



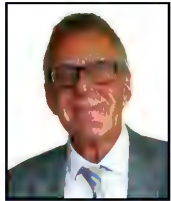
# BANNERS GATE & PARKLANDS COMMUNITY & NEIGHBOURHOOD FORUM

**176<sup>TH</sup> DECEMBER 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.

**A VERY MERRY CHRISTMAS AND A HAPPY NEW YEAR TO  
ALL OUR CONTRIBUTORS AND READERS. THANK YOU.**



## **Rob Pocock: HOLLYHURST IN A HOLE?**

Earlier in the autumn I was contacted by residents in Hollyhurst Road about a growing number of potholes in the road. I got these logged with the Council's contractor company, Kier Highways, who have the job of filling them in. A while later I had an email back, saying they had inspected the road and there was nothing left to repair. Surprise surprise I went back again a few days later after a tip-off from residents - and the potholes were still there, basking in full glory!

Who knows whether it was a mistake or they just didn't visit - anyway there is no substitute for face-to-face contact. I met personally with the local Kier Highways Steward and showed him photos I had taken of the 6 large holes along the road. He has promised to make the inspection himself this time, and who knows, by the time you read this the work may have actually been marked up on the road and programmed for action!

## **MORE ON ROADS AND PAVEMENTS**

While on the subject of roads and pavements, it was disappointing to see that the Government have withdrawn their funding support for the City Council 'PFI' roads contract with Kier Highways. This was due to last till 2035 and was priced at over £500 million in extra central government support over that period. So we will all need to have to do without that extra funding in future. Despite its financial problems the City Council will still honour its side of the contract, but the total funds for maintaining our roads, pavements, streetlights and trees will drop by over a half in future.

## **NEXT 'NEW YEAR TIP TRUCK' VISIT**

In the New Year we enter the final quarter of the Pilot Project for the 'tip trucks' that the City Council have been laying on across the Sutton Vesey ward. The first visit of

the New Year is at the Welshman's Hill site, on Weds 17<sup>th</sup> January, New Oscott. Drop by any time from 7am to 12.15pm, so if you're planning a Christmas or New Year clear-out of the loft, shed, garage or surplus winter garden waste, all this will be especially welcome!

The funding for this Pilot Project runs out at the end of March and we have applied for a further government funding award to see if it can carry on in future. The roving 'tip trucks' have proved to be one of the most popular things the City Council has done for a long time - so Kath Scott and I, as your City Councillors, will be lobbying like crazy to keep this service going.

In the meantime, our very best wishes for a Merry Christmas, and a Happy New Year!



## **Andrew Mitchell MP: Merry Christmas and Happy New Year**

As we approach Christmas and get ready to enjoy a well-earned break with family and friends, I wanted to take the opportunity to write to you, readers of Gatepost, about some of the work that has been going on throughout our brilliant Royal Town.

One of the many joys about being the Royal Town's MP is going round my constituency meeting exceptional people - many of whom put back so much into the community. None more so than Hannah Simnett, who runs a remarkable charity in Boldmere, Cherished, which has just received the Kings Award for Voluntary Service. I spoke with Hannah about her and her charity's fantastic work. Cherished seeks to help give marginalised girls - and some boys - confidence, guidance, support and encouragement as they chart the difficulties of young life and overcome emotional trauma that can result in behavioural issues. They helped more than 1570 young people change and improve their life outcomes last year and cover a total of 70 schools in

all. If you'd like to learn more about the valuable work Cherished accomplishes for our community, please check them out yourself on their website - <https://www.cherisheduk.org/>

On 15<sup>th</sup> December, I spent the morning alongside our brilliant West Midlands Mayor Andy Street visiting the new Amazon facility to see their Christmas operation supplying hundreds of thousands of items to thousands of my constituents. I had the pleasant task of opening Amazon Sutton Coldfield earlier this year, which employs 2000 people (exceeding previous estimates of 1600) and has 1100 local good quality jobs, is an investment of £550 million, and produces 3.6 MWh of solar energy.

You can probably tell I am impressed by this 'window on the future', which represents an extraordinary investment in our Town bringing high-quality jobs and local employment opportunities.

I have had the pleasure of visiting several schools recently throughout Royal Sutton, such as Holy Cross school in Walmley where I enjoyed meeting years 5 and 6 and answering their questions. They showed immense interest and concern about the world around them and are going to make a great contribution to Sutton Coldfield and beyond.

It was also a great joy to visit Bishop Vesey's Giving Tree, joining students for their annual project as part of the school's growing success in supporting local charities.

Many of my constituents will rightly be concerned about the recent financial developments at Birmingham City Council, especially with the section 114 (bankruptcy) notice, which is looming over the Royal Town, threatening our Park and the public services which we rightly expect from our City Council. Rest assured, I will continue to monitor Birmingham City Council and recently met the Chief Executive Deborah Cadman, and the Director of Intervention Response, Rishi Shori. These senior officers work with the current administration of the City Council and the commissioners which the government have put in to run Birmingham council to try to sort it out.

Once again may I wish you a happy new year and a peaceful Christmas. Please remember I and all our councillors are here to help. If ever I can help you, please let me know,

Best wishes

ANDREW



**Max Hatton:**

Merry Christmas Gatepost Readers! We are fast approaching the end of 2023 and the beginning of our Christmas Holidays. For those of you breaking up from work/school, I hope you enjoy your time off with loved ones!

I've volunteered to cook Christmas dinner this year, so any tips on not cooking up a disaster will be greatly appreciated! Although this isn't my first attempt at Christmas dinner, in fact one year I worked Christmas day in the Sutton Park Hotel kitchens cooking Christmas lunches for our patrons, and although I had succumbed to a couple of gravy burns it was great to spend Christmas with so many people, and the tips were a bonus! For anyone working over the Christmas holidays, I hope you get well deserved respite in the new year!

The Town Council have our annual displays of Christmas lights along the main high streets across Sutton, however the residents of Sutton Coldfield also display some great Christmas Light displays every year! I'm sure many of you will have driven along Monmouth Drive recently and noticed one specific house that really lights up the street! On my street, Welshmans Hill, we have quite a few houses with lights up.

For those wondering about bin collections times over the Christmas holidays, if your normal collection day is a **Monday**, for rubbish and recycling that would normally have been on Christmas Day (Monday 25<sup>th</sup> December) it will now be collected Wednesday 27<sup>th</sup> December.

For rubbish and recycling that would normally have been on New Years Day (Monday 1<sup>st</sup> January) it will now be collected Thursday 4<sup>th</sup> January.

For those that would normally have their collection day on **Tuesday**, for rubbish and recycling that would normally have been collected on Boxing Day (Tuesday 26<sup>th</sup>) it will now be collected on Thursday 28<sup>th</sup> December.

for rubbish and recycling that would normally have been collected on Tuesday 2<sup>nd</sup> January it will now be collected on Friday 5<sup>th</sup> January.

Our next Full Town Council meeting will be held on Tuesday 30<sup>th</sup> January from 7pm at the Trinity Centre.

Until next year Gatepost readers, have a very Merry Christmas and a Happy New Year!

The next Banners Gate Neighbourhood Forum meeting will be on the last Thursday of January, 25<sup>th</sup>., at 7.30 p.m. in the Banners Gate Community Hall, tea/coffee and biscuits will be available. For this first meeting we have, as speaker and welcome guest, the indomitable John Porter of Sutton Park fame.



### Message from the Head of School:

The autumn term draws to a close this week and we are so proud of all that our pupils have achieved this term. September saw the next steps in embedding our school values: BELIEVE, INSPIRE and ACHIEVE. These underpin everything: from our curriculum, to our expectations. Our culture is important and sets the weather for daily life in school. Everyone is welcome at Sutton Park, valued for who they are and encouraged to do their very best.

Today's bumper edition of our school newsletter celebrates the fantastic learning that has been happening, shares some important resources for the Christmas holiday and celebrates recent fundraising. Thank you - as ever - for supporting our school in our quest of providing the best education and opportunities we can for your children.

I wish all who are celebrating a very merry Christmas. On behalf of Team SP, we hope you all enjoy a restful break and a happy new year.

Mrs Middleton

### KS2 Progress Data for SPP is above national average in all 3 core subjects:

Each summer, Y6 pupils sit their statutory SATs papers. These measure attainment and progress in reading, grammar and maths. We are extremely pleased to announce that our July 2023 data shows significant improvements in progress of pupils compared to their KS1 outcomes. The table below outlines this:

SUBJECT	2019 BANNERS GATE	2022 SUTTON PARK	2023 SUTTON PARK	2023 National average	2023 B'ham average
READING	-4.90	-1.79	+0.81	+0.03	+0.18
WRITING	-8.10	-4.04	+0.52	+0.06	+0.08
MATHS	-4.30	-3.43	+0.42	+0.06	+0.70

With the significant improvements in provision at our school including a well-planned curriculum, robust assessment processes, clear behaviour expectations and high aspirations for all pupils, the history of poor attainment at Banners Gate Primary has been reversed. All three subjects have positive progress scores this year and all three of these positive progress scores exceed those shared as Birmingham's average. Two of the three scores also exceed the national UK average. **A great example of what can happen when we BELIEVE - INSPIRE - ACHIEVE.**

### School fundraising update:

This autumn term we have been on a fundraising quest to raise money for enrichment and would like to thank our entire school community for your support with this.

Letters from Santa: **£241.50**

Christmas Fayre: **£1521**

Nurture Group Christmas Fayre: **£17.60**

Scholastic Book Fayre: **£161**



### Rewards and incentives:

We cannot let the term end without sharing these amazing statistics of the incentives awarded to pupils across school since this academic year began.

Postcards home: 184

Star pupil certificates: 201

VIP Children attending Choices: 198

House points: 30,148

Snuggle Up and Read recipients: 84

**All of these are great examples of what can happen when we BELIEVE - INSPIRE - ACHIEVE**



**NURSERY** The nursery children have had an amazing term. They all settled in really quickly and have spent the term building friendships. They have shown confidence and busy trying new things. We have been learning new songs with World Nursery Rhyme week being a huge hit. We have learnt about different celebrations, ending the topic with Christmas and our fabulous Nativity Play. Well done, Nursery!

**YEAR 1** Well done to Year 1 for really engaging into their class texts this term. We have read 'Peace at Last' 'Cops and Robbers' and 'Lots' and we have used these texts in our Reading and Writing lessons. Everyone has been fully engaged in these lessons and have created some amazing pieces of work. In particular, they have been able to write a setting description, a character description, a set of instructions and a Winter themed poem. In Geography, we have also enjoyed learning about maps and the world we live in and in Science, we have explored the human senses. We enjoyed having a visitor in class to tell us about their experience of a sensory loss. We have had lots of fun rehearsing for our nativity of the 'Sleepy Shepherd' and we can't wait for our families to see it. Our teachers are really looking forward to building on our knowledge and skills in the Spring Term.

