



# Banners Gate & Parklands Community & Neighbourhood Forum

174<sup>th</sup> September 2023

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

If you want **Gatepost** emailed to you, including cartoons and puzzles, in full colour, wherever you live, **free of charge**, every month, please send an email to [bgatepost@gmail.com](mailto:bgatepost@gmail.com) with "Email Gatepost" in the subject line. You can cancel at any time by email with "Stop Gatepost" in the subject line. Alternatively, you can click on the address under the date above.

Keeping under 10MB is becoming increasingly difficult so I am sending you the Supplement with over 10 MB of content to see how many inboxes return it. Depending on the numbers, I can then either continue as normal, if the numbers are high, or suggest another way of accessing Gatepost and the Supplement to residents with slim inboxes if the numbers are low. So if you do not receive the Supplement soon after Gatepost you will now know why not.

## Tip Truck visits in Vesey.

Monday **9th October**, Stonehouse Road, entrance to Sutton Park.  
Monday **6th November**, Darnick Road, near junction with Jockey Road.  
Both sites will be open from 7am - 12.30pm



## Rob Pocock: BIRMINGHAM COUNCIL – BUDGET BRIEFING

There has been a lot of publicity in the press and media recently, about the financial situation of Birmingham City Council. But much of the reporting has been misleading and sensationalised. So here, I've tried to put the record straight. And answer your pressing questions!

**Is the City Council bankrupt?** No, the money is still there to run the normal services day-to-day.

**Will the bins still be collected?** Yes of course. The bin service stays the same, schools carry on, the road repairs contract continues, parks and libraries remain open. Normal service.

**So what's the problem?** There is a long-term debt needs re-paying, for staff who have been underpaid in years past. The Council does not have money readily to hand, to pay that off.

**How is that debt going to be paid?** That's what is now being discussed.

**Will things be sold and more tax paid?** The Government have come in to assist with this. We are pressing them to pay back some of the £1 billion that they have taken from the City over recent years by axing government funding.

**So what happens next?** There's a detailed overhaul of the long-term budget under way. We have given the Government a clear message. We are not going to back a 'fire

sale' of city assets or big tax rises, or cuts to basic services.

## 'TIP TRUCKS' CONTINUE THIS AUTUMN

The next batch of City Council 'tip truck visits' have now been scheduled across the autumn. The service continues despite all the claims about 'bankruptcy'. Monday 9<sup>th</sup> October they will be on the Stonehouse Road entrance to Sutton Park, and Monday 6<sup>th</sup> November at the top of Darnick Road near to the junction with Jockey Road. Both sites will be running from 7am – 12.30pm. Ideal for the summer clear-out, holiday cast-offs, autumn garden clearance or just general tidy up – don't miss!



## Max Hatton:

Hello Gate Post Readers! I hope you are all adjusting to the cooler weather! The Summer is well and truly over, and we are all back to our regular routines.

Earlier this month I attended a public consultation drop-in meeting at New Oscott Primary School with Cllr Rob Pocock. The event gave the opportunity for local residents and parents to come and see the proposals for the construction of a new building to replace the existing New Oscott Primary School. This was a great chance to speak with local residents and parents to hear their thoughts on the proposals. For me it was also a walk down memory lane as New Oscott was my old primary school. Although I didn't get a full tour, I managed to spot my old year 2

classroom!

I also attended the annual Birmingham Blitz Remembrance Service at St Martins Church on Saturday 23<sup>rd</sup> September. The service is organised each year by BARRA (Birmingham Air Raid Remembrance Association) and many were in attendance. It was a very moving service, and a ceremony was held where wreaths were placed at the memorial near St Martin's Church, which many of you may have seen adjacent to the Bull Ring Indoor and Rag Markets. Local historian Peter Shergold later pointed out to me that over 4000 bombs landed on or near Sutton Coldfield during World War 2, and over 20 Sutton residents and Home Guard sadly lost their lives during the air raids. May we always remember them. Our next Full Town Council Meeting will be held on Tuesday 24<sup>th</sup> October from 7pm at the Trinity Centre, Sutton Town Centre. Until next time Gate Post Readers, have a great month!



For a photo with much higher resolution, where you can read the names, please go to the Supplement, page 49.

**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.







**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

pay as you go or 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)

Yoga Body

**Annual health checks for those who are diagnosed with dementia**


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

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

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

**What is an Annual Health check?**

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



**Why do you need an Annual Health Check?**

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

**How do you get an Annual Health Check?**


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

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

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


**How long does an Annual Health Appointment last?**

- 20-30 mins




**What help might you need?**

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



**What happens during the Annual Health Check?**

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



Birmingham and Solihull Integrated Care System  
Caring about wellbeing





*Sunday Mornings  
at St Columba's*

Rev Becky invites you to a warm and welcoming service at 10am

The service lasts about an hour with tea, coffee and a chat in the hall afterwards. All are welcome: everything is explained as we go along and is on a big screen at the front. Come exactly as you are - full of questions, full of faith, full of doubts or completely empty and in need of an hour of peace.

*You are welcome.*



**Slimming World**  
taste the freedom

FREE membership

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

[slimmingworld.co.uk](http://slimmingworld.co.uk)

*Don't eat and lose weight!*

**Slimming World**  
Losing weight, changing lives.

## St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

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



**Coffee Morning**

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

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

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

### Classes at St Columba's Church

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



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

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





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

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

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

**Please Bring  
Donations  
to:**

**Sutton Coldfield United Reformed Church  
Food Bank  
1 Brassington Avenue, B73 6AA**



**Urgent!  
Food  
Donations  
Needed!  
Now!**

**Our Food Supplies are running out but people still need our help. We urgently need food, especially, all tins; soup, baked beans, tuna; breakfast cereals; long life milk; tea; rice and pasta.**



# Free monthly activity sessions for people aged 75+



**Please register  
in advance  
by calling  
0800 716 543**

**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

# **Annual Concert**

## **Birmingham Male Voice Choir**

**Comprising Birmingham Canoldir Male Choir and**

**Birmingham Icknield Male Voice Choir**

**Emmanuel Church, Wylde Green, Sutton Coldfield.**

**An evening of musical entertainment**

**Musical Director Steve Roche**

**Accompanist Chris Walk**

**Guest Soloists include.**

**Lesley Delo**

**Jobe Baker- Sullivan**

**On Sat.14<sup>th</sup> October 2023 at 7pm**

**Tickets £ 10.00 inc. Refreshments**

**Available from Meirion Bowen**

**0121 358 1740/ 07766 301677**



### Out of the Mouth of Babes

*Received from Australia:*

Adam and Eve were created from an apple tree.

Noah's wife was called Joan of Ark.

Lot's wife was a pillar of salt by day, and a ball of fire by night.

The Egyptians were drowned in the desert.

The first commandment was when Eve told Adam to eat the apple.

Moses died before he ever reached Canada.

Then Joshua led the Hebrews in the battle of Geritol.

The greatest miracle in the Bible is when Joshua told his son to stand still and he obeyed him.

Solomon, one of David's sons, had 300 wives and 300 porcupines.

It was a miracle when Jesus rose from the dead and managed to get the tombstone off the entrance.

The people who followed the Lord were called the twelve decibels.

The epistles were the wives of the apostles.

St Paul cavorted to ChriStfanity. He preached holy dairnony, whiCh is another naine for marriage.

A Christian should have one spouse. This is called monotony.

*Thanks Mike*

### Paraprosdokians

(Winston Churchill loved them)

They are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous.

1. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
2. You do not need a parachute to skydive. You only need a parachute to skydive twice.
3. I used to be indecisive. Now I'm not so sure.
4. To be sure of hitting the target, shoot first and call whatever you hit the target.
5. Going to church doesn't make you a Christian any more than stand-ing in a garage makes you a car.
6. You're never too old to learn something stupid.
7. I'm supposed to respect my elders, but it's getting harder and harder for me to find one now.

*Thank you Harold*



# BIRMINGHAM

# Bulletin

BE BOLD BE BIRMINGHAM

To read in browser click [here](#)

15 September 2023

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



## **Birmingham City Council Section 114 Notice – what does this mean for you?**

If you are a Birmingham resident, you will undoubtedly have concerns and questions following the council's announcement regarding its finances.

There will be no disruption to essential services, and the council will continue to prioritise services which support our most vulnerable residents. We will also honour any agreed contracts and grants.

