

# The Gatepost Supplement December 2023



## BANNERS GATE & PARKLANDS COMMUNITY & NEIGHBOURHOOD FORUM

**177<sup>TH</sup> DECEMBER 2023**

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

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**SO LET ME GET THIS STRAIGHT; I CAN'T  
BRING A STICK IN THE HOUSE BUT YOU'RE  
ALLOWED TO BRING IN A WHOLE TREE?!? ...**



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DI [moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free) 2023



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

### **MORRISONS**

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

### **M&S CAFES**

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

### **SAINSBURYS CAFES**

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

### **ASDA**

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

### **BEEFEATER & BREWERS FAYRE**

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

### **THE REAL GREEK**

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

### **TRAVELODGE & PREMIER INN**

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

### **SIZZLING PUBS**

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

### **TGI FRIDAYS**

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

### **PRETO**

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

### **YO! SUSHI**

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

### **GORDON RAMSEY RESTAURANTS**

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

### **BILLS**

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

### **BELLA ITALIA**

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

### **WHITBREAD INNS**

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

### **TABLE TABLE**

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

### **PAUSA CAFE @ DUNELM**

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

### **IKEA**

Kids get a meal from 95p daily from 11am

### **HUNGRY HORSE**

Kids eat for £1 on Mondays

### **FUTURE INNS**

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL

## Useful Birmingham City Council phone numbers

Council service	Contact number
<a href="#">Adults social care</a>	0121 303 1234
Adults Out of Hours Home Care Service	0121 464 5001
<a href="#">Anti social behaviour</a>	0121 303 1111
<a href="#">Benefits</a> (includes Housing Benefit/Council Tax Support)	
<a href="#">Cemeteries</a> (out of hours emergencies only)	0121 464 8728
<a href="#">Child protection</a> - concerned about a child?	0121 303 1888
<a href="#">Council tax</a>	0121 303 1113
<a href="#">Domestic violence</a>	0121 303 0368 or 0121 303 0369
<a href="#">Emergency duty team</a>	0121 675 4806
<a href="#">Environmental health</a>	0121 303 6007
Highways/Flooding/Transportation (out of hours only)	0121 303 4149
<a href="#">Homelessness</a>	0121 303 7410
<a href="#">Housing repairs</a>	0121 216 3330
<a href="#">Parks emergencies</a>	0121 464 8728
<a href="#">Planning</a>	0121 303 1115
<a href="#">Pollution of brooks and streams</a> or report an environmental incident	0800 807060
<a href="#">Register office</a>	0121 675 1000
<a href="#">Rubbish</a> (Waste and Recycling)	0121 303 1112
<a href="#">School admissions and pupil placements</a>	0121 303 1888
Switchboard	0121 303 9944
<a href="#">Transportation emergencies</a>	0121 303 4149

## SignVideo BSL interpreting service for deaf people

Read about how you can use [SignVideo BSL interpreting service for deaf people](#) to contact Birmingham City Council.

Contact Birmingham City Council using [SignVideo BSL interpreting service for deaf people](#)

## Next Generation Text

If you have a speech impairment, are deaf or hard of hearing you can contact Birmingham City Council by **Next Generation Text** (also known as **Text Relay** and **TypeTalk**).

Dial 18001 before the full national phone number.

## CHRISTMAS IN BIRMINGHAM

**SNOWDOGS  
DISCOVER  
BIRMINGHAM  
2023**



The  
**Snowman**  
AND THE SNOWDOG



### SHARE YOUR SNOWDOG PICS AND YOU COULD WIN A £50 SHOPPING VOUCHER

Look out for 10 heartwarming Snowdogs created by Wild in Art and beautifully designed & illustrated by talented artists from across the Midlands. Follow and tag @shoppinginbham on Instagram with your pictures hashtagged #SnowdogsBham and you could be chosen to win a weekly £50 shopping voucher. Visit [centralbid.co.uk](http://centralbid.co.uk) for full T&Cs.

Wild in Art is the leading producer of spectacular public art events that entertain, enrich, inform and leave a lasting legacy. For other events, visit [wildinart.co.uk](http://wildinart.co.uk)

### CHRISTMAS SHOPPING

With big brands at Bullring & Grand Central, including Selfridges, a brand new M&S and the world's biggest Primark nearby, Birmingham has it all. Visit Piccadilly and Great Western Arcades for wonderful independents.

### CHRISTMAS IN CATHEDRAL SQUARE

This magical festive market in the grounds of Birmingham Cathedral features local producers selling crafts, gifts, food and drink. Enjoy a ride on a helter-skelter and a tipple at the Pigeon in the Park Pub too.  
**WHEN:** Nov 15-Dec 17, 11am to 8pm Mon-Wed, 11am to 9pm Thurs & Fri, 12.30pm-8pm Sun.  
**WHERE:** Cathedral Grounds, Colmore Row  
**DETAILS:** [colmorebusinessdistrict.com](http://colmorebusinessdistrict.com)

### FRANKFURT CHRISTMAS MARKET

Victoria Square and New Street are home to the largest authentic German Christmas market outside of Germany. Head there for a taste of Glühwein, Bratwurst and crepes, live music and to pick up traditional Christmas gifts.  
**WHEN:** Nov 2-Dec 24, Mon-Thur 11am-9pm, Fri 11am-9.30pm, Sat 10am-9.30pm, Sun 10am-9pm  
**WHERE:** Victoria Square and New Street  
**DETAILS:** [thebcm.co.uk](http://thebcm.co.uk)



### ICE SKATE AND BIG WHEEL

In Centenary Square, Ice Skate Birmingham gives you the opportunity to enjoy ice skating this winter, while the neighbouring Big Wheel gives jaw-dropping city views.  
**WHEN:** Nov 2-Jan 7, 10am-10pm (Closed Xmas Day)  
**DETAILS:** [iceskatebirmingham.co.uk](http://iceskatebirmingham.co.uk)



### CHRISTMAS SHOWS AND PANTO

Visit Birmingham Hippodrome to see Jack and The Beanstalk, The Alexandra for The Bodyguard, The Rep for The Lion, The Witch and The Wardrobe or The Old Rep for Peter Pan and shows at Town Hall & Symphony Hall.  
**DETAILS:** [birminghamhippodrome.com](http://birminghamhippodrome.com)  
[atgtickets.com](http://atgtickets.com) [birmingham-rep.co.uk](http://birmingham-rep.co.uk) [oldreptheatre.co.uk](http://oldreptheatre.co.uk) [bmusic.co.uk](http://bmusic.co.uk) [theticketfactory.com](http://theticketfactory.com)



### JEWELLERY QUARTER CHRISTMAS WINDOW TRAIL

Discover the magic of Christmas in the Jewellery Quarter with over 60 businesses taking part.  
**WHEN:** Nov 18-Dec 25  
**DETAILS:** [jewelleryquarter.net/jq-christmas](http://jewelleryquarter.net/jq-christmas)



### BARS, RESTAURANTS AND COFFEE SHOPS

From craft beer to family pizza, Birmingham is home to a mouth-watering selection of bars, restaurants and coffee shops with many offering Christmas menus and promotions.