**YEAR 4** 4WS have had a wonderful start to the academic year. They have written a range of writing genres from diary entries to adventure narratives and studied The Iron Man, How To Train Your Dragon and This IS Our World in Reading. The children took part in the No Pens Day and were learning how to communicate effectively using body language, listening skills and clear speech. Year 4 have worked extremely hard with their times tables. Every child has been focussed on the speed of their recall for each times table and have completed weekly Times Table Clubs to show how far they have progressed. We are extremely proud of 4WS so far this year! Mrs Walker-Shelton & Miss NG

**YEAR 5** Year 5 have been reading the texts 'Illustrated Stories from China', 'Footpath Flowers', 'Wonder' and 'Amazing Muslims from Around the World'. The skill they have been learning about is retrieval, inference and summarising. They have produced some lovely pieces of writing including, narrative stories, poetry, a formal persuasive letter, a biography about their chosen significant Muslim figure and a setting description. In Maths, children have been learning about place value within 1, 000, 000, addition and subtraction, multiplication and division such as factors, common factors and prime numbers. We are so proud of all of their hard work this term and wish everyone a super Christmas break.

**RECEPTION** Since starting school in September, the children have all settled into school life and routines brilliantly! They have learned lots of sounds through our phonics lessons and are using them to become super readers and writers. The children are also becoming knowledgeable in number and have enjoyed learning about shapes. We are so proud of the progress the reception children have made already! We are looking forward to our new projects in the Spring term.

**YEAR 2** Year 2 have had a fantastic term with lots of brilliant learning from the very beginning. We have enjoyed different topics such as Movers and Shakers in History, Habitats in Science and learning how to be kind and respectful to others in PSHE. We have had lots of fun learning opportunities as well, making birds' nests out of chocolate, exploring our playground for minibeasts, using the iPads and even getting to go on the library bus. All in all, Miss Trowman and Mr Pugh are so proud of everything Year 2 have achieved so far. We cannot wait to see how much they continue to grow in the New Year.

**YEAR 3** This term Year 3 have worked extremely hard in all subjects. They have shown great enthusiasm and passion towards their learning and have contributed their ideas into learning. Children have worked hard to work on expanding their knowledge and have shown this throughout this term. We are extremely proud of how far they have come since September and all of their achievements. Well done Year 3 and keep it up!

**YEAR 6** Team 6 have had a wonderful term, they have worked incredibly hard in all areas; we have thoroughly enjoyed reading A Christmas Carol and we have used the text as a stimulus to write persuasive letters and setting descriptions. In Maths, we have been learning all about fractions. As well as this, we have thoroughly enjoyed learning about Maafa and the African slave trade, the children took a real interest and were very engaged in this topic. Year Six as a whole have shown superb resilience and determination during practise SATs week, so well done!

**NURTURE GROUP** Nurture 1 have been working hard with their narrative writing this term, using story maps to support their individual story structures and what wonderful story lines we have come up with! In Forest school, we have been developing our teamwork and problem-solving skills through den building with tarps, cords, and pegs. Nurture 2 have been building their number knowledge counting to 20 and beyond and have been working hard at number composition within 10. They have been exploring their creativity this term, making artwork for their classroom environment and also outdoors during forest school with natural resources.

- BELIEVE - INSPIRE - ACHIEVE -





**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

Play 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

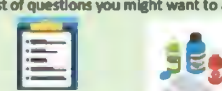
**How long does an Annual Health Appointment last?**

- 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  
Creating shared health for everyone





*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.*

## St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

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



**Slimming World**  
taste the freedom

FREE membership

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

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



**Coffee Morning**  
every Friday 10:00 - 12:00  
St Columba's Church Hall  
Banners Gate (Sutton Park Corner)

**Not on Friday 29th December**

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](#):  
[sharedreading@foliosuttoncoldfield.org.uk](mailto:sharedreading@foliosuttoncoldfield.org.uk)

Hope Food – North Birmingham. A charitable incorporated organisation registered in England. Charity registration number 1195019. Registered office 407 Jockey Road, Sutton Coldfield B73 5XH



## Addresses and Other Information

### Holland House Children's Centre

Holland Road, B72 1RE  
Telephone: 0121 752 1860

Open 8.30 am - 4.30 pm

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

**Trinity Church**  
Church Hill, Mill Street, B72 1TE  
*Car park spaces available*

**Falcon Lodge Community Hub**  
Church Hill Road, B75 7LB  
*On street parking available*

### Mere Green Library

30A Mere Green Road, B75 5TB  
*On street parking available.*

### Boldmere Library

119 Boldmere Road, B73 5TU  
*On street parking available.*

### Emmanuel Church

Corner of Little Green Lane and  
Birmingham Road, B72 1YG  
*Parking available on car park opposite.*

### Health Visitor Hub

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



Instagram



Like us on Instagram and Facebook

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

### PLEASE NOTE

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

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

**We look forward to meeting you.**

## Addresses and Information

### Castle Vale Children's Centre

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

*On street parking available*

### Featherstone Children's Centre

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

*On street parking available.*

### Lakeside Children's Centre

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

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

### Osborne Nursery School

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

### Kingstanding Leisure Centre

Dulwich Road, B44 0EW  
*Car park spaces available*

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alternatively use the below link to  
find this  
[www.nhs.uk/find-nhs-number](http://www.nhs.uk/find-nhs-number)

**We look forward to meeting you.**

### Health Visitor Hub

If you would like to speak to a Health  
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0121 683 2330



Instagram



Like us on Instagram and Facebook

Our page's are called  
Erdington Children's Centres





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

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





## GROWING OUR COMMUNITY TOGETHER

SUTTON COLDFIELD HNS

### POP ALONG TO OUR **COMMUNITY EVENT** FOR DISABLED ADULTS, CARERS & OLDER PEOPLE

**SUTTON COLDFIELD TOWN HALL**  
**TUESDAY 30TH JANUARY 2024**  
**10.30 am - 1:30 pm**



**Come along and discover the wealth  
of activities and services within Sutton  
Coldfield specifically for disabled adults,  
carers and older people!**

On the day there will be a variety of taster sessions  
and talks.

You could learn about...

riding an accessible bike    tai chi    a new craft  
SEATED EXERCISE    walking netball    WELLBEING TIPS    yoga  
and much more...

For further information please contact 0121 362 3663  
or email [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

AGEconcern  
Birmingham

SUTTON COLDFIELD  
NEIGHBOURHOOD  
NETWORK SCHEME

Compass Support  
Part of The Phoenix Group



**Please Bring  
Donations  
to:**

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



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

## **Free monthly activity sessions for people aged 75+**



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

Bringing generations together



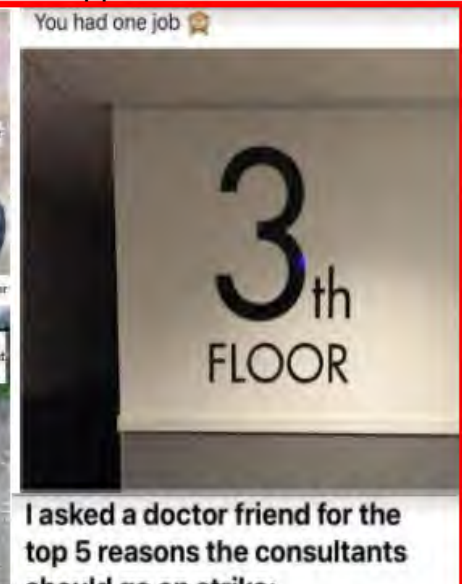
Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377)  
visit [www.reengage.org.uk](http://www.reengage.org.uk) for more information



**Barry Gardner**  
Media and PR Officer  
Tel: 0207 420 5818

(Mon- Fri 9-12.30)  
[www.reengage.org.uk](http://www.reengage.org.uk)





**WEATHER WARNING**

SOUTHERNERS ARE URGED NOT TO TRAVEL UNLESS ABSOLUTELY NECESSARY.

NORTHERNERS YOU WILL NEED YOUR BIG COAT.



I've got a date with a woman who identifies as a wheelie bin, but I can't remember if I'm taking her out on Tuesday or Wednesday





It snowed last night...

8:00 am: I made a snowman.

8:10 - A feminist passed by and asked me why I didn't make a snow woman.

8:15 - So, I made a snow woman.

8:17 - My feminist neighbour complained about the snow woman's voluptuous chest saying it objectified snow women everywhere.

8:20 - The gay couple living nearby threw a hissy fit and moaned it could have been two snow men instead.

8:22 - The transgender man/women/person asked why I didn't just make one snow person with detachable parts.

8:25 - The vegans at the end of the lane complained about the carrot nose, as veggies are food and not to decorate snow figures with.

8:28 - I was being called a racist because the snow couple is white.

8:31 - The middle eastern gent across the road demanded the snow woman be covered up.

8:40 - The Police arrived saying someone had been offended.

8:42 - The feminist neighbour complained again that the broomstick of the snow woman needed to be removed because it depicted women in a domestic role.

8:43 - The council equality officer arrived and threatened me with eviction.

8:45 - TV news crew from BBC showed up. I was asked if I know the difference between snowmen and snowwomen? I replied "Snowballs" and am now called a sexist.

9:00 - I was on the News as a suspected terrorist, racist, homophobic sensibility offender, bent on stirring up trouble during difficult weather.

9:10 - I was asked if I have any accomplices. My children were taken by social services.

9:29 - Far left protesters offended by everything marched down the street demanding for me to be arrested.

By noon it all melted

- Moral:

There is no moral to this story. It is what we have become, all because of snowflakes.





**Birmingham**  
City Council

## Birmingham Bulletin: Reset, Reshape, Restart – and Christmas waste collections

*Birmingham City Council sent this bulletin at 08-12-2023 03:59 PM GMT*

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



**Birmingham**  
City Council

# BIRMINGHAM BULLETIN

 **RESET**


 **RESHAPE**

 **RESTART**

**08 December 2023**

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

 **RESET**

 **RESHAPE**

 **RESTART**

## Urgent work is underway to 'reset' the council

Birmingham City Council's leader, Cllr John Cotton, has warned there must be no let-up in the efforts to get the organisation back on a sound financial footing and transform the way it works. Urgent work is already underway to 'reset' the council and three important reports will go to Cabinet on 12 December.

[Find out more about plans to 'reset' Birmingham City Council](#)



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



## **Council services for residents during Christmas**

Many council staff and those in partner organisations will be working over the Christmas holidays to support residents.

Cllr Sharon Thompson, deputy leader of Birmingham City Council, said: "I would like to wish everyone a Happy Christmas, reassure people that there is help for people who need it, and say thank you to all our staff and partners who continue to support people over the holidays and throughout the year."

From our hardworking staff in both children's and adults' care, to holiday activities through the Bring it On Brum scheme and waste collections, and from our neighbourhood advice centres to Warm Welcome spaces and our housing offer...

