

# *The Gatepost Supplement September 2023*



**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.



[View online](#)

**No Let-Up.  
The devastating decline of  
our wildlife continues.**



The latest **State of Nature report** is out – the most up-to-date and accurate picture we have of how wildlife is doing in the UK and its Overseas Territories. Its findings make it very clear that the nature we love is in crisis.

In Great Britain (England, Scotland and Wales) almost 1,500 species are now at risk of being lost completely. In Northern Ireland, 281 face a similar fate.

**But there's reason for hope.**

[Read the report](#)

# The following advertisements may benefit you, or people you know.

## Grace Cares is a not-for-profit organisation

which has been set up to support older people, their families and care workers across the UK.

We collect, donate and sell pre-loved care equipment to enhance people's quality of life, support care workers and older people in need with grants and community groups and leave a better planet for future generations.

One of the ways we support our local community of Lichfield is by holding monthly tea parties for the over 75's which provide vital, life-enhancing social connections for older people at a time in their lives when their social circles are diminishing.



**BUY PRE-LOVED  
CARE EQUIPMENT**



**GET HELP &  
SUPPORT**



**DONATE OR GET  
INVOLVED**



### Let's work together







# 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.



## Are you a carer supporting someone living with dementia? We are here to help.

Come and join us at your local dementia carers hub  
support group at Falcon Lodge Community Hub, Church  
Hill Rd, B75 7LB, every Wednesday 1pm to 3pm



We know that being a carer can be difficult. However, you are  
not alone and this group provides the chance to meet others on  
a similar journey, as well as directing you to relevant and  
practical support

✉ [dementiacarerhub@ageukbirmingham.org.uk](mailto:dementiacarerhub@ageukbirmingham.org.uk)

🌐 [www.ageukbirmingham.org.uk](http://www.ageukbirmingham.org.uk)

📍 Falcon Lodge Community  
Hub, Church Hill Rd, B75 7LB

☎ 0121 437 0033



Support Group  
**SUTTON COLDFIELD**

Delivered by Age UK Birmingham &  
Age Concern Birmingham



# Carer Support Group Open Day

Are you supporting someone living with dementia  
in Sutton Coldfield?

Come along and meet the  
team, join in with  
activities and receive  
information about what  
we can do to support you.

**Wednesday 13th September**  
**1pm to 3pm**

**Falcon Lodge Community  
Hub, Churchill Rd, B75 7LB**



For more information, contact us:  
**0121 437 0033**

[dementiacarerhub@ageukbirmingham.org.uk](mailto:dementiacarerhub@ageukbirmingham.org.uk)

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



**Birmingham City  
Council are completing  
face to face  
Occupational Therapy  
Assessments  
in your community**

# Occupational Therapy Clinics

Drop-in clinics are running daily  
across Birmingham, from  
9.30am- 2pm.

No need to book.

For more information about  
clinic venues visit:

[https://birmingham.connecttosupport.org/  
occupational-therapy/occupational-therapy-  
clinics-in-the-community/](https://birmingham.connecttosupport.org/occupational-therapy/occupational-therapy-clinics-in-the-community/)



**Birmingham  
City Council**

**Tuesdays: Boldmere Clinic, Newman Community Centre,  
13a Boldmere Road, Sutton Coldfield, B73 5UY. 9.30 - 3pm**

## **ERDINGTON WELLBEING HUB**

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

Welcome to a new era of service and support  
for Erdington residents.

**Jordanne Francis**  
Health and Wellbeing  
Officer

T: 0121 320 1930  
T: 0121 827 6295  
M: 07458 130587  
E: [Jordanne.francis@wittonlodge.org.uk](mailto:Jordanne.francis@wittonlodge.org.uk)  
W: [www.wittonlodge.org.uk](http://www.wittonlodge.org.uk)

## **WITTON LAKES ECO HUB**

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

Welcome to a new era of service and support for  
Erdington residents.





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 café! 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 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@cinnamoncc.com](mailto:sutton.enquiries@cinnamoncc.com) to reserve your space.



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



SUTTON PARK  
GRANGE  
CINNAMON LUXURY CARE

## LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

**At Sutton Park Grange, people will always come first**

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

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





## *British Sign Language (Birmingham)*

# FREE BSL EVENING CLASSES STARTING SEPT 2023

**Banners Gate Community Centre, Sutton Coldfield B73 6UR**

**The Great Barr Community Hub**

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

***10-week courses delivered by experienced Tutors***

***Topics such as***

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



Contact 07825255042

Email [bslsilver2022@gmail.com](mailto:bslsilver2022@gmail.com)

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





## Calling all cat lovers ..

### Can you help? Can you adopt? Can you foster?



**Lucy**



**Terence**

All the cats featured here are now - August 2023 - looking for their forever home - for a host of reasons. Maybe their owner has died as with Lucy, some are in dire straits, having to move into rented, losing their partners or jobs - all sorts of situations and changes of circumstances.




**Polly**



**Jo Jo**

If any one of these lovely cats appeals to you - or if you could foster - contact Lynne of Team Cat Rescue on 0121 373 4596.