### SOLVE THE 10-LETTER CHALLENGE AND YOU COULD WIN A £100 VOUCHER



Follow the Snowdogs Discover Birmingham trail to find the hidden letter on each Snowdog. Unscramble them to create a 10-letter word. Scan the QR code or visit [bch.org.uk/forms/snowdog](http://bch.org.uk/forms/snowdog) to enter a free draw to win a £100 dining voucher.



## CHRISTMAS IN BIRMINGHAM



© Snowdog Enterprises Ltd 2023

Enjoy the fabulous attractions in Birmingham city centre this Christmas. There's so much to see and do, as well as great Christmas shopping  
Visit [christmasinbirmingham.com](http://christmasinbirmingham.com)



CENTRAL BID  
BIRMINGHAM

Southside  
DISTRICT

WEST SIDE  
BIRMINGHAM

Birmingham  
City Council

Christmas Market

Ice Skate  
BIRMINGHAM

JEWELLERY QUARTER BID  
BIRMINGHAM

Ice Skate  
BIRMINGHAM

JEWELLERY QUARTER BID  
BIRMINGHAM

## CHRISTMAS IN BIRMINGHAM

- Christmas shopping
  - Christmas in Cathedral Square
  - Frankfurt Christmas Market
  - Ice Skate and Big Wheel
  - Christmas shows
  - Jewellery Quarter Christmas Window Trail
  - Bars, restaurants and coffee shops
- See reverse for full details



### WESTSIDE

### Follow the Snowdogs trail to find the 10 hidden letters

- 1 Starry Night - Centenary Square
  - 2 Ru-dog - Frankfurt Christmas Market
  - 3 Elf - Christmas in Cathedral Square
  - 4 Candy Cane - Great Western Arcade
  - 5 Classic - Corporation Street
  - 6 Roodle - Piccadilly Arcade
  - 7 Sparkle - The Mailbox
  - 8 Ginger - Southside
  - 9 Bark The Herald Angels Sing - Bullring
  - 10 Gizmo - Selfridges
- Guess the 10-letter word and you could win a £100 dining voucher - see reverse for details



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

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

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

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

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

One of the ways we support our local community of Lichfield is by holding monthly tea



**BUY PRE-LOVED  
CARE EQUIPMENT**



**GET HELP &  
SUPPORT**



**DONATE OR GET  
INVOLVED**



### Let's work together





# Are you pregnant or have children under the age of 4?

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

  @NHSHealthyStart

## What can I buy?

### Fruit and vegetables

#### ✓ They can be:

- fresh, frozen or tinned
- whole or chopped
- packaged or loose
- fruit in fruit juice
- fruit or vegetables in water
- fresh, dried or tinned pulses

#### ✗ They cannot:

- have added ingredients like fat (oil), salt, sugar or flavourings
- be juiced or pre-cooked
- be fruits in syrup
- be smoothies

### Plain cow's milk

#### ✓ This needs to be plain cow's milk, which is pasteurised, sterilised, long-life or ultra-heat treated (UHT).

#### ✗ It cannot be:

- flavoured
- coloured
- evaporated
- condensed
- plant-based milk
- powdered (unless it's stage one infant formula)

### Infant formula

#### ✓ It should be:

- suitable from birth
- made from cow's milk

### Healthy Start vitamins

You can use your NHS Healthy Start prepaid card to collect free Healthy Start vitamins.

If you live in England, find your nearest vitamin provider on the NHS Healthy Start website: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

If you live in Wales, ask your midwife or health visitor where to collect your vitamins.

If you live in Northern Ireland, we'll send you a letter explaining how to request your vitamins.

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Or call us on 0300 330 7010

Our contact centre is open Monday – Friday, 8am – 6pm (except public holidays)



Follow us on Facebook and Twitter  
@NHSHealthyStart

The alipay prepaid card is issued by alipay Ltd pursuant to license by Mastercard International Incorporated. alipay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whitestone Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.



## NHS Healthy Start

Helping young families on low incomes to access healthy food, milk and vitamins.



## What is NHS Healthy Start?

If you're pregnant or have children under the age of four you could get payments every four weeks to spend on:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses

You could also get free Healthy Start vitamins.

You'll get:

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
- £8.50 each week for children from birth to one year old
- £4.25 each week for children between one and four years old

Your money will stop after your child's fourth birthday, or if you no longer receive benefits.



## Who can apply?

You could qualify for the NHS Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child aged under four.

In addition, you must be receiving any of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for NHS Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the four weeks immediately after you have stopped working for 16 hours or more per week)

## How to apply



Visit  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



Fill in the online application form



Receive your prepaid card in the post



You'll need to activate your card to get your PIN before using it



Shop for healthy food and milk in most retail stores that sell the eligible food and milk items and accept Mastercard® payments



You'll need to insert your card into the card reader and enter your PIN the first time you use your card

Your card will be topped up with your benefit every four weeks.

You can also use your card to collect free Healthy Start vitamins.



## Alzheimer's Society Dementia Support

Don't face dementia alone, we're here for you



**Alzheimer's Society**

Together we are help & hope for everyone living with dementia

## Talk to someone who understands

Dementia affects everyone differently, and it can be worrying. But, we're here to listen, to offer practical advice and emotional support, and to connect you to people in a similar situation.

Our dementia advisers are just a phone call away, and available seven days a week. You can also get face-to-face support in your local area, and we have a wealth of online information and guidance at **alzheimers.org.uk**

But sometimes you might just need to have a chat with someone like you, and that's where our online community comes in. A place to share and get the support you need.

We can help you to navigate your next steps more easily and you don't have to face dementia alone. We can give you the hope you need today.



Just talking to someone who understands, listens and who can give advice makes a huge difference.

Zoe, from London, who cares for a parent diagnosed with early onset dementia



If you need help call **0333 150 3456**

Email us at **enquiries@alzheimers.org.uk**

Or visit **alzheimers.org.uk/getsupport**

## Get the help and support you need

At Alzheimer's Society we're working towards a world where dementia no longer devastates lives. We do this by giving help to those living with dementia today, and providing hope for the future by campaigning to make dementia the priority it should be and funding groundbreaking research.

Call **0333 150 3456**

Or visit **alzheimers.org.uk/getsupport**

### Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

Our support services are made possible thanks to generous donations from the public. If you would like to find out more, please visit our website.

Calls charged at the standard local rate.



Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645

DSSU



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

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

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

You could learn about...

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

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

WELCOME TO OUR

# December Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



**MERRY**  
*Christmas*

As we rattle into the month of December kitted out in our Christmas jumpers and Santa hats, we would like to take a moment to wish all our assets and partners a Merry Christmas. May your festive holidays and New Year be happy and bright!

