



Banners Gate & Parklands Community & Neighbourhood Forum

175th November 2023

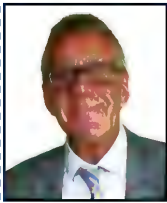
bannersgateneighbourhoodforum.com

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

The Banners Gate Neighbourhood Forum meetings will be held at the new time and day of 7.30 pm on the last Thursday of every other month starting on January 25th. 2024 at the Community Hall in Reay Nadin Drive.

Tip Truck visits in Vesey.

Tuesday 5th December,
Reay Nadin Drive
Site will be open
from 7am - 12.30pm
See page 16



Rob Pocock: ACTION ON SPEEDING TRAFFIC

What can we do to cut down the amount of speeding on our local roads? It's a question a lot of residents are asking, and the problem seems to be getting worse year by year. Not just here but across Birmingham, and indeed it seems across the country. For quite a while there have been 'flashing speed signs' on some of the main roads around our Sutton Vesey Ward, that light up when cars break the speed limit. There are some on Chester Road, Boldmere Road, Jockey Road, Highbridge Road, Stonehouse Road etc. The signs are a good way of warning inattentive drivers, but they don't entail any enforcement for offenders.

This might be about to change! We are going to run a trial in the Sutton Vesey Ward, of some new technology that's just come out. It involves using 'ANPR' devices – that's 'Automatic Number Plate Recognition'. Earlier in the autumn, Kath Scott and I held a meeting with 4 members of the local policing team, led by the senior inspector for the Erdington and Sutton Force, together with 2 City Highways officers and the manufacturer of the new kit. As shown in the picture, the devices have digital detector cameras built inside, that identify and record the number plates of all vehicles passing the devices that are exceeding the prescribed speed limit. The electronic records can then be downloaded by the Police through Wi-Fi or cable connections, and by reference to the DVLA database the registered keeper of the offending vehicle can be identified by the Police, relevant communications relating to the offence can then be sent by post to the keeper's address. This whole

process is less complicated than the old-style speed cameras, and also saves a vast amount of police and legal time.



If all goes well, we'll be deploying 2 of these devices in our area over the winter on a trial basis. One being a fixed device on a post by the roadside, and the other being a mobile, tripod-based device that can be used by 'Speedwatch' patrols involving Police and residents on a roving, rapid-deployment basis located where residents perceive the problems to be most serious.

The trial period will last several weeks and if successful, we'll then be applying for the funds to commission a permanent set of the new ANPR devices in the Sutton Vesey ward. It is not a guarantee of preventing all speeding, but it should certainly be a big new deterrent!

Editor: Tony Willis, 44 Hollyhurst Road. B73 6SY Tel: 0121 605 4947, or bgatepost@gmail.com **Next deadline: Dec 21st**

When printed, it is by NEWTON PRINT The Complete Print Service, Sutton Coldfield. Tel: 07786 93 36 96



Max Hatton: Hello Gatepost Readers!

It has been another busy month in Sutton Coldfield as we draw closer to the end of the year. On Sunday 12th November I attended the annual Remembrance Day Parade and Wreath Laying. The town came together in remembrance to our past and present armed forces and veterans. The weather didn't stop residents coming out to pay their respects, with many lining the pavements to watch the parade as it passed by.

Our highstreets around Sutton Coldfield have been fitted with festive lights, beckoning the Christmas period for us all! On Sunday 19th November we enjoyed the annual Boldmere Christmas Festival and Light Switch On, the largest Christmas event in Sutton Coldfield. It was great to be a part of the festival for third time, Boldmere Futures CIC put in so much hard work to run these festivals and they deserve every bit of praise. We also had a very large number of volunteers help us this year, one group of volunteers came from BMet College and were fantastic in helping us set up and take down equipment, and you may have seen them on the entrances too! I'd like to give a big shout out to BMet student Ubaid Ullah for not only

volunteering, but also for helping with the redesign of the Boldmere Community Festival logo and banners. Many of you will have seen the banners as you entered the festival, his work is fantastic and fits in perfectly with the Boldmere Community Festivals, well done Ubaid!

I also attended the Healthy Vesey event on Thursday 23rd November alongside fellow Vesey Councillors, residents and Eco Sutton. The event was very well attended despite the dark and rain! We heard updates from Town Council officers on the Health and Wellbeing Roadmap for '22-'26, and we also viewed presentations from Eco Sutton and HealthyStart representatives. You can find out more about Sutton Coldfields Health & Wellbeing Partnership here - <https://discoversuttoncoldfield.co.uk/>

Our November Town Council meeting has been cancelled, however you won't have to wait long until the next one. Join us on Wednesday 13th December, 7pm at the Trinity Centre for the next Full Town Council Meeting, hope to see you there. Until next time Gate Post readers, have a great month!

Discover Sutton Coldfield

Local organisations can:

1. Publish information about the services they offer
2. Share volunteering opportunities within the local area
3. Be more easily found by the people who need them

Local residents can:

1. Learn about our community and what is available
2. Search and locate support groups and community activities
3. Contact the organisations directly for more information



ROYAL SUTTON COLDFIELD
TOWN COUNCIL



www.discoversuttoncoldfield.co.uk



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

moneysavingcentral.co.uk/kids-eat-free



MORRISONS

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

M6S CAFES

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

SAINSBURYS CAFES

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

ASDA

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

BEEFEATER & BREWERS FAYRE

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

THE REAL GREEK

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

TRAVELODGE & PREMIER INN

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

SIZZLING PUBS

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

TGI FRIDAYS

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

PRETO

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

YO! SUSHI

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

GORDON RAMSEY RESTAURANTS

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

BILLS

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

BELLA ITALIA

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

WHITBREAD INNS

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

TABLE TABLE

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

PAUSA CAFE @ DUNELM

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

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

Christmas

at St Columba's Church

Banners Gate Road B73 6TX



Carols by Candlelight

Sunday 3rd December 4pm

Traditional Christingle Service

Sunday 10th December 10am

Christingle Party for all the Family

Sunday 10th December 4pm

Traditional 9 Lessons & Carols

Sunday 17th December 3pm

Christmas Eve Carols for all the Family

Sunday 24th December 10am

First Communion of Christmas

Sunday 24th December 11:30pm

Christmas Day Service

Monday December 25th 10am



Banners Gate Bulb Planting

On Sunday 5th November the weather was beautiful so we took the opportunity to round up quite a few young children in Hollyhurst Road and together with their parents helped plant the remaining daffodil bulbs, kindly donated in a grant to the Neighbourhood Forum.

Playing mud pies with the easily moved soil underneath the turf proved quite good fun not only with the children! Thank you to all those involved and hopefully by spring we should have a good show.

Thanks Tesco!
Margaret Adams





Just for Mum Yoga

Re-energise
Reconnect
Relax

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

www.yogabodybirmingham.co.uk

Yoga Body




Mum & Little One Yoga

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

Tuesday mornings

St Columba's Church, B73 6TX

www.yogabodybirmingham.co.uk

Yoga Body

Pregnancy Yoga

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

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

Play as you go or block book


All equipment provided



www.yogabodybirmingham.co.uk

Yoga Body

MOTHER'S CIRCLE



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

YOGABODYBIRMINGHAM.CO.UK

Yoga Body

Annual health checks for those who are diagnosed with dementia


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

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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?


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

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

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

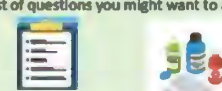
How long does an Annual Health Appointment last?

- 20-30 mins




What help might you need?

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



What happens during the Annual Health Check?

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



Birmingham and Solihull Integrated Care System
Creating shared health and well-being



*Sunday Mornings
at St Columba's*

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

The service lasts about an hour with tea, coffee and a chat in the hall afterwards. All are welcome; everything is explained as we go along and is on a big screen at the front.

Come exactly as you are - full of questions, full of faith, full of doubts or completely empty and in need of an hour of peace.

You are welcome.

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



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



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

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

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

Classes at St Columba's Church

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



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

T: 07869 822502 E: info@hopefood.org.uk

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

Sutton Coldfield District Children's Centres Activity Calendar

October - December 2023

Monday

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

EEE advice

Are you aware you could be eligible for free 15 hours for 2, 3 and 4 year olds?

For more information call your local Children's Centre



Tuesday

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



Wednesday

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



Pick these up from any children's centre



Thursday



EEE advice

Are you aware you could be eligible for free 15 hours for 2, 3 and 4 year olds?