Birmingham and Solihull  
Integrated Care System  
Caring about healthier lives

## 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 an health check, you can take a member of your family or someone that knows you well
- Maybe write down a list of questions you might want to ask the Health Care Professional



### What happens during the Annual Health Check?

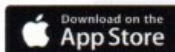
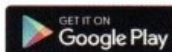
- The Health Care Professional will ask all about you and how things are at home
- Review medication/weight/height and carry out blood tests
- Identify any changes in behaviour and offer some solutions
- Review planning for the future conversations by identifying a person's wishes and preferences
- Offer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



# Can you help us save more food?

**OLIO**  
The Food Sharing App



## Yes you can!

It's easy to give back to the OLIO community



### Spread the word

Tell the next 5 people  
you talk to about OLIO.  
Go on, don't be shy!



### Add to OLIO

Your neighbours will  
love your spare food or  
household items.



### Volunteer

Feel great  
& do good  
at the same time.

Learn more at

[OLIOex.com/get-involved](https://OLIOex.com/get-involved)

Together we can make a difference!

**OLIO**

f @OLIOex    i @OLIO\_ex    t @OLIO\_ex





## COULD YOU VOLUNTEER?

Our Volunteers are legends and we are always looking for more. We wouldn't be able to do all that we do without the amazing work and support of our volunteer team. There are different ways in which you can volunteer for us at The gap\*. We offer all the training that is required and we put all volunteers through the DBS process.

We would love to welcome you onto our team! If you have a heart for young people and seeing them thrive in life please do get in touch. You can do this by emailing us at or scanning the QR code to go straight to our website!

### CONTACT US

Senior youth worker  
07565542976  
[gap.huboffice@gmail.com](mailto:gap.huboffice@gmail.com)



[gap.huboffice@gmail.com](mailto:gap.huboffice@gmail.com)



At The Gap we exist to engage, identify and invest in the lives of marginalised young people in Sutton Coldfield and surrounding areas. We look to step into the gap between exclusion and acceptance, between apathy and hope. We seek to demonstrate that actions really do speak louder than words.

A big part of what we do is our drop-in session Venue on Mondays, Wednesdays and Fridays from 3:30-5:30 which is full of fun, games and hot chocolate! We also run The Studio here where we record music or podcasts based on discussion topics the young people are passionate about. Outside of this we do 1-1 mentoring sessions in schools with our project Headspace where we help young people with their mental health. We also have our detached youth work project OutThere!



@thegapsuttoncoldfield



the gap\* Sutton Coldfield



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>



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

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



The following pages are items picked up on a Heritage Day visit to Trinity Church

HOLY TRINITY PARISH CHURCH  
ROYAL SUTTON COLDFIELD

# BECOME A FRIEND



  
FRIENDS OF HOLY TRINITY  
PARISH CHURCH, ROYAL SUTTON COLDFIELD  
[htsc.org.uk](http://htsc.org.uk)

## MEMBERSHIP FORM

Please complete this membership form and return it to us at the address shown at the bottom of the page, enclosing a self-addressed envelope, and with cheques made payable to 'Friends of Holy Trinity Parish Church'.

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tel \_\_\_\_\_

Email \_\_\_\_\_

**PRIVACY NOTICE:** Personal data for membership and event ticketing is recorded and stored securely via an encrypted cloud-based membership system. Data is held strictly for the purpose of administering membership, and to send you newsletters about concerts and events at Holy Trinity Parish Church. We do not sell or share your information with any 3rd parties. Please indicate your consent to use your data in this way by ticking one of the boxes below.

Please tick ☐ Yes ☐ No

**GIFT AID:** I declare that I am a UK taxpayer and that in this tax year and each subsequent tax year, my annual income tax and/or capital gains tax will at least or exceed the amount of any tax reclaimed by this charity and other charities and community amateur sports clubs in respect of gifts that I make. Council Tax and VAT is excluded. I will notify Holy Trinity Parish Church should this status change in the future. I understand that Holy Trinity Parish Church, Sutton Coldfield (Registered Charity: 1133764) will reclaim 25p of tax on every £1 that I have donated. I confirm that this declaration covers this donation and any future donations made in this and subsequent years to this charity.

Please tick ☐ Yes ☐ No

*giftaid it*

Signature \_\_\_\_\_

Date \_\_\_\_\_

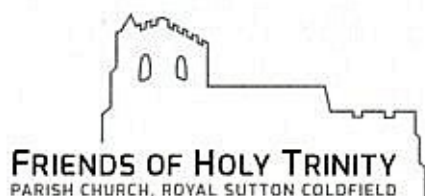
Friends of Holy Trinity Parish Church, Church Hill, Mill Street,  
Royal Sutton Coldfield, B72 1TF

Telephone: 0121 321 1144

[htsc.org.uk](http://htsc.org.uk)

Holy Trinity Parish Church is a Registered Charity - No. 1133764.





## JOIN US

Friends of Holy Trinity Parish Church, was launched in September 2013.

Our aim is to deliver an inspiring and engaging programme of concerts and events to ensure that Holy Trinity Parish Church remains at the very heart of the Royal Sutton Coldfield community.

Our fundraising and Friends membership aims strictly to sustain and enhance this historic 750 year old building – the fabric of which currently costs in excess of £25,000 per annum to repair, maintain and improve.

## WHAT DO I GET?

Becoming a member of the Friends of Holy Trinity offers you the chance to contribute to Royal Sutton Coldfield's historic parish church, complimentary programmes at events, priority updates and a quarterly newsletter.