We have some exciting events in the pipeline so please have a read! As usual, if you have any relevant news or opportunities for our January newsletter, or would like to share an NNS 'Story of Difference' please get in touch at [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

**THANK YOU!**

From Pete, Rachel, Suzy, Joe, Maria, Manjit, and Cathy

## Women, Hormones & Health

All inclusive series of workshops for women

December 11th  
 2.45pm-4pm  
 Venue:  
 Four Oaks  
 Methodist Church  
 401, 403, 405



£5 entry  
 every 2nd  
 free

In this session we will focus on stress

- During this busy time of the year we would like to take some time out to discuss what happens to us when we are stressed and give you some tools to manage it better.
- Best nutrition to avoid increased stress
- A calming yoga and breathwork session to help alleviate stress and tension.

Workshop Facilitators:



Rana Bhadaria



Baljot Baba



Claire Jones



Satpal Singh

For more information  
 07515 737805

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SPREAD THE WORD

## Women, Hormones & Health Workshop

**Women, Hormones and Health are a series of workshops for women running at Four Oaks Methodist Church.**

On **10th December, 3.45-6pm** there will be a session focusing on stress, which is a very relevant topic for a busy December! The session will incorporate tools to manage stress better, nutrition tips, yoga and breathwork. The session costs £5. For further information please call 07515 737805

## CAPACITY BUILDING

# Come along and take part in the Sutton Coldfield NNS **SHOWCASE** Event!



**SAVE THE DATE**

**GROWING OUR COMMUNITY TOGETHER**  
SUTTON COLDFIELD NNS

**SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME**

**INVITE YOU TO JOIN OUR SHOWCASE EVENT**

**SUTTON COLDFIELD TOWN HALL**  
**TUESDAY 30TH JANUARY 2024**  
**10.30 am - 1.30 pm**

**Come along and take part!**

Meet and promote to citizens, social workers and healthcare professionals.

You can get involved by:

- Running a stall for networking and promotion
- Promote your activity by putting on a taster session in the Crush Hall
- Promote your activity or service by giving a small talk or even putting on a small performance on the grand stage!

Please let us know if you would like to get involved:  
[nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk) / 0121 362 3663

Sutton Coldfield Neighbourhood Network Scheme are working on an exciting new event... If your community group or organisation works with adults over 50 or adults with disability, we would love for you to get involved!

Building on from the success of the 'Growing our Community Together' networking event held last June, Sutton Coldfield NNS will now be hosting a **SHOWCASE** event at **Sutton Coldfield Town Hall** on Tuesday 30th January, 10.30am-1.30pm, **so please do save the date!**

The event will provide an opportunity to showcase all the fabulous community groups and organisations working with adults in Sutton Coldfield to local citizens and social/health care providers, giving a perfect opportunity to promote what you do. Let's take the opportunity to shout from the rooftops and get the word out!

AGE concern

NEIGHBOURHOOD NETWORK SCHEME

Compass Support

Do let us know if you would like to get involved and in what capacity, ideally by Friday 22nd December. Just drop us a line at [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk) or call 0121 362 3663

- You could get involved by running a stall for networking and promotion.
- Promote your activity by putting on a taster session in the Crush Hall.
- Promote your activity or service by giving a small talk or even putting on a small performance on the grand stage!

## Micro Grants

Christmas is in sight and many local groups and assets are hosting festive celebrations in the community. **At SCNNS we provide micro grants of up to £500 that can be used on events, such as Christmas parties.** If your not-for-profit organisation are putting on a celebration event that meets any of the following outcomes then you could be eligible for micro grant funding; **reduces social isolation, improves the health and wellbeing, supports carers, helps people live independently in their own home or maximises the income.** All applications must also either benefit older adults (over 50) or disabled adults (over 18). Get in touch with [joe.millington@ageconcernbirmingham.org.uk](mailto:joe.millington@ageconcernbirmingham.org.uk) to find out more.

## Congratulations Xpress-Yourself Dance!



Sutton Coldfield NNS are pleased to announce Xpress-Yourself Dance CIC have been awarded **£6325.00** to provide **six community tea dances over the next twelve months**. Xpress-Yourself Dance originally got involved with the NNS through a Birmingham Playcare Network initiative which was funded in 2021/22. The original project involving bringing tea dancing to home settings and this new funding proposal will act as natural development from this idea.

The community tea dances will happen at **Sutton Coldfield Methodist Church Centre**, selected for its central location and good public transport opportunities. The idea is to bring people from the local community together rather than staying in a domestic setting. The project aims to encourage people to leave their homes which is still a barrier for some adults since the pandemic, creating an opportunity to socialise and learn a new skill.

Recruitment for the project will include visiting sheltered accommodation sites, where guidance and reassurance will be given to citizens regarding the venue location, transport options and format of the event.

Perhaps you know a citizen who may benefit from these free tea dances? Or maybe you work in sheltered accommodation and would like to find out more about the project? If so, **you can contact Xpress-Yourself Dance** on:



**07984 423534**



**<https://xpress-yourself.co.uk/>**



**[hello@xpress-yourself.co.uk](mailto:hello@xpress-yourself.co.uk)**

SPREAD THE WORD

## B:CAN Energy Advice Drop-in

**Age Concern Birmingham are delivering free energy advice and support drop-in sessions at the Communita Cafe in Boldmere on alternate Wednesdays 10.30am-12.30pm**

The drop-in provides opportunity to meet with a CAN-Energy Advisor who can give citizens tips on lowering energy bills and can organise free home energy assessments.

If you would like further information on the drop-in, please call 0121 362 3650 or email [energy@ageconcernbirmingham.org.uk](mailto:energy@ageconcernbirmingham.org.uk)



DELIVERED BY  
Age Concern Birmingham

### FREE ENERGY ADVICE & SUPPORT

- ✔ Struggling to heat your home?
- ✔ Want lower energy bills?
- ✔ Interested in energy & money saving tips?
- ✔ Visit your local CAN-Energy Community Adviser
- ✔ Book a FREE Home Energy Assessment

Alternate Wednesdays  
10.30am - 12.30pm

Drop in to the Communita Cafe  
76-78 Boldmere Rd, Sutton Coldfield B73 5TJ  
For further details please call 0121 362 3650  
or email [energy@ageconcernbirmingham.org.uk](mailto:energy@ageconcernbirmingham.org.uk)



SPREAD THE WORD

## Activities at Wylde Green United Reformed Church

Wylde Green URC offer an array of activities for the community including a free 'Warm Welcome' Pop In on Saturday and a 'Low Impact Exercise Class' on a Monday. Please help spread the word!