An explanation of what a Section 114 is and answers to a range of issues can be found on the [dedicated Section 114 webpage of the council's website](#)





# BE STRONG



# STAY INDEPENDANT

*Preventing falls, to help you be stronger for longer*

Come along to meet with health professionals and receive advice on preventing falls as well speaking with representatives from local community groups on the support and activities available to you.

Date **Tuesday 17th October 2023**

Location **Sutton Coldfield Town Hall, Upper Clifton Road, B73 6DA**

Time **10am-3pm**

This event is free to attend and open to all, particularly older adults and those supporting them.

For more information

E: [enquiries@suttoncoldfieldtowncouncil.gov.uk](mailto:enquiries@suttoncoldfieldtowncouncil.gov.uk)

T: 0121 663 1765

## See next page



Sutton Coldfield residents are invited to attend and join in a free information community event taking place at Sutton Coldfield Town Hall on **Tuesday 17<sup>th</sup> October 2023**.

The event, hosted by Royal Sutton Coldfield Town Council will be a fun and informative day with a focus on how to prevent falls and stay independent and stronger for longer.

The aim is to inform visitors on how they can reduce their risk of falls with advice from NHS Falls Teams who will be on hand to answer any questions and offer advice and guidance on topics such as mobility and foot care. Attendees can also:

- *Meet with Physiotherapists who will be delivering advice on strength and balance;*
- *Have a walking stick inspection to ensure your walking aid is stable and fit for use;*

*Receive personal and home safety advice from West Midlands Police.*

Among the attractions on the day will be:

- *Free Love to Move Seated Exercises*
- *Walking Netball*

*Information on local community groups and organisations.*

The event is being supported by a wide range of health professionals as well as representation from The Alzheimer's Society, Age Concern and local faith groups.

This is an opportunity to bring two things together. Residents and their families can attend and have fun with the sports activities and events taking place on the day as well as an opportunity to engage with health professionals on how you can stay safe and reduce the risk of falls.

The event is taking place between **10am – 3pm** and is open to all, particularly older adults and those supporting them.

For more information:

E: [enquiries@suttoncoldfieldtowncouncil.gov.uk](mailto:enquiries@suttoncoldfieldtowncouncil.gov.uk)

T: 0121 663 1765.




## 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**



### **Actual Writings on Hospital Charts.**

**A mixture of misunderstood statements, misspellings, computer typing errors, mis-phrasing or lost for words.**

1. The patient refused autopsy.
2. The patient has no previous history of suicides.
3. The patient has left his white blood cells at another hospital.
4. Patients medical history has been remarkably insignificant with only a 40lb weight gain in the past three days.
5. She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
6. Patient has chest pains if she lies on her left side for over a year.
7. On the second day the knee was better and on the third day it disappeared.
8. The patient is tearful and crying constantly. She also appears to be depressed.
9. The patient has been depressed since she began seeing me in 1993.
10. Discharge status: Alive but without permission.
11. Healthy appearing decrepit 69-year-old male, mentally alert but forgetful.
12. Patient had waffles for breakfast and anorexia for lunch.
13. She is numb from her toes down.
14. While in ER, she was examined, X-rated and sent home.
15. The skin was moist and dry.
16. Occasional, constant infrequent headaches.
17. Patient was alert and unresponsive.
18. Rectal examination revealed normal size thyroid.
19. She stated that she had been constipated for most of her life until she got a divorce.
20. I saw your patient today, who is still under our car for physical therapy.
21. Both breasts are equal and reactive to light and accommodation.
22. Examination of genitalia reveals that he is circus sized.
23. The lab test indicated abnormal lover function.
24. Skin somewhat pale but present.
25. Large brown stool ambulating in the hall.
26. The pelvic exam will be done later on the floor.
27. Patient has two teenage children, but no more abnormalities.
28. When she fainted, her eyes rolled round the room.
29. The patient was in his usual state of good health until his airplane ran out of gas and crashed.
30. Between you and me, we ought to be able to get this lady pregnant.
31. She slipped on the ice and apparently her legs went in separate directions early in December.
32. Patient was seen in consultation by Dr Smith, who felt we should sit on the abdomen and I agree.
33. The patient was to have a bowel resection. However, he took a job as a Stockbroker instead.
34. By the time he was admitted, his rapid heart had stopped, and he was feeling better.

*Thank you, Harold*





## Carjacking and keeping you safe when driving.

### **Carjacking and keeping you safe when driving.**

Although rare, we are seeing a rise in reports for carjacking here in the West Midlands. As the nights get darker, we want to make sure you protect yourself and your vehicle from criminals.

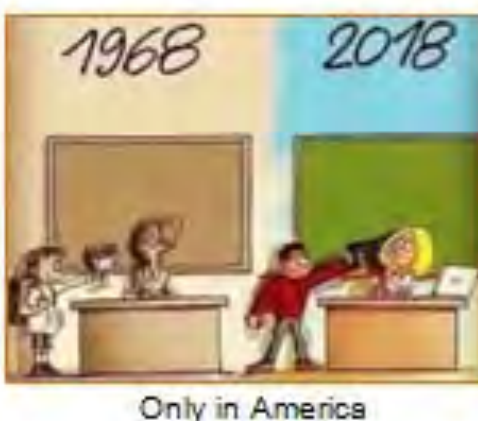
Carjacking is when someone steals a vehicle from its driver by force or intimidation.

### **Here are our top tips to stop your car being stolen:**

- Have your car keys ready as you approach your car, as standing next to your vehicle searching in pockets or a handbag can make you a vulnerable target.
- Be aware of your surroundings as you approach your car – regardless of if it's on your drive, in a car park you use all the time or somewhere new.
- Be aware of suspicious activity in car parks and always have your keys ready when you get near your car.
- Lock your car as soon as you get in and keep it locked until you get out.
- Keep your doors locked whilst driving. If your car has a self-locking facility, a lot have these days, make sure it's active.
- If you don't want to keep your doors locked when driving, lock them if someone approaches your car or you feel uneasy when driving.
- Try to leave a sufficient gap between your vehicle and the car in front when stopped at traffic lights or in traffic (but not enough so another car can get between your vehicle and the one in front). This is so you can manoeuvre safely out of danger if needed.
- If your car's in a collision with another vehicle and you're suspicious of the driver's intention, if you can, drive to a well-lit and populated area and summon help.
- If you are in your car and someone approaches lock the doors. If they try to get in or you feel uneasy, beep the horn as this is a good way of drawing attention in an emergency.
- Do not open a window fully to speak to someone who approaches your vehicle, or unlock and open the door.
- Always take your car keys out of the vehicle if you are going into shops or a petrol station even if there's someone left in the car. Similarly, keep windows closed if possible.

For more ways to protect yourself and your vehicle from theft, visit our website, click [here](#).

In an emergency, always call 999. To report suspicious activity or a non-emergency incident please call 101 or head to our website to [Live Chat](#) to us.

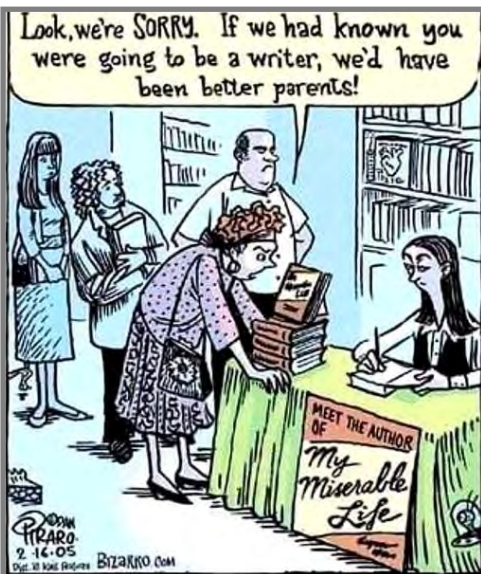


Thank you, Mike R





When your mom isn't around to button up your jacket





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



## Communit<sup>e</sup>a Café

### What's On



## August 2023

76/78 Boldmere Road, Boldmere, B73 5TJ

### Monday

Carers Hub drop-in: 9.30am - 12pm - weekly  
Our advisors can provide information and advice today. Pop in and have a chat, no appointment necessary.

Warm Welcome: 9.30am until 12pm - weekly  
Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly  
Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

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

### Tuesday

Dementia Carers drop-in: 10am until 12pm - weekly  
Advice and information for unpaid dementia carers. Pop in and have a chat, no appointment necessary.

Warm Welcome: 10am until 12pm - weekly  
Come and join us in our cosy cafe!

Chatty Cafe: 10.30am until 11.30am - weekly  
Come down for a chat and a cuppa - everyone welcome!