Each year, the Friends aim to raise at least £10,000. Since foundation, Friends has contributed to:

- Specialist Cleaning and restoration of the 1914 CE Bateman chancel ceiling
- Improvements to the church sound system and hearing loop
- Additional Dais lighting to enhance worship and to support concerts and events



## OUR PATRON

Rt Hon  
Andrew Mitchell MP



"I am delighted to be Patron of the Friends of Holy Trinity Parish Church. For over 700 years this building has served the people of Royal Sutton Coldfield. It remains an intrinsic part of our Town's community life hosting major occasions such as the annual Remembrance Service and our Town's Civic Service each year, as well as its significance as the final resting place of Bishop Vesey. I support the Friends in their objectives of presenting a programme of events and concerts which it is hoped will raise essential funds to preserve and improve the building for future generations."

## MEMBERSHIP OPTIONS

Adult (annual)	£15	<input type="checkbox"/>
Young Person (annual – 16-17 year old)	£10	<input type="checkbox"/>
Family (annual – up to 2 Adults and 3 Under 18)	£30	<input type="checkbox"/>
Lifetime Individual	£450	<input type="checkbox"/>

[PLEASE TICK YOUR CHOSEN OPTION]

## BECOME A FRIEND OF HOLY TRINITY

We offer a secure website to make membership and event payments quick and easy. This is our preferred option and this site accepts all major credit and debit cards and has a current account direct debit facility.

Please visit [htsc.org.uk](http://htsc.org.uk)

Alternatively, please complete the membership form overleaf and return it to us at the address shown at the bottom of the page, enclosing a self-addressed envelope, and with cheques made payable to 'Friends of Holy Trinity Parish Church'. Completing the Gift Aid declaration will help us enormously at no extra cost to you.















## SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

"The underlying theme is that everybody appreciates, respects and enjoys what everyone else is doing irrespective of whether it's their type of music or not."  
(Ian – Sutton Coldfield)



"The team make every effort to welcome and encourage new members ... everyone, regardless of ability or experience is respected as a player. I've made a number of friends there too!"  
(Derek – Sutton Coldfield)

-  Do you enjoy playing or listening to live music?
-  Do you like socialising and meeting friendly people?
-  Are you a beginner or an experienced guitarist?
-  If so, the Sutton Coldfield Acoustic Guitar Club is the place to go.
-  We meet at the Royal British Legion Club, Rectory Road, Sutton Coldfield, B75 7AL on the first Tuesday of every month: 8pm to 10.30pm (Doors open 7.30pm)
-  All guitarists, guitarist/singers, solo performers, duos or ensembles and, of course, listeners are warmly welcomed.
-  Whatever standard you are - the idea is to have a go and enjoy yourself.
-  You'll hear music of many genres from across the ages – classical, jazz, pop, rock, folk and some that defies categorisation!
-  £3.00 entrance fee. Pay at the door (No club membership fee).
-  There is a well-stocked bar and free parking. The club is also easily accessible by public transport.
-  We look forward to seeing you for a great night out.
-  For more details, please visit our Facebook Page – search for The Sutton Coldfield Acoustic Guitar Club

Or contact: Gary on 07799 111843 or Sandra on 07932 395158

**SCCT**  
Sutton Coldfield Charitable Trust

## SUTTON COLDFIELD ARCHAEOLOGICAL SOCIETY

### PROVISIONAL PROGRAMME 2023/2024

<u>Friday 29<sup>th</sup> September 2023</u>	(7.00 for 7.15)
Professor Richard Thomas	Remains of the Greys. The Archaeology of Bradgate House, Leicestershire
<u>Friday 13<sup>th</sup> October 2023</u>	(2.00 for 2.15)
Dr Shelagh Norton	Archaeology of New Zealand
<u>Friday 27<sup>th</sup> October 2023</u>	(2.00 for 2.15)
Peter Shergold	The 6 <sup>th</sup> Warwickshire (Sutton) Home Guard
<u>Friday 3<sup>rd</sup> November 2023</u>	(time tba)
Dr Mel Giles	Chariot Burials in Britain Possibly by Zoom or equivalent
<u>Friday 17<sup>th</sup> November 2023</u>	(2.00 for 2.15)
Dr Mike Hodder	Sutton Park: The medieval Deer Park and beyond
<u>Friday 1<sup>st</sup> December 2023</u>	(7.00 for 7.15)
Dr Jon Dollery	Mapping the Maps: Exploring our Cartographic Heritage
<u>Friday 12<sup>th</sup> January 2024</u>	(2.00 for 2.15)
Dr Shane Kelleher	Keeping on Keeping on: Archaeology in Staffordshire during and after the Pandemic
<u>Friday 26<sup>th</sup> January 2024</u>	(time tbc)
Dr Rachel Crellin	Excavation at Upton Lovell and Stonehenge
<u>Friday 9<sup>th</sup> February 2024</u>	(2.00 for 2.15)
Dr Tim Cornah	The Uses of Photogrammetry in Archaeology
<u>Friday 23<sup>rd</sup> February 2024</u>	(2.00 for 2.15 tbc))
AIM Archaeology in Mind	Neolithic to WW2
<u>Friday 8<sup>th</sup> March 2024</u>	(2.00 for 2.15)
Dr Tim Malim	Old Qswestry Hill Fort : Ancient Past, Uncertain Future.
<u>Friday 22<sup>nd</sup> March 2014</u>	(2.00 for 2.15 tbc)
	AGM, Speaker and Subject tbc