Wylde Green United Reformed Church  
Corner of Highbridge Rd & Britwell Rd

### Warm Welcome Community Pop In

Free Porridge, Toast,  
Tea & Coffee  
Wifi and Children's Activities



Saturdays  
between 10am-1pm



Wylde Green  
United Reformed Church  
Corner of Highbridge Rd & Britwell Rd  
Boldmere, B73 5SW

### LOW IMPACT EXERCISE CLASS

Improve balance, mobility,  
flexibility & strength

**MONDAYS**  
**2PM-3pm**  
**ROOM 2**

TIME FOR TEA & CHAT  
AFTERWARDS  
£5 per session



## Sutton Coldfield NNS Story of Difference



Sutton Coldfield NNS awarded funding to **Midland Mencap** to deliver **Parkspin and Parkride sessions** to adults with disabilities and their carers. Over the last year **tailored cycling sessions** have been delivered within Sutton Park aiming to improve wellbeing, physical and mental health through flexible and tailored physical activity. We were very pleased to receive this update from a beneficiary of the scheme! (For confidentiality will be referred to as **S.**)

"S joined our sessions in order to improve his cycling abilities, overall fitness and increase his own independence. S initially began on a 2-wheeler balance bike. We started with the basics of cycling a 2-wheeler and how to use the brakes. After a while, we attached the pedals and S was able to push off, with the support of staff, and eventually to cycle and balance himself. It was not long before S was able to cycle round the basketball pitch and car park on his own. The first few sessions had been quite short to begin with, but S gradually built up his confidence and fitness levels enough to move from the basketball pitch area out into Sutton Park. Over time, S's stamina has improved considerably, and he now attends the sessions for longer, with fewer stops, highlighting the positive impact these sessions are having on his fitness. His skill on the bike has come on leaps and bounds. S has become more sociable and talkative to the members of staff, and he always tells us how much he enjoys the sessions. We're looking forward to continuing to cycle with S and see him enjoy the benefits of the regular exercise and being outdoors."

The last Parkride session will be on the 12th December, 10am -12pm in Sutton Park. The session is available to Sutton residents/Sutton based groups with members aged 18-49 years with SEN. If anyone would like further information or to book a place, please contact us via [parkride@midlandmencap.org.uk](mailto:parkride@midlandmencap.org.uk) or phone 0121 442 2944.



### Helping You At Home Service

JCUK is a registered local charity working in partnership with Age Concern Birmingham to provide quality care and support within the home in and around the following areas:

Sutton Coldfield, Kingstanding, Erdington, Castle Vale, Great Barr



### Wellbeing Support Services

Competitive Rates

### Personal Care Service

Competitive Rates

We are registered with the Care Quality Commission and offer individually tailored high quality person-centred personal care and support within the home.

Our wellbeing team are fully trained and supervised so you can be confident your care is in good hands.

Call us on **0121 362 3650** to request a free home visit to discuss your needs with a view to developing a personalised support plan just for you.



### Sutton Social

Join us for seated exercise and a chance to meet other people living with a visual impairment from across Birmingham

Every Tuesday  
10:30am – 12:30pm

Wyndley Leisure Centre,  
Clifton Road, Sutton Coldfield  
Birmingham  
B73 6EB

£2 per session

Please contact Hayley Phillips on  
**07734373418** or

[phillipsh@focusbirmingham.org.uk](mailto:phillipsh@focusbirmingham.org.uk)

### Jubilee Citizens UK

**Do you live in Sutton Coldfield and need quality care and support within the home?**

Jubilee Citizens UK, a registered local charity offer wellbeing support and personal care services at competitive rates. For further information please call 0121 362 3650

### Focus Birmingham

**Focus Birmingham have a Sutton Social every Tuesday 10.30am-12.30pm for people living with a visual impairment.** You can pop along

for some seated exercise and a chance to socialise. Please call 07734 373418 for further information or email


[phillipsh@focusbirmingham.org.uk](mailto:phillipsh@focusbirmingham.org.uk)


### Do you offer activities for older people or adults with disabilities?


Please get in touch to discover how we can support your local community group or organisation!

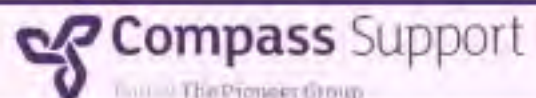
To find out more about the Sutton Coldfield NNS you can visit

 <https://suttoncoldfieldnns.blogspot.com/>

 **0121 362 3650**

 [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

 **Sutton Coldfield NNS**



# 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

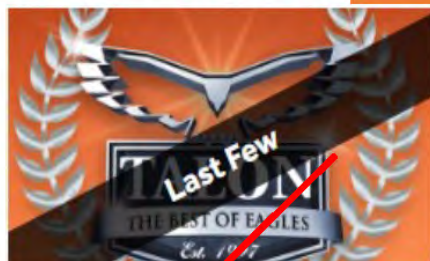


**Theatre Tour**

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

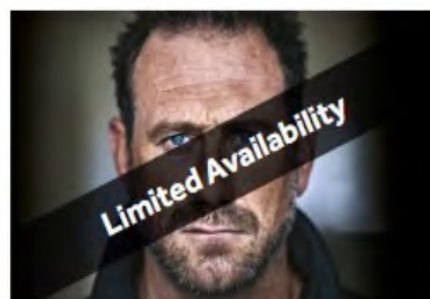
[MORE](#) | [BOOK](#)



## 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

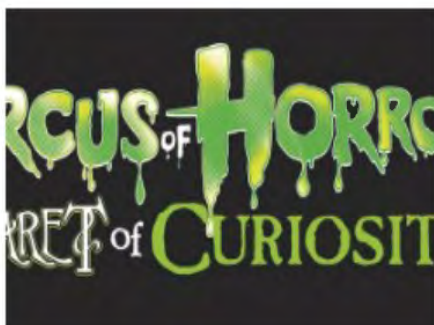
[MORE](#) | [BOOK](#)



### 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](#)

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 #FreefallAt21. 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

Ballet, Main House

## Birmingham Royal Ballet - Class on Stage

Ever wondered just how ballet dancers do what they do?

Sat 2 Dec – Sat 2 Mar 2024  
Tickets £12.50



Family & Pantomime, Main House

## Jack and the Beanstalk

The panto you've been waiting for!

Sat 16 Dec 2023 – Sun 28 Jan 2024  
Tickets from £18

Birmingham's own Alison Hammond stars in the UK's biggest regional panto, alongside Hippodrome favourite Matt Slack back for a 10<sup>th</sup> 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

Patrick Studio

## Enter.Stage.Write

Where writers become rock stars!

Thu 25 Jan 2024  
Tickets from £10



Comedy & Spoken Word, New Writing

## Amplified

Where comedy takes centre stage

Fri 26 Jan 2024  
Tickets from £10

Amplified is your passport to the hottest Black and Asian comedy writing competition in Britain, and it's making its grand debut here at Birmingham Hippodrome.

Brace yourselves for a night of side-splitting humour as we celebrate extraordinary talent from diverse backgrounds with five uproarious plays that will have you in stitches.

A star-studded panel of judges, hailed from the realms of TV, broadcasting, and the stage, will award the ultimate Amplified champion. Plus, YOU, the amazing audience, wield the power to crown the Audience Award winner!