Friends For Life: 1pm until 3pm - weekly  
Our group aims to bring together all ex-service personnel to make new friends, network and create new social opportunities.

### Wednesday

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

Digital Drop In Sessions: 2pm until 4pm - weekly  
Pop along and see Joe if you need advice, support or guidance on how to use your device - this can be your phone, laptop or tablet.

### Thursday

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

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

Social Worker drop-in: 10am until 1pm - weekly  
Come along to meet and chat to a social worker - ask us anything.

### Friday

Art Group: 10am until 11.30pm - weekly  
A friendly art group working with various mediums from charcoal and acrylic paints to lino printing. We create artwork in a relaxed positive environment.

Advice Cafe: 11am until 3pm - weekly  
One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

Chatty Cafe: 2pm until 4pm - weekly  
Come down for a chat and a cuppa - everyone welcome!





## Helen Haywood-Willis ARBSA



### An Exhibition of Saggar Fired\* Ceramics

29th August - 14th October 2023

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

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

**RBSA**  
Gallery

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



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

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

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

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

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

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


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

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

#### Interested?

To get involved or for more information please email - [streetwatch@west-midlands.pnn.police.uk](mailto:streetwatch@west-midlands.pnn.police.uk) or call **07391 864 258**

 @StreetWatchWM

 I am proud of what I do



191004-001618



Preventing crime, protecting the public and helping those in need  
[www.west-midlands.police.uk](http://www.west-midlands.police.uk)





## Keep your home safe in Summer.

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

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

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

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



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

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

In an emergency always dial 999.

**Message Sent By****Stefanie Sadler**

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



## Keeping your children and grandchildren safe online this summer

Dear resident,

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

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

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

[https://www.getsafeonline.org/yourchildonline/?utm\\_source=nwemail&utm\\_medium=email&utm\\_campaign=nwjuly23](https://www.getsafeonline.org/yourchildonline/?utm_source=nwemail&utm_medium=email&utm_campaign=nwjuly23)

With best wishes,  
The Get Safe Online team

### **Attachments**

[July23\\_Parents\\_Leaflet.pdf](#)



**Message Sent By**  
Get Safe Online

Answers to quiz on page 20

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





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

Dear Tony

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

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

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)

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**WEST MIDLANDS FIRE SERVICE**

[Shape YOUR fire service](#)

**Play Bridge**



**Join us - Bridge is for everyone!**



**Sutton Coldfield Bridge Club**  
**BEGINNERS BRIDGE LESSONS**



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

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

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

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

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

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

**FOR PUPPIES FROM 2 TO 6 MONTHS**

LIMITED SPACES AVAILABLE

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

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




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



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





**CREATIVE  
PLANTS**

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



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

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



**SUTTON PARK GRANGE**  
CINNAMON LUXURY CARE

## Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH  
LAUNCHES WEDNESDAY 26<sup>TH</sup> JULY 2.30- 4.30PM

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

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

For more information please call please call Karen on 01217 562 174 or email: [sutton.enquiries@cinnamonncc.com](mailto:sutton.enquiries@cinnamonncc.com) to reserve your space.

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham, B72 1LY  
[www.cinnamonncc.com/suttonparkgrange](http://www.cinnamonncc.com/suttonparkgrange)

**CINEMA TICKET**  
TOP 20 CARE HOME GROUP

**SUTTON PARK GRANGE**  
CINNAMON LUXURY CARE

## LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

For more information or to book your personalised tour please call our Team on 01217 562 174 or email [sutton.enquiries@cinnamonncc.com](mailto:sutton.enquiries@cinnamonncc.com) to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 1LY  
[www.cinnamonncc.com/suttonparkgrange](http://www.cinnamonncc.com/suttonparkgrange)

**TAKE A PERSONALISED TOUR BOOK TODAY**  
TOP 20 CARE HOME GROUP



Join us for our next event

**Mercia Grange care home, Sutton Coldfield**

**Coffee, cake & friendship cafe**

**First Tuesday of every month**  
2pm - 4pm

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

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

Trusted to care. 

To attend please call  
**01214 682 684** or email  
[rachel.mackay@careuk.com](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 14th & 28th, Lego 7th & 21st.

#### Tuesday 31st October

Half term craft session drop in - No Booking Required 2:30-3:30pm

### FOR EVERYONE

#### Every Thursday and Saturday

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



### FOR ADULTS

#### Saturday 7th October

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

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

#### Thursday 5th October

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

#### Thursday 12th & 26th October

Shared Reading Group 2.15 - 3.45pm - if you enjoy discussing all types of literature join our small group that meet on alternate Thursday afternoons. More details can be found on our social media

#### 1st, 2nd & 3rd Thursday of the month

Craft & Chat Group 10am-1pm - if you enjoy knitting, or any other type of needlecraft or crafting, or would like to get started come and visit our friendly group based in the library. Normally situated in the soft seating area. No booking necessary

#### Thursday 19th October

BIPC - Want to start your own business? Not sure where to begin? One to one appointments for business advice and intellectual property are available. Use the link to book: [bit.ly/bipcseminars](https://bit.ly/bipcseminars)



# Kingstanding Library

**birmingham settlement**  
developing communities, changing lives

## Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



[www.birminghamsettlement.org.uk](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 WEEKLY ON TUESDAYS**  
**10.15AM - 12 NOON**

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

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

Or Call: Elizabeth - 07597 012 598

**It's Free!**

**Free**

Bring proof of address for first loan



## Pop-up Share Shack



**Wednesday 11am - 1pm**



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

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

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

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



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



**See next page**



## ELIM LIFE CHURCH FOODBANK

Are here to help You!



COVERING:

- KINGSTANDING
- WYRLEY BIRCH
- PHEASEY

P.T.O

## ELIM LIFE CHURCH COMMUNITY HUB

ELC 28 ROMNEY WAY  
PHEASEY B43 7TL

### OPEN WEDNESDAYS

Referrals:

WEDNESDAYS IN BY 12NOON

Parcel Collection:

WEDNESDAYS 12NOON-2PM

\*Also available from ELC Kingstanding | B44 8QD

Donations:

WEDNESDAYS 9.30AM-2.30PM

EMAIL:

foodbank@elimlifechurch.co.uk

CALL:

0121 360 1239

ONLINE FORMS:

[www.elimlifechurch.co.uk](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.



## Benefits Advice Surgery

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



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

Areas Covered:

Erdington, Kingstanding, Perry  
Common, Stockland Green,

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



Birmingham  
City Council



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

**Saturday 30th September 11-12.30 Lego Fun**

**Saturday 30th September 10.30-12.30 MacMillan Coffee Morning**

**Saturday 28th October 11-12.30 Lego Fun**

**Saturday 28th October 10-11 Friends of Streetly Library AGM-all welcome**

**Tuesday 31st October 10.30-11.30 & 2.30-3.30 Spooky Stories and Hallowe'en Lantern Jars—*£1 per child, ask at the counter to book your place***

**Wednesday 1st-Saturday 4th November Bonfire Night Rocket Craft—*drop in and collect a craft bag to take home***

**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)





**WELCOME TO  
SUTTON COLDFIELD U3A**  
 learn, laugh, live  
 Click on this picture

## Sutton Coldfield u3a Monthly Calendar

For privacy reasons, this public version of our Monthly Calendar does not include contact details for the Group Organisers mentioned. Please click on the calendar image below; a downloadable copy will then open in a new browser tab or window.

To see the contact details for all the Group Organisers', please follow the link to the [Members' Only](#) section of this website, log in, then click on the link for the SCu3a Contacts on the top menu bar.





## **CHESTER ROAD STATION FRIENDS (CRSF).,**

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

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

- The 'baubles' are made from 11mm, untreated stand board and lightly sanded.
- The diameter of the wooden disc, for painting, is 147 mm (approximately 6").
- The painting needs to be sufficiently weatherproofed, to maintain for the display period.
- Must be ready to fix on trees by Saturday 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 when I was on a tiny budget, it also felt like somebody did care that times were tough."

To find a foodbank or other food support please visit

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

### Healthy Start card

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

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

To find out more and how to apply visit

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

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CHESTER ROAD  
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# We're a Warm Space!

for parents/ carers and your little ones!

Chester Road, Sutton Coldfield B73 5HU

Wednesdays 9am-3pm

Thursdays 11am-3pm

Fridays 9am-3pm



FREE entry, craft, parking, WiFi...

Need the hot drink to be free?

Just ask for a Royal Tea/ Royal Coffee\*

Supported by Royal Sutton Coldfield Town Council!