For more information call your local Children's Centre



Friday

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

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

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

Bookable Services

Baby Massage

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

Journey to Parenthood

Free course for expectant people.
Holland House

Little Talkers

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



Stepping Stones

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

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

KID's Family Group

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

Thursday
9.30-11.30am
Holland House

First Words Together

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

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

Parenting

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

Other Services

Health Activities

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

Family Support

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



Adult Education and Employment Support

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

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

Domestic Abuse

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

Erdington District Children's Centres Activity Calendar

October - December 2023				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>9.15-10.45am Play and Learn 0-5's Castle Vale</p> <p>10.00-11.00am Music and Movement Featherstone *please note this is running from 06/11/23-11/12/23 only*</p> <p>1.15- 2.30pm Play and Learn Under 18 months Lakeside</p> <p>Foodcycle from 9/10/23 3.30-5.00pm Lakeside *Bookable slots* Free 3 course meal for those with children aged 0-5 years. Ask for a leaflet for further details or call Lakeside to enquire.</p>	<p>10.00-12.00pm Breastfeeding Lounge Lakeside</p> <p>10.00-11.00am Music and Movement Castle Vale *please note this is running from 07/11/23-12/12/23 only*</p> <p>1.15-2.45pm Play and Learn Over 1's Featherstone</p>	<p>EEE advice Are you aware you could be eligible for free 15 hours for 2, 3 and 4 year olds? For more information call your local Children's Centre</p> <p> Pick these up from any children's centre</p> <p></p>	<p>9.45- 11.15am Step by Step Play and Learn 0-5's Osborne Nursery School</p> <p>9.45-11.15am Play and Learn Over 1's Lakeside</p> <p>1.15-2.45pm Play and Learn 0-5's Kingstanding Leisure Centre</p> <p>1.30-2.45pm Play and Learn Under 18 months Featherstone</p>	<p>1.15 - 2.45pm Step by Step Play and Learn 0-5's In conjunction with DLP North Cluster Castle Vale</p> <p>Check out the Startwell website for information on healthy eating and the importance of physical movement.</p> <p>www.startwellbirmingham.co.uk</p> <p></p>

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

Addresses and Other Information

Holland House Children's Centre

Holland Road, B72 1RE
Telephone: 0121 752 1860

Open 8.30 am - 4.30 pm

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

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

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

Mere Green Library

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

Boldmere Library

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

Emmanuel Church

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

Health Visitor Hub

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



Instagram



Like us on Instagram and Facebook

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

PLEASE NOTE

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

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

We look forward to meeting you.

Addresses and Information

Castle Vale Children's Centre

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

On street parking available

Featherstone Children's Centre

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

On street parking available.

Lakeside Children's Centre

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

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

Osborne Nursery School

Station Road, B23 6UB
On street parking available

Kingstanding Leisure Centre

Dulwich Road, B44 0EW
Car park spaces available

Health Visitor Hub

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



Instagram



Like us on Instagram and Facebook

Our page's are called
Erdington Children's Centres

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

We look forward to meeting you.



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

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

**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 for more information



Barry Gardner
Media and PR Officer
Tel: 0207 420 5818

(Mon- Fri 9-12.30)
www.reengage.org.uk



Maybe these are some of the reasons why you do not receive everything you wanted for Christmas.

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



24 November 2023

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



Sorting out the basics: £823,000 for food projects across BRUM!

These lifesaving, **one-off grants of mainly £5,000** are going to 168 organisations, including foodbanks, food clubs, food pantries, social supermarkets and community cafés. We are using part of our Household Support Fund allocation to pay for this.



Home From Hospital Care

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

One Free Food Parcel to anyone referred.

Going to the supermarket for you.

A befriending service for anyone that is lonely.

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

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

Helping you with applying for benefits or general form filling.

**To refer call 0121 472 4499 or visit
www.home-from-hospital-care.org.uk**



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



POET TREE WITH MIST ACHES

I have a spelling chequer
It comes with my pea sea
It plainly marques for my revue
Miss steaks eye cannot sea

When I strike a quay or right a word
I weight four it too say
Weather eye am wrong or write
It shows me strait away

As soon as a mist ache is maid
It nose bee fore two late
And eye can put the error write
It's rarely, rarely grate.

I've run this poem threw it
I'm sure your pleased to no
Its letter perfect in its weigh
My chequer told me sew.
(Sauce unknown)

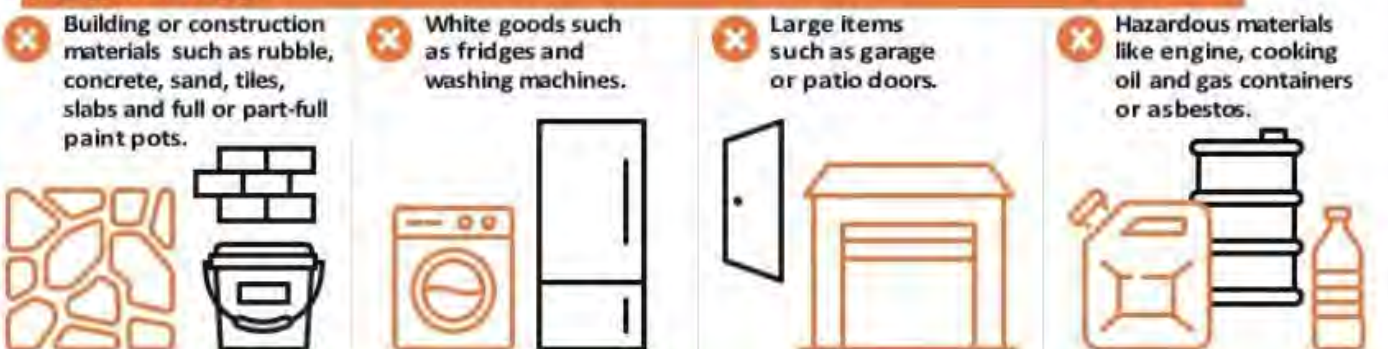
Thank you, Harold

The chart below shows what you can and cannot take to the Tip Truck.

BRING ANY OF THESE UNWANTED ITEMS TO THE VEHICLE:



WE CAN'T TAKE:



Another Eric tale. November 2023

By the time you read this our traditional Guy Fawkes night will be over. Like many of us older folk we recall as children there were bonfires in almost every other garden with the sky aglow and the innocent joy of Bengal matches and sparklers with rockets hurtling into the night sky from all directions. I never did master how to set a Catherine wheel up on our garden fence post and joy at its continual rotation. My abiding memory in my dotage though is of me as a young boy finishing my paper round and with my wages buying as many 'mighty atoms' and 'little demon' bangers as I could cram into every pocket. In hindsight I am convinced had I smoked a cigarette I would have joined the rockets in the night sky.

Only a few years earlier I had been up in a tree house with the son of my Father's boss, meanwhile my Father was gardening for him below. The son pulled out a packet of Gold Leaf untipped cigarettes (purloined no doubt from his father) and offered me one. I told him I had not smoked before, he demonstrated, and I was amazed as he blew smoke rings. He said " *You draw in very deeply and if you do it properly smoke will come out of your mouth nose and ear's*". I believed him but felt a failure when no smoke appeared from my ears. I nearly passed out grabbing the tree trunk and hopelessly trying to waft the smoke away lest my Father below saw it.

I never smoked cigarettes after that so was quite safe, now in hindsight, to take on board a very large banger haul a couple of years later.



Midlands Hospitals' Choir

PHOENIX SINGERS

Musical Director: James Llewelyn Jones

CHRISTMAS JOY

Music to bring happiness in the festive season

Sunday December 10th 2023 at 6pm

Tickets: £18-£26

Venue: Birmingham Town Hall

Guest Artists: Gemini Brass, Joanna Cooke - Soprano
& Bournville Village Primary School Choir

B:Music

1. Which planet is Curiosity roving around in the name of science?
2. What is produced by the bacterial fermentation of milk?
3. What is the art of cutting shrubs into ornamental shapes called?
4. What oath is sworn by graduates of medicine to regulate their further conduct?
5. How many seats did the spitfire fighter plane have?
6. If you are watching cricket at the Oval, in which county cricket club are you sat?
7. Which British explorer was murdered by the natives in Hawaii?
8. Which Beatle has the real name of Richard Starkey?
9. Who recorder the song 'Think' in 1968 and also performed it in the Blues Brothers movie from the '80s?
10. Which Archduke was assassinated in Sarajevo in June 1914 and caused the outbreak of WW1?
11. Pigs are used to sniff out which delicacy in some parts of France?
12. In nature, how many arms (or legs) does a starfish have?
13. In which sport do teams compete for the Stanley Cup?
14. In Roman Numerals, how many players are there in a rugby union team?
15. Who had a hit in the '60s with 'The House Of The Rising Sun'?
16. Who famously stated that '... an army marches on its stomach'?
17. Which former jockey became a best selling author of thrillers about horse racing?
18. What type of goat produces mohair?
19. If the Hammers are playing the Gunners, in which city would you be?
20. What is the term given to a word that can be spelt the same both backwards and forwards? e.g. ABBA, TOOT
21. In which town did the Pied Piper play?
22. What is the last word in the New Testament?
23. What TV show, produced by Peter Fluck and Roger Law, poked fun at politicians and celebrities in the '80s?
24. In Monopoly, what colour are Bow Street, Marlborough Street and Vine Street properties?
25. What was the name of the dog carried into space aboard Sputnik 2?
26. What was the nickname given to the V1 flying bombs that rained down on London and the South East UK during the latter part of WWII?
27. What is the surname of the author of 'For Whom The Bell Tolls'?
28. Dianna Rigg played which character in 'The Avengers'? (The original TV show, not the 2012 movie)
29. In which sport would you hear the term 'Catching a crab'?
30. As well as Depeche Mode and Yazoo, what other band was Vince Clarke a principal member of?

Answers on page 25

communita 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

AGE Concern
Birmingham



Communita 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:
communita@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!

Prince's Trust Team
Programme has been
moved to the
Supplement to stay
below 10MB

EXCITING ANNOUNCEMENT!

THE INCLUSIVE COMMUNITIES FUND IS OPEN FOR APPLICATIONS!



The Inclusive Communities Fund, powered by the legacy of the Birmingham 2022 Commonwealth Games is now open for applications. The Fund will support not for profit organisations and community events across the West Midlands until March 2025. Not all of the Games budget was spent, and the remaining amount is providing a special one-off boost for our region. The fund can be used in so many ways to support our communities with their wellbeing, to keep addressing inequalities and to maintain our feelings of civic pride and spirit of connection.

The Inclusive Communities Fund is being delivered by the West Midlands Combine Authority in partnership with the Heart of England Community Foundation and United By 2022, the Official Games Legacy Charity.