Here's what's in store:

- Red Carpet Reception
- Networking Extravaganza
- 5 Mesmerizing Plays
- Urban Beats and Bhangra Vibes
- Glitzy Award Ceremony

Dress to impress or go smart casual!

When Dad feels like a little bit of Sunday afternoon time out, Bluey and Bingo have other plans! Join them as they pull out all of the games and cleverness at their disposal to get Dad off that bean bag.

Bluey's Big Play is a brand-new theatrical adaptation of the Emmy® award-winning children's television series, with an original story by Bluey creator Joe Brumm, and new music by Bluey composer, Joff Bush.

Join the Heelers in their first live theatre show made just for you, featuring brilliantly created puppets, this is Bluey as you've never seen it before, brought to real life in this UK premiere.

Bluey's Big Play is produced by Andrew Kay and Cuffe & Taylor with Windmill Theatre Co for BBC Studios.

Family & Pantomime

## Bluey's Big Play

Bluey as you've never seen it before!

Thu 1 Feb – Sun 4 Feb 2024  
Tickets from £17.50



Musicals

A Birmingham Hippodrome Production

## This Is A Love Story

Workshop Performances

Thu 1 Feb – Fri 2 Feb 2024  
Tickets £10

A brand-new pop musical telling the 200,000-year love story between Earth and Humanity.

From first sparks to power couple status to infidelities of astronomical proportions, the universe has never seen a match like this. When things turn toxic, can Earth and Humanity still see a future together?

With a high-energy pop score and razor-sharp lyrics, THIS IS A LOVE STORY shines a fresh light on the climate crisis and our relationship with the planet.

What is a workshop performance?

Workshop performances are your first look at new musical theatre in the making. A chance to discover new talent and play your part in developing a show.

Music & Lyrics by Jack Godfrey  
Book & Additional Lyrics by Ellie Cootie

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 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](http://birmingham-rep.co.uk)**

the  
**Rep**



# Information and Advice

We offer free information and advice to support you and your loved ones in later life.

**Call 0121 437 0033**

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

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

## Useful Numbers

If you or your loved ones are in need of support, information or advice this Christmas, here is a list of useful numbers for you to call:

<b>Ambulance, Fire and Police</b>	999 or 112
<b>NHS Direct (24 hour helpline)</b>	111
<b>Prescription/Shopping Support (NHS)</b>	0808 196 3646
<b>Gas Emergency</b>	0800 111 999

### Local services

#### Birmingham Sandwell

<b>Council Tax</b>	0121 303 1113	0121 368 1155
<b>Benefits (Welfare, Housing etc.)</b>	0121 464 7000	0121 368 1155
<b>Anti-Social Behaviour</b>	0121 303 1111	0121 368 1166
<b>Domestic Violence (non-emergency)</b>	0121 303 0368	0121 552 6448
<b>Emergency Duty Team</b>	0121 675 4806	0121 569 2355
<b>Highway/Flooding/Transportation (out of hours only)</b>	0121 303 4149	0121 368 1177
<b>Adult Out of Hours Home Care Services</b>	0121 464 5001	0121 569 2355
<b>Adults and Communities Access Point</b>	0121 303 1234	0121 569 2200



**0121 437 0033**

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

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



[info@ageuksandwell.org.uk](mailto:info@ageuksandwell.org.uk)

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



Age UK Birmingham Limited is a registered charity (1138240) and company limited by guarantee. Registered in England and Wales number 7334392. Age UK Sandwell Limited is a registered charity (1080517) and limited company by guarantee, registered in England and Wales number 0393848 and are a subsidiary of Age UK Birmingham. Registered office for both organisations is Age UK Birmingham and Age UK Sandwell, Stratford House, Stratford Place, Birmingham, B12 0HT.

**Here at Age UK Birmingham and Age UK Sandwell, we understand how important it is to look after yourself and your loved ones. We offer a wide range of services to help people in later life.**

## **Information and Advice**

From claiming benefits to finding the right residential care, our friendly team of dedicated staff and volunteers, provide free, independent advice and support with:

- Welfare Benefits.
- Pension Advice.
- Consumer Problems and Rights.
- Housing Options.
- Residential Care.
- Health Care at Home.
- Family and Personal Matters.
- Accessing Local Services.
- Complete Forms – e.g. Blue Badge, Housing/Council Tax Support etc.
- Make Telephone Calls and Write Letters.



If we are unable to help you, we will put you in touch with someone who can. Contact our information and advice team on 0121 437 0479.

## Opening Hours

Our phone lines are open:

**Monday – Friday**

**9:30am – 3:30pm**

Please note that the information and advice service does not open on bank holidays.



## Information Guides

Age UK produce free information guides and factsheets on a wide variety of topics including money, legal, health and wellbeing, home, care travel and lifestyle. You can find a complete list of all the guides and factsheets at

**[www.ageuk.org.uk/services/information-advice/guides-and-factsheets/](http://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/)**

**Our drop in service is open Monday to Friday 9.30 - 3.30 at Stratford House, Stratford Place. Birmingham B12 0HT.**

**Or through pre-booked appointments at:**

**Ann Marie Howes - Every Monday 9.30 - 2.00 (except bank holidays)**

**Kenrick centre - Every Tuesday 9.30 - 3.30**

**Oscott Community centre - Every Wednesday 9.30 - 3.30**

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

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



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

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

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

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

☎ 0121 437 0033

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

# Occupational Therapy Clinics

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

No need to book.

For more information about  
clinic venues visit:

<https://birmingham.connecttosupport.org/occupational-therapy/occupational-therapy-clinics-in-the-community/>



**Birmingham  
City Council**

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

## **ERDINGTON WELLBEING HUB**

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

**Jordanne Francis**  
Health and Wellbeing  
Officer

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

## **WITTON LAKES ECO HUB**

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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





Join us for  
our next  
event


**Mercia Grange care home,  
Sutton Coldfield**

**Coffee, cake &  
friendship cafe**

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

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

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

Trusted to care. 

To attend please call  
**01214 682 684** or email  
[rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com)

**care UK** 



SUTTON PARK  
GRANGE  
CINNAMON LUXURY CARE

# Dementia Friendly CINEMA

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

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

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

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



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



SUTTON PARK  
GRANGE  
CINNAMON LUXURY CARE

## LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

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

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



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





## *British Sign Language (Birmingham)*

# **FREE BSL EVENING CLASSES STARTING SEPT 2023**

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

**The Great Barr Community Hub**

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

*10-week courses delivered by experienced Tutors*

### *Topics such as*

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



Contact 07825255042

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

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



**Calling all cat lovers ..**  
**Can you help?**  
**Can you adopt?**  
**Can you foster?**

**Lucy**

**Terence**

**Polly**

**Jo Jo**

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

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

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

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

Birmingham and Solihull Integrated Care System  
Caring about healthier lives

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

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

### What is an Annual Health check?

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



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

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

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

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

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

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

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

- 20-30 mins



### What help might you need?

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



### What happens during the Annual Health Check?

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

Alzheimer's Society



**NHS**  
Birmingham and Solihull  
Mental Health  
NHS Foundation Trust

# Can you help us save more food?

## OLIO

The Food Sharing App



## Yes you can!

It's easy to give back to the OLIO community



### Spread the word

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



### Add to OLIO

Your neighbours will love your spare food or household items.



