07986 952 546  
Every Tuesday 8pm - 11pm Every Wednesday 8pm - 7pm Communion service with Pastor Oliver 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 21st November  
at 10 o'clock.

## Hall's Gardens Garden Maintenance Services

Gary Hall

34,  
Coppice View Road,  
Sutton Coldfield, B73 8JF  
07833728015

[garyhall7@blueyonder.co.uk](mailto:garyhall7@blueyonder.co.uk)



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site [www.newhorizonscounselling.org](http://www.newhorizonscounselling.org).

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

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

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

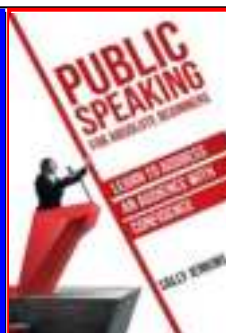
The Jarrett room is approx. 13' x 8'  
(4m x 2.5m)

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

The building is step-free.

For further booking information go to:

[www.bannersgatecommunityassociation.org](http://www.bannersgatecommunityassociation.org)



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## HATHA YOGA



Banners Gate

Community Hall,

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Please call Tricia on 07954 403943.



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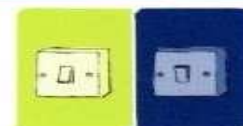
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## **St Columba's Church Hall**

Hall letting for St Columba's Church.

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All enquiries to Alison via email please.

[st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)

## **Banners Gate Community Church - Events**

**Monday, Thursday, Friday** - Baby Phonics

Contact email: [Jenna@robotreg.co.uk](mailto:Jenna@robotreg.co.uk) for times and availability

**Tuesday and Wednesday** - Baby Sensory

Contact Tracy at email: [suttoncoldfield@babysensory.co.uk](mailto:suttoncoldfield@babysensory.co.uk) for times and availability

Please visit our website at

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

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

### **Tai Chi Class**

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

**01543 480151**





# 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 21st November**  
**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 <a href="http://www.stcolumbasbannersgate.co.uk">www.stcolumbasbannersgate.co.uk</a> <a href="http://www.bannersgatechurch.com">www.bannersgatechurch.com</a>				
Mon 6.00–7.00 11am to 1.00pm 7.30 – 9.00 pm	Self Defence & Fitness Dementia Care Line Dancing	Community Hall Community Hall Community Hall	Adam Claxton 07376 Barbara H-Walker Diane Pursall	27 90 15 553 6483 747 4659
Tues 8.00 - 5.00pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 6.30 – 7.30 & 7.30 – 9.00 7.45 pm	Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74  67 09 13 747 4659 39 57 89
Wed 9.30, 11.00 & 12 10.30 - 12.30 7.00 pm	Baby Sensory Guide Dog Training SlimmingWorld	Banners Gate CC Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89
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
9.30 - 11.15 4.30-5.30&5.30-6.30 7.00 - 8.00 pm	The Creation Station Repertoire Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall	Avne Wilson 07793 Chloe Lloyd 07729 Shakila Kosar 07825	54 26 48 47 79 46 25 50 42

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

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

**Useful telephone numbers**  
Sutton and Kingstanding  
**Police: 101**  
Good Hope: 424 2000  
Outpatients: 424 2000  
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10 a.m. daily, except  
Wednesday

**Banners Gate  
Community hall  
Coffee Mornings  
The next is on  
21st November  
At 10 o'clock**

 **The Townswomen's Guild**  
Thurs. 19th October Falklands Talk - David Bardell  
Thurs. 16th November Christmas Past and Present - Mary Bodfish  
Thurs. 9th December Christmas Party  
Our vibrant Guild meets on the 3rd Thursday of the month, 7.00 - 10.00 in the Westwood Hall, Banners Gate Community Church.  
Contact Sue Nation on 353 4114

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

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

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

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



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

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