United By 2022 want to share this news with as many people as possible and we shall be providing support and guidance to anyone who would like to apply. Throughout the next year you can find us at events, workshops and activations both online and in person, starting with a series of webinars this week.

[SEE ALL THE WEBINAR
LISTINGS AND BOOK ON!](#)

[SIGN UP TO FIND OUT MORE
INFORMATION](#)



**CONTACT COMMUNITY.GRANTS@UNITEDBY2022.COM
WITH ANY QUESTIONS**

THE INCLUSIVE
COMMUNITIES FUND

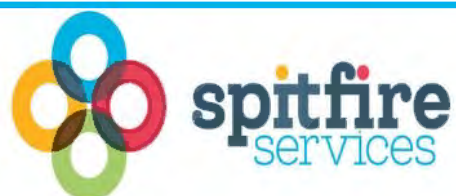
Funded by
UK Government

Commonwealth Games
Legacy Fund

West Midlands
Combined Authority

heart of england
community foundation

UNITED BY 2022
LEGACY CHARITY



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





TRINITY PLAYERS

**Step
Back
and
Boogie**

*The magical sounds of
musicals, films and songs
of the 70's to the 80's*

30th November - 2nd December 2023
Streetly Community Centre

SCAN TO BOOK



Box Office: 07843 928830

North Birmingham
Cats Protection
Rehoming Scheme
moved to
Supplement to stay
below 10MB

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

Age Concern Birmingham particularly encourages marginalised groups to participate :



LGBTQI+ VETERANS DISABILITIES BLACK AND MINORITY COMMUNITIES





THE BIRMINGHAM 2024 INTERNATIONAL TATTOO

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



Massed International Marching Bands

Combined Pipes & Drums

Massed Parade of Standard Bearers

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

Three hours of spectacle for all the family

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



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



Resorts World
ARENA
BIRMINGHAM

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

Box Office: 0344-338-8000

Special discounts available for groups of 10+

Group bookings: 0800-358-0058

More information and buy tickets online at

www.bhamtattoo.com

1. Mars 2. Yoghurt 3. Topiary 4. Hippocratic Oath 5. One 6. Surrey 7. Captain James Cook 8. Ringo Starr
9. Aretha Franklin 10. Franz Ferdinand 11. Truffles 12. Five 13. Ice Hockey 14. XV (15) 15. The Animals 16.
Napolean Bonaparte 17. Dick Francis 18. Angora 19. London 20. Palindrome 21. Hamelin 22. Amen 23.
Spitting Image 24. Orange 25. Laika 26. Doodlebug 27. Hemingway (Ernest) 28. Emma Peel 29. Rowing or
Sculling 30. Erasure

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



A green flyer with the title "WE NEED YOU!" in large white letters. Below the title, it says "Calling all Ex-Service Men and Women Across Birmingham and Sandwell". It then asks "Did you serve?" and "Do you know someone who served?". The text continues: "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". At the bottom, there is a silhouette of a soldier standing with a cane. Logos for "AGE CONCERN Birmingham" and "THE ARMED FORCES COVENANT FUND TRUST" are at the bottom.

A pink and purple flyer with the title "no men.... just pause" in white letters. Below the title, it says "Here at Communitia we are looking to start a no men... just pause group. to SHARE, SUPPORT, ASK and UNDERSTAND all things menopause." It features a red alarm clock icon. At the bottom, it says "You might be feeling overwhelmed? and not yourself? It's OK So... #intell about you! MENOPAUSE" and "Email 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



Message Sent By

Fraser Llewellyn

(Police, Coordinator , Citizens in Policing)



#ChangeTheStory this White Ribbon Day.

Today is White Ribbon Day, which is observed on 25th November every year and marks the beginning of the 16 Days of Activism Against Gender-Based Violence.

Here at West Midlands Police, we have a zero-tolerance approach to any form of violence against women and girls, and we also want to empower the community to become upstanders, not bystanders.

This means ensuring the voices of women and girls, especially survivors of violence and abuse, are heard. It also means calling out abusive and sexist behaviour among your friends, family, colleagues and communities to promote a culture of equality and respect.

Chief Superintendent and Walsall LPA Commander, Phil Dolby, said: “We know that men and boys can also be victims of domestic abuse and everybody, no matter who you are, deserves the best possible service from West Midlands Police if you suffer such an offence.

“However, this campaign is particularly focused on what everyone, especially men and boys, can do to individually and collectively act to change the behaviour and culture that leads to abuse and violence against women and girls.

“By all of us working together, we can help #ChangeTheStory so women and girls can live their lives free from the fear of violence”.

Find out more and see how you can make a difference at whiteribbon.org.uk

If you're concerned about your behaviour or the behaviour of a loved one, contact the Respect Phoneline on **0808 802 4040** or head to [their website](#).

Remember to always dial **999** in an emergency. You can also find out more and get advice by visiting [this webpage](#).



Message Sent By

Anthony Wilkes

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



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

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

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

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

Member Discount

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

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

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

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

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

Thank you.



Message Sent By

Ruby Smart

(Neighbourhood Watch Network, Head of Communications, National)



Suspicious behaviour reported.

There have been several reports around Sutton Coldfield regarding an unknown male approaching properties, and asking for petrol as his car has run out of fuel.

He has reportedly offered to leave a phone or a card as security.

We always advise against dealing with any cold callers at the front door.

In the event of such an incident occurring at your address, do not open the door, unless a door chain is used.

Use a spy hole, or Ring type door bell system to see who is outside. In the event of having neither, then go to a window, an upstairs window can be safely opened to enquire what the caller wants. If not possible then you can speak whilst the door is still closed.

In no circumstances let the individual(s) into your property.

Politely ask them to leave, if they refuse then report to the police, if you feel threatened or in danger call 999.

After the individual(s) leave without incident please report this activity to the police via 101, or via the live chat facility. This is available 7 days a week from 8am x midnight. www.west-midlands.police.uk /live chat.

For more crime prevention advice visit: www.west-midlands.police.uk /crime prevention.



Message Sent By
Saul Smith
(Police, PCSO, Four Oaks neighbourhood team)



Play Bridge




Join us - Bridge is for everyone!



Sutton Coldfield Bridge Club
BEGINNERS BRIDGE LESSONS

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

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

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

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

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge



Pawpounders
Doggy Daycare Centre

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

Puppy Socialisation and Training Classes
now available.

FOR PUPPIES FROM 2 TO 6 MONTHS

LIMITED SPACES AVAILABLE

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

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




TO BOOK YOUR PLACE PLEASE
EMAIL ERICA at
[**Ecd23@icloud.com**](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



PREGO
Cafe

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

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

SUTTON PARK GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH
LAUNCHES WEDNESDAY 26TH JULY 2.30- 4.30PM

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

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

For more information please call please call Karen on 01217 562 174 or email: sutton.enquiries@cinnamoncc.com to reserve your space.

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



SUTTON PARK GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

Sutton Park Grange has been designed with the people we care for in mind – whether it is the 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@cinnamoncc.com to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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




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

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** 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 December

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

Contact Us

0121 464 2274

sutton.coldfield.library@birmingham.gov.uk

www.facebook.com/SuttonColdfieldLibrary

www.twitter.com/SuttonLibrary

www.instagram.com/suttoncoldfieldlibrary

Sutton Coldfield Library

Christmas opening hours:

Monday 25th December (Christmas day): CLOSED

Tuesday 26th December (Boxing day): CLOSED

Wednesday 27th December: CLOSED

Thursday 28th December : 9.00am-1pm & 2pm-5pm

Friday 29th December: 9.00am-1pm & 2pm-5pm

Saturday 30th December: 9.00am-1pm & 2pm-5pm

Sunday 31st December: CLOSED

Monday 1st January: CLOSED

Normal opening hours resume from Tuesday 2nd 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.

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 2nd December

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

Thursday 4th December

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

Every Tuesday

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

Sutton Coldfield Local History Research Group 2 - 4.30pm -

SCLHRG meet weekly in the library. For more information visit their website: <https://sclhr.org.uk>

Thursday 7th December

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

Pyjama Drama has
been moved to the
Supplement to stay
below 10MB

Kingstanding Library

**birmingham
settlement**

developing communities, changing lives

Employability and Digital Skills Programme

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

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

Are you
unemployed
and looking
for work?

We can
help!

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:

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

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



Like us on Facebook at Birmingham Settlement

Follow us on Twitter at @BSettlement

www.birminghamsettlement.org.uk
Registered Charity: 517303

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



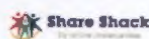
**610 Community Centre,
610 Kingstanding Road,
B44 9SH**

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 or visit: 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



PLEASE NOTE:

Referrals must be made by 12noon on Wednesdays

(Please note a request does not guarantee a parcel)



NIHR | School for Social
Care Research

UNIVERSITY OF
BIRMINGHAM

Call for participants

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

Please participate in our focus group!
If you:

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

We are interested in hearing from you!

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

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

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



Benefits Advice Surgery

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



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

Areas Covered:

Erdington, Kingstanding, Perry
Common, Stockland Green,

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



Birmingham
City Council

What's On at Streetly Community Library Autumn 2023

1st Wednesday of each month 11-12 Adult Reading Group

2nd Wednesday of each month 10.30-12 Poetry Group

3rd Tuesday of each month 11.15-12.15 Crime Club Reading Group

3rd Wednesday of each month 10-12 Knit, Stitch and Chat

(The Children's/Library Groups area will have limited access during the above sessions)

Every Wednesday 10-12 Knit, Stitch & Chat Extra—*drop in with your current project or just enjoy some company*

Every Friday during term time 10.30-11 Story & Rhyme Time

Every Friday 10-11.30 Reading Friends Social Group—*join us for a cuppa and a chat*

Every Saturday 12-1 Local Councillors' Surgery

Every Saturday 1-3 Retro Board Games Afternoon—*something for all ages, drop in and play*

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

Saturday 25th November 11-12.30 Lego Fun

Saturday 23rd December 11-12.30 Lego Fun

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

01922 654864 streetlylibrary@walsall.gov.uk

Streetly Community Library

Christmas Colouring

Competition



Age 5 & Under - colour in a Christmas tree

Age 6 & Over - design your own Christmas tree

Hand in your colouring at the counter to see your work displayed in the library and for the chance to win a prize!