### Volunteer

Feel great & do good at the same time.

Learn more at

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

Together we can make a difference!

OLIO

f @OLIOex    @OLIO\_ex    @OLIO\_ex

- to ask for help -
- if you can't do it alone -
- if it all feels too much -

It's okay...

- to not know what you need -
- to speak to someone -
- not to feel okay -

We're here to talk, 24/7. Just call us on  
0121 262 3555.

**NHS**

**LivingWell**  
UK

 **mind**  
for better mental health  
**Birmingham**

# It's okay...

---

*... not to feel okay. If you're worried, anxious, or just a little down, you can talk to us.*



Call our helpline, open 24/7:  
0121 262 3555



Talk to us online via Live Chat (10am-9pm):  
[birminghammind.org](https://birminghammind.org)



Email us anytime on:  
[help@birminghammind.org](mailto:help@birminghammind.org)

*Get in touch today*

**- We're here to help you -**

**NHS**

**LivingWell**  
UK

 **mind**  
for better mental health  
**Birmingham**



## COULD YOU VOLUNTEER?

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

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

### CONTACT US

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



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



OutThere!

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

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



@thegapsuttoncoldfield



the gap\* Sutton Coldfield



SUTTON COLDFIELD

## NEIGHBOURHOOD NETWORK SCHEME

Sutton Coldfield Neighbourhood Network Scheme (SCNNS) are pleased to launch their **new monthly email newsletter**.

Please sign up to the mailing list by emailing [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk) to receive updates on newly supported projects, asset news and training opportunities.

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



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

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

## SUTTON COLDFIELD ACOUSTIC GUITAR CLUB













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

(Ian - Sutton Coldfield)



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

(Derek - Sutton Coldfield)

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

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

**SCCT**  
Sutton Coldfield (Birmingham) Trust

## SUTTON COLDFIELD ARCHAEOLOGICAL SOCIETY

### PROVISIONAL PROGRAMME 2023/2024

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

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

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



We meet at 7.00, on the first Thursday of every month at:

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

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

See our programme on our website:

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

# *Sandnats 2023*



For further information please contact:  
Membership Secretary

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

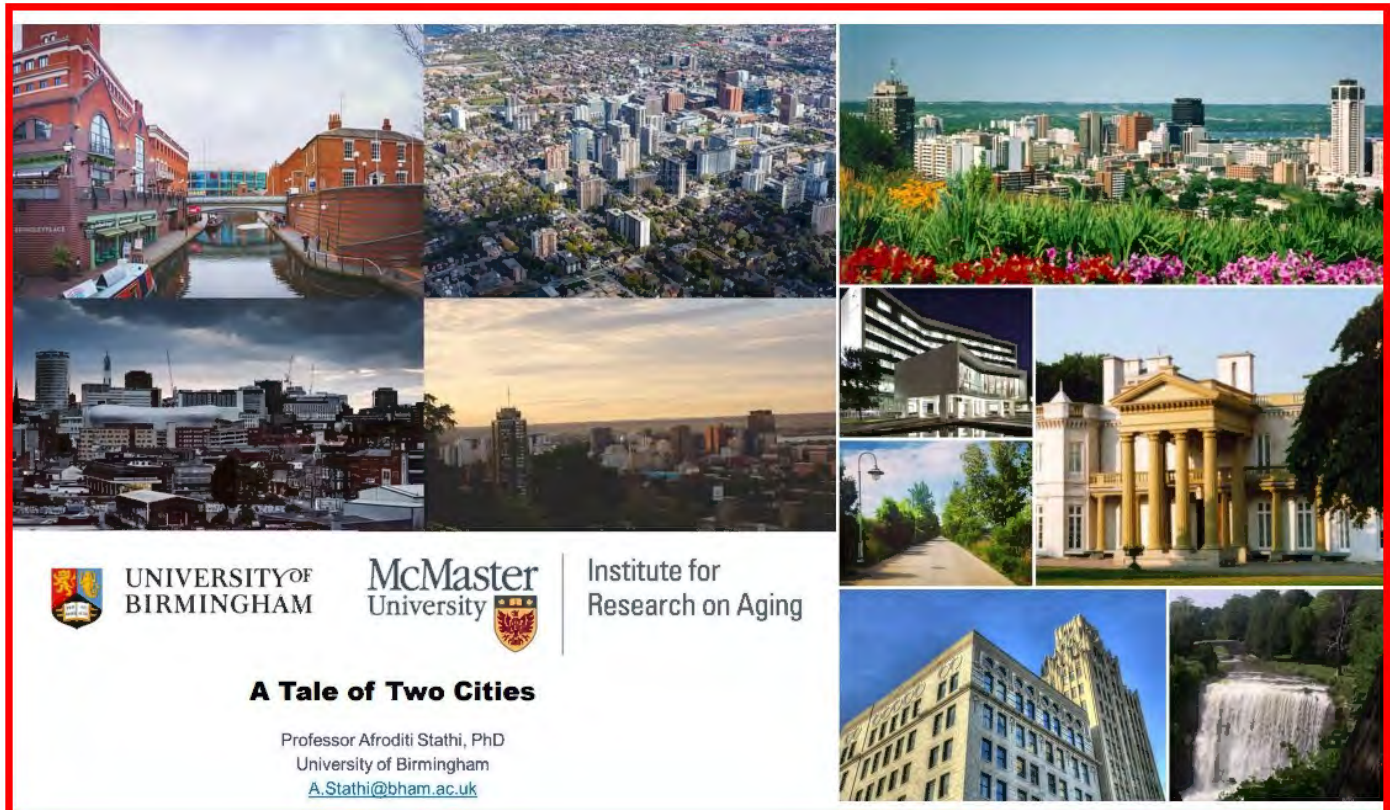
Website: [sandnats.org.uk](http://sandnats.org.uk)


## Friends of Perry Park


This December FOPPs have been very busy up to the 19th. It began with a litter pick along the Tame Valley Canal on the 12th. We collected 7 bags in total between the three of us. Followed by our Xmas meal at the Boars Head on the 14th with all seven of the Perry Park committee. Excellent food with an all you can eat menu from different countries around the world, £18.99 plus drinks. Worth going if you have never been and really helpful staff. Then the highlight of the month on the 19th we took part in a community choir at the Church Tavern. As this was our first public outing having only started in April this year. So it was quite nerve racking to start with but it seemed to go down well. At least the audience didn't boo or throw things at us. Photos below



A Tale of Two Cities Earlier this year I took part in an event with a PHD student from the University of Birmingham and the McMaster University in Canada. This had involved doing a walk around Perry Park with Grace the student and trying to explain what has happened to the park since the Games. On the 21st June I had to give a short talk at The Exchange in Birmingham to a group of academics and other volunteers.. The subject matter involves trying to encourage older residents to get out and meet other people. Especially as since Covid many people are not going out just to walk or chat., and the purpose of this research was to try to encourage more people to exercise more.