[Find more on services for residents over the Christmas holidays](#)



Dear Colleague

### **Sent on behalf of Birmingham City Council**

I am writing to request your help in sharing details of our non-statutory budget consultation to help inform the City Council's budget proposals for 2024/2025.

Residents are being invited to fill in a survey in this first part of engagement with a full consultation period to follow in early 2024.

This non-statutory part of the consultation will ask residents to tell us which services they consider the most important.

The City Council needs to make significant savings over the next two years, this is one of the steps to listening to citizens' views to inform our future plans.

### **How you can help us**

**This is where we need your help**, we are keen to ensure that as many citizens are aware of the survey and have the opportunity to engage. We recognise that we cannot reach all areas of the community and equally, some people will not be able to access the digital platform. So we would very much ask you to do a couple of things to support us:

Share details of the non-statutory consultation link: <https://www.birminghambeheard.org.uk/economy/bccbudgetconsultation2024> electronically with any citizens, networks or groups you work with.

1. Support those people who do not have access to complete the survey online if you are able to do so.

Take part in the survey.

Taking part in the survey means decision-makers are informed about local citizens' priorities and concerns. The closing date for the consultation is Wednesday 17<sup>th</sup> January 2024.

Thank you for supporting us in ensuring that citizens get the opportunity to engage at this stage.

Kind regards

June Marshall  
Head of Public Participation

Simon Furze (He/His/Him)  
Public Participation Team  
Strategy, Equalities & Partnership  
[getinvolved@birmingham.gov.uk](mailto:getinvolved@birmingham.gov.uk)  
[www.birmingham.gov.uk](http://www.birmingham.gov.uk)

Get involved with the Public Participation Team by registering [here](#)



## **Words of Wisdom?**

### **Banks and Money**

Too many people spend money they don't have, on things they don't need, to impress people they don't like.

A Bank is a place that will lend you money if you can prove that you don't need it.

### **Pessimism**

A pessimist is a man who looks both ways before crossing a one-way street.

Both optimists and pessimists contribute to society. The optimist invents the aeroplane the pessimist the parachute.

### **Marriage**

I am a marvellous housekeeper. Every time I leave a man, I keep his house. ( Zsa Zsa Gabor )

My wife and I were happy for 20 years. Then we met!

Bigamy is having one wife too many. Monogamy is the same.

### **Her Majesty, Queen Elizabeth II**

The Queen was never much of a football fan because there were no horses involved.

But the Chairman of the FA did once get her to attend a match at Wembley which she seemed to enjoy. Afterwards the Chairman asked her who she thought had played best?

"The band of the Scots Guards ", she replied.

One must not be a name-dropper, as Her Majesty remarked to me the other day.

### **Law and Politics**

A lawyer is a person who writes a 10,000-word document and calls it a brief!

Under capitalism, man exploits man, while under communism it's the other way round.

Communism is the longest path from capitalism to capitalism.

And finally,

### **The Grim Reaper**

When I die, I want to go peacefully like my grandfather did, in his sleep.

Not yelling and screaming like the passengers in his car.



Looking back on my joyous choral singing experiences, I have had many fabulous times over the years travelling and performing in countless European countries. As this Christmas approaches, I am reminded that 25 years ago, this December, I travelled to Chicago with fifty other choir members where we performed at the famous Rockefeller Chapel, as well as other locations in the city. My fellow chorister and I thought the group organiser's cost was a bit steep, so we decided to make our own arrangements, my pal would sort out the flights and me the accommodation.



On arrival in Chicago, we got our taxi to the hotel on Michigan Avenue, our cases were carried up to our room and on opening the door we were confronted by a very large queen-sized bed. My pal looked at me sheepishly and I blurted out that there was a mistake and I had my paperwork clearly stating two single beds. The porter hustled us back to reception where they were so apologetic and gave the porter another key. We were compensated handsomely with a suite comprising a lounge with coffee machine, a huge TV, separate large bedrooms, both again with large TV s. The rest of the choir were stopping at a newly built hotel a mile or so away from us.

A local TV station heard we were in town and the following morning at 5.00 am they picked us up by coach and took us to their downtown studio. We were used on what they in the jargon call "a sprinkle" during early to mid-morning news and weather reports. We would form up every 15 minutes or so and sing carols as a background. The only food they gave us were doughnuts and coffee. We were singing "Ding Dong Merrily on High" at the same time as reports were being made about President Clinton's impeachment during the Monica Lewinsky episode.



Finally, we did get to visit the rest of our choir's new hotel and the rooms were bijou, to be polite. We felt guilty when they asked us about our hotel with its spacious accommodation.

*Eric Dec 2023*

*Finally, I wish all the Gatepost contributors a Very Merry Christmas.*

*I am sure we would also all wish our very industrious Editor, Tony Willis a very big thanks and to wish him and his family a very Merry Christmas and a Happy New Year.*





## HERE'S YOUR CHRISTMAS QUIZ

1. Which country first started the tradition of putting up a Christmas tree?
2. Which popular Christmas beverage is also called 'milk punch'?
3. How many ghosts show up in *A Christmas Carol*?
4. What do people traditionally put on top of their Christmas tree?
5. Where was baby Jesus born?
6. What Hollywood actor played six different roles in *The Polar Express*?
7. What colour are mistletoe berries?
8. Which fairytale was the first gingerbread house inspired by?
9. Who invented the [Christmas wreath](#)?
10. Where did the tradition of Christmas stockings come from?
11. What are the traditional 12 days of Christmas?
12. How do you say Merry Christmas in Spanish?
13. What was the coldest ever temperature recorded during a UK winter?
14. What are the chances of a white Christmas in the UK?
15. How many Christmas trees are grown in Europe?
16. Where does the royal family traditionally celebrate Christmas?
17. How many years do Christmas trees grow before they are sold?
18. When do the royal family exchange their presents?
19. In *Home Alone*, where is the family going on holiday?
20. How many Christmas trees are in Buckingham Palace?
21. Where does the word 'winter' come from?
22. How many mince pies are eaten in the UK every year?
23. What King was crowned on Christmas Day?
24. How many turkeys are eaten in the UK every year?
25. Traditionally, how long before Christmas should you start making Christmas cake?
26. How many gifts are there in the *12 days of Christmas* song?
27. What is the best-selling Christmas song?
28. What country has the most reindeer?
29. How many Christmas cards are sold in the UK every year?
30. Which country first decorated Christmas trees? [Answers on page 19](#)

## THAT'S NOT MY JOB!

This is a story about four people named: Everybody, Somebody, Anybody and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realised that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.



Thank you Terry W

Answers from page 20

1. Germany 2. Eggnog 3. Four – the spirits of Christmas Past, Present and Future, and Jacob Marley 4. An angel 5. Bethlehem 6. Tom Hanks 7. White
8. Hansel and Gretel 9. A German Lutheran pastor named Johann Hinrich Wichern
10. According to tradition, the original Saint Nicholas put gold coins in the stockings of three poor sisters 11. The Twelve Days of Christmas are the last six days of the old year (26, 27, 28, 29, 30, 31 December) and the first six days of the New Year (1, 2, 3, 4, 5, 6 January) 12. Feliz Navidad
13. The coldest temperature ever recorded during a UK winter was -27.2 °C 14. The chances of a White Christmas are just 1 in 10 for England and Wales 15. Nearly 60 million Christmas Trees are grown each year in Europe 16. Sandringham 17. 15 years 18. Christmas Eve 19. France
20. Three trees
21. The word winter comes from the Germanic *wintar* which in turn is derived from the root *wed* meaning 'wet' or 'water' 22. 800 million 23. King William I of England in 1066 24. 10 million turkeys 25. Two to three months before 26. 364 gifts 27. Bing Crosby's *White Christmas* is the best-selling Christmas song with more than 50 million copies sold
28. Southern Norway
29. Over three billion Christmas cards 30. Riga, Latvia in 1510



## **The Twelve Days After Christmas**

**The first day after Christmas, my true love and I had a fight  
And so I chopped the pear tree down and burned it just for spite.**

**Then with a single cartridge, I shot the blasted partridge,**

*My true love, my true love gave to me.*

**The *second* day after Christmas, I pulled on the old rubber gloves,  
and very gently wrung the necks of both the turtle doves.**

*My true love, my true love gave to me.*

**The *third* day after Christmas, my mother caught the croup.  
I had to use the three French hens to make some chicken soup.**

**The *four* calling birds were a big mistake, for their language was obscene.**

**The five gold rings were completely fake, and they turned my fingers green.**

**The *sixth* day after Christmas the six laying geese wouldn't lay**

**I gave the whole darn gaggle to the RSPCA**

**On the *seventh* day, what a mess I found:  
all seven of the swimming swans had drowned.**

*My true love, my true love gave to me.*

**The *eighth* day after Christmas, before they could suspect.**

**I bundled up the *eight* maids a milking,**

***nine* pipers piping, *ten* ladies dancing,**

***`leven* lords a leaping, *twelve* drummers drumming,**

***Well*, actually. I kept one of the maids a-milking!**

**and sent them back collect.**

**I wrote my true love, "*We* are through love."**

**And I said in so many words:**

***"Furthermore, your Christmas gifts were for the***

**Four calling birds, three French hens, two turtle doves**

**and a partridge in a pear tree.**

Thank you, Harold



## communittea cafe

As the festive season approaches we must always remember that this time of year can be very difficult for some. Whether it is coping with loss, money problems or having a difficult time – remember support is available.

If you are a carer the **Birmingham Carers Hub** are operating a telephone service, Wednesday 27th to Friday 29th December 9am-5pm on 0333 006 9711

**Carers UK's** telephone Helpline available on 0808 808 7777, will remain open Monday to Friday, 9am-5pm over the festive period, including Boxing Day and the following Bank Holiday Monday

**Birmingham Mind** has a Mental Health Helpline available 24/7 on 0121 262 3555 if you need someone to talk to.

**Samaritans** call free, any time on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

**AGE Concern**  
Birmingham



## Communittea Café What's On

### December 2023

**Cafe closes 4pm on Sat 23 Dec and  
reopens 9am on Tuesday 2 Jan**

76/78 Boldmere Road, Boldmere, B73 5TJ

Call us on 0121 630 2462 or email us:  
[communittea@ageconcernbirmingham.org.uk](mailto:communittea@ageconcernbirmingham.org.uk)

### Monday

**Carers Hub drop-in: 9.30am – 12pm – 4th only**

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

**Warm Welcome: 9.30am until 12pm – 4th only**

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.

### Tuesday

**Dementia Carers drop-in: 10am until 12pm – 5th only**

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

**Warm Welcome: 10am until 12pm – 5th only**

Come and join us in our cosy cafe!

**PSCO drop-in: 10am until 11am – 19th only**

Local PSCO drop-in session to provide crime prevention and safety advice. No appointment necessary.

**Friends For Life Veterans Group: 1pm until 3pm – weekly**

Our group aims to bring together all ex service personnel to make new friends.