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

01922 654864 streetlylibrary@walsall.gov.uk

Birmingham's Mobile Library Service

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

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

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

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

It currently operates **every Tuesday between 10.00 – 11.00 parked** outside Sutton Park Academy on Coppice View Road, B73 6UE.

Go along and see what's on board. Use it – Or lose it!

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

Phone: 0121 464 6171 Mobile: 07766 923344

Email: mobile.library.service@birmingham.gov.uk

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library



WELCOME TO SUTTON COLDFIELD U3A

learn, laugh, live

Click on this picture

Sutton Coldfield u3a Monthly Calendar

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

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





CHESTER ROAD STATION FRIENDS (CRSF).,

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

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

- The 'baubles' are made from 11mm, untreated stand board and lightly sanded.
- The diameter of the wooden disc, for painting, is 147 mm (approximately 6").
- The painting needs to be sufficiently weatherproofed, to maintain for the display period.
- Must be ready to fix on trees by Saturday 25th November, 2023

Please note: *to comply with railway safety, no solid green colour, or solid red colour, which might be confused as a red or green light for approaching trains, should be used on the bauble discs please, and no decorative attachments, which could become detached, or glitter should be applied.*
Thank you.

To obtain a bauble disc, please contact patline@talktalk.net

or tel. Pat on 07704354064



HelpinBrum

Find Help In Brum

Are you concerned about the rise in cost of living?

Find some helpful contact details for advice and support.

Birmingham City Council and partners are working to support and offer guidance to our residents during the cost of living crisis in the UK.

We want to support as many of our residents as possible across key areas which are outlined in this leaflet.

Warm Welcome:

We are working with the local community and a partnership of voluntary and community sector organisations to expand a network of warm spaces.

These spaces will be available for people to use and visit during the winter period and beyond.

There are several existing Warm Welcome Spaces within local communities across the city. Warm Welcome Spaces are:

- inclusive and non-judgmental
- heated and free to access

The services at each space will vary but may include:

- information on further support and available guidance
- opportunities to participate in activities and learn new things
- free internet access, computers and charging points
- a friendly environment to connect with others within the community

You can find details of our current Birmingham Warm Welcome Spaces at:

www.birmingham.gov.uk/warmwelcome

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

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

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

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

Foodbanks:

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

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

Free School Meals

You can also check if your child can get free school meals.

visit www.birmingham.gov.uk/school-meals to see if you are eligible.

(This will also automatically register you for the Holidays, Activities and Food Programme.)

More Information Available

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

Other Support Available

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

Age UK Birmingham

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

Birmingham Mind

Providing advice, information and connection for people affected by mental health issues.
0121 262 3555 www.birminghammind.org

Moneyhelper

Advice to help improve your finances.
0800 138 7777 www.moneyhelper.org.uk

Stop Loan Sharks

Investigates and exposes illegal money lenders and provides support for borrowers.
0300 555 2222 www.stoploansharks.co.uk

Turn2Us

Information and financial support.
0800 802 2000 www.turn2us.org.uk

Birmingham and Solihull Women's Aid

Support for women and children affected by domestic violence and abuse.
0800 800 6026 www.bsaid.org

Shelter

Housing advice 0800 800 4444 england.shelter.org.uk

The Active Wellbeing Society

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

The Refugee and Migrant Centre

Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship.
0121 374 0140 www.rmcentre.org.uk

Spitfire Services

Advice on money.
0121 747 5932 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



OUR PLACE
Your Place for Support

Advice Service

FREE ADVICE ON:

BENEFITS
HOUSING
EMPLOYMENT SUPPORT



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

DEBT ADVICE
LEGAL ADVICE

For more information contact us on: 0121 354 4080
Email: advice@ourplacesupport.org
www.ourplacesupport.org
Facebook, Twitter, Instagram @OurPlaceSupport



Supported By 

EHPSC
Early Help Partnership Sutton Coldfield



Early Help is a network of local organisations, here to ensure services are accessible for families who need support.

Use the QR code to access our **Family Connect Form**

Fill in your details and what support you're looking for, and we will be in touch.

 Food & Energy	 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

 **OUR PLACE** Your Place for Support 

Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach






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

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

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

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

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

Do you need guidance to a problem you are facing?

Would you like help to identify and set life goals?

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




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


To find out more please get in touch.

Telephone: 07773845454
Email: healandtransform@yahoo.com
Website: www.healandtransform.co.uk



Free
Bring proof of address for first loan

Pop-up Share Shack

 **Wednesday 11am - 1pm**



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


Come and visit us where you can:

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

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

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

 **Share Shack**  **SPORT ENGLAND**  **active communities**  **Active Walking**



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 | 07544393523

Autumnal delights to enjoy in November

Now's the time to savour woodlands in all their golden glory before the last of autumn's colourful leaves finally fall. With trees putting on such a spectacular show overhead, it's easy to miss other autumnal treasures closer to the ground. Have a read of Nature's Calendar for tips on what to look out for, as well as lots of other spectacles to enjoy this month, including unusual birds at the bird feeder.

November's best bits



As the days get colder and the nights draw in, it can be tempting to hide away indoors, but nature has lots of delights in store – you just need to wrap up warm, get out there and experience them!

In this month's Nature's Calendar, we share some of the highlights to look out for, from mesmerising flocks of whirling waders to woodland treasures waiting to be discovered on an autumnal stroll, like Bramblings (pictured). Plus, find out how the Waxwing got its name and why it's important to keep your feeders stocked at this time of year.

Also this week, we're giving you the chance to win wildlife presenter and Strictly star Hamza Yassin's brilliant new book, *Be a Birder*. You can even enjoy the sights and sounds of RSPB Lochwinnoch from the comfort of your sofa with our virtual tour!



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



Where are the UK's car theft hotspots?



Shocking new data has revealed the UK's top 10 car theft hotspots.

A Freedom of Information (FOI) request sent to 36 police forces found that, surprisingly, London did not have the highest ratio of thefts.

In fact, Cleveland in the North East of England, had the highest ratio of 12.67 stolen vehicles for every 1,000 registered cars in 2022.

The London Metropolitan area was rated as the second worst place in the UK for car crime, with 11.51 thefts for every 1,000 registered cars.

South Yorkshire was third, with a theft ratio of 10.67 for every 1,000 registered cars.

Top 10 car theft hotspots

1. Cleveland - 12.67
2. London Metropolitan - 11.51
3. South Yorkshire - 10.67
4. Northumbria - 10.31
5. Bedfordshire - 6.37



6. West Yorkshire - 6.32
7. West Midlands - 5.14
8. Essex - 4.72
9. Nottinghamshire - 4.41
10. Merseyside - 4.37

The report follows the news that [just 6.7% of car thefts result in a conviction](#) – according to Home Office data.

Catalytic converters – how to protect yours from theft

Avoid car scams and frauds with these top tips

Car security – how to stop thieves

The FOI research, carried out by Go Compare, also highlighted the areas of the UK with the lowest ratio of car thefts for every thousand registered vehicles.

Dyfed-Powys in Wales was the best, with an average of 0.49. Gloucestershire, Cumbria, Suffolk, and Norfolk also all had a car theft ratio that was less than one.

The data also showed the most stolen cars in 2022.

Although the last model rolled off the line this year, the Ford Fiesta is still one of the [most popular cars in the UK](#).

And that is the same for car criminals, as the hatchback took top spot.

In fact, this model has regularly been named as the most likely car to be stolen over the past few years.

The data showed that it was revealed as the most stolen car by 30% of police forces in 2019.

This then rose to 48% in last year.

The FOI research, carried out by Go Compare, also highlighted the areas of the UK with the lowest ratio of car thefts for every thousand registered vehicles.

Dyfed-Powys in Wales was the best, with an average of 0.49. Gloucestershire, Cumbria, Suffolk, and Norfolk also all had a car theft ratio that was less than one.

The data also showed the most stolen cars in 2022.

Although the last model rolled off the line this year, the [Ford Fiesta](#) is still one of the most popular cars in the UK, which means demand for cheap spare parts is also high.

The Fiesta has regularly been named as the most likely car to be stolen over the past few years.

The data showed that it was revealed as the most stolen car by 30% of police forces in 2019. This then rose to 48% in 2022.

Following the Fiesta in the top 10 most stolen cars in 2022 was the Volkswagen Golf, Ford Focus, Honda (all/unspecified models), Vauxhall Astra, Vauxhall Corsa, Land Rover Range Rover, Range Rover Sport, Land Rover Discovery, and BMW (all/unspecified models).

Which?

Scam Alerts

Crypto scams are on the rise

Crypto scams are up 23% this year, and victims are losing an average of £10k. **Typically, these scams convince people to set up a digital wallet on a legitimate trading platform like Coinbase or Binance, then later they're tricked into transferring money directly to the fraudster or giving the scammer control of their account.**

Read more on investment scams, and [see examples of crypto scams to watch out for.](#)

Scam texts and fake websites target Halifax customers

Halifax customers are being targeted by a new scam that sends convincing text messages impersonating the bank, directing recipients to a copycat website.