9/08/23



**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 7.00, on the first Thursday of every month at:

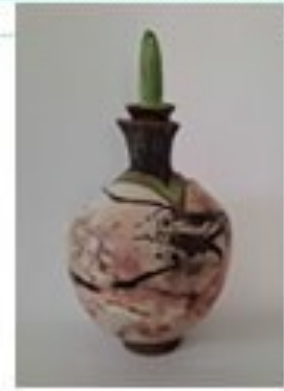
Trinity Centre, Church Hill, (off Mill Street),  
Sutton Coldfield. B72 1TF

Also Tuesday 17 Oct., 21 Nov., 2 - 4pm

See our programme on our website:

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

# Helen Haywood-Willis ARBSA



## An Exhibition of Saggar Fired\* Ceramics

29th August - 14th October 2023

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

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

**RBSA**  
Gallery

Royal Birmingham Society of Artists





This month I am introducing, for those who have never heard of them, Sandwell Naturalists (Sandnats). They are a group of amateur and professional naturalists who came together over 40 years ago, originally to survey the Sandwell Valley with the intention of protecting the habitat and biodiversity of this vast area of mainly woodland, wetland and pasture. Their work has enabled the valley to become a precious oasis inside this predominantly industrial area. Many rare and threatened species of insect and invertebrates have been recorded, some found in the area for the first time.

Since then, the group has extended beyond Sandwell and now includes most of the West Midlands. All of the unusual and different plants and creatures not seen or known within our area before are recorded with ECO record. Many new and exciting species have turned up in the West Midlands in recent years. This may be due to climate change so enabling insects, plants and birds to survive longer in the UK. Not all of these migrants are particularly welcome. During the summer months the group has arranged trips to areas such as the Wyre Forest and along the Galton Valley canal. Members can attend these visits for free.

During September the group have been surveying in Sutton Park, along the Tame Valley Canal and water testing in the Swan Pool area of Sandwell Valley. Lightwood House open day was a first for us and we hope to be able to repeat it. During the summer months we also lead nature/fungi walks and Moth/butterfly trapping and Bat nights. We meet from October 4th at the RSPB, B43 5AG at 6.45pm. All are welcome to attend free and become a member. Below are some photos taken on recent outdoor events around the West Midlands. More information can be found via the logo below or look out for our page on Facebook: Sandwell Naturalists.

*Valerie Edkins (chair) 09/23*

# *Sandnats 2023*



For further information please contact:  
Membership Secretary

[membership@sandnats.org.uk](mailto:membership@sandnats.org.uk)

Website: [sandnats.org.uk](http://sandnats.org.uk)





**Bee orchid above**





**Some of the group surveying**



**Dead man's fingers fungi**



Here are more amazing examples of street art, sent in by Mike.  
Thank you Mike.  
They are so good I am dedicating a page to each one.













Geniale















Retired, bored, fed-up, nothing to do? There's probably something in the following pages that will interest you.

Thank you, Andrew, for permission to use your booklet.

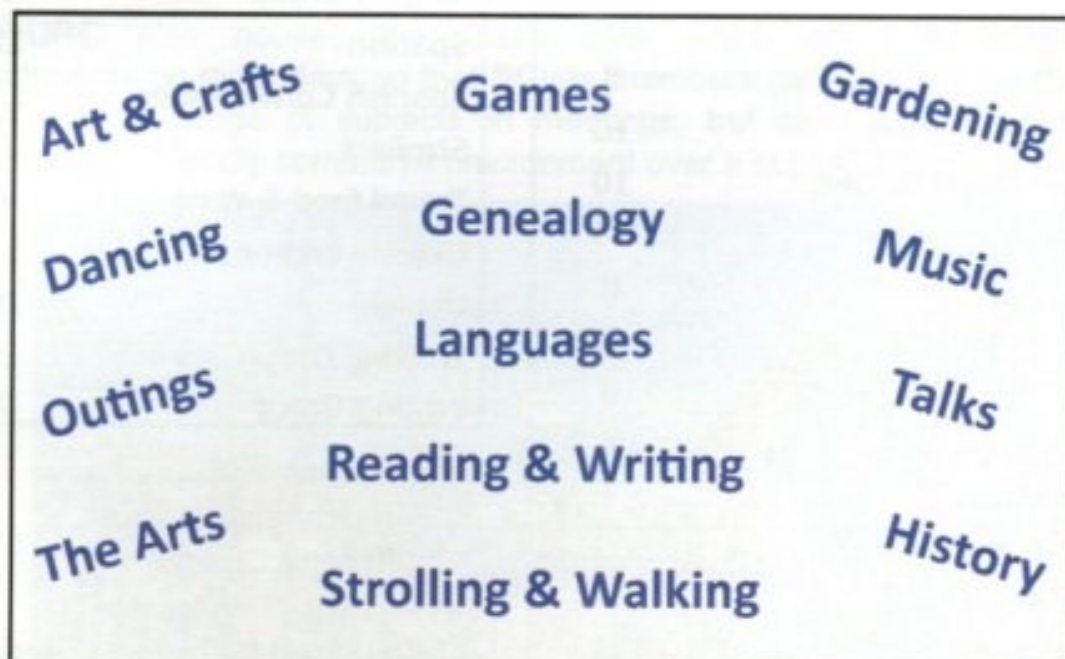
# **u3a** learn, laugh, live

## **Sutton Coldfield**

**Join any of 60 different activities**



## **Information Booklet**



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

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June 2023



## **What does SCu3a offer you?**

### **Interest Groups for '3rd Agers'**

If you are retired or semi-retired you are a 'third ager' and can join u3a.