### Wednesday

**Energy Advice Cafe: 10.30am until 12.30pm – 6th and 20th only**

One of our friendly Advice and Information team will be on hand to give advice about saving energy (and money) in your home.

### Thursday

**Parkinson's UK: 10am until 12pm – 7th & 21st only**

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

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

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

**Jubilee Citizens: 2pm until 3pm – 7th & 21st 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.

### 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: 12.30pm until 2.30pm – 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!



# Christmas & New Year Opening Times 2023



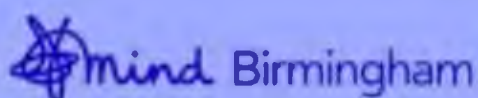
## Talking Space

### Face to Face Evening Support Available\*

\*Drop In OR Call 0121 262 3555 to book an appointment

#### Erdington Selly Oak Northfield

Christmas Eve	5pm - 11pm	Closed	5pm - 11pm
Christmas Day	5pm - 11pm	5pm - 11pm	Closed
Boxing Day	5pm - 11pm	5pm - 11pm	Closed
Wednesday 27th December	5pm - 11pm	5pm - 11pm	Closed
Thursday 28th December	5pm - 11pm	Closed	5pm - 11pm
Friday 29th December	5pm - 11pm	Closed	5pm - 11pm
Saturday 30th December	5pm - 11pm	Closed	5pm - 11pm
New Years Eve	5pm - 11pm	Closed	5pm - 11pm
New Years Day	5pm - 11pm	5pm - 11pm	Closed



The Helpline operates 24/7 – so it will be open on Christmas Day and the festive week – the number is **0121 262 3555** or people can contact via the webchat at [birminghammind.org](https://birminghammind.org)

Birmingham Mind are offering a Crisis Service every evening over Christmas week. There are three venues, the closest to Sutton, is Erdington, which is open every evening from 5pm - 11pm for drop ins and crisis support on Christmas week. <https://birminghammind.org/what-we-do/talking-space-inc-crisis-support/>



Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

Please contact Lorraine on: 0121 747 5932 or 07939—320—363.

We can help with Benefits, Debts, Housing Benefit, Council Tax Support and Benefit Tribunal Representation



## REFLEXOLOGY FOOT MASSAGE

**"We are living in uncomfortable, crazy times"**

*The most productive thing you can do is  
"RELAX"*

Switch off for a while - Feel good and reconnect

### Benefits include:

- Improved sleep
- Elevated energy levels
- Immune system boost
- Decreased tension
- Deep relaxation
- Improved circulation



Be kind to yourself  
or someone you love  
**Call Hayley G**  
**07946 740910**

Mobile Experienced & Professionally-Trained Reflexologist & Therapist

**Gift vouchers available now**  
(Discounts for Carers!)



We are in urgent  
need of your  
preloved items

Drop them instore  
today or  
arrange for a  
**FREE** collection





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

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



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

**To get involved please contact Claire:**

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

**Age Concern Birmingham particularly encourages marginalised groups to participate :**



**LGBTQI+ VETERANS DISABILITIES BLACK AND MINORITY COMMUNITIES**







# THE BIRMINGHAM 2024 INTERNATIONAL TATTOO

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



**Massed International Marching Bands**

**Combined Pipes & Drums**

**Massed Parade of Standard Bearers**

**Exciting Displays & Thrilling Performances  
including Field Gun racing and Flyball dog racing**

**Three hours of spectacle for all the family**



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



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



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

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

Special discounts available for groups of 10+

**Group bookings: 0800-358-0058**

More information and buy tickets online at

[www.bhamtattoo.com](http://www.bhamtattoo.com)



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

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

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

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



**WE NEED YOU!**

Calling all Ex-Service Men and Women Across Birmingham and Sandwell

Did you serve?  
Do you know someone who served?

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

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

AGE CONCERN Birmingham THE ARMED FORCES COVENANT TRUST FUND

no men.... just pause

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

You might be feeling overwhelmed? and not yourself? It's OK So... #intell about you!

Menopause

Call Claire on 07930354885 for more information



## West Midlands Police Volunteer Cadet Leader Role

Are you someone who would be willing to volunteer your time to help develop and encourage the next generation of active citizens across West Midlands?

We are looking for people aged **18+** who will be positive role models for our Police Cadets who are aged between 13-17.

We do not need you to have prior policing knowledge, we need people who can listen, motivate and inspire.

Could you be the person who helps our Cadets reach their full potential?

**Please note this is a volunteer role, not a paid role.**

### **What are the benefits for you?**

-Free Training

-Free Uniform

-A chance to participate in community and force wide events, including; Race for Life, British Police Symphony Orchestra, activity outings, Remembrance parades, Pride and much more

-Expenses i.e. Mileage will be covered to and from sessions

-Joining Local Policing Team's to conduct Foot Patrols, World Cafes, Speed watch etc

-Enhance your CV, by developing your skills in delivering sessions, organisation and leadership abilities

You will be required to undertake Police Vetting, enhanced DBS and provide 3 references

**You need to have been a UK Resident for at least 3 years.**

If so, please contact Cadet Inbox on:

[cadets@westmidlands.police.uk](mailto:cadets@westmidlands.police.uk)



**Message Sent By**

Fraser Llewellyn

(Police, Coordinator , Citizens in Policing)





## 12 Days of Crime Prevention – Staying merry and safe

On the fifth day of Christmas, my local police gave to me: advice for staying safe on a night out after a drink...or three!

Going out for a drink or two with friends is a great way to celebrate the Christmas season, but it's important to be aware of the risks and take steps to stay safe.

Here are a few tips:

- ***Plan your route home and make sure you have a way to get there safely. Pre-book a taxi with your mates***
- ***Avoid walking alone at night, especially in poorly lit areas.***
- ***Stick to well-lit, busy areas.***
- ***Be aware of your surroundings and the people around you.***
- ***Don't accept drinks from strangers and don't leave your drinks unattended. Many bars have drink covers that you can use to deter drink spiking.***
- ***Keep an eye on your valuables and use a cloakroom where you can.***
- ***If you feel unsafe, trust your instincts and tell security staff.***

For more information please visit <https://www.west-midlands.police.uk/campaigns/safer-nights>

Or head to our TikTok channel to hear more from your local officers > <https://www.tiktok.com/@officialwmp>

**Stay safe this Christmas**



**Message Sent By**

Stefanie Sadler

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



## 12 Days of Crime Prevention – Advice for small businesses

### 12 Days of Crime Prevention – Advice for small businesses

On the fourth day of Christmas, my local police gave to me: advice to protect my business from a criminal shopping spree.

Crime against businesses and staff can increase during the Christmas season, so it's important to take steps to protect yourself and your employees. Here are a few tips:

- Install a security system and make sure it is properly maintained.
- Ask your local police force for free CCTV posters
- Train your staff on crime prevention measures, such as how to spot suspicious activity and how to report crimes.
- Keep your business well-lit, both inside and out.
- Avoid keeping large amounts of cash on site.
- Avoid locking up by yourself, ask a colleague to stay with you or check the locks
- Make sure your business is secure when it is closed.
- Talk to your local BID or neighbourhood officer to see how you can report crime

For more advice visit our website: <https://www.west-midlands.police.uk/your-options/shop-theft-and-stolen-goods>

Head to our TikTok channel to hear more from your local officers > <https://www.tiktok.com/@officialwmp>

Stay safe this Christmas



#### Message Sent By

Stefanie Sadler

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





## 12 Days of Crime Prevention – Vehicle theft

On the third day of Christmas, my local police gave to me: crime prevention advice to protect my vehicle and car key!

Thieves are checking the handles and checking them twice. They want to know if you've left it unlocked or alone to de-ice.

We are still seeing a high number of vehicles being stolen every day across the West Midlands. Criminals are not just focusing on luxury cars – we have seen reports of all makes and models being stolen from driveways and car parks.

There are quick and free ways to protect you and your vehicle right now:

- Take your keys out the ignition, lock your car and check the handle
- Check for the signs your car is locked – wing mirrors in, lights flash, alarm on
- Keep your keys away from windows and doors to avoid thieves using a signal relay attack to open your car
- When out and about, share your location with trusted people
- Remove tools from your van or install a van safe to deter criminals
- Keep your car in the garage or apply a steering wheel lock.

Why not gift someone a steering lock, a Faraday pouch, or a Ghost system for their vehicle?

Don't make your vehicle cosy for criminals! Stay with your vehicle as it defrosts or use de-icer, a scraper, or a warm cloth to help speed up the process. Your insurance will not cover you for vehicles stolen with keys left in the ignition.



Protect your vehicle from theft <https://www.west-midlands.police.uk/campaigns/darker-nights/robbery-theft>

Head to our TikTok channel to hear more from your local officers > <https://www.tiktok.com/@officialwmp>

**Stay safe this Christmas.**



**Message Sent By**

Stefanie Sadler

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

# Play Bridge




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



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

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

Cost £30.00 Enrolment Fee plus £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)



**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 personalization of their care plans, the careful selection of the decor 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)




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 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>**





# Hello January

## *What's On at Sutton Coldfield Library January 2024*



# JANUARY

### 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 9th & 23rd, Lego 2nd, 16th & 30th.

### 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 1st January (New Year's day): CLOSED

Tuesday 2nd January: 9.00am-1pm & 2pm-5pm

Wednesday 3rd January: 9.00am-1pm & 2pm-5pm

Thursday 4th January: 9.00am-1pm & 2pm-5pm

Friday 5th January: 9.00am-1pm & 2pm-5pm

Saturday 6th January: 9.00am-1pm & 2pm-5pm

Sunday 7th January: CLOSED

Monday 8th January: 9.00am-1pm & 2pm-5pm

Normal opening hours resume from  
Tuesday 2nd January 2024



# January

### FOR ADULTS

#### First Saturday of the Month

Royal Sutton Coldfield Town Council Advice Surgery 9.30 - 11.30am - Monthly advice surgery with Councillor Pears

#### Saturday 6th January

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

#### Thursday 25th January

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

#### Every Tuesday

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

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

#### Thursday 4th & 18th January

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.