Never confirm sensitive information, such as login details, via text or links in a message. [Learn more about how this scam works so you don't fall victim to it.](#)

Can you spot a social media scam?

From impersonating your friends to imitating trusted brands, **scammers use social media to trick you into sharing your personal information through private messages or by clicking on a suspicious link.**

While these scams may seem convincing at first glance, they are not. Stay one step ahead of the scammers by following [our six top tips for spotting a social media scam.](#)

[Scam sharer tool](#)

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

Stay safe,

Which? Scam Alert Team

P.S. Please share this information with your friends, family and neighbours – anyone who may find it helpful. Alternatively, they can [sign up here](#) to receive this directly to their inbox.



Change of venue



Sing Me Sunshine is my lovely singing group for all!

Join me and spend a carefree afternoon of singing, laughter and chat in Sutton Coldfield.



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

£5 PER PERSON

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

For more information, please contact Helen on 07981 957061 or email helenwilliamsmusic@gmail.com



St Chad's Sunshine Cafe

Our Dementia Friendly Cafe

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

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

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

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




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.

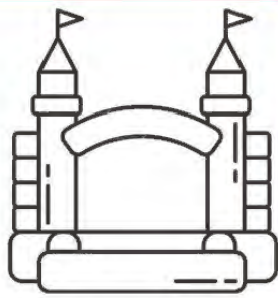
Sign up today www.healthystart.nhs.uk
or telephone 0345 607 6823

Healthy Start

Birmingham City Council

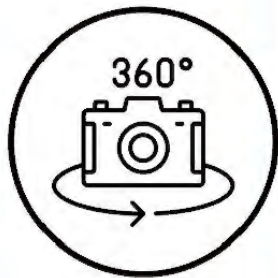
HEALTHY START NHS

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



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 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

PRICE
£5
PER CHILD


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

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

WHERE?
BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP



01675 470105
07796 546172

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

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172

@PuterTutor
...Your tech problems solved

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



Occupational Therapy

Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team ?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

ALEXANDRA THEATRE BIRMINGHAM

Starts 01 Dec 2023

**Coffee, Cake and Cadenzas**

Starts 04 Dec 2023

**The Bodyguard**

11 Jan 2024

**UK Pink Floyd Experience**

Starts 13 Jan 2024

**Jurassic Live**

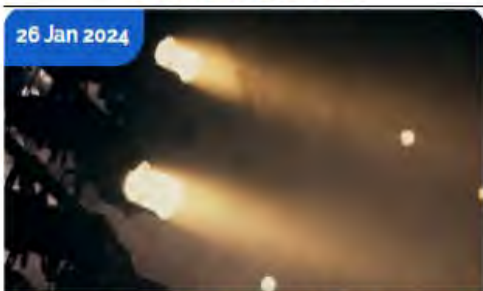
Starts 16 Jan 2024

**2:22 A Ghost Story**

24 Jan 2024

**Sharon Osbourne - Cut the Crap**

26 Jan 2024

**Jason Lines: A Night at the Musicals**

27 Jan 2024

**Sing-a-Long-a Matilda**

28 Jan 2024

**That'll Be The Day**

Starts 30 Jan 2024

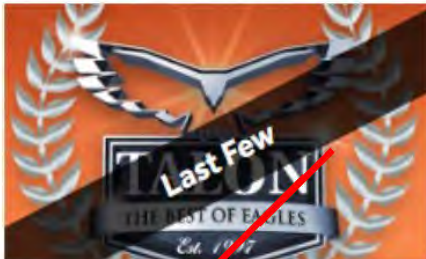
**The Full Monty - The Play by Simon Beaufoy**

Starts 03 Feb 2024

**Theatre Tour**

Starts 06 Feb 2024

**The Woman in Black**



Talon – The Best of Eagles

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

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



Manford's Comedy Club

Main Auditorium, Saturday 18th November 2023 - 8pm

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



Beauty and the Beast (2023 Pantomime)

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

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



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

Studio, Saturday 2nd & Sunday 3rd December 2023

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



A Christmas Getaway

Studio, Friday 8th - Sunday 31st December 2023

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



Cinema with Santa - The Snowman

Studio, Sunday 17th & Monday 18th December 2023

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



Touch Tour - A Christmas Getaway

LG, Thursday 21st December 2023 - 1.45pm

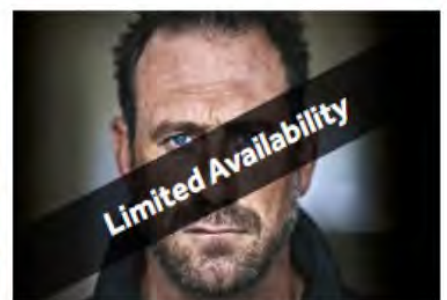
[MORE](#) | [BOOK](#)



Poetry Open Mic Night

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

[MORE](#)



Jason Fox – Life at the Limit

Main Auditorium, Tuesday 16th January 2024 - 7.30pm

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



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

Main Auditorium, Friday 19th January 2024 - 7.30pm

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



Chris McCausland: Yonks!

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

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



An Evening with Laurel & Hardy

Main Auditorium, Tuesday 23rd January 2024 - 7.30pm

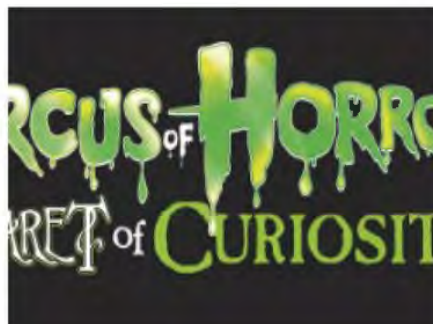
[MORE](#) | [BOOK](#)



Royal Opera: Rusalka (Live Recording)

Studio, Wednesday 24th January 2024 - 6.45pm

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



Circus of Horrors

Main Auditorium, Wednesday 24th January 2024 - 7.30pm

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



A Beautiful Noise - Neil Diamond Tribu...

Main Auditorium, Thursday 25th January 2024 - 7.30pm

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



Absolute Reggae

Main Auditorium, Friday 26th January 2024 - 7.30pm

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



Jordan Adams: Movies, Musicals & Me

Studio, Friday 26th January 2024 - 7.45pm

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



ELO Again

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

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



Ballet, Dance, Family & Pantomime, Main House

The Nutcracker 2023

The perfect festive treat

Fri 17 Nov – Sat 9 Dec

Tickets from £25

At the stroke of midnight on Christmas Eve, Clara tiptoes downstairs and is swept away on an unforgettable magical journey...
At her parents' lavish Christmas party, Clara is given a mysterious Nutcracker Doll. Once all the guests have left, she sneaks downstairs to find her present and comes face-to-face with the fearsome King Rat, ready to do battle with the Nutcracker and his band of toy soldiers. As soon as King Rat is vanquished, Clara is whisked away on a magical adventure with the Nutcracker, travelling through swirling snowflakes to an enchanting kingdom where she is transformed into the Sugar Plum Fairy.
Tchaikovsky's glorious score, performed live by the 60-strong Royal Ballet Sinfonia, provides the captivating soundtrack to this festive classic.
This sumptuous and timeless production boasts daring swordfights, falling snow, magic, and a 30-foot Christmas tree. Whether you're yearning for a hint of nostalgia or looking to start a whole new tradition for your family and friends, start your festive season with a little theatrical sparkle.

21 years ago, the seed of an idea for an inclusive community dance company founded on the principles of classical ballet and special education was sown. From this seed, Freefall Dance Company, Birmingham Royal Ballet's genuinely groundbreaking company for talented dancers with learning disabilities, was born.

Over two decades later and as a result of talent, resilience and a sheer passion for dance, the Freefall dancers have created an extensive, diverse repertoire, their own model of school and community engagement, and a suite of dance-for-camera films. All of these elements are testament to so many wonderful people simply going above and beyond!

As part of Freefall's 21st anniversary celebrations, which include live performances and film showings, you can discover more about this company's extraordinary story in the exhibition in collaboration with Birmingham Royal Ballet from 13 Nov 2023 to 2 Mar 2024. Explore the Freefall story through photos, film and testimony in various sites across the theatre.

Share your experiences of the exhibition with us on your social media channels, using the hashtag #Freefall@21.

You can visit the exhibition from 10.30am Mon – Sat, using our Thorp Street entrance.

Dance, Visual Arts

In collaboration with Birmingham Royal Ballet

Freefall 21st Anniversary Exhibition

Stories of talented dancers with learning disabilities

Thu 23 Nov – Sat 2 Mar 2024

FREE



Ballet, Courses & Talks, Main House

Birmingham Royal Ballet - Pre Performance Talk

Take a peek behind the curtain as you learn more about Birmingham Royal Ballet

Fri 24 Nov – Fri 23 Feb 2024

FREE

A unique opportunity to find out what it takes to be performance ready. Hear how we stage our magnificent shows and what life is really like on the road.
A series of special introductory talks with members of the Company, each lasting approximately 30 minutes. Introduced by Assistant Répétiteur and Principal Character Artist Jonathan Payn, speakers range from dancers and musicians to members of the vital backstage technical teams.
These events are free to ticket holders and supporters, but you may still need to book your place in advance when you buy your ticket to the show.

Have you ever wondered just how ballet dancers prepare for each of their performances? Look no further than Class on Stage!
This is your chance to look behind the scenes and come and watch the dancers of Birmingham Royal Ballet warm-up and complete their final preparations ahead of one of their performances.
This is a great introduction to Ballet and an opportunity to understand about the amazing strength, skill and stamina of BRB's exceptional world-class dancers.