Members can choose to participate in one or more of over 60 existing interest groups. Each Group decides their own programme of activities and frequency of meetings. Annual membership is £10 and when a Group meets in hired rooms, an entrance or meeting fee is charged to cover expenses, typically £2 primarily for room hire cost.

Do you have a passion for a subject that you would like to share with other u3a members? If so, SCu3a can advise and assist in setting up a new Interest Group so you can share your enthusiasm with other members.

### **Resources**

The Committee provides a range of facilities and equipment from white boards, and photocopying to sophisticated audio visual aids and sound systems. Subject material may be obtained from the Third Age Trust or National subject advisers.

### **Sutton Coldfield u3a Main Centre**

The main u3a meeting centre is the United Reformed Church (URC), which offers a wide range of room hire facilities for groups of 6 up to 250 members. Other venues to suit various groups include: Trinity Centre, Friends Meeting House, Methodist Church Centre, Wylde Green United Reformed Church, Sutton Arts Theatre.

The URC also houses the Oasis café which offers a selection of refreshments on most days so that SCu3a members can both share knowledge about a wide range of subjects in meetings; but also socialise with other members in a friendly communal environment over a cup of coffee or lunch.







## History of Art

Organiser is Gill Ingleston. Meets 3<sup>rd</sup> Wednesday of the month.  
at 2.00pm at the Trinity Centre

### **Presentations**

There have been illustrated presentations and talks on a variety of artists and art movements spanning many centuries and forms of art.

The group also organise coach trips to places of interest.



## English History

The organiser is Martin Malpas. The group meets fortnightly on Zoom  
on Monday at 10.30am

English History is presented in a full coloured, detailed and enthusiastic way that sets the scene and atmosphere to help illustrate the historical subject. None of the detail is omitted of the murder and skullduggery that went on.



## Enjoying Opera

Opera Group has been running since 2015 and meets on  
1st and 3rd Tuesdays (and 5<sup>th</sup> where appropriate) at the  
Methodist Centre, South Parade.

Organiser is Carol Raby. Presenter is Philip Blackshaw.

## Travel, Food & Wine

TF&W Group usually meets on the 2<sup>nd</sup> Friday of the  
month at 10.00am

The organiser is Tony Wainwright

This group promotes aspects of travel in both the British  
Isles and further afield; food and how it is produced; and  
wine and other drinks from around the world, by way of  
a mixture of talks, visits, and demonstrations.





## Mixed Games Group



Meets every Tuesday, 2-4pm at the Methodist Centre. The organiser is John Murray.

This new group started on Tuesday 14<sup>th</sup> March and includes chess, snooker, darts and table tennis plus some board games such as dominoes and welcomes new members. The chess section caters for all standards.

## Shakespeare Studies

Tuesday 2.00pm  
Organiser Jane Fisk

There have been a number of outings to Stratford or "live" performances at the cinema. Sometimes a DVD is shown in class.



## Bridge Duplicate



Organiser is Norma Karandikar and the meetings are held at the Wylde Green United Reform Church weekly on Thursday at 2.00pm —5pm.

This group is for serious bridge players and meets every week throughout the year.

## Science



The Science Group is presented by various guests. It meets 3<sup>rd</sup> Thursday of the month at 10.15am at the URC. The organiser is Les Gillot.

This an informal group covering a wide range of science related talks allowing members and external speakers to present a topic of interest.

Talks have included chaos theory, magnetic resonance, quantum mechanics, chromatography, sugar in life, tuberculosis, ocean currents, atmospheric CO<sub>2</sub>, hydrogen as alternative energy, facial recognition, Graphene, Darwin and the Galapagos, Covid19 vaccine design.

## 60's Dance Group

Meets Friday 10.00am- 12.00am 2<sup>nd</sup> & 4<sup>th</sup> weeks, Trinity Centre, Holy Trinity Parish Church, Mill Street . The organiser is Margaret Daley. 60's Dance Group does free dancing to popular music from 50's, 60's and newer music. They have a Tutor who teaches line dances and various dance steps.

## English Country Dancing

Meets weekly on Thursdays at 10.00am at URC. The organiser is Chris Robinson.

In the English Country Dancing Group they perform authentic dances from the late 17th and the early 18th. centuries, in addition to modern versions in the earlier style. The emphasis is on enjoyment for which English Country Dancing may well be unique among 'serious' dance styles in that it is equally enjoyable whether the dancers are performing correctly or otherwise. You won't need a partner, and all the dances are 'called', so that a robust memory is not essential.

## Dancing in the Afternoon

The organizer is Carol Raby and the group meets in Room 5 Methodist Centre, South Parade, B72 1QY. Start time 2pm and fee per session is £3. The group generally meet 1<sup>st</sup> and 3<sup>rd</sup> weeks of the month.