 UNIVERSITY OF BIRMINGHAM

 McMaster University

Institute for Research on Aging

**A Tale of Two Cities**

Professor Afroditi Stathi, PhD  
University of Birmingham  
[A.Stathi@bham.ac.uk](mailto:A.Stathi@bham.ac.uk)

...A city with a mission looking forward to a future of creative ambition...

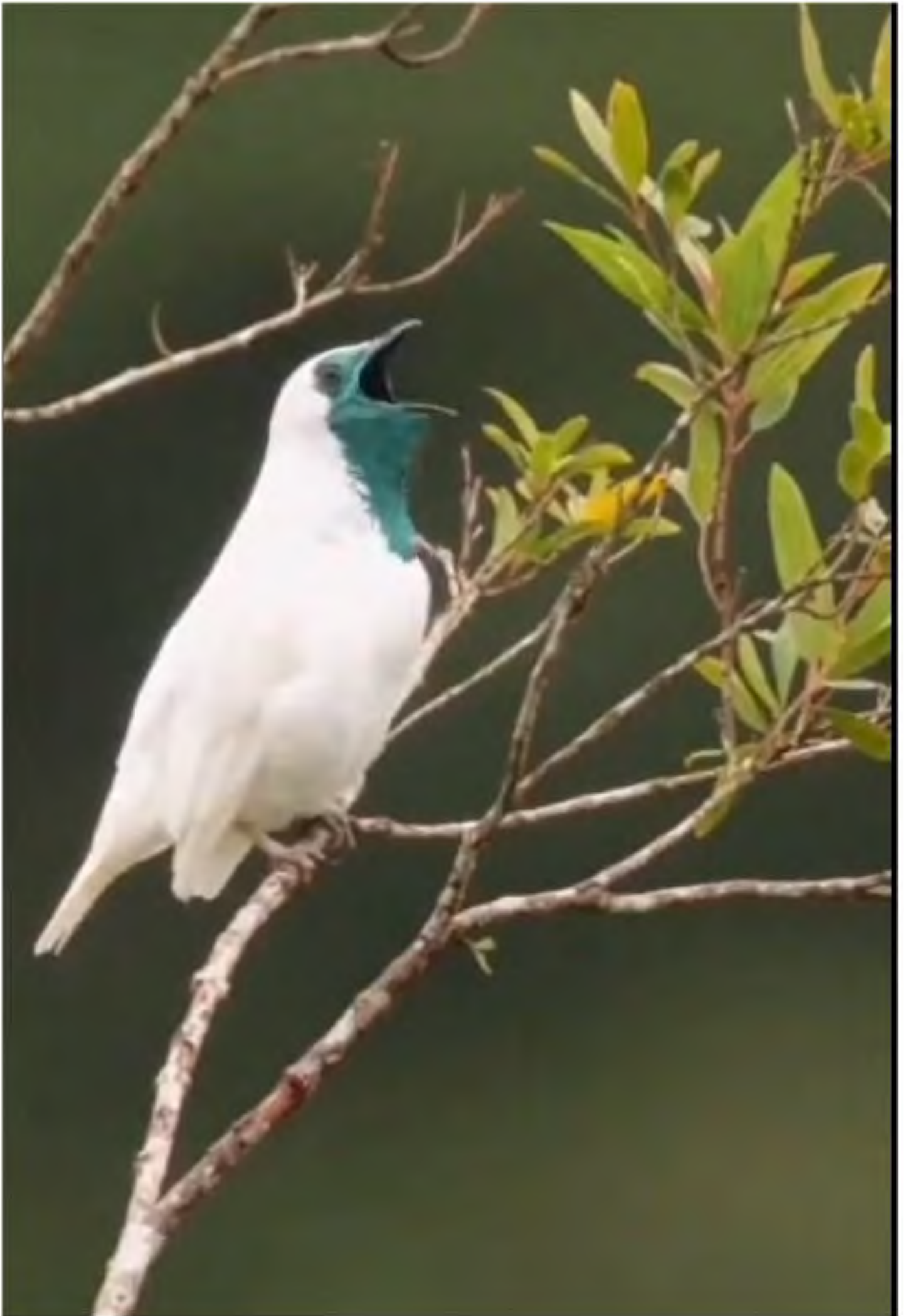


“Reflected in the hubcaps on the skyline of today is a picture of diversity, a world of rapid change. A mirror to the present sees a city with a mission looking forward to a future of creative ambition”

Roadhouse, Birmingham 2023

If you like birds you'll love these. Thank you Mike. As usual, I am dedicating a page to each one.













## North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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

### Where to find us

On the corner of Highbridge Road  
and Britwell Road B73 5SW

Telephone:  
0121 240 1229

Email:  
wyldegreenchurch@protonmail.com

Website:  
www.wyldegreenunitedreformedchurch.com



The  
United  
Reformed  
Church

Reaching out : welcoming in.

## 2023 Christmas greetings from Wylde Green United Reformed Church



Jesus is the light of the world

You are warmly invited to the following events....

**Christmas Fair** (throughout the building)  
Saturday 25th November 11.00am-4.00pm

**Black Country Big Band Christmas** (concert in Church)  
Sunday 10th December at 5.00pm

**Beer and Carols** (at Deli Social, 60 Boldmere Road)  
Friday 15th December at 7.00pm

**Service of Lessons and Carols** (in the Church)  
Sunday 17th December at 6.30pm

**Blue Christmas Service** (in the Church)  
for those struggling with grief and sadness at this time  
Thursday 21st December at 7.00pm

**Carols and Fireworks** (on the church field)  
Saturday 23rd December at 5.00pm

**Family Fun Christmas Eve** (in the Church)  
Sunday 24th December at 4.00pm

**Midnight Communion** (in the Church)  
Sunday 24th December at 11.30pm

**Christmas Day Service** (in the Church)  
Monday 25th December at 10.00am

We wish you a  
blessed, peaceful  
and joyful  
Christmas!



The light keeps shining in the dark,  
the darkness has never put it out.  
John 1 v5

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](http://birmingham-rep.co.uk)**

the  
**Rep**





★ Trustpilot

pyjama  
drama

Teaching life skills through drama and imaginative play



Pyjama Drama  
Sutton Coldfield &  
South Tamworth

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

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

**10:00am - 10:30am**

**followed by a 30-minute stay & play**

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

**11:00am - 11:40am**

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

**Get school-ready!**

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



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

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



**Book now!**

**pyjamadrama.com**

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

EVERYONE  
WELCOME

FESTIVE  
FUN

BOLDMERE  
BISTRO

SUTTON *Rose*  
BOLDMERE

SUPPORTING  
AGE UK'S  
'GIVE THE GIFT  
OF CHRISTMAS'  
CAMPAIGN.