\*in your drink



**OUR PLACE**  
Your Place for Support

## Advice Service

FREE ADVICE ON:

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



**SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:**

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

For more information contact us on: **0121 354 4080**  
Email: [advice@ourplacesupport.org](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.

 Food & Energy	 Worth Support	 Domestic Abuse	 Emergency Funding	 Money & Debt Advice
 Data & IT	 Unlucky's Support	 School Uniforms & Clothing	 Parenting	 Special Needs & Disabilities
 Bereavement	 Housing	 Sexual Health	 Mental Health	 Play

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

 **OUR PLACE** Your Place for Support 

*Let your inner beauty emerge*

# Heal & Transform

with Tina Mistry

Reiki Practitioner  
Transformational Mindset & Trauma-Informed Coach








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

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

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

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

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

Do you need guidance to a problem you are facing?

Would you like help to identify and set life goals?

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

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

To find out more please get in touch.


Telephone: 07773845454  
Email: [healandtransform@yahoo.com](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 7030, email: [shareshacks@theaws.org](mailto:shareshacks@theaws.org) or visit: [www.theaws.co.uk/share-shacks](http://www.theaws.co.uk/share-shacks)




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



**Home visiting Podiatrist**



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

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

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

# FORGET ME NOT SING-ALONG



*JOIN US*

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

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

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

St Johns Centre  
Christ The King Church  
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Kingstanding  
B44 0QN

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



## Tigers, Little Terns and art by Bill Bailey

Every year, we put together an Annual Report looking back at all the things we've achieved for nature thanks to support from people like you. From looking after Little Terns in Essex to helping Sumatran Tigers in Indonesia, there's much to celebrate. This year, you can also enjoy a fab front cover by comedian Bill Bailey. Dive in and see how your support is making a difference.

[Top wildlife wins](#)



Here at the RSPB, we're passionate about birds and other wildlife and doing everything we can to protect and restore it. But we couldn't do what we do without the support of people like you and so every year we take a look back at what we've achieved together, in our Annual Report.

Read on to discover some of the highlights from this year's report, including plans for our new rainforest reserve and the exciting legacy of Wild Isles, the BBC series we co-produced.

This year, we were delighted that comedian Bill Bailey created a brilliant sketch for the front cover. Why not grab a cuppa, put your feet up and have a read? From Little Terns (pictured) in Essex to Sumatran Tigers in Indonesia, you'll get an in-depth look at how we've been saving nature across the world.

Also this week, find out how you can help protect Puffins and other seabirds and, with Strictly Come Dancing underway, we reveal seven top dancers of the bird world.

Have a wonderful wildlife-filled week.



Jamie Wyver  
Notes on Nature editor

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



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

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

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

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

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

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





smartphone are not excluded from benefiting from the discounted rate.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

# Which?

## How recovery scammers trick vulnerable victims

Recovery scammers often target people who have recently lost money to fraudsters, taking advantage of them at a time of vulnerability. **From impersonating regulators to stalking social media platforms to find potential victims, recovery scammers use various tactics.**

[Here are some examples of how recovery scams work to help you avoid falling prey.](#)

## Monzo customers can now check if they're on the phone to a scammer

Bank scams can be devastating for victims, both financially and emotionally. One common type is when scammers pretend to be your bank and claim your account has a security issue.

**Monzo has launched a new in-app tool enabling customers to tell if they're speaking to a fraudster.** The digital bank's 'call status' tool will allow users to check if a call from the bank is genuine – while they're on the line.

[Learn more about how the tool works and get advice on what to do if you've been scammed.](#)

## Young adults are being targeted by impersonation scams

According to new figures from UK Finance, nearly half of young adults have been targeted by impersonation scams. **In 2022 alone, victims lost £178 million to these types of scams.**

Impersonation scams can have serious consequences, and people need to be aware of them and take steps to protect themselves. [Discover how impersonation scams work and get our expert advice on staying safe.](#)

## [Scam sharer tool](#)

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



# Which?

## A warning to landline users

The digital switchover, which is expected to be completed in 2025, will involve UK telephone providers moving customers from old analogue landlines to services which use digital technology.

The move is free of charge, but there have been reports of fraudsters calling vulnerable people claiming they need their bank details as part of the switchover or their service will be disconnected.

Unfortunately, these scam attempts will likely rise as the switchover date nears. [Stay alert of calls out of the blue](#) and share this story with friends and family.

## Victim loses more than £6,000 after buying an £8 camera on eBay

The victim followed the instructions to download an app from the Google Play store. He didn't know it at the time, but he was installing malware on his phone, which allowed scammers to hack his bank account and steal thousands of pounds.

Malware is commonly used by scammers, but it isn't always detected by antivirus software. [Find out more about this scam](#)

## The Online Safety Bill

Tech giants will be ordered to block and remove scams from their platforms, or face huge new fines from Ofcom.

On Tuesday, it was announced the Online Safety Bill is now ready to become law. Crucially, it includes our campaign calls for protections against devastating scam adverts on social media platforms and search engines.

This is a groundbreaking moment in our fight against online scams, marking a major step towards a safer internet. [Read more about what it means for online safety](#)

## [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	Thursdays 2 - 3pm
St Columba's Church hall Banners Gate Road/ Chester Road North Sutton Coldfield B73 6TX	All Saints' Church Centre Belwell Lane, Four Oaks, Sutton Coldfield B74 4TR

**£5** PER PERSON

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

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



**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)

12/06/2023  
\* People living with dementia must be accompanied by someone who can provide care if needed\*



**Talking Space**

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

**Low Mood Struggling to Cope**

**Mental Health Crisis Suicidal Thoughts**

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

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

In Partnership with  
**creative SUPPORT**  
Forward Thinking Birmingham



**Talking Space**

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

**Low Mood Struggling to Cope**

**Mental Health Crisis Suicidal Thoughts**

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

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

In Partnership with  
**creative SUPPORT**  
Forward Thinking Birmingham

You may be able to  
advertise in this space.  
Send an email to  
[bgatepost@gmail.com](mailto:bgatepost@gmail.com)  
for details.



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

# SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

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

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

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

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

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

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

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Please share with your family & friends

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Sutton Coldfield Charitable Trust

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## Sanjha Chulha a Punjabi Luncheon Group

Calling all in and around Sutton Coldfield

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

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

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

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

Please share with your family & friends

@SikhsOfSuttonColdfield @Sikhs\_of\_Sutton

**SUTTON COLDFIELD  
NEIGHBOURHOOD  
NETWORK SCHEME**

BRAND NEW BABY AND TODDLER CLASS

# TEDDY TIME

At Banners Gate Community Church  
Mondays 1.30 – 2.30pm

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

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

MORE INFO:  
For all preschool age children.  
No booking required.  
Call Beth on  
07719 857 450  
for further details.

## Pregnant? Children under four?

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

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

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

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

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

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

**Healthy Start**  
Give your family a healthy start

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

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





**G & T**  
**party hire**

AVAILABLE FOR ALL  
OCCASIONS



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**

A RUN CLUB LIKE NO OTHER



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

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

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

**FOR PUPPIES FROM 2 TO 6 MONTHS**

LIMITED SPACES AVAILABLE

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

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




TO BOOK YOUR PLACE PLEASE  
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[Ecd23@icloud.com](mailto: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?**  
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SUTTON COLDFIELD  
B73 6UR

**MORE INFORMATION**

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

**CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !**



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

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

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

**Caroline Howell** MSc PGCE MCP

01675 470105  
07796 546172

[caroline@putertutor.co.uk](mailto:caroline@putertutor.co.uk)  
[www.putertutor.co.uk](http://www.putertutor.co.uk)

Blythe Cottage, Dexter Lane  
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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).



## GOOD COMPANY SINGERS

**Saturday  
14th October 2023**

Formed in 1982, Good Company Singers is a 50 strong choir which has expanded its repertoire to embrace many genres of music in order to reach and entertain a wide range of audiences. The concert will include popular music, songs from the shows, classical and ecumenical music. They even have their very own boy band called 'No Direction'.

Under the musical direction of Linda Harniess, the choir has toured Northumberland, Cornwall and Buxton, performing at locations such as Hexham Abbey, Alnwick Castle, St Michael's Mount, Tideswell and even at Wolverhampton Wanderers! Good Company Singers was a Midland Choir of the Year finalist in 2022.

**7:30pm**



## 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)**



Manor Musical Theatre Company  
presents...