The group's tutor is a Fellow of the IDTA and is a member of the Guild of Professional Teachers of Dancing. She is experienced in teaching Ballroom, Latin American, Old Time, Rock and Roll and Freestyle.

## Monthly Talk

Meets 4<sup>th</sup> Thursday of the Month at 10.15 at the URC with the exceptions of August and December when there is no talk.

The Organiser is Lynda Doona.

The subjects vary between serious and humorous, whilst some are a humorous take on a serious subject. The talk usually lasts between an hour and an hour and a half.



## Poetry Group

The Organiser is Judith Dexter and the group meets monthly on Tuesday at 10.30am at the URC.

The group explores the work of one or two specific poets which some members have chosen for their annual calendar. They are encouraged to seek out poems from the set author to read aloud to the group, but there is no obligation to do so. They also have a topic each month, often about the natural world or abstract ideas. Some of the members write their own poetry. A favourite American poet might be Emily Dickinson.

## Literature Group

The organiser is Lyn Sheargold and the group meets on the 4<sup>th</sup> Wednesday at 2:15 pm at the URC.



Each year members put forward suggestions of books to discuss and then we vote for the 10 to look at that year. Members also volunteer to lead the group so that each month can take a different format, some focusing on the topics raised by the book, others on the literary style. Attention is paid to book reviews in newspapers, and TV dramatization of the classics is another subject for discussion.

## Writing Group



Sue Lippitt is the organizer of the Writing Group that meets every 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of each calendar month, 10.15am to 12.15pm at the URC.

Creative Writing is a collaborative u3a interest group that has been established for over 20 years. A wide variety of subjects have been used for our writing activity e.g. poetry, monologues, Writing for Children and other subjects have also featured in the programmes. Starting in 2022 and by popular request - they have again built into the programme, a group night out at the theatre with a pre-theatre dinner. The play chosen by the members is then part of the group study programme and homework.

## Guitar Group

Organiser: Ross Mackinlay. 10am Fortnightly. Meets 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month at the Sutton Arts Theatre.

The Guitar group is open to all guitarists who wish to improve, and enjoy playing along with others. A wide variety of musical styles are covered, and all are encouraged to bring their own music or songs for the rest of the group to play along.

## Guitar Beginners

Organiser: Linda Heggie. Meets 2<sup>nd</sup> & 4<sup>th</sup> Thursday of the month. 10am at the Trinity Centre. There are 17 members in the group.

Between sessions the tutor provides YouTube video tutorials for songs chosen by the group, in order to broaden chord knowledge and practice strumming patterns. We are a friendly group who support each other through the challenging steps of learning guitar.

## Guitar Improvers

Organiser: Bob Scott. Meets weekly every Thursday 2-4pm at the Trinity Centre. The tutor is Adam White.

The group is comprised of those who are able to play at an intermediate level - ie can use basic chords, use a plectrum and/or fingerpick fairly competently. Use of barre chords is useful but not essential.

## Genealogy

The group meets on the 3<sup>rd</sup> Tuesday of the month at 2.00pm, at the URC.

The organiser is Stephen Dyer, who is also the u3a National Genealogy Adviser.

Talks are given on all aspects of how to research your family tree.

There are also extra meetings where you can attend the Mere Green Library Research Group meetings.



## The Recorder Ensemble

Recorder Ensemble meets on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month at 2pm. The organiser is Jenny van der Molen.

The Recorder Ensemble Group play lots of different kinds of music. You do need to read music and be able to manage an octave or so reasonably reliably. You will not be playing on your own! If you used to play, or you play somewhere else, do come along and give it a go. The Group meets at the Friends Meeting House, Kenelm Road, which they have to themselves. and is £2.50 a session.

## Singing Group

The Singing Group meets on the first and third Wednesdays at 2.00 pm in the Juniper Room at the URC. The organiser is Marion Farrell. They usually sit down to sing and there are no auditions, repetitions nor part singing. Songs are pitched to suit most voices. There are two or three solos and an interlude when a member plays his guitar.

## Keyboard

Meets weekly on Tuesday 10.00am. The organizer is Carol Bennet. The keyboard group is a small, friendly Group that started in July 2019. The group meets at member's homes.

Beginners and all levels very welcome.

During lock-down, David entertained us on YouTube through links in the Sunday mailing.

## Philosophy 1 & 2

**Philosophy 1** Meets 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month, 2pm at the URC. The organiser is Rod Crowley.

**Philosophy 2** - Meets 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month, 2.00pm at the Methodist Centre. The organiser is John Lee.

Both these groups discuss issues against a philosophical background. It is not necessary to have prior experience of philosophy.



## Ukulele Beginners

Meets Tuesdays 10.00am at the URC. Organiser is Catherine Benson.

This group was established in 2020, when it became difficult to absorb new beginners into the original group, which had become too advanced. This group has joined the Improvers Group in performances, such as at the Gracechurch Shopping Centre.

## Ukulele Improvers Group

Meets Mondays 2.00pm at the URC. Organiser is Catherine Benson.

Established in April 2018, playing ukulele is a wonderful way to have fun and make new friends, while giving your brain a jolly good workout.