Please donate  
items for our  
fundraising  
hampers.\*

A VERY MERRY

# CHRISTMAS EXTRAVAGANZA

Saturday 16th December  
3pm onwards

**Tickets now on sale:  
£6 adult, £3 children**

- Mince pie and mulled wine on arrival
- Live entertainment from Paul Shakespeare
- Meet Mr & Mrs Christmas
- Santa's sleigh photo opportunity
- Christmas jumper competition
- Carols by candlelight
- Licensed bar
- Raffle draw



\* Donations will be used to create hampers for lonely and isolated older people across Birmingham & Sandwell.

**Suggested items include:** chocolates, savoury snacks, warm blankets, scarfs, gloves, slippers, hot water bottles, hot chocolate, toiletries, handmade gifts, tinned food.

**Buy your tickets now!**

Tickets available at Boldmere Bistro till or Sutton Rose Care Home Reception

**Tel: 0121 716 7117**

Boldmere Bistro, St Michael's Rd, Sutton Coldfield  
next to Boldmere Place and Sutton Rose Care Home

MACC  
CARE

MACC  
RETIREMENT

SUTTON *Rose*  
BOLDMERE

SUPPORTING  
AGE UK'S  
'GIVE THE GIFT  
OF CHRISTMAS'  
CAMPAIGN.\*

# FESTIVE MARKET

**Saturday 9 December,  
11 am onwards**

FREE  
ENTRY

EVERYONE  
WELCOME

**Join us for some  
festive fun at Sutton  
Rose and find inspired  
gift ideas galore!**

- Crochet & embroidery items
- Découpage
- FM Fragrances
- Jewellery
- Personalised gifts
- Light up bottles
- Toys & Lucky Dips
- Freshly roasted coffee and hampers

And why not treat yourself too, with seasonal savings at Boldmere Bistro.

**We ho-ho-hope to see you there!**



\* Please donate items for our fundraising hampers. Donations will be used to create hampers for lonely and isolated older people across Birmingham & Sandwell.

**Suggested items include:** chocolates, savoury snacks, warm blankets, scarfs, gloves, slippers, hot water bottles, hot chocolate, toiletries, handmade gifts, tinned food.

Email: [Paul@macccare.com](mailto:Paul@macccare.com) Call: 0121 716 7117

Find out more: [macccare.com/suttonrose](http://macccare.com/suttonrose)

St Michael's Rd, Sutton Coldfield, B73 5FU

MACC  
CARE



Prince's Trust

**START  
SOMETHING**



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

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

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



**INTERESTED?**

**Contact us for more information**

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

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

0300 456 0049

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

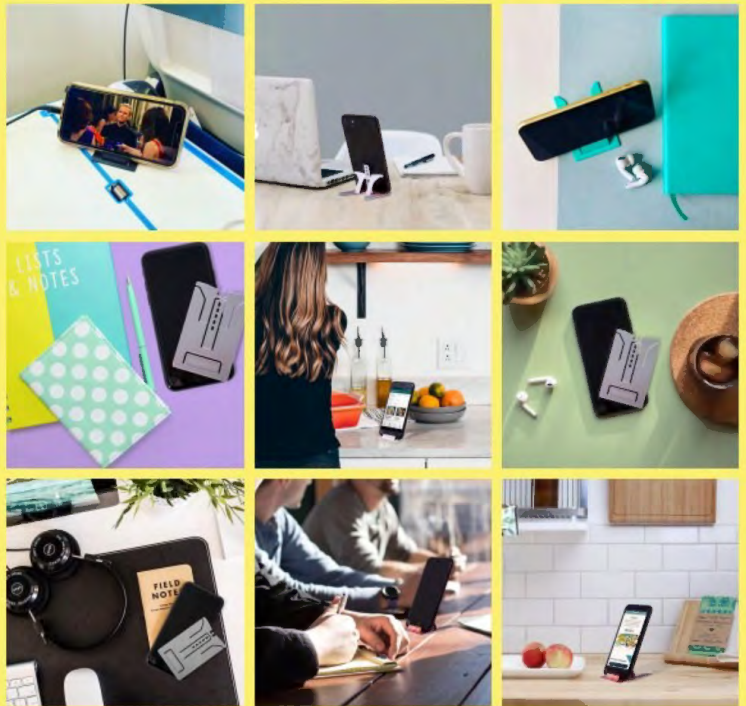
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THE STAND FOR LIFE

**Travel. Work. Play. Relax.**

Hands-free with Standeazy, the clever credit card sized phone stand that folds flat and goes everywhere you go! Two materials. Countless uses.



Made with  in the West Midlands.



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for more info on how  
and where to use it

**standeazy.com**

**THE PERFECT STOCKING FILLER!**

Get 10% off the Standeazy Ultra or the Original  
when you order online with code **Stocking23**



## STOP PRESS



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, 19<sup>th</sup> and 26<sup>th</sup> 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

## Christmas and new year collection arrangements

There are changes to waste and recycling collections over the festive period.

Check the table below for your rescheduled collection days. Collections on all other days not listed below will take place as normal.

### Rescheduled collection dates for Christmas and new year period

Usual collection date	Rescheduled general waste collection date	Rescheduled recycling collection date
Monday 25 December	Wednesday 27 December	Wednesday 27 December
Tuesday 26 December	Thursday 28 December	Thursday 28 December
Wednesday 27 December	Friday 29 December	Friday 29 December
Thursday 28 December	Tuesday 2 January	Tuesday 2 January
Friday 29 December	Wednesday 3 January	Wednesday 3 January
Monday 1 January	Thursday 4 January	Thursday 4 January
Tuesday 2 January	Friday 5 January	Friday 5 January
Wednesday 3 January	Wednesday 10 January	Wednesday 17 January
Thursday 4 January	Thursday 11 January	Thursday 18 January
Friday 5 January	Friday 12 January	Friday 19 January

## **Extra waste**

We know that during the festive period many households have more rubbish, but much of this extra waste can be reused or recycled.

You must continue to separate your waste and:

- only use your rubbish bin for things that can't be reused or recycled
- collapse cardboard boxes before putting them in your recycling bin

Reasonable amounts of waste placed next to your bin (2 to 3 sacks) will be taken over the Christmas and new year period.

Extra cardboard should be bundled with string and placed next to the recycling bin on the day of your next scheduled collection. The bundle must not be taller or wider than the bin itself.

## **Household Recycling Centre opening hours**

Our four Household Recycling Centres (HRC) will be closed on Christmas Day (Monday 25 December) and Boxing Day (Tuesday 26 December). They will be open on all other days.

If you want to visit a HRC you must [book a slot](#).

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