# Poetry on Loan at Mere Green Library

Mere Green Library

0121 464 4592

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

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

## POETRY READING

with

**Amy Fox**

Winner of the adult category of 2023's  
Poetry on Loan competition for her poem 'Refuge'

and

**Steve Pottinger**

Poetry on Loan Postcard Poet

<https://poetryonloan.org.uk>



**Tuesday 16 January**

**11 AM–12 PM**

**FREE EVENT—BOOKING REQUIRED**

Reserve your space by speaking to staff or ring 0121 464 4592





# 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!

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

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

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



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



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

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

OR CONTACT ELIZABETH: 07597 012 598

**It's Free!**

**Free**

Bring proof of address for first loan



### Pop-up Share Shack



**Wednesday 11am - 1pm**



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

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

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

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



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



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  
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 Winter 2023-24**

**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 Board Games Afternoon—*something for all ages, drop in and play***

**Children's Christmas Colouring Competition - *ask at the counter for an entry sheet***

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

**Saturday 20th January 10-12 Mental Health Drop-in Session with JPF First Aid**

**Saturday 20th January 11-12.30 Lego Fun**

**Saturday 17th February 11-12.30 Lego Fun**

**Saturday 24th February 10-12 Mental Health Drop-in Session**

**Saturday 23rd March 10-12 Mental Health Drop-in Session**

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

**Saturday 20th April 10-12 Mental Health Drop-in Session**

**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!

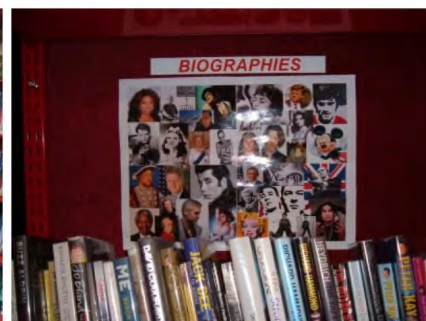
For more information, please use one of the methods detailed below -

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)





A photo of old Wylde Green when public transport was by tram. It is around the junction at Chester Road into Wylde Green, leading to the then tram terminus. Now there are traffic lights, but then it was an attractive island - and the timbered black and white buildings are still in existence today.





# 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)

Keep 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 fact sheets which provide useful information on a range of debt related issues. You can view and download information on [www.birmingham.gov.uk/debtadvice](http://www.birmingham.gov.uk/debtadvice)

If you are struggling with debt and need advice and support you can also visit [www.birmingham.gov.uk/helpinbrum](http://www.birmingham.gov.uk/helpinbrum) which can help direct you to the right information.

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

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

## Energy Efficiency:

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

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

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

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

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

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

## Food Support:

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

### Foodbanks:

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

With one visitor saying "It was just a small personal touch that made you feel welcome and on the occasions where I was out of my 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.)

## 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.

## 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 connection 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 exposes 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.  
0800 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 6026 [www.bsaid.org](http://www.bsaid.org)

### Shelter

Housing advice 0800 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.  
0121 747 5932 [www.spitfireservices.org.uk](http://www.spitfireservices.org.uk)



**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)





**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	 Mental Health	 Domestic Abuse	 Emergency Funding	 Money & Debt Advice
 Data & IT	 Under 5'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/shareshacks](http://www.theaws.co.uk/shareshacks)

Share Shack | SPORT ENGLAND | active communities | Active Wellbeing



**The United Reformed Church** | **Parish Nursing Ministries UK**

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



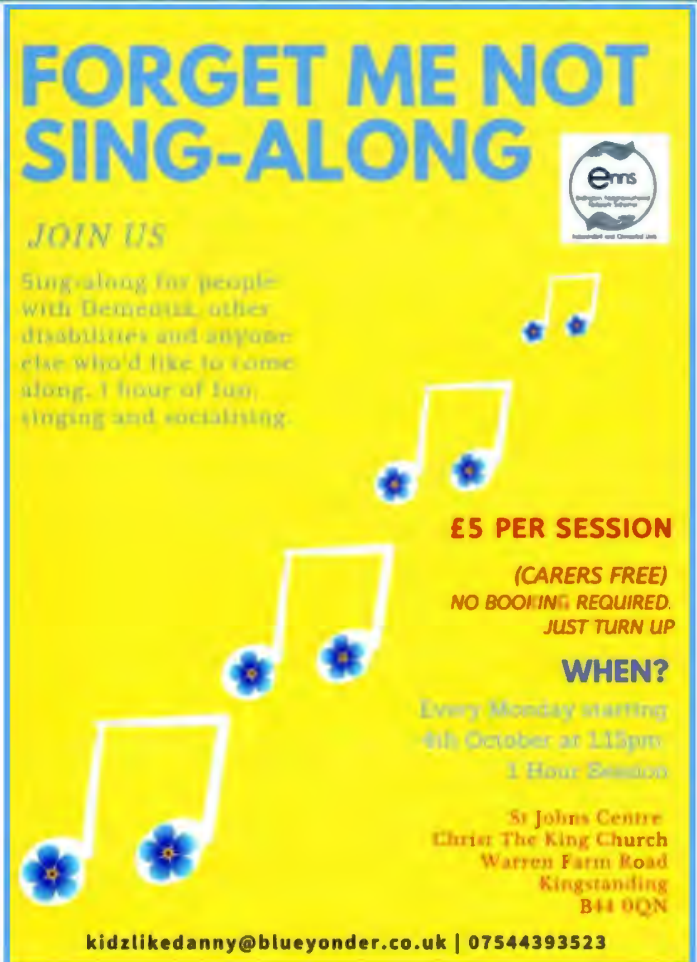

**Home visiting Podiatrist**



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

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

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



**FORGET ME NOT SING-ALONG**

**JOIN US**

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

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

**WHEN?**  
Every Monday starting  
4th October at 11:30pm  
1 Hour Session

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

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





## Fantastic flocks and where to find them

Winter is a time for huge flocks huddling together for warmth, which makes for some pretty spectacular wildlife encounters. In December's Nature's Calendar find out where to see a Starling murmuration. Plus discover which birds roost in our city trees like baubles on a Christmas tree!

[Wildlife tips for December](#)



Winter's here and with it a wealth of new wildlife experiences to discover. In this month's Nature's Calendar, we pick out some of the best things for you to see and do.

This is the season of Starling murmurations, when thousands of birds swirl and sway in mesmerising clouds of movement before roosting for the night. Be inspired by our film and discover some of the best RSPB nature reserves to see one.

You can also meet some winter roosting raptors and discover the birds that flock to our cities, roosting in trees like Christmas baubles.

Keep an eye out too for a December Moth, with its distinctively fluffy body. Plus, why you should look up for Mistletoe on a wintry walk.

Have a wonderful wildlife-filled week.



Siân Duncan  
Notes on Nature editor

## Expert tips on winter wildlife spectacles

This week, we speak to the wardens on our nature reserves for their expert views on the best things to enjoy in nature when the weather is cold. From fantastic bird flocks to high drama hunts, there's much to enjoy. Plus, how do RSPB wardens keep warm?

### [Cold weather wonders](#)



Wintery weather can be enough to deter many of us from heading outside. But not the wardens that look after the RSPB's network of 200 plus nature reserves all year round and work on the front line of the nature and climate crisis. These world-leading conservationists get to enjoy wildlife in some of the most dramatic, beautiful and epic landscapes across the UK.

In this special feature, we talk to the wardens, from the wilds of the Shetland Isles to the wetlands of Lincolnshire, to discover their favourite winter wildlife experiences. Be inspired by their top seasonal spectacles and find out what birds can be seen flocking, such as Barnacle Geese, Lapwings (pictured), Golden Plovers and Redwings.

Plus, our outdoor experts reveal their top tips on keeping warm, from simple tricks to handy little gadgets.

Also this week, we share the findings of two new reports: the latest count of the UK's seabirds and an update on the illegal killing of birds of prey.

Have a wonderful wildlife-filled week.



Siân Duncan  
Notes on Nature editor





## New car tax rules will give the Treasury an extra £2.4 billion a year by 2029



New VED (Vehicle Excise Duty) rates will give the Treasury an extra £2.4 billion a year by 2029, according to a new report from the Office for Budget Responsibility (OBR).

Commonly known as [car tax](#), the economic and fiscal outlook report forecasts VED receipts will increase from £8 billion to over £10.4 billion within the next six years. The report stated that the rise in car tax revenues can be attributed to inflation and VED exemption for electric vehicles (EVs) ending in 2025.

[Electric vehicle road tax](#) will see more than one million extra drivers having to pay VED every year.

On Wednesday 22nd November, Chancellor Jeremy Hunt delivered his Autumn Statement to Parliament and according to the OBR, VED cost drivers over £7.3 billion in the last financial year.

[Electric car road tax guide – do I need to pay?](#)

[UK ban on new petrol and diesel cars pushed back to 2035](#)

[Car tax bands – a complete guide to car tax](#)

With electric vehicles increasing in numbers across the UK and a general election looming, the estimations could change in the years ahead.

There are already more than one million EVs in use in the UK, according to the annual Motorparc data from the Society of Motor Manufacturers and Traders (SMMT), which was published in April 2023.

With the Zero Emission Vehicle (ZEV) mandate coming into force next year, 22% of all car manufacturers sales will need to be fully electric – adding to the numbers that will be appearing on the roads. This number will increase incrementally until 2035.

The OBR document stated: “The main policy driver for EV uptake is now the Zero Emission Vehicle (ZEV) mandate which takes effect in January 2024.

“We have therefore revised our EV assumption to match the path of the mandate over the forecast horizon.

“We judge sales are unlikely to materially exceed this across the forecast horizon due to flexibilities that allow trading of allowances and borrowing against future allowances in the first three years of the mandate.”

## Warning to drivers across the UK over fake parking apps being advertised on Google



New research from Which? has highlighted that drivers are falling victim to fake parking apps being advertised on search engines.

As a result, the public are being urged to avoid Google, Yahoo and Bing search engines when attempting to download parking apps.

The false ads attempt to trick drivers into paying for expensive subscriptions they don't want or need when looking to park.

In order to avoid any issues, it is important for all drivers to download apps from the official Apple or Google Play app stores.

Which? stated that similar tactics from fraudsters have historically been used to get drivers to give their card details to fake third-party websites instead of Transport for London to pay ULEZ charges.

There are many apps available to download from the stores on mobile devices, but the scammers have created fake adverts using their branding and messaging. They then appear at the top of the searches, creating the platform to take money from drivers.

A challenge for the real parking companies is that after the scammers get their website shut down, they start a similar one with a new domain – and the issue repeats itself.

### **Parking guide – where you can and can't park**

### **Single yellow line – can you park on them?**

### **Parking Charge Notices – what you need to know**

Many of the fake adverts claim to offer a 'free download' but then hide identical small print at the bottom of their websites revealing high monthly fees charges to an unnamed company.

Google and the other search engines continue to display these false advertisements when someone looks to pay for parking online – despite Which? contacting them weeks before releasing their report.

The research from Which? found that there were a higher number of fake adverts on Google compared to its competitors.

In response, Google said it removes adverts that violate its policies and that under its misrepresentation policy, it doesn't allow ads that deceive users by excluding relevant product information or providing misleading information.

Google and the other search engines – along with social media giant Meta – will be legally obliged to remove scams and other harmful content under the new Online Safety Act.

If you are searching for a parking app on Google and come across a fake advert, you can report it to the Advertising Standards Authority.



# Which?

## **Copycat Royal Mail websites flog phoney stamps**

The price of stamps has risen again this year, and with the holiday season approaching you might be looking for ways to save when sending cards and gifts. However, scammers are unsurprisingly taking the opportunity to impersonate Royal Mail with fake offers for stamps at bargain prices.