Birmingham Royal Ballet will be holding the following classes on stage to compliment their season at Birmingham Hippodrome: Sat 2 Dec, 11am Sat 2 Mar, 11am

Dance, Main House

Birmingham Royal Ballet - Class on Stage

Join Birmingham Royal Ballet dancers for a behind-the-scenes look at their preparation for a performance

Sat 2 Dec – Sat 2 Mar 2024

11am & 11.30am



Drama, Patrick Studio

Royal Birmingham Conservatoire presents

Oil

Oil brings the past vividly to life while shining a light on the future.

Thu 7 Dec – Sat 9 Dec

Tickets from £13

Directed by Lise Olson

Ella Hickson's explosive play *Oil* lands in Birmingham, confronting Britain's fraught relationship with its imperial past and fossil fuel dependence.

Premiering to acclaim in 2016, *Oil* pierces through time to interweave the story of a mother and daughter fighting for their place in a patriarchal society. We follow the daughter's journey from earnest oil company geologist to climate activist, paralleling her mother's experiences a century earlier on the colonial frontlines of oil exploration. More relevant now than ever, *Oil* captivates with its bold interrogation of gender, power, and our addiction to oil – the lifeblood of modern capitalism. Hickson masterfully explores how the fates of women and our planet have been bound to black gold for over a century. But ultimately, this is an intimate tale of two remarkable women striving to control their destinies against immense odds.

Blending family drama with riveting history, *Oil* brings the past vividly to life while shining a light on the future.

Oil is directed by Lise Olson and licensed by Nick Horn Books. *Oil* is performed by members of Royal Birmingham Conservatoire Theatre Company.

Santa is determined to deliver the most fantastic Christmas present to Sarah, but he doesn't get it right straight away! With the help of his cheeky Elf, he finally settles on something 'perfect', just in time for Christmas Eve.
From the author of the well-loved children's book *Dear Zoo*, **Rod Campbell**, comes *Dear Santa* and it's LIVE! This show is an ideal introduction to theatre for those aged two and over. The Christmas cheer continues, with the opportunity to meet Santa in his grotto after the show, where every child will receive an extra special gift!
Sure to be one Christmas present children and parents alike will never forget. The perfect family show that will be enjoyed by all this festive season.

Family & Pantomime, Patrick Studio

Dear Santa

The perfect festive treat for everyone!

Mon 11 Dec – Sun 24 Dec

Tickets from £15.50



Family & Pantomime, Main House

Jack and the Beanstalk

The parts you've been waiting for!

Sat 16 Dec 2023 – Sun 21 Jan 2024

Tickets from £35

Birmingham's own **Alison Hammond** stars in the UK's biggest regional panto, alongside Hippodrome favourite **Matt Slack** back for a 10th year; and star of stage and screen **Samantha Womack**. They are joined by **Doreen Tipton** as Doreen the Cow, panto dame extraordinaire **Andrew Ryan**, Brummie local **Alexandra O'Reilly** in the title role and West-End performer **Billie-Kay** as Princess Jill.

Doomed to sell his trusty cow, join Jack and his family as they fight to outwit the evil giant, win riches beyond his wildest dreams. Featuring stunning sets and costumes from The London Palladium, and bundle-loads of laughter, this is the panto you've been waiting for!

Fe-fi-fo-fum, a giant of a panto full of fun!

Get ready for the 5th edition of **Enter.Stage.Write** – where writers become rock stars! Join us for an electrifying night of new writing. Star-studded judges from the worlds of TV, broadcasting, and the stage will crown the grand champion of Enter.Stage.Write. Plus, you, the audience, hold the power to vote for the audience award!

Here's what awaits you:

- Red carpet reception
- Networking
- Five mesmerising plays
- Jaw-dropping musical and dance acts
- Glitzy award ceremony

Dress to impress or go smart casual!

Patrick Studio

Enter.Stage.Write

Where writers become rock stars!

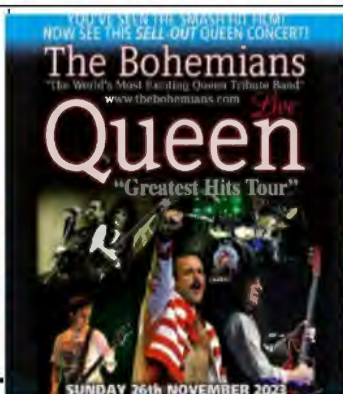
Thu 25 Jan 2024

Tickets from £10

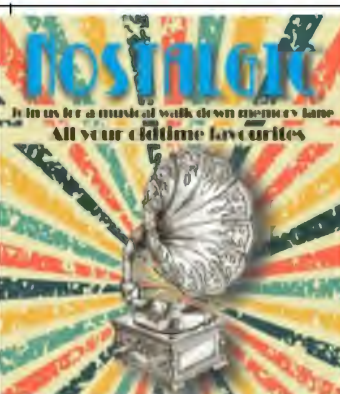




SATURDAY 25TH NOVEMBER



SUNDAY 26TH NOVEMBER



THURSDAY 30TH NOVEMBER



SATURDAY 9TH - 31ST DECEMBER



THURSDAY 14TH DECEMBER



FRIDAY 12 JANUARY 2024



SATURDAY 20 JANUARY



THURSDAY 25 JANUARY



THURSDAY 25 JANUARY



FRIDAY 2nd February



SATURDAY 3RD FEBRUARY



TUESDAY 13 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.

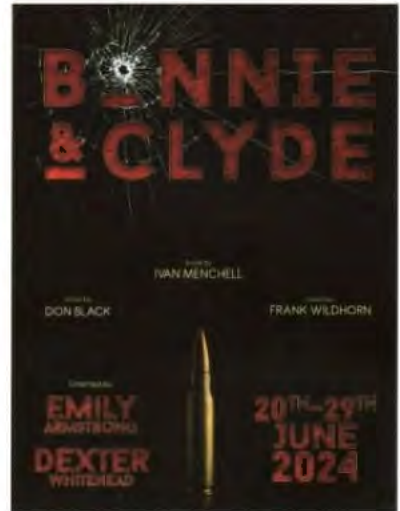
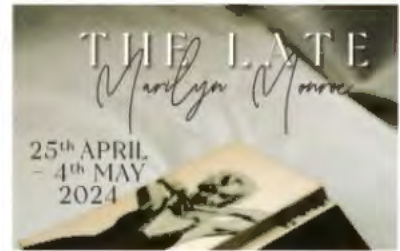
<https://www.nhs.uk/vaccine-walk-in>

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...


2023-2024


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

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.

Birmingham Rep in association with Elliott & Harper Productions and Catherine Schreiber present

DIRECT FROM THE WEST END



**"A MAGICAL, MODERN
TAKE ON NARNIA"**

London Theatre



**"A FANTASTICAL
FAMILY TREAT"**

The Telegraph

THE LION THE WITCH AND THE WARDROBE

Based on the novel by C.S. Lewis

Directed by Michael Fentiman

**TUE 14 NOV 2023 –
SUN 28 JAN 2024**

birmingham-rep.co.uk

the
Rep



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

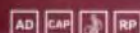
DIRECTED BY
STAFFORD ARIMA

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



Scan to learn more
about our services:



www.birminghamsettlement.org.uk

Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding

birmingham settlement
Developing 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 & Play) 12.30-2.30pm</p> <p>Men's Cuppa Club 1-3pm</p>	<p>Dance Fit (50+) 10-11.30am</p> <p>Dog Training Group 10.30am-12.30pm</p> <p>Panthers Judo Club 6-8.30pm</p>	<p>Ageing Well Arts Group 10am-12.30pm</p> <p>Learning Disability Group 7-9pm</p> <p>BCC Junior Youth Club 4.30-6.30pm</p>	<p>Little Settlers (Stay, Learn & Play) 10am-1pm</p> <p>Ageing Well Bowls Group 10am-12.30pm</p> <p>Walking Group 10am-1pm</p> <p>Yoga 1.30-2.30pm</p> <p>Girls Club 4-5.30pm</p> <p>Sports Thursdays 5-8pm</p>	<p>Ageing Well Cuppa & Chatter 10.30am-12.30pm</p> <p>Zumba 1.30-2.30pm</p> <p>Learning Disability Group 7-9pm</p>	<p>Foodcycle 1pm (serving time)</p>

www.birminghamsettlement.org.uk

Registered Charity: 517303



The
Cancer
Support
Centre



THE WALKING GROUP IS BACK!

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

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

To register please call 0121 378 6295
or email info@suttoncancersupport.org.



The
Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

Telephone : 0300 012 0245 email : info@suttoncancersupport.org



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

www.suttoncancersupport.org

Telephone : 0300 012 0245 email : info@suttoncancersupport.org

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



100% of money donated goes to the cause
£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

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

Proud to support our nominated charity

buddy bag
foundation



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

Registered in England and Wales, Registered Number 4814906
Registered Address: 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 0NX.

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

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

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

NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

For further details contact John Bedford
0121 353 5136 or parkcycles@yahoo.co.uk

Pizza · Pasta · Steak · Fish

Bistro/Cafe Verona

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
1st Wednesday of the month
Hollyfield Road, Sutton Coldfield B75 7SN

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


Free car parking.

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

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

u3a
Sutton Coldfield

Sutton Coldfield u3a



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

u3a learn, laugh, live

Who do you think you are?

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

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

Why not contact:

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

For more information go to: www.scu3a.org.uk



Trinity Photography Group

Do You Want To...

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

If so... come and join us.