# Fiddler *on the* Roof

25th-28th  
October 2023

Royal Sutton Coldfield Town Hall



Scan for tickets

or visit: [www.ticketsource.co.uk/manor-musical-theatre-company](http://www.ticketsource.co.uk/manor-musical-theatre-company)



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

Based on Sholem Aleichem stories by special permission of Arnold Perl.  
Book by JOSEPH STEIN Music by JERRY BOCK Lyrics by SHELDON HARNICK  
Produced on the New York Stage by Harold Prince.

Original New York Stage Production Directed and Choreographed by JEROME ROBBINS

This amateur production is presented by arrangement with MUSIC THEATRE INTERNATIONAL. All authorised performance materials are also supplied by  
MTI [www.mtishows.co.uk](http://www.mtishows.co.uk)



**Manor Musical Theatre Company (Registered Charity No. 1188542)**

**Presents:**

# **Fiddler on the Roof**

**A fully staged production with a professional orchestra**

After their two sell-out shows in 2022, Manor Musical Theatre Company are delighted to present the beloved musical 'Fiddler on the Roof'.

It tells the story of the small, tradition-steeped town of Anatevka in an area of Imperial Russia now within Ukraine, where Jews and Russians live in delicate balance. During the course of the show the time honoured traditions of Anatevka are both embraced and challenged by Tevye and his colourful community, as they witness his daughters, Tzeitel, Hodel and Chava, grow up and fall in love in a time of extraordinary change. It is a story that captures the essential human longings for love, community, success, freedom, family and meaning.

'Fiddler on the Roof' features such iconic songs as the boisterous '*If I Were a Rich Man*', the beautiful '*Sunrise, Sunset*' and the classic '*Matchmaker, Matchmaker*'.

## **Ticket Prices**

### **Evening performances:**

Wednesday 25 October 2023 at 7.30pm £19 each

Thursday 26 October 2023 at 7.30pm £19 each

Friday 27 October 2023 at 7.30pm £21 each

Saturday 28 October 2023 at 7.30pm £21 each

### **Matinee performance:**

Saturday 28 October 2023 at 2.30pm £21 each

Children 3-14 years: £14 all performances

## **Tickets via Manor Musical Theatre Company box office**

On-line: <https://www.ticketsource.co.uk/manor-musical-theatre-company> for seat selection and payment by credit/debit card (booking fees apply).

For direct ticket orders please contact the box office by telephone: 07742 046039 or email: [mtcbookings@hotmail.com](mailto:mtcbookings@hotmail.com) Payment to be made by cheque payable to 'Manor MTC' and sent with confirmation of name, date and number of tickets to be purchased together with a stamped self-addressed envelope to: Mr Richard Parry, 44 Rowan Road, Sutton Coldfield B72 1NN

Website: [www.manormusicaltheatrecompany.co.uk](http://www.manormusicaltheatrecompany.co.uk)

# ALEXANDRA THEATRE BIRMINGHAM



SAT 23 SEP 2023

Ruby Wax: I'm Not as Well as I



SUN 24 SEP 2023

80s Live



SUN 1 OCT 2023

Sing-a-Long-a Encanto



SAT 7 OCT 2023 - SAT 6 APR 2024

Theatre Tour



TUE 17 OCT - SAT 28 OCT 2023

Pretty Woman The Musical



MON 30 OCT - SAT 4 NOV 2023

Twelve Angry Men



SUN 5 NOV 2023

Dave Gorman: Powerpoint to the



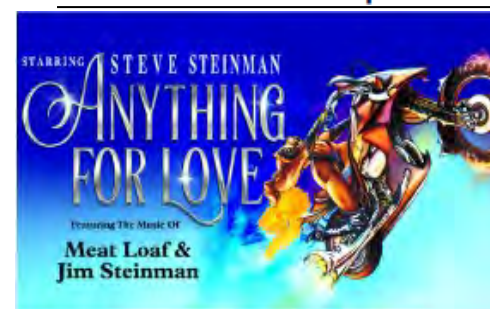
MON 6 NOV 2023

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





## West Side Story (Presented by Brownhil...

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

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



## 84 Charing Cross Road - Lichfield Play...

Studio, Tuesday 26th - Saturday 30th  
September 2023 - 2.45pm (Sat) &  
7.45pm (all) -

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



## A Little Life (Live Recording)

Studio, Sunday 1st October 2023 - 5pm

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



## Eddi Reader

Main Auditorium, Sunday 1st October  
2023 - 7.30pm

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



## By the Waters of Liverpool

Main Auditorium, Tuesday 3rd &  
Wednesday 4th October 2023 - 2.30pm  
(Wed) & 7.30pm (all)

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



## Royal Opera: L'Elisir D'Amore (Live Sc...

Studio, Thursday 5th October 2023 -  
7.15pm

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



## Lost In Music - One Night At The Disco...

Main Auditorium, Thursday 5th October  
2023 - 7.30pm

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



## Made in Tennessee

Main Auditorium, Friday 6th October  
2023 - 7.30pm

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



## Jack's Ashes

Studio, Friday 6th October 2023 -  
7.45pm

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





### The Magic of the Bee Gees - You Win Ag...

Main Auditorium, Saturday 7th October 2023 - 7.30pm

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



### Sheila's Mental Health Show - Guilt

Studio, Saturday 7th October 2023 - 7.45pm

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



### The Nick Ross Orchestra - The Glenn Mi...

Main Auditorium, Sunday 8th October 2023 - 5pm

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



### Unruly: An Evening with David Mitchell...

Main Auditorium, Monday 9th October 2023 - 7.30pm

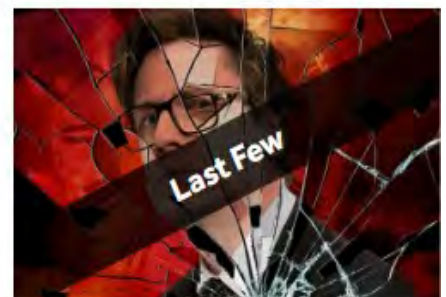
[MORE](#) | [BOOK](#)



### Halfway 'Round The Bend - How I Lost M...

Studio, Tuesday 10th October 2023 - 7.45pm

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



### Ed Byrne: Tragedy Plus Time

Main Auditorium, Wednesday 11th October 2023 - 7.30pm

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



### Yippee Ki Yay: The Die Hard Parody

Main Auditorium, Thursday 12th October 2023 - 7.30pm

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



### Some Guys Have All The Luck - The Rod...

Main Auditorium, Friday 13th October 2023 - 7.30pm

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



### Into The Shadows

Studio, Friday 13 & Saturday 14 October 2023 - 7.45pm

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





## Guided Backstage Tours

LG, See webpage for times

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



## The Sound of Springsteen

Main Auditorium, Saturday 14th October 2023 - 7.30pm

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



## Just My Imagination

Main Auditorium, Sunday 15th October 2023 - 7.30pm

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



## Sh!t-faced Shakespeare – Much Ado About...

Main Auditorium, Tuesday 17th October 2023 - 7.30pm

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



## Crimes on Centre Court

Main Auditorium, Thursday 19th - Saturday 21st October 2023 - 2.30pm (Sat) & 7.30pm (all)

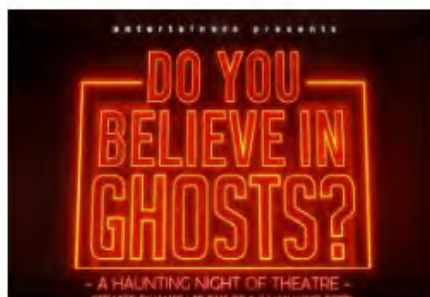
[MORE](#) | [BOOK](#)



## War of the Worlds (On a Budget)

Studio, Saturday 21st October 2023 - 7.45pm

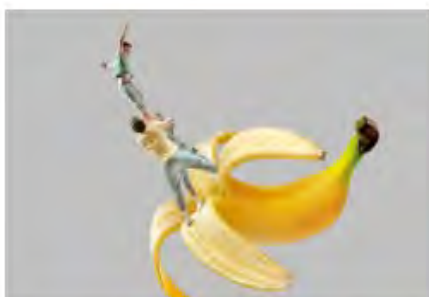
[MORE](#) | [BOOK](#)



## Do You Believe In Ghosts?

Main Auditorium, Sunday 22nd October 2023 - 7.30pm

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



## Kin - Barely Methodical Troupe

Main Auditorium, Tuesday 24th October 2023 - 7.30pm

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



## Quill Featuring Bev Bevan

Main Auditorium, Wednesday 25th October 2023 - 7.30pm

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



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

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

Ballet, Dance, Main House

**Birmingham Royal Ballet**  
**- Black Sabbath - The Ballet**

Sat 23 Sep – Sat 30 Sep



Comedy, Main House

**Foil, Arms & Hog - Hogwash**

Sun 1 Oct

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

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

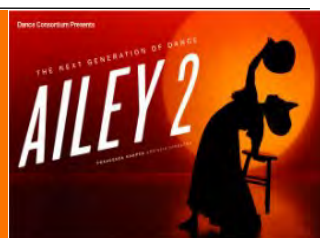
For their return to the UK, Ailey 2 brings an exciting repertoire featuring Francesca Harper's futuristic **Freedom Series** (excerpt), Robert Battle's thrilling **The Hunt**, the incredible energy of William Forsythe's **Enemy in the Figure** (excerpt), and Alvin Ailey's beloved masterpiece **Revelations**.