**Dodgy ads on Facebook for these phoney offers lead to phishing websites designed to steal your personal and financial information.** See what these scams look like and [learn how to spot a dodgy post and website.](#)

## **'A scammer tried to sell me Taylor Swift tickets'**

A Which? member got in touch after a scammer targeted her on Facebook with fake Taylor Swift tickets for £100.

The victim was on a budget and asked their local community Facebook group if anyone had tickets they'd like to sell. **The scammer sent a fake Ticketmaster email to convince the victim the tickets were real. They then asked for payment via bank transfer, and when the victim confronted the scammer, their Facebook page disappeared.**

We explain [how to buy tickets safely](#) and what to do if you've handed over personal information to a scammer.

## **Can you spot postal scams?**

From fake lotteries and prize draws to investment scams and pyramid schemes, **postal scams are letters sent to obtain money through deception or fraud.** [Learn how to spot postal scams and how to avoid falling victim to them.](#)

## **[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.

# Which?

## Scam Alerts

### What is ransomware and how to stop it

Online attacks, like ransomware, are constantly evolving. **Ransomware is a virus that takes over your computer and files on it, usually demanding payment in exchange for access.** But don't worry; we're here to help you protect your device from it. We share advice on the best [free antivirus software](#) you can use to secure your device without spending any money.

### Fake ads impersonate parking apps

**Scammers abuse online advertising to trap drivers.** We found ads on Google that are impersonating JustPark, PayByPhone, and RingGo – all of which appeared at the top of search results on mobile phones and above the genuine websites for these companies.

**We're warning drivers to avoid searching for parking apps online and instead download official apps through Apple or Google Play app stores.** These sneaky scams are easy to fall for, [take a look at some examples so you can avoid them.](#)

### Can you spot a fraudulent search ad?

You may see ads displayed within your search results when you use a search engine such as Google or Bing. Although they are intended to attract your attention and clicks, **scammers often exploit this idea by creating fake ads that can jeopardise your data and money.**

It can be challenging to differentiate a genuine search ad from a fraudulent one, but we are here to help you. [Check out our three tips for spotting a fake search ad.](#)

### [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





## 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.



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

**£5**  
PER PERSON

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

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



## St Chad's Sunshine Cafe

### Our Dementia Friendly Cafe

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

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

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

12/06/2023  
[kidzlikedanny@bluevonder.co.uk](mailto:kidzlikedanny@bluevonder.co.uk)  
\* 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  
  
Forward Thinking Birmingham



## Talking Space

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

**Low Mood Struggling to Cope**

**Mental Health Crisis Suicidal Thoughts**

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

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

In Partnership with  
  
Forward Thinking Birmingham



## CHESTER ROAD CAFE TOTS

### We're a Warm Space!

for parents/ carers and your little ones!

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

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




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

# SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

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

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

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

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

ਜੀ ਆਇਆਂ ਨੂੰ

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

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

@SikhsOfSuttonColdfield @Sikhs\_of\_Sutton

Please share with your family & friends

**SCCT**  
Sutton Coldfield Charitable Trust

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



## Sanjha Chulha a Punjabi Luncheon Group

Calling all in and around Sutton Coldfield

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

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

**ENJOY THE PUNJABI MUSIC & ENTERTAINMENT WHILE YOU EAT**

**BRING YOUR FRIENDS ALONG OR MAKE NEW FRIENDS THERE!**

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

Please share with your family & friends

@SikhsOfSuttonColdfield @Sikhs\_of\_Sutton

**SUTTON COLDFIELD  
NEIGHBOURHOOD  
NETWORK SCHEME**

**BRAND NEW BABY AND TODDLER CLASS**

# TEDDY TIME

At Banners Gate Community Church  
Mondays 1.30 - 2.30pm

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

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

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

## Pregnant? Children under four?

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

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

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

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

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

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

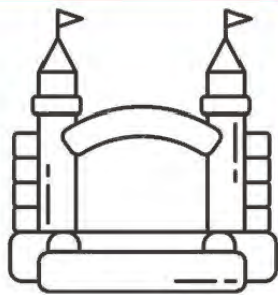
**Healthy Start**

**Birmingham City Council**

**HEALTHY START NHS**

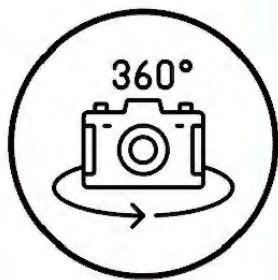
[rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com)





**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  
EMAIL ERICA at  
[Ecd23@icloud.com](mailto:Ecd23@icloud.com) or call  
07704523733.



**RDS**



**BRAND NEW DANCE CLASSES IN YOUR AREA!**

REPETOIRE DANCE STUDIO COMES TO SUTTON COLDFIELD IN 2023!

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

**MORE INFORMATION**

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

**PRICE**  
**£5**  
**PER CHILD**


**WHEN?**

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

**WHERE?**

BANNERS GATE  
COMMUNITY HALL  
SUTTON  
COLDFIELD  
B73 6UR

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !



**"W" (Double-u)**

*(an abbreviated term for a win)*

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

[double-u.co.uk](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  
Hurley, Atherstone CV9 2JQ

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**@PuterTutor**

...Your tech problems solved

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





# Occupational Therapy

## Who will come to visit me?

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

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

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

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



## What is the Learning Disability Enablement Team ?

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



## Your visiting OTs

### Please contact:

ASC 0121 303 1234

[CSAdultSocialCare@birmingham.gov.uk](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





			
SATURDAY 9TH - 31ST DECEMBER	FRIDAY 12 JANUARY 2024	SATURDAY 20 JANUARY	THURSDAY 25 JANUARY
			
THURSDAY 25 JANUARY	FRIDAY 2nd February	SATURDAY 3RD FEBRUARY	TUESDAY 13 FEBRUARY
			
TUESDAY 13 FEBRUARY	FRIDAY 16TH FEBRUARY	SATURDAY 17TH FEBRUARY	THURSDAY 29 FEBRUARY



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>

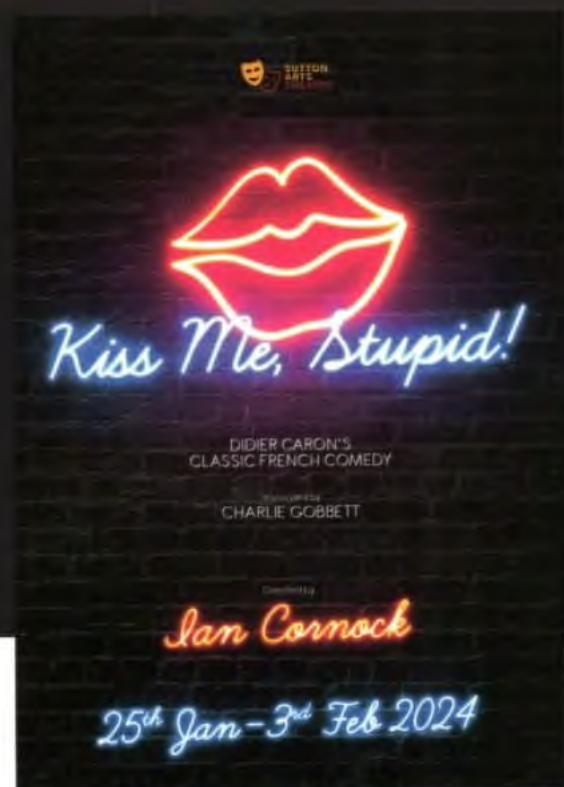
NATIONAL BLOOD DONATION  
Appointments only:  
Telephone:  
0300 123 2323



## 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...





**KISS ME, STUPID!**  
25 JANUARY – 3 FEBRUARY 2024

"When L'amour comes a cropper!"

Retired estate agent and cycling nut Bernard is convinced his wife of 30 years, Viviane, is having an affair. Ooh la la!

His solution is to hire pretty but none-too-bright actress Cindy to play his mistress and make Viviane jealous. But two can play at that game! Viviane realises what Bernard is up to and pretends to be enamoured with her much younger colleague Olivier.

Will love and reason win through or does Bernard's obstinate refusal to realise how lucky he is condemn him to losing the woman he doesn't deserve?

**Didier Caron's Classic French Comedy**  
Translated by Charlie Gobbett  
Directed by Ian Cornock

**KISS ME, STUPID!**  
25 JANUARY – 3 FEBRUARY 2024

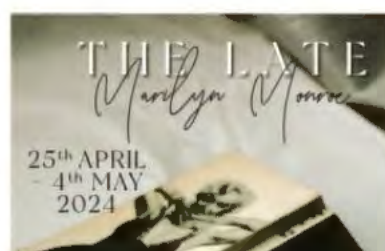
"When L'amour comes a cropper!"

Retired estate agent and cycling nut Bernard is convinced his wife of 30 years, Viviane, is having an affair. Ooh la la!

His solution is to hire pretty but none-too-bright actress Cindy to play his mistress and make Viviane jealous. But two can play at that game! Viviane realises what Bernard is up to and pretends to be enamoured with her much younger colleague Olivier.

Will love and reason win through or does Bernard's obstinate refusal to realise how lucky he is condemn him to losing the woman he doesn't deserve?

**Didier Caron's Classic French Comedy**  
Translated by Charlie Gobbett  
Directed by Ian Cornock


**SUTTON ARTS THEATRE**

**2023-2024**

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





Highbury Cinema presents

## Living

7pm on 6 January 2024

Director **Oliver Hermanus**

Released **2022**

Duration **1h 42m**

Certificate **12A**

Set in 1950s London and starring Bill Nighy. Overwhelmed at work and lonely at home, a council bureaucrat's life takes a heartbreaking turn when a medical diagnosis tells him his time is short. Influenced by a local decadent and a vibrant woman, he continues to search for meaning until a simple revelation gives him a purpose to create a legacy for the next generation.

## What's on next?

Highbury Players present

## Abigail's Party

23 Jan-3 Feb 2024 at 7.30pm

by **Mike Leigh**

directed by **Ian Appleby**

Beverly prepares for the arrival of her guests. She and husband Laurence will play host to neighbours Angela, Tony and Sue. The alcohol flows and the 'nibbles' are handed around in Mike Leigh's ruthless, achingly funny examination of 1970s British life.



by **MIKE LEIGH**  
directed by **Ian Appleby**

*Frantic comedy  
ends in tragedy*

23 Jan - 3 Feb 2024, 7:30pm

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





Highbury Cinema presents

## **Whitney Houston: I Wanna Dance with Somebody**

**7pm on 18 February 2024**

Director **Kasi Lemmons**

Released **2022**

Duration **2h 24m**

Certificate **12A**

A joyous, emotional, heartbreaking celebration of the life and music of Whitney Houston, one of the greatest female R&B pop vocalists of all time, tracking her journey from obscurity to musical super stardom.