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

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

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

We do have a small fee: member's £2.50/visit, non-member's £3.50/visit



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

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



Sutton Coldfield Photography Club



The friendly club

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

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



We meet on Friday evenings

from September to April at:

South Parade Methodist Centre

Sutton Coldfield B72 1RB



Contact us at

mail@suttonphoto.club

Find us at

www.suttonphoto.club

or scan the Flowcode here

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



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

Bridge for beginners

Bridge for improvers

A regular bridge session

Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

CYCLE WITH US

Quiet lanes, Non-competitive, Very sociable.
Wednesday leave 1.30pm, back about 4.30pm
Saturday leave 10.00am, back about 1.00pm
20 to 25 miles, 10 mph. Café stop

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



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



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

MORE INFO:

For all preschool age
children.
No booking required.
Call Beth on
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

We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

- BIAB Gel nails
 - Gel toes
 - Manicures&pedicures
 - Gel extensions
- Based at...
The Luna Lounge
Sutton Coldfield
B74 4EU



To book in, message me

Instagram on... Facebook
_beauty_by_ella 07825001242 Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



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

Why not join us - we are a friendly,
enthusiastic Club 'Bringing People &
Flowers Together',
Next meeting Tuesday 14th November
- National Demonstrator Lorena Dyer
'The Magic of Christmas'.
Further details Chris Reeves tel: 0121
354 6264.



(3)

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

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



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

Have a look at our Facebook page and website 'www.suttonfuchsia.co.uk' or telephone our secretary Gail on 0121 353 3373 for more information.

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

Banners Gate Community Church, Westwood Rd, B73 6UH

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

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

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

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



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

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

We meet the second Thursday of each month, at Banners Gate Community Church in Westwood Rd B73 6UH, doors open at 7.30 for an 8.00p.m. start. If you want more information, have a look at our website or Facebook page, or give our secretary Gail a call on 07307857440.



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

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

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

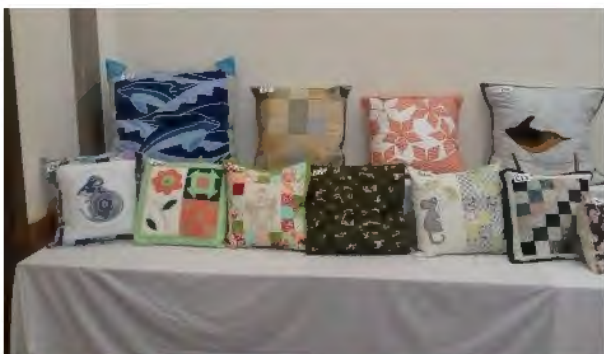
Our new programme commenced on 12 September 2023 and we have a good mix of speakers, workshops, sit and sew sessions.

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

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

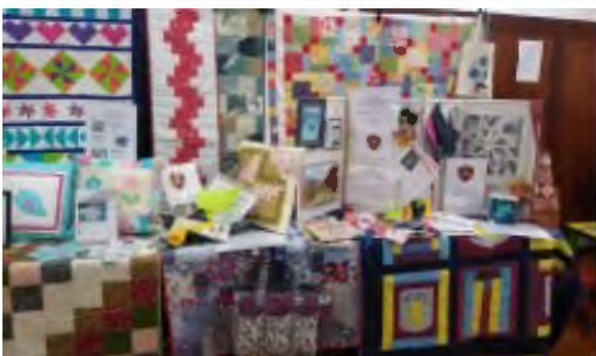
HOW MUCH WILL IT COST? Members pay an annual subscription of £20, due in September (or £10 from January), plus £4 for each meeting attended. Visitors are welcome and pay £5 per meeting attended.

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



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

WE LOOK FORWARD TO SEEING YOU SOON!



**Groups are back at the
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

no men.... just pause

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

You might be feeling overwhelmed? and not yourself? #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 cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsltd



www.militarychef.co.uk



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

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

Odonata Studios
Middleton Hall Courtyard
Tamworth
B78 2AE

Tel:- 01827 287294

email:- gillian@odonatastudios.co.uk

odonatastudio
 odonata_studios

www.odonatastudios.co.uk



18 Beeches Drive, Birmingham B24 0DU
redogihandmade@gmail.com
07305 564 108



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option 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. The information on this leaflet was last updated on 06/12/21.

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



Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 4

CITIZENS ADVICE BIRMINGHAM

Advice on benefits, debt, housing and more
0344 477 1010
enquiries@bcabs.cabinet.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
03030 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.capuk.org

Help with options: 3

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

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
www.ageuk.org.uk/birmingham

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

nostalgic

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



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



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

T: 07869 822502 E: info@hopefood.org.uk

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

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

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

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

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



FREE LOCAL DELIVERY OR COLLECTION



From Banners Gate Road



@lisamarieflowersandtherapy

Contact
Lisa Marie on
07765 135497



KIDS & ADULTS

KARATE

Mon 6-7pm 10yr +
Wed 5-545pm 7-9yrs
Wed 6-7pm 10yrs +
Booking Required
07886089473
www.chishiki.co.uk



Manor Crafts



Decorative Arts and Crafts for All Occasions

0779 439 3477

www.manor-crafts.co.uk



Floral Design Classes

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



Contact number above if interested.

Banners Gate C.C Westwood Rd B73

Made with PosterMyWall.com

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

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

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

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



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

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

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

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

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

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

Birmingham Carers Hub Specialist Dementia Service

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

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

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

COUNTRYWIDE SECURITY SYSTEMS

MIDLANDS



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

Phone no. 0121 386 2639

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

Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

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

Email: rosie_p25@hotmail.co.uk



Norbury Maintenance

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

T: Dave Edwards 07305931199

E: norburymaintenance@gmail.com



Home
Instead.

To us, it's personal

Memory Cafes

Do you know someone living with memory loss?

Every Monday

10am—12noon

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

Every Monday

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

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

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

0121 323 4200

Pregnant? Children under four?

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

FREE

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

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

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

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

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

Healthy Start



Birmingham
City Council

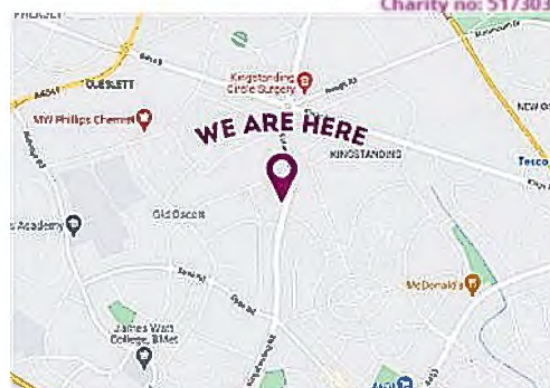
HEALTHY
START NHS



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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

www.birminghamsettlement.org.uk
Charity no: 517303



610 Community Centre
Kingstanding Road
Birmingham
B44 9SH

birmingham settlement
developing communities, changing lives



Cafe Oasis

Freshly Cooked Meals
Home Delivered

New menu every Friday
Deliveries made on Tuesday and Friday

4 Meals £15

3 Puddings £6

Contact Michelle on 07933 986 869

Monday - Friday 10am to 5pm

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

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



Cafe Oasis

Monday, Tuesday,
Thursday & Friday.

10.00am - 2:30pm

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

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

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

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



Teachitright
Learn. Develop. Succeed.

FREE trial classes worth £40

95% OF PARENTS RECOMMEND US

80% more than other providers

11+ Tuition classes
We are in Sutton Coldfield, Streetly, Walsall & Solihull
Taking bookings NOW! for September 2022
Try a FREE Trial Class!
Please call:
01922 863104
07809 614310
www.teachitright.com

Ofsted Approved

GCSE/IGCSE APPROVED

A little progress each day adds up to big results!

Maths Tuition

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

G. Rogers

Painting and Decorating
Interior & Exterior
High Class Service
Free Quotations

Tel: 0121 355 0226
Mob: 07879 020 204

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.

Do you want to learn Mandarin Chinese?

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

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

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

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

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

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

Email Luc at luchubbard@hotmail.com



Chongshin Do Academy of Martial Arts



Kickboxing * Jujitsu * Self-Defence * Fitness



Established in the area for over 22 years

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

Enthusiastic and experienced instructors

Four chances to grade a year for lower grades

Local and national kickboxing and jujitsu competitions open to all students

Contact Gary on 07921 132 860

or email: chong.fouroaks@gmail.com



Monday & Wednesday

Blue Coat School Gym
WS1 2ND

Kids: 6.00pm—7.00pm

Monday & Wednesday

Blue Coat C.E. Academy, Birmingham, 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

199 TYBURN RD ERDINGTON B24 8NB



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
 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



The Clarence Spa, 312 Clarence Road, B74 4LT



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

FREE MEAL!