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

Dance, Main House

**Ailey 2**

Tue 3 Oct – Wed 4 October



Comedy, Main House

**Dawn French Is A Huge Twat**

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

Thu 5 Oct – Sat 7 Oct  
Tickets from £40

"This show is so-named because unfortunately, it's horribly accurate. There have been far too many times I have made stupid mistakes or misunderstood something vital or jumped the gun in a spectacular display of twattery.

I thought I might tell some of these buttock clenching embarrassing stories to give the audience a peek behind the scenes of my work life...

Roll up! Book early to see the telly vicar lady be a total twat on stage, live in front of your very eyes. And ears."

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

Comedy, Main House

**Plusive Live in association with Avalon and PBJ Management**

**Off Menu: Live**

The multiple award-winning podcast comes to Birmingham!



Musicals, Main House

**Everybody's Talking About Jamie**

Sixteen: the edge of possibility. Time to make your dreams come true.

Tue 10 Oct – Sat 14 Oct  
Tickets from £25

[View Info & Book](#)

[View Trailer](#)

Following a record-breaking three-year West End residency, sold-out UK & Ireland Tour and Amazon studios award-winning film, the smash-hit and critically acclaimed musical **Everybody's Talking About Jamie** comes to Birmingham Hippodrome.

Jamie New is sixteen and lives on a council estate in Sheffield. Jamie doesn't quite fit in. Jamie is terrified about the future. Jamie is going to be a sensation. Supported by his brilliant loving mum and surrounded by his friends, Jamie overcomes prejudice, beats the bullies and steps out of the darkness, into the spotlight. This 'Funny, outrageous, touching' (*Daily Telegraph*), musical sensation is to be experienced by all the family and not to be missed!

Funny, fabulous and feel good, *Everybody's Talking About Jamie* features an all-star cast including West End sensation **Ivano Turco** as Jamie, *EastEnders* legend **John Partridge** as Hugo/Loxo Chanelle, *Dancing on Ice* royalty **Hayley Tamaddon** as Miss Hedge, *Coronation Street*'s **Shobna Gulati** as Ray, musical theatre star **Rebecca McKinnis** as Margaret and *Everybody's Talking About Jamie* veteran **Talia Palamathanan** as Pritti.

Set to an original score of catchy pop tunes that will 'blow the roof of the Theatre' (*Mail on Sunday*) by lead singer-songwriter of *The Feeling*, **Dan Gillespie** Sells and writer **Tom MacRae** (*Doctor Who*). Choreographed by Sadler's Wells Associate Artist Kate Prince (*Into The Woods*, *Some Like It Hot*, *Sylvia*, *Message In A Bottle*). This 'sparkling coming-of-age musical' (*The Times*) will have everybody talking about Jamie for years to come. Sixteen: the edge of possibility. Time to make your dreams come true.

Created in Birmingham, **Jumpov!** is proudly the UK's first Black and Brown Improv group. Every performance is made up entirely on the spot with suggestions from you, the audience. One minute you may be watching your first date re-enacted as a TED Talk and the next you'll be plunged into the middle of a rap battle based on that week's headlines – nobody knows exactly what might happen, and that's the fun! Not sure what to expect? Think shows like *Mock the Week* or *Whose Line Is It Anyway?* but with a signature Midlands twist! So, whether this is your first taste of Jumpov, or you've been there from the start, we hope you can join us for what's sure to be an evening to remember.

Comedy, Patrick Studio

**Jumpov! - Oct 23**

A fun night of live sketch comedy!

Sat 14 Oct  
£5 in advance, £8 on the day

[View Info & Book](#)

[View Trailer](#)



Family & Pantomime, Musicals, Main House

**Charlie and the Chocolate Factory - The Musical**  
A world of pure imagination

Tue 17 Oct – Sun 9 Nov  
Tickets from £22

[View Info & Book](#)

[View Trailer](#)

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!





SATURDAY 9 SEPTEMBER 2023



WEDNESDAY 13TH TO  
SATURDAY 16TH SEPTEMBER



FRIDAY 29TH SEPTEMBER



SATURDAY 30TH SEPTEMBER



TUESDAY 10TH - SATURDAY  
14TH OCTOBER 2023



WEDNESDAY 25TH OCTOBER -  
SATURDAY 28TH OCTOBER



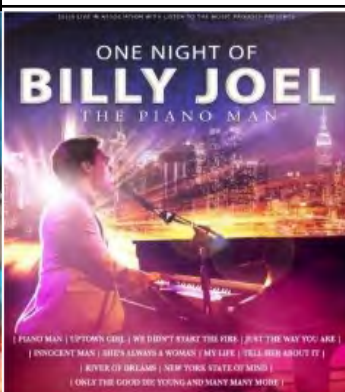
THURSDAY 2 NOVEMBER



FRIDAY 3RD NOVEMBER



SATURDAY 4TH NOVEMBER



FRIDAY 10TH NOVEMBER



SATURDAY 11 NOVEMBER



SUNDAY 12TH NOVEMBER



If you live in England, you can use this service to find a walk-in coronavirus (COVID-19) vaccination site. You can get a dose of the COVID-19 vaccine from a walk-in site without an appointment. You do not need to be registered with a GP.

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

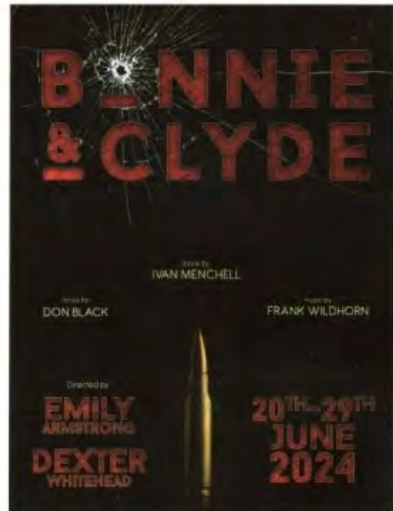
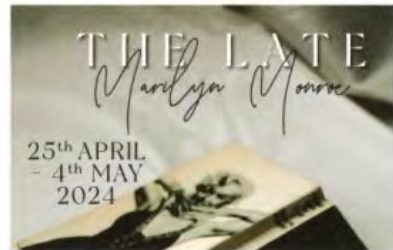
NATIONAL BLOOD DONATION  
Appointments only:  
Telephone:  
0300 123 2323



## SUPPORT US

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




**2023-2024**

## THE HAUNTING

**19 - 28 OCTOBER 2023**

A spine-chilling play by Hugh Janes, based on several original ghost stories by Charles Dickens.

In an ancient, crumbling mansion, sheltering from the howling winds that tear across the surrounding desolate moorland, two men stumble across a dark and terrifying secret that will change both of their lives. When a young book dealer, David Filde, is employed by a former associate of his uncle to catalogue a private library, he finds an incredible array of rare and antiquated books. But as a series of strange and unexplained events conspires to keep Filde from his work, he realises that if he is to convince his sceptical employer that the mysterious phenomena he is experiencing are real, they must journey together to the very edge of terror, and beyond...

**Please note:** Suggested Age rating: 12+

**Written by Hugh Janes**

**Directed by Patrick Richmond-Ward**


**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.





## What's on next?

Highbury Cinema, in association with FoCiS, presents

### Muriel's Wedding

Director **P J Hogan**

Released **1994**

Duration **1h 46m**

Certificate **15**

This 1994 Australian comedy-drama film, starring Toni Collette, focuses on the socially awkward Muriel whose ambition is to have a glamorous wedding and improve her personal life by moving from her dead-end hometown, the fictional Porpoise Spit, to Sydney.