## **What's on next?**

Highbury Players present

## **Blue Remembered Hills**

**5-16 March 2024 at 7.30pm**

by **Dennis Potter**

directed by **Phil Astle**

Easy going Willie tags along as burly Peter bullies Raymond and is challenged by fair minded John. Plain Audrey is overshadowed by Angela's prettiness and wreaks her anger on the boys as children mirror the cruelty of adult life.



**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)**

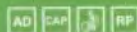
The other theatres have been moved to the supplement to keep below 10MB



the  
Door

WRITTEN BY  
KATHERINE  
CHANDLER  
DIRECTED BY  
CAROLINE  
WILKES

FROM £10  
AGE 3-6



All performances feature  
some integrated Makaton

A REP ORIGINAL FAMILY SHOW

## LITTLE RED RIDING HOOD

THU 7 DEC 23 - SAT 6 JAN 24

Little Red Riding Hood loves adventures

On her way to visit Grandma with a basket of goodies and wearing her signature bright red coat, she sets out for what will be her most exciting adventure yet!

Join Little Red Riding Hood on her magical festive journey through the deep dark woods. Watch her outwit the Big Bad Wolf as she shows that being brave, kind and a little bit chatty can get you out of even the trickiest situations.

This fresh look on the children's classic fairy tale is a Rep Original production and has been created especially for children aged 5 to 6 years old (and their grown-ups!).

The show takes place in The Rep's most intimate performance space, The Door, offering a perfect introduction to theatre and a special experience for young audiences.



Generously  
supported by  
The Sir Barry  
Jackson Trust

**MAGICAL!**  
KEPT THE CHILDREN  
ENTERTAINED FROM THE  
MOMENT WE WALKED  
THROUGH THE DOOR

AUDIENCE MEMBER ON  
JACK AND THE MAGIC BEANSTALK: 2022

08 WHAT'S ON AT THE REP

# LITTLE RED RIDING HOOD

A magical fairy tale treat  
for Christmas



BIRMINGHAM-REP.CO.UK

10

DANCING JUST  
GOT SERIOUS!

# BHANGRA NATION

*A New Musical*



Photo and ©: Rich Squires / From previous production at LaSalle Phoenix

11 WHAT'S ON AT THE REP

UK PREMIERE

the  
House

A REP ORIGINAL MUSICAL

## BHANGRA NATION A NEW MUSICAL

SAT 17 FEB - SAT 16 MAR

BOOK BY  
MIKE LEW &  
REHANA LEW MIRZA

MUSIC & LYRICS BY  
SAM WILLMOTT

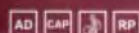
DIRECTED BY  
STAFFORD ARIMA

CHOREOGRAPHED BY  
RUJUTA VAIDYA

FROM £15  
AGE 12+

3  
FOR  
2

SEE PAGE 5 FOR INFO



2024 is set to start with a bang with the UK  
Premiere of *Bhangra Nation - A New Musical!*

This pulsating and powerful story about  
finding your true self is told with verve.

When Mary and Preeti's American collegiate Bhangra  
team qualifies for USA Nationals, they set off on  
opposing quests to dance to their own beat.

Drawing from competitive Bhangra and mixing  
it with other Indian and Western dance forms,  
*Bhangra Nation - A New Musical* is a brash,  
intoxicating and joyous musical comedy for today.

This exhilarating new musical has been created by  
an international creative team, brought together  
by Tony and Grammy Award-winning producers  
Mara Isaacs (*Hedestown*) and Tom Kirdahy  
(*Hedestown*, *The Inheritance*).

A new musical that celebrates traditions we inherit  
and those we create - *Bhangra Nation* promises to  
be a seriously great theatrical experience for all.

A Birmingham Rep production in association  
with Mara Isaacs & Tom Kirdahy

**"JUBILANT, FUNNY, ACCESSIBLE AND  
ENTERTAINING...WELL-CRAFTED  
CHARACTERS, QUIRKY HUMOUR  
AND TOUCHING MOMENTS..."**

THE SAN DIEGO UNION-TRIBUNE

BIRMINGHAM-REP.CO.UK

12



# 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

**birmingham settlement**  
Developing ourselves, changing lives

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

[www.birminghamsettlement.org.uk](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  
£25 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**

**Boldmere**

## 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:

## 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

## 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



### 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

## 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  
07934 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 07825001242 Beauty By Ella

### Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

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





## **STREETLY FLOWER ARRANGERS' CLUB**



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

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

Next meeting Tuesday 9th January 2024 - Demonstration  
with Penelope Harrison - 'Green is the colour - or is it !!'

Further details

Chris Reeves tel: 0122 354 6264.

The ukulele band we had on Tuesday,  
12<sup>th</sup> December at the club.



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.

The December meeting of our society went with a bang! Christmas jumpers were of course the required attire, and the winner of the best dressed member went to our treasurer John, who look splendid in a shirt and matching cardigan combination! For our final meeting of 2023 we were delighted to welcome Vanessa from Floral Jazz, a florist in Boldmere. She did a beautiful table centre arrangement and gave us all lots of ideas on how to bring the garden indoors over the festive period. We were also pleased to welcome Tony Briggs, the Mayor of Sutton Coldfield, who came along to see what we are about.

We do not hold a meeting in January, so our 2024 program starts in



February when we welcome Tamworth and District Hedgehog rescue. We have a full and varied program, and full details of this can be found on our website. We also have a Facebook page, where we encourage members to share their trials and triumphs over the gardening year. Please have a look, and better still, come along and join us next year. We are a friendly bunch who all share the love of gardening. If you would like any more information, please give Gail, our secretary a call on 07307857440.

So, until we meet again in February, may I wish you and yours a peaceful Christmas and a Happy New Year.



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

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

**ABOUT OUR MEETINGS:** Our meetings are varied: we invite quilters to come along to give talks, demonstrations and workshops in their particular specialism, as well as sit and sew meetings, social evenings, demonstrations. We also have regular workshops and Show and Tell evening. We have two trips a year, one to the Malvern Quilt Show in May and another to a quilting outlet for retail therapy (different each year).

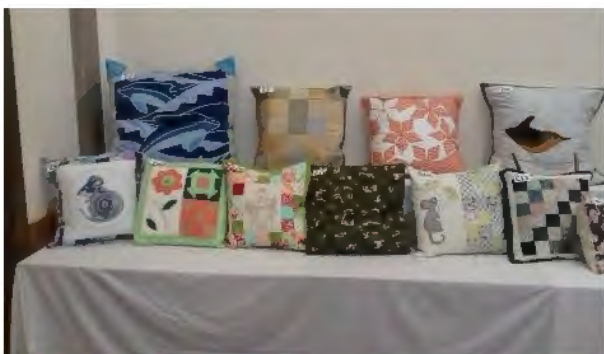
Our new programme commenced on 12 September 2023 and we have a good mix of speakers, workshops, sit and sew sessions.

**WHO CAN JOIN?** Anyone who is interested in patchwork and quilting - you don't need to be an expert! We positively welcome beginners to the craft and members are more than willing to share their knowledge. In addition, one of our members is a qualified P&Q teacher and runs workshops and classes in and around Sutton Coldfield.

**WHAT KIND OF THINGS DO YOU MAKE?** Quilts aren't just things you put on beds: we make bags, cushions, even clothing! Quilts can be "traditional" or modern, contemporary, illusions, memory quilts, pictures, miniatures, etc. If you are a complete beginner, start by making a bag or small cushion or cot quilt. Many members also make quilts for Linus UK, a charity which gives quilts to children and young people in hospital, hospice or in need. Whilst we do not "make" things at meetings, we have demonstrations and workshops and some sit and sew sessions. We have a collection of "how to" notes and patterns for beginners to help start their quilting journey.

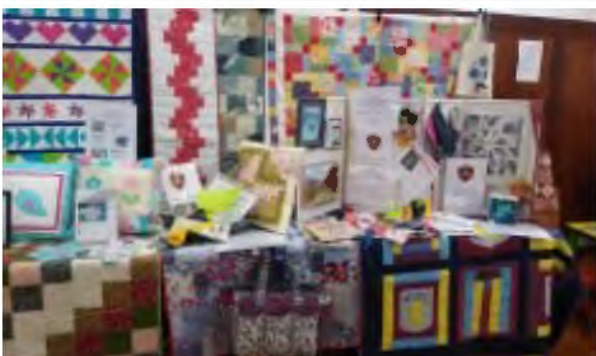
**HOW MUCH WILL IT COST?** Members pay an annual subscription of £20, due in September (or £10 from January), plus £4 for each meeting attended. Visitors are welcome and pay £5 per meeting attended.

**BENEFITS OF MEMBERSHIP:** Firstly, you'll benefit from the skills and expertise of fellow quilters as well as a reduced attendance fee. We have an extensive library for the use of members, for a small borrowing fee.



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

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





## communittea cafe AGE concern Birmingham

**Groups are back at the  
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

**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? The Q&A... #metalkaboutyou

**MENOPAUSE**

Call 0121 362 3650 for more information.



### COMMUNITTEA CAFÉ ALLOTMENT

## TUESDAYS 10 TILL 12

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

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

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



Everyone  
welcome

Gardening  
Group

Help us grow  
fresh produce  
for the café

Sunnybank Road  
Allotments,  
Boldmere

Meet our  
Neighbourhood  
Networker

### CONTACT

Suzi Summerfield

07940 709 314

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



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



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

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

## Angel beads ltd



Melanie Wright

07490133151

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

Facebook: @angelbeadsuk

Instagram: angelbeadsltd

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 3)

See options 1, 2, 3

### My money doesn't stretch far enough

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

See option 1, 2

### I have debt

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

See option 1

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

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

See options 2, 3

## 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  
0800 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  
0800 602 2000 | www.turn2us.org.uk  
benefits-calculator-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: 0800 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, 4

### 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

### DISABILITY RESOURCE CENTRE

Advice and advocacy services for disabled people  
03000 402 040 | droc@disability.co.uk  
www.disability.co.uk

Help with options: 1, 2, 3, 4

### CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty  
0800 326 0006  
www.capu.org

Help with options: 3

### Other Support

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

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

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

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

### WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home  
0800 196 8298 (option 1)  
www.warmerhomesWWM.org.uk

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

### 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: 3



# 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.

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

[tipScheme=TipJar2.1&reference=givingcheckout\\_tj21](https://link.justgiving.com/v1/charity/donate/charityId/3143929?tipScheme=TipJar2.1&reference=givingcheckout_tj21)

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

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Lisa Marie on  
07765 135497



KIDS & ADULTS

## KARATE

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Wed 5-545pm 7-9yrs  
Wed 6-7pm 10yrs +  
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07886089473  
[www.chishiki.co.uk](http://www.chishiki.co.uk)



## Manor Crafts



Decorative Arts and Crafts for All Occasions

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





## Floral Design Classes

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



Contact number above if interested.