## German Beginners

The German Beginners class meets at 10.00 am on the 1st and 3rd Mondays of the month at the Trinity Centre off Mill St. The organiser is Andrew Lee and the tutor is Mary Singh who spoke German for 35 years of her working life.

## German Improvers

The German Improvers meets 1<sup>st</sup> & 3<sup>rd</sup> Mondays of the month at 2.00pm at the URC. The organisers are Sally Whittington and Ailsa Emberson. They have a varied experience of the German language, but they have one thing in common - their love of German and a willingness to learn more.



## Deutsche Unterhaltung

This German conversation group meets every two weeks on Thursday at 10.30am at the Methodist Centre. The organiser is David Baxendale.

The meetings are very varied; reading aloud, translating and discussing various topics. Group members often present their own "powerpoint" presentations. In the summer months they sometimes meet in one of their members' gardens, where they indulge in the very German activity of Kaffee und Kuchen!



## Italian Beginners

The Italian Beginners meets every Monday at 10.00am at the URC. The organiser is Linda Chappell and the tutor is Stefania Vinti.



Stefania's Italian Beginner's Class is ideal for anyone who is passionate about Italy, the language and culture. Stefania has proven success with pupils at the u3a, making lessons interesting, and fun too!

## Italian Advanced

The Italian Advanced Group meets weekly on Tuesdays at 10.00 a.m. at the URC. The Organiser is Patricia Frith and the tutor is Paul Giles. This is an enjoyable and informal group, which is suitable for people who have studied Italian over a period of time or who would like to brush up on their former skills.

## Italian Intermediate

The Italian Intermediate group meets every Thursday of the month at 2.00pm at the URC. The organiser is Marilyn Webb and the tutor is Paul Giles.

This is an enjoyable and informal group which would be suitable for people who wish to develop their skills beyond the basic level. We're delighted to say we're not beginners anymore!

## Italian Improvers

The Italian Improvers meets every Tuesday of the month at 2.00pm at the URC. The organiser is Jenny Mitton.

They are an enjoyable and informal group which would be suitable for people who wish to develop their skills beyond the basic level. It is not suitable for beginners.

## Latin

The Latin Group meets every Monday at 2.00 pm at the Methodist Centre in South Parade. The organiser is Rob Halley and the tutor is Beryl Meehan.



## Spanish Conversation

This group meets fortnightly at various venues on Mondays, organised by David Baxendale. The group are a small, relaxed and sociable Spanish conversation group that offers a friendly welcoming atmosphere for Spanish speakers.

## Spanish Improvers

Spanish Improvers meets every 2nd & 4th Wednesday of the month at 10.15am at the URC. The organiser is Carole Phillips. The group is intended for those who have some previous knowledge of the Spanish language.

## Conversation Francaise 1 & 2

There are two French conversation groups that meet at member homes. The meetings are for members who can converse fairly fluent French; See Sutton Coldfield u3a website for details.

## French 2

French 2 meets on Mondays at 2.00pm to 3.30pm at the United Reformed Church. The organiser is Andrew Hopkins

This class is for those who know and understand some of the French language or want to brush up on what they learnt at school.

## French 3 Zoom

French Zoom is a small but enthusiastic group that meets on Monday mornings. Rita Dixon is the organiser and John Collins is the tutor.

They read magazine articles and manage to cover aspects of society, history, art, literature, transport and much more. This is interspersed with recipes, jokes, quizzes and tongue twisters in French.

## Bird Watching Group

Organisers - John Foulds, John Bates, Peter Ford, Wendy Burnett.

Most of the groups meetings are visits to local nature reserves to do some birdwatching. The group also hopes to organise coach visits to relevant reserves which are further away and to organise the occasional speaker. The venue for the talks is the URC. All events take place on Fridays.





## Crafts Group

The Crafts Group meets Friday at 10.00am at the URC.  
The organiser is Chris Bailey-Green

Meeting in Juniper Room at the URC, the Craft Group had numbers exceeding 40 on occasions before Covid.

The group concentrates on: knitting, crochet, card making and all fabric and sewing/stitching skills.



## Art Beginners

Art beginners meets 2<sup>nd</sup> & 4<sup>th</sup> Thursday afternoons at 2.00pm at URC.  
The organiser is Marilyn Mahon.

### Art on a Thursday Afternoon

Art on Thursday afternoon meets weekly at 1.30 at URC.  
The organiser is Linda Heynes.

### Art on a Thursday Morning

Art on a Thursday Morning meets on 2<sup>nd</sup> and 4<sup>th</sup> Thursday morning at 10.00am at the URC. The organiser is Oonagh Beasley.

### Art on a Friday

Art on a Friday meets weekly on Friday morning at 10.00am at the URC. The organiser is Sandra Jesson.

## Foreign History

Foreign History presently meets on Zoom weekly on Thursday 2.00pm  
The organiser is Colin Little.

The sessions are more or less an hour in length Each week a link for the lecture is forwarded to registered and paid up members.



## Desert Island Discs

All the choices are YouTube videos projected onto the large screen in Juniper room with WiFi sound.

The group meets on the first Thursday of each month at 2 pm in the Juniper Room.

## Points of View

Meets weekly on Thursdays at 10.00am at the URC.  
Organiser is Pauline McHugh

This is a discussion group that meets weekly and is currently organised by Pauline McHugh. Although topics are often drawn from politics, lighter subjects are also welcome. Frequent interruptions and lively discussions are usually the order of the day.