### TAKING SIDES



by **Ronald Harwood**

directed by **Alison Cahill**

Produced by **Alison Cahill**

Screenplay by **Alison Cahill**

Costume Designer **Alison Cahill**

UK - 28 October 2023 - 7.30pm

Highbury Players present

### Taking Sides

by **Ronald Harwood**

directed by **Alison Cahill**

Wilhelm Furtwängler was established as a great conductor when the war broke out. He continued conducting in Germany when many musicians left the country. After the war he was accused of collaboration with the Nazis. Here, he is brutally interrogated.



### Muriel's Wedding (1994)

*She's not just getting married,  
she's getting even*

**22 October 2023, 7pm**

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)





# 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

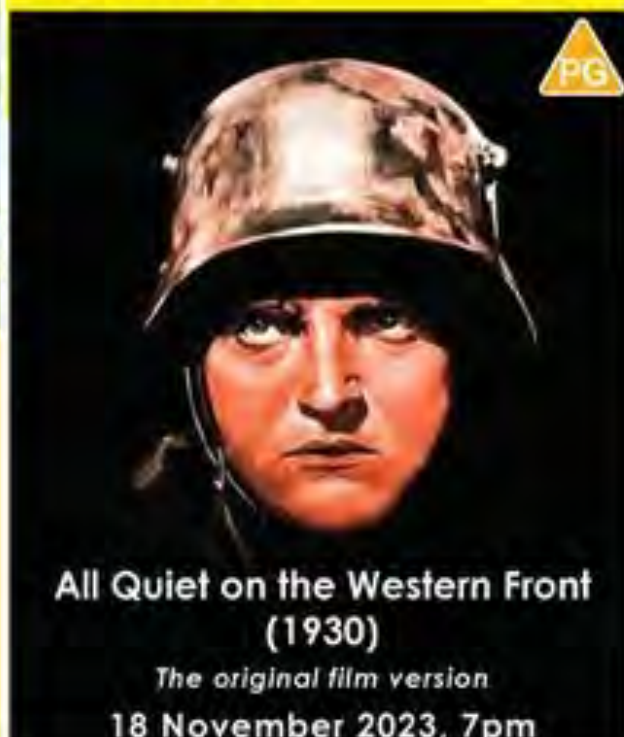
Director **Lewis Milestone**

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 5-8pm	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  
Cancer  
Support  
Centre



## THE WALKING GROUP IS BACK!

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

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

To register please call 0121 378 6295  
or email [info@suttoncancersupport.org](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 : 0300 012 0245 email : [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)



A place of sanctuary and support

# YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,  
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

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

Telephone : 0300 012 0245 email : [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897



# Make a difference to a child in emergency care

[Donate now](#)



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

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

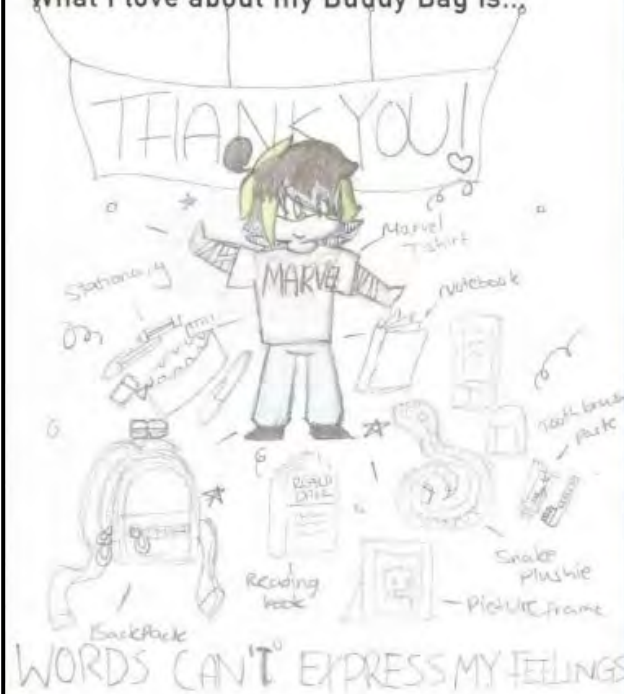
What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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

**Four Oaks**  
Financial Services Limited  
providing positive solutions

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

Tel: 0121 323 2070 [www.fouroaksfs.com](http://www.fouroaksfs.com)

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

Proud to support our nominated charity

**buddy bag**  
foundation



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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)



*Pizza · Pasta · Steak · Fish*

**Bistro/Cafe Verona**

## SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

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

## SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

Live Music, Bar, Parking, & Socialising

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



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

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

Or Contact: Sandra on 07932-395158







**Coffee Pot**

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

Every Friday Morning  
10.30am - 12.30pm

Everyone Welcome



**St Chad's  
Sunshine  
Cafe**

**Our Dementia Friendly Cafe**

11am-1pm  
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)

12/06/2023  
\* People living with dementia must be accompanied by someone who can provide care if needed\*

**u3a**  
Sutton Coldfield

**Sutton Coldfield u3a**



<https://scu3a.org.uk/>

**u3a** learn, laugh, live

**Who do you think you are?**

*At a U3A Genealogy/Family History Group you will get lots of advice to help you start on your path to discover your family's past...*

**Family History** can be a lonely activity and you may prefer the companionship of others on the trail of their ancestors' past. If that's the case, our **U3A Genealogy Group** is a great place to share tips, find help and get advice!

*Why not contact:*

**Sutton Coldfield U3A Genealogy Group**  
we meet the third Tuesday of the month  
at the United Reformed Church Centre,  
Brassington Avenue in Sutton at 2.00pm

For more information go to: [www.scu3a.org.uk](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 £2.50/visit, non-member's £3.50/visit



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



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

Affiliated to the Photographic Alliance of Great Britain through the Midland Counties Photographic Federation.



## Sutton Coldfield Photography Club



### The friendly club

All visitors and new members welcome at any level of experience.

We have a varied programme of talks, competitions and activities.



We meet on Friday evenings

from September to April at:

South Parade Methodist Centre

Sutton Coldfield B72 1RB



Contact us at

[mail@suttonphoto.club](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 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

Bridge for beginners

Bridge for improvers

A regular bridge session

Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538



## North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

## CYCLE WITH US

Quiet lanes, Non-competitive, Very sociable.

Wednesday leave 1.30pm, back about 4.30pm

Saturday leave 10.00am, back about 1.00pm

20 to 25 miles, 10 mph. Café stop

Enquiries John Bedford 0121 353 5136

## BRAND NEW BABY AND TODDLER CLASS TEDDY TIME

At Banners Gate Community Church  
Mondays 1.30 - 2.30pm



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



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

### MORE INFO:

For all preschool age children.  
No booking required.  
Call Beth on  
07959 857 450  
for further details.





## BIRMINGHAM COMPUTERS & COMPONENTS

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

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

0121 270 6180

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

We look forward to being of service to you

### Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

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

### Beauty By Ella

•BIAB Gel nails

•Gel toes

•Manicures&pedicures

•Gel extensions



Based at...

The Luna Lounge

Sutton Coldfield

B74 4EU

To book in, message me

Instagram

on...

Facebook

[\\_beauty\\_by\\_ella](https://www.instagram.com/beauty_by_ella) 07825001242 [Beauty By Ella](https://www.facebook.com/BeautyByElla)

### Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

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





# Rainbow Moon

Craft Workshops

## 'Painting with Wool'

Suitable for beginners

Saturday 26th August  
1pm—4pm

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

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

Call Lesley 07926 988204 or email [lamoons1@hotmail.com](mailto:lamoons1@hotmail.com)

Limited spaces available

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

See page 32 in the supplement



Our Felted Flower Workshop





## STREETLY FLOWER ARRANGERS' CLUB



We meet monthly  
2nd Tuesday 2.30pm  
Streetly Community Centre,  
Foley Rd East, B74 3HR

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

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

Further details Chris Reeves tel: 0121 354 6264





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

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



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

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

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

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

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

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

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

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

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





**CALLING ALL QUILTERS! OR ARE YOU INTERESTED IN LEARNING ABOUT QUILTING?  
WANT TO IMPROVE YOUR SKILLS AND TECHNIQUES?  
WHY NOT COME TO OUR GROUP?**

Sutton Coldfield Trinity Quilters was founded in 1996, our aims are to further the skill and art of patchwork and quilting. We meet at Holy Trinity Parish Church, Mill Street twice per month: the second Tuesday evening from 7.30-9.30 pm and the fourth Wednesday afternoon from 2.30-4.30 pm. Our 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).