Every Saturday

from 3rd April

1pm - 2pm

610 Kingstanding

Road

www.foodcycle.org.uk



KN LOCKS & MAINTENANCE

TEL 0121 353 2214 / MOBILE 07971375080

DOUBLE GLAZING REPAIRS AND LOCKSMITH SERVICES

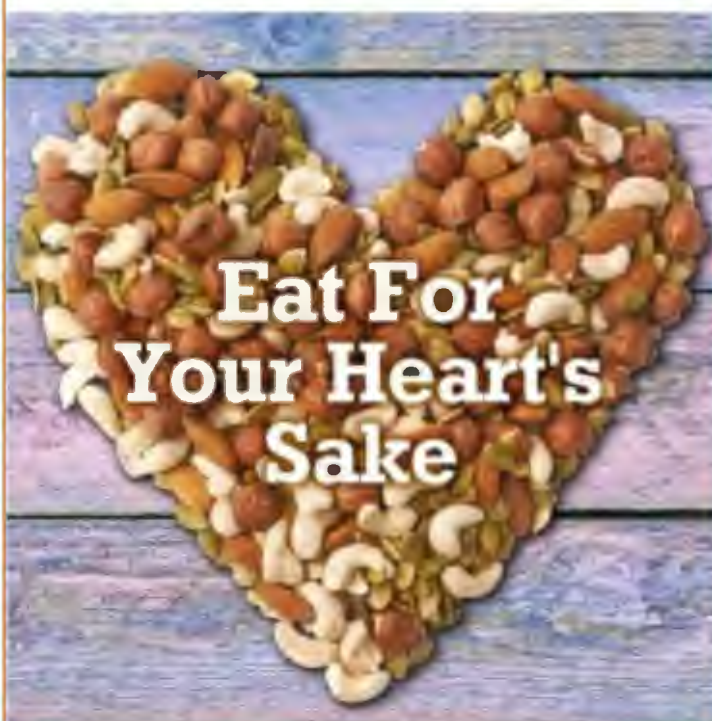
EMERGENCY CALL OUT

ALL TYPES OF LOCKS FITTED INCLUDING ANTI-SNAP CYLINDERS

MISTED UNITS REPLACED

UPVC DOOR ADJUSTMENT/ REPAIR

HANDLES / HINGES/ LETTERBOXES REPLACED



Christian Fellowship (Pheasey)

Worship and Communion Service
Sunday 10:00am

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

Please look for the Beacon Room – Everyone welcome

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

WDC Service Solutions Ltd

Complete Door Security and Access Solutions

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

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

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

LoveWorld
Sutton Coldfield

Specially invite you to

Worship WITH US

EVERY WEDNESDAY & SUNDAY

LoveWorld Sutton Coldfield: Banners Gate Community Hall
35 Reay Nadin Drive, Sutton Coldfield B73 6UR
Contact Details: 0756562762
loveworldsuttoncoldfield@gmail.com

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

CREATE at the Gate with K & S

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

Banners Gate Community

Hall Coffee Mornings.

The next is on 19th December
at 10 o'clock.

Hall's Gardens

Garden Maintenance Services

Gary Hall

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

garyhall7@blueyonder.co.uk



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site www.newhorizonscounselling.org.

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

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

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

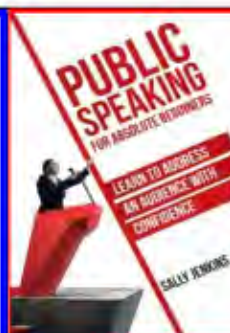
The Jarrett room is approx. 13' x 8'
(4m x 2.5m)

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

The building is step-free.

For further booking information go to:

www.bannersgatecommunityassociation.org



Public Speaking for Absolute

Beginners

by Sally Jenkins

Tips on constructing and presenting all types of speeches.

Available on Amazon or direct from the author:

sallysjenkins@btinternet.com 0121

Lucky & Buntys
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

RAFAL SZPAK

Landscaping & Fencing Services

Buildings Maintenance

07828-275-288
www.rbuilders.net
Rafszpak@gmail.com



Create the best party possible for your little ones

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



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

PetStay

Home Dog Boarders since 2005

Would you like to be one of our dog carers?

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



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

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

Paul White Electrical
No Job too small
Paul Andrew White
Electrician

111 Wandsworth Road
Birmingham
B44 9LY
07403445651

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



Give your little Mozart a musical head-start

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

www.rhythmcircle.co.uk



You'd be barking not to come to Streetly Vets



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



SWIMMING LESSONS

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

Badge Work ~ Qualified Instructors
0121 353 6616

www.swimminglessonsinsuttoncoldfield.co.uk



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

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

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

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

Lee Nugent

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



Personal Training

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

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: kilrfitness@outlook.com
IG: @kilrfitness
FB: kilrfitness

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

Sports Massage 360

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



HOME TUITION

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

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

Tracy: 0780 329 3351





PRICES START FROM
£20 per hour

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

MORE INFORMATION

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

CARING FOR CARERS

Supporting carers through
loss and bereavement

Have you experienced a
recent loss of a loved one?

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

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

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

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



COMMUNITIES
IN SYNC



Birmingham
City Council



Manor



Crafts



Decorative Arts and Crafts for All Occasions

0779 439 3477

www.manor-crafts.co.uk



GRACECHURCH

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

Mantone Craftwork
07956802889
Create a selection of greeting card designs, 3D Decoupage
Tins (which is an inward Decoupage)
A sized Plaque of five pieces relating to a Birthday or Wedding

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




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

Mary's
Where to find your Treat Day
Order for Postal
BROWNIES ♥ BLONDIES ♥ FLAPJACKS ♥ COOKIES
WWW.MARYSCUPCAKES.CO.UK
Or visit us at our weekly Markets
Sutton Coldfield The Parade
1st & 3rd Saturday of the Month
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



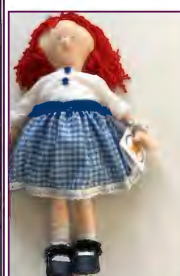
Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



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.

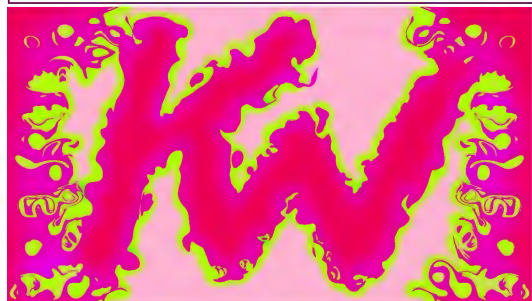
Page 2 Page
book club
Independent Learning Organisation
"supporting schools and families to improve literacy and learning"
Ruth A Ible
(BA Hons, DipSW)
www.page2pagebookclub.co.uk
info@page2pagebookclub.co.uk
07818 401 440

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

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

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



Julia Westwood
FINE ART
T: 07971 800025
E: hello@juliawestwood.co.uk
W: juliawestwood.co.uk
f Instagram YouTube REDBUBBLE



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

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

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

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

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

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



Banners Gate Community Association

Our Community Hall in Sutton Coldfield
is the perfect venue for your club, regular class,
meeting and much more!

[welcome](#)[what's on](#)[hire our hall](#)[view our hall](#)[committee](#)[contact](#)[links](#)

Welcome to Banners Gate Community Hall & Association

Run by a team of volunteers and situated in Sutton Coldfield, Banners Gate Community Hall is the perfect venue for your club or regular class. Our room hire rates are very reasonable and come with refreshment making facilities. The Hall has the capacity to hold up to 70 people, it is level throughout with a wheelchair accessible toilet and all of our facilities are fully insured and risk assessed.

If you are looking for a venue, simply telephone our [Bookings](#) Secretary on 0751 318 4845.

There's always lots going on at Banners Gate Community Hall. Newcomers are always very welcome! We cater for all needs no matter what your background, including young people, senior citizens, mother and baby. The hall is situated on the junction of Reay Nadin Drive and Coppice View Road (B73 6UR). On street parking is available.

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 19th December - at 10 o'clock

DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (1st) 11.00 – 2.00 pm 10.00 am 1st Sunday of month 10.00-12 pm 10.30 am (fortnightly) 11.00 am 7.30–8.30pm	Create at Gate with K & S Family Communion Loveworld Church Sunday Gathering Chikara Karate Kai Soul Yoga -1st Sunday	Community Hall St. Columba's Community Hall Banners Gate CC Scout Hall Community Hall	Kathy Weston Ola Samuel 07565 Nigel Willis 07837 Paul Murphy Cath Hussey	628 6651 354 5873 65 27 62 353 0230 39 57 89
For details see website at www.stcolumbasbannersgate.co.uk www.bannersgatechurch.com				
Mon 6.00–7.00 11am to 1.00pm 7.30 – 9.00 pm	Self Defence & Fitness Dementia Care Line Dancing	Community Hall Community Hall Community Hall	Adam Claxton 07376 Barbara H-Walker Diane Pursall	27 90 15 553 6483 747 4659
Tues 8.00 - 5.00pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 6.30 – 7.30 & 7.30 – 9.00 7.45 pm	Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89
Wed 9.30, 11.00 & 12 10.30 - 12.30 7.00 pm	Baby Sensory Guide Dog Training SlimmingWorld	Banners Gate CC Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89
Thurs 10.00–11.00 am 12 - 2.00 6.30 – 9.45 pm (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 353 54 68 21
Banners Gate CC - Nigel Willis 07711 284562
St. Columba's - Alison Jolley st.columbahall@yahoo.com
Scout Hall - A & R Talliss 353 8166

UNIFORMED ORGANISATIONS:
Scouts: Margaret Drummond, 33rd GSL
353 5203 **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
19th December
At 10 o'clock**



The Townswomen's Guild

Patron HRH The Princess Royal GCVO

Thurs. 9th December Christmas Party

Thurs. 18th January Bingo, Fish & Chips

Our vibrant Guild meets on the 3rd
Thursday of the month, 7.00 - 10.00 in
the Westwood Hall, Banners Gate
Community Church.
Contact Sue Nation on 353 4114

Banners Gate Community Church

Westwood Road. B73 6UH

We currently meet fortnightly on Sunday
mornings from 10.30am for fellowship,
worship, prayer and learning together in an
informal setting, with other gatherings
throughout the week.

To find out more visit our website at
www.bannersgatechurch.com.

St Columba's Church

Coffee Morning

**Every Friday of
the month**

10.00 - Noon

All Welcome

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

33rd Sutton Coldfield Scout Group,

H.Q. Coppice View Road

Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years
Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



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