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

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

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

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



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

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

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

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

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

Email us at [info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk)  
Visit our website at <https://forwardcarers.org.uk/>

**Birmingham Carers Hub Specialist Dementia Service**

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

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

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



# COUNTRYWIDE SECURITY SYSTEMS

MIDLANDS



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

Phone no. 0121 386 2639

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

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CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

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

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



## Norbury Maintenance

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

T: Dave Edwards 07305931199

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



Home  
Instead.

*To us, it's personal*

## Memory Cafes

Do you know someone living with memory loss?

**Every Monday**

10am—12noon

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

**Every Monday**

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist  
Church

South Parade, B72 1QY

**Every Tuesday**

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

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

All attendees must show proof  
of both covid vaccinations

**Every Thursday**

10am - 12noon

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

**"Friends on Fridays"**

10.30am - 12.30pm

Supported by

Sutton Coldfield Methodist  
Church,

South Parade, B72 1QY

To book your place at any of our cafes or  
for further information please contact Sue  
07422 406168

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

Home Instead  
2nd Floor,  
Plantsbrook House  
94 The Parade,  
Sutton Coldfield  
B72 1PH  
0121 323 4200

## Pregnant? Children under four?

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

**FREE**

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

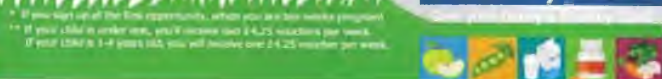
You may qualify for Healthy Start vouchers if  
you're **at least 10 weeks pregnant** or have  
**a child under four years old**. Your family  
must also receive one of the following:

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

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

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

**Healthy Start**



Birmingham  
City Council

HEALTHY  
START NHS

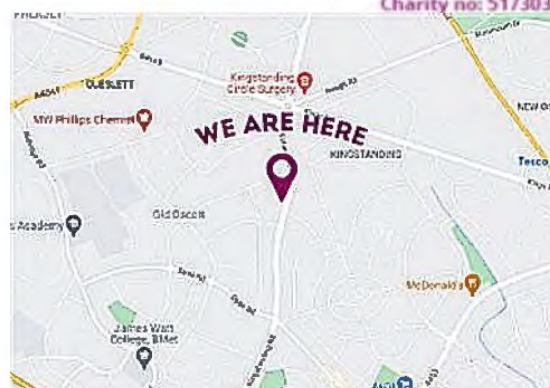




## FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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

www.birminghamsettlement.org.uk  
Charity no: 517303



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

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settlement**  
developing communities, changing lives



## Cafe Oasis

**Freshly Cooked Meals**  
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New menu every Friday

Deliveries made on Tuesday and Friday

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**3 Puddings £6**

**Contact Michelle on 07933 986 869**

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

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

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



## Cafe Oasis

**Monday, Tuesday,  
Thursday & Friday.**

**10.00am - 2:30pm**

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

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

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

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





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## Do you want to learn Mandarin Chinese?

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

#### \*Private 1-to-1 classes

1 hour session	1.5 hour session	2 hour session
£30	£35 (£23.3 per hour)	£40 (£20 per hour)

#### \*Small groups (2 to 4 people)

1 hour session	1.5 hour session	2 hour session
£35	£40 (Under £27 per hour)	£50 (£25 per hour)

#### \*Groups (5 to 10 people)

1 hour session	1.5 hour session	2 hour session
£40	£45 (£30 per hour)	£55 (£27.5 per hour)

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

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

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

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Contact Gary on 07921 132 860

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



Monday & Wednesday

Blue Coat School Gym  
WS1 2ND

Kids: 6.00pm—7.00pm

Monday & Wednesday

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

Kids: 6.00pm—7.00pm

Adults & Juniors:  
7.00pm—8.30pm

Wednesday

Sutton Girls' School  
(Dance Studio at the Back)

Adults & Juniors:  
7.00pm—8.30pm

Thursday

All Saints' Church Hall  
Kids: 6.00pm—7.00pm

Adults: 7.00pm—8.30pm

## THE LOFT PILATES & YOGA STUDIO

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### Pilates Rehabilitation

Mondays 9.45am

Tuesdays 6pm

07886089473



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

The Loft Pilates  
& Yoga Studio



## Pregnancy YogaLates Class



THE LOFT PILATES  
& YOGA STUDIO



### Pregnancy YogaLates Class

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

Starts Thursday 1st Sept 22  
6.15-7pm  
£8

Register now

07886089473

## Pregnancy YogaLates Class



## 5K YOUR WAY MOVE AGAINST CANCER

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

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

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

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

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

**It's Free!**

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

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






# Sutton Park Surgery

0121 353 2586

See front page



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

Osteopathic Treatment can help with the following;

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



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



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

## FREE MEAL!

Every Saturday

from 3rd April

1pm - 2pm

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Road

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## KN LOCKS & MAINTENANCE

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HANDLES / HINGES/ LETTERBOXES REPLACED



## Eat For Your Heart's Sake



Christian Fellowship (Pheasey)

Worship and Communion Service  
Sunday 10:00am

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

Please look for the Beacon Room – Everyone welcome

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



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[sales@wdcservicesolutions.com](mailto:sales@wdcservicesolutions.com) T: 0121 285 3222

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

**LoveWorld**  
Sutton Coldfield

Specially invite you to

# Worship WITH US

EVERY WEDNESDAY & SUNDAY

LoveWorld Sutton Coldfield: Banners Gate Community Hall  
35 Reay Nadin Drive, Sutton Coldfield B73 6UR  
Contact Details: 0756562762  
[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 16th January  
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)

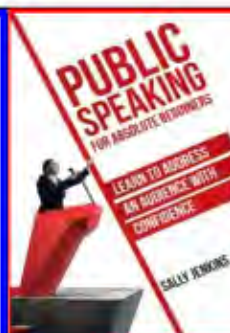
The kitchen is approx. 11' x 7'  
(3.4m x 2.2m)

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 Beginners  
by Sally Jenkins

Tips on constructing and presenting all types of speeches.

Available on Amazon or direct from the author:

[sallysjenkins@btinternet.com](mailto:sallysjenkins@btinternet.com) 0121

**Lucky & Buntys**  
Children's Entertainment  
0777 333 9214



## HATHA YOGA



Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.

## R&B Builders Ltd

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[Rafszpak@gmail.com](mailto:Rafszpak@gmail.com)





Create the best party possible for your little ones

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We can cater for anything including: Full Party Entertainment, Mascots, Soft Play, Bouncy Castles, Face Painting,



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Home Dog Boarders since 2005

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



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Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets



### SWIMMING LESSONS

for ages 4 and upwards:  
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Local Pools ~ All Abilities  
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[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  
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**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)



**KILTR FITNESS**

**Personal Training**

Looking to lose weight?  
Improve your fitness?  
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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!

**Katie Ingle**  
T: 0788 886 7850  
E: [kiltrfitness@outlook.com](mailto:kiltrfitness@outlook.com)  
IG: @kiltrfitness  
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Muscle tightness / strains, Joint pain, Sciatica.  
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Key Stage Two SATs tuition:  
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## 11+ & CATCH-UP **TUITION** AVAILABLE

### MORE INFORMATION

Small Group Sessions  
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Saturday Mornings  
Barners Gate  
Community Church,  
B73 6UH  
07719857450

## CARING FOR CARERS

Supporting carers through  
loss and bereavement

Have you experienced a  
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Are you caring for  
someone who is near the  
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Would you like to meet  
other carers who share  
similar experiences?

Do you need support to  
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Contact our friendly team now  
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[caringforcarers@communitiesinsync.info](mailto:caringforcarers@communitiesinsync.info)  
for more information



COMMUNITIES  
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Birmingham  
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# GRACECHURCH

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Arts & Crafts - Handmade Greeting Cards - Unique Gifting

**Mantone Craftwork**  
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Create a selection of greeting card designs, 3D Decoupage  
Tins (which is an inward Decoupage)  
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much more than pet food®  
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Nutritional Advisor  
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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  
Plus scan here for a full list of additional dates..  
Redditch Kingfisher Centre  
2nd Saturday of the Month  
Tamworth Ankerside  
4th Saturday of the Month



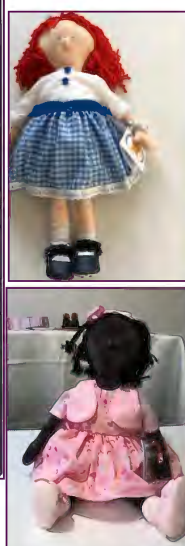
Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



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.

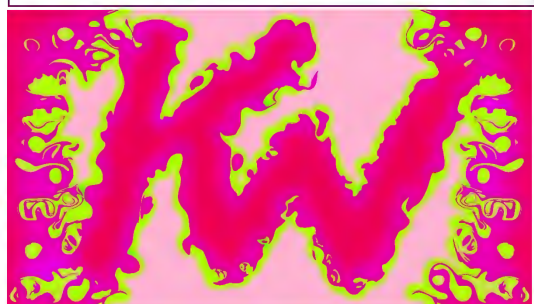
**Page 2 Page**  
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**Ruth A Ible**  
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Reclaim, Reuse, Recycle  
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Woodworker/Maker  
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Erdington Birmingham  
(Rear of Slade Road Mts)  
07482173018  
Email: info@urbancitywoodshop.com

**The Elements Glass**  
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**Danielle Tittley**  
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theelementsglass@hotmail.com  
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[www.theelementsglass.co.uk](http://www.theelementsglass.co.uk)

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WhatsApp: 07481 894 093



**Julia Westwood**  
FINE ART  
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E: hello@juliawestwood.co.uk  
W: juliawestwood.co.uk  
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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.

As a community hall we are trying to create activities for the benefit of the community and our first venture is to offer three weeks of card making and knit and natter.

**Starting January 12th, 19th and 26th from 1-00 till 3.00.**

Please come and join us and suggest things which would be of interest to you. If you need any information please message on 07964 213 229

**Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month**

**The next is on 16th January - 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 – 8.30 pm	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 1.00 pm 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 - 5.00 pm. 3rd Tues 9.15 - 12.00 pm 11.45 am - 12.45 pm 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 (3rd of each month) 7.00 pm	Yoga Home Education W Mids Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Pauls & Kelly 07891 Warren 01902 Sue Nation	40 39 43 82 63 80 897 900 353 4114
9.30 - 11.15 4.30-5.30 & 5.30-6.30 7.00 - 8.00 pm	The Creation Station Repertoire Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall	Ayne Wilson 07793 Chloe Lloyd 07729 Shakila Kosar 07825	54 26 48 47 79 46 25 50 42

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

**UNIFORMED ORGANISATIONS:**  
**Scouts:** Margaret Drummond, 33rd GSL  
353 5203 **Girlguiding:** 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  
16th January  
At 10 o'clock**

 **The Townswomen's Guild**  
Patron HRH The Princess Royal GCVO  
Thurs. 18th January - Bingo, Fish & Chips  
Thurs. 15th February - Talk about Mary Quant  
  
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)



**Girlguiding 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.

Girlguiding UK	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