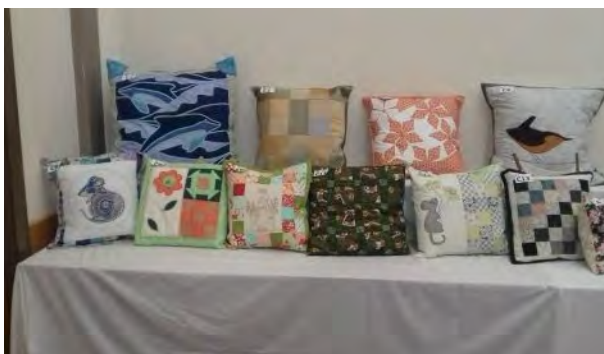
Our new programme commenced on 12 September 2023 and we have a good mix of speakers, workshops, sit and sew sessions.

**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!**



**Groups are back at the  
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

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

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

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

Ring Claire on 07930 354 885 for more information.

**MENOPAUSE**



**COMMUNITTEA CAFÉ ALLOTMENT**  
**TUESDAYS 10 TILL 12**

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

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

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



Everyone  
welcome

Gardening  
Group

Help us grow  
fresh produce  
for the cafe

Sunnybank Road  
Allotments,  
Boldmere

Meet our  
Neighbourhood  
Networker

**CONTACT**

Suzy Summerfield

07940 709 314

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

Angel beads ltd



Melanie Wright

07490133151

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

Facebook: @angelbeadsuk

Instagram: angelbeadsLtd



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



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

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

Odonata Studios  
Middleton Hall Courtyard  
Tamworth  
B78 2AE

Tel:- 01827 287294

email:- [gillian@odonatastudios.co.uk](mailto:gillian@odonatastudios.co.uk)

odonatastudio  
 odonata\_studios

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



18 Beeches Drive, Birmingham B24 0DU  
[redogihandmade@gmail.com](mailto:redogihandmade@gmail.com)  
07305 564 108





# Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

## Step 1: What's the problem?

### I suddenly have no money

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

See options 1 2 3

### My money doesn't stretch far enough

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

See option 1 2

### I have debt

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

See option 3

### I am waiting on a benefit payment or advance

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

See options 1 4

## Other Support

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

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

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

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

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

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

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

Apply online: www.healthystart.nhs.uk

## For Migrants, Asylum Seekers and Refugees

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

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

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

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

## About this leaflet

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

Feedback? What did you find useful about this guide? [www.bit.ly/moneyadvicefeedback](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 6

### CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

### THE PROJECT

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

Help with options: 1 2 3 4 5 6

### BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

### SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

### CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

### DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

### CHRISTIANS AGAINST POVERTY

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

Help with options: 3

### WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

## Other Support

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

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

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

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



# NOSTALGIC

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



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



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

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

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

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

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

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

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

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



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

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

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

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

If you need advice in your caring role, please call us on:  
Information and Advice Line – **0333 006 9711** (low call rate)  
Mon, Tues, Thurs & Fri: 9am-5.15pm / Wed: 9am-7.15pm  
Saturday: 10am – 12.30pm  
Email us at [info@birminghamcarershub.org.uk](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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Phone no. 0121 386 2639

Email: [info@cw-sec.co.uk](mailto:info@cw-sec.co.uk) Website: [www.cw-sec.co.uk](http://www.cw-sec.co.uk)

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Email: [rosie\\_p25@hotmail.co.uk](mailto:rosie_p25@hotmail.co.uk)



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T: Dave Edwards 07305931199

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

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Church,

South Parade, B72 1QY

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

07422 406168

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

Home Instead  
2nd Floor,  
Plantsbrook House  
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Sutton Coldfield  
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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 take-home pay of £408 or less per month).

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

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

**Healthy Start**

Give your family a Healthy Start

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

Birmingham  
City Council

HEALTHY  
START

NHS





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

www.birminghamsettlement.org.uk  
Charity no: 517303



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**Kingstanding Road**  
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**Contact Michelle on 07933 986 869**

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

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## Cafe Oasis

**Monday, Tuesday,**  
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**10.00am - 2:30pm**

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

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

Find us in Sutton Coldfield United Reformed Church  
**Call: 07713 970096 Email: cafe.oasis@scurc.org.uk**  
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\*5% discount for advance payment of five or more sessions  
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The Loft Pilates  
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We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

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

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

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

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

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

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






See front page

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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)

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Contact Details: 07565652762  
[loveworldsuttoncoldfield@gmail.com](mailto:loveworldsuttoncoldfield@gmail.com)

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

## CREATE at the Gate with K & S

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

## Banners Gate Community

### Hall Coffee Mornings.

The next is on 17th October  
at 10 o'clock.

## Hall's Gardens

Garden Maintenance Services

Gary Hall

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

[garyhall7@blueyonder.co.uk](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)

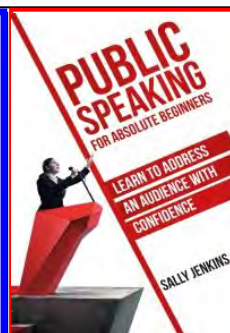
The Jarrett room is approx. 13' x 8'  
(4m x 2.5m)

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)



## Public Speaking for Absolute

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Tips on constructing and presenting all types of speeches.

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Community Hall,

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West Midlands North Branch

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

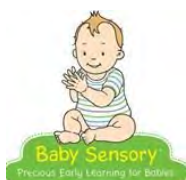


## SWIMMING LESSONS

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

Badge Work ~ Qualified Instructors  
**0121 353 6616**

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



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

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

Call Tracy Jones on 07753 82 56 22

Email: [suttoncoldfield@babysensory.co.uk](mailto:suttoncoldfield@babysensory.co.uk)

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

**Lee Nugent**

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



**Katie Ingle**  
T: 0788 886 7850  
E: [kilfitfitness@outlook.com](mailto:kilfitfitness@outlook.com)  
IG: @kilfitfitness  
FB: kilfitfitness

**Personal Training**

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

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

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



**Sports  
Massage 360**

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



## HOME TUITION

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

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

Tracy: 0780 329 3351







PRICES START FROM  
£20 per hour

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

### MORE INFORMATION

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

## CARING FOR CARERS

### Supporting carers through loss and bereavement

Have you experienced a  
recent loss of a loved one?

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

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

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

Contact our friendly team now  
on 0121 809 5902 or  
[caringforcars@communitiesinsync.info](mailto:caringforcars@communitiesinsync.info)  
for more information



COMMUNITIES  
IN SYNC



**Birmingham**  
City Council

# Manor



# Crafts

Decorative Arts and Crafts for All Occasions

## 0779 439 3477

[www.manor-crafts.co.uk](http://www.manor-crafts.co.uk)





# GRACECHURCH

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

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

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




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

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



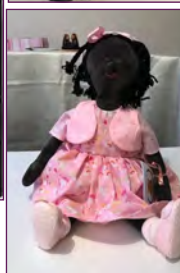
Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



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

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

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

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

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



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



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



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

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

[st.columbahall@yahoo.com](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 17th October**  
**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
Friday 9.30 - 11.15 10.30–11.30 4.30-5.30&5.30-6.30 7.00 - 8.00 pm	The Creation Station Tai Chi Repertoire Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall Community Hall	Avne Wilson 07793 Philip Shelton Chloe Lloyd 07729 Shakila Kosar 07825	54 26 48  47 79 46 25 50 42
<b>BOOKING SECRETARIES:</b> Community Hall mobile: 075 65 54 68 21 Banners Gate CC - Nigel Willis 07711 284562 St. Columba's - Alison Jolley <a href="mailto:st.columbahall@yahoo.com">st.columbahall@yahoo.com</a> Scout Hall - A & R Talliss 353 8166		<b>UNIFORMED ORGANISATIONS:</b> <b>Scouts:</b> Margaret Drummond, 33rd GSL 353 5203 <b>Girguiding:</b> Carol Gardner, Vesey West District Commissioner 350 7191		

**Useful telephone numbers**  
Sutton and Kingstanding  
**Police: 101**  
Good Hope: 424 2000  
Outpatients: 424 2000  
NHS Health helpline:  
Call 111 it's 24/7  
Citizens Advice  
03444 111 444

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

**Banners Gate  
Community hall  
Coffee Mornings  
The next is on  
17th October  
At 10 o'clock**

 **The Townswomen's Guild**  
Patron HRH The Princess Royal GCVO  
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