## Any Requests

Meets on the 3<sup>rd</sup> Thursday of the month at 2pm in Juniper room at the URC. The organiser is Peter Cooley  
Members make a request for a YouTube video that they would like to see projected onto a large screen with hi-fi stereo sound.



## Madrigal Group

The organiser for the Madrigal Group is Janet Shaw and the group meet on Thursday at 2.00pm at various addresses.

The Madrigal group is for those singers who can read music and hold a part on their own. Average attendance is around 7 or 8 people and they sing from published collections of madrigals and motets, and scores downloaded from the choral public domain library (cpdl) website. Although the repertoire is mostly from the 16th and 17th centuries they do some part singing of later works both sacred and secular.

## Movie Morning

The Movie Morning, organised by Graham Hollister, meets on the 3<sup>rd</sup> Wednesday of the month at 10.30—12.30 at the U.R.C.

A brief description of the film is added to the u3a Sunday mailing list and a paper copy displayed on the u3a notice board. A more comprehensive description and updates are emailed to group members throughout the month.



## Walking Group

Walking Group meets last Friday of the month except December, 10.00am for a 10.15am start. The Organiser is Chris Carter.



On the last Friday of each month they organise a not too strenuous circular rural walk, averaging about 5 miles. The walks usually start at 10.15 am and the venue will be a pub or hotel with adequate parking facilities and access to toilets.

## National Trust Group

This group visits National Trust (NT) properties on day trips by coach during the week, generally on Tuesdays, Wednesdays or Thursdays. Four or five visits are planned each year, avoiding school holidays, beginning around April/May and finishing October/November. Coaches start and finish in the South Parade car park, Sutton Coldfield. The organiser is Julie Holmes.

## Strollers



Meets 2<sup>nd</sup> & 4<sup>th</sup> Mondays of the month  
The organiser is Katie Price

The Strollers group has recently been formed to provide a gentle walking exercise with the opportunity to get to know fellow u3a members and enjoy a chat over a cup of coffee after the walk, based at the Toby Carvery in Sutton Park.

## Kurling Groups A & B



The Kurling Groups meet fortnightly on Friday 2pm at the URC.

**Kurling Group A** meets 1st and 3rd weeks. The organiser is Michael Jameson.

**Kurling Group B** meets 2nd and 4th weeks. The organizer is Nick Sakwa



## The Out and About Group

The 'Out and About' Group offers trips and visits each month, both locally and further afield, to members of Sutton Coldfield u3a. The organiser is Robert Halley.

We go 'out and about' seeing places and meeting other members. The cost of each trip is the cost of the coach and entrance ticket if there is one, divided by the number of participants. All our trips are open to all and everybody is welcome.

Another fixed activity each week has been a walk in the park meeting at the Visitor Centre each Tuesday at 10.00 am, walks for a little over an hour and then enjoy a chat over coffee.

## Garden Interest

Meets 2<sup>nd</sup> Tuesday of the month at 2pm at the URC. Organiser is Madge Mason. The meetings include activities suggested and arranged by members, which cover a range of garden related topics. These include talks by outside speakers and members, visits to members' gardens and gardens of social and horticultural interest, as well as informative DVDs. and talks from Woodland Trust.

## Cabaret

Cabaret is held at the URC usually once a month on a Thursday and gives members a chance to socialise with other members.

There will usually be performances from one of the various musical or singing groups. Refreshments of tea, coffee and biscuits are available.



If you are interested in joining any of our groups then go to our website <https://scu3a.org.uk/> then click on 'Contacts' or email [enquiries@scu3a.org.uk](mailto:enquiries@scu3a.org.uk)

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# Which?

## Hijacking headlines: how scammers exploit the news agenda

Fraudsters are quick to exploit major news events to deceive unsuspecting victims.

Scammers can easily set up copycat websites or social media profiles in just a matter of minutes, posing as an organisation currently in the headlines and using these platforms to trick people into various scams.

**One example involves scammers impersonating Ofgem to offer an 'energy bill rebate scheme' to families struggling to meet their payments.**

[See more examples of how fraudsters exploit news headlines and how you can dodge them.](#)

## Fraudsters target Halifax customers

We've received multiple reports about unsolicited emails from scammers posing as Halifax. These messages appear to come from Halifax, but the true sender addresses are hijacked TalkTalk and Tiscali accounts.

The scammers used convincing Halifax branding and claimed to be asking customers to 'refresh their contact details' as an extra security measure, **inviting them to click a link that redirects to a fake Halifax website.**

**Legitimate banks will never ask for sensitive information such as your PIN or full password via email.** If you receive a suspicious email, [find out how to check the website's details, including the creation date, to avoid these scams.](#)

## How much do you know about phone scams?

Phone scams, commonly known as 'vishing', involve fraudsters trying to deceive you over the phone.

It can be challenging to detect a phone scam, as there are many types in operation. **One common example is when fraudsters spoof phone numbers to impersonate your bank's fraud department. They then urge you to transfer your money to a 'safe' account before disappearing with your cash.**

Always approach unsolicited calls with caution. **Scammers can be persuasive, so don't trust calls that come out of the blue.** [Learn more about the most common types of phone scams and follow our tips to stay 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

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.