

The Gatepost Supplement October 2023



**Banners Gate & Parklands
Community & Neighbourhood Forum**

176th 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.

In Loving Memory and In
Celebration of the Life of



Clive Michael Atkins

2nd July 1933 - 14th October 2023

Sutton Coldfield Crematorium
Tuesday 14th November 2023
at 11.30 am



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.

M&S CAFES

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

SAINSBURY'S 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

Cllr. Max Hatton max.hatton@suttoncoldfieldtowncouncil.gov.uk

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 @shoppinginbirmingham on Instagram with your pictures hashtagged #SnowdogsBirmingham and you could be chosen to win a weekly £50 shopping voucher. Visit 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

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

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: thebkm.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



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

atgtickets.com birmingham-rep.co.uk

oldreptheatre.co.uk bmusic.co.uk 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



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 to enter a free draw to win a £100 dining voucher.



CHRISTMAS IN BIRMINGHAM



© Birmingham City Council 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



CENTRAL BID
BIRMINGHAM

Birmingham
City Council



Southside
DISTRICT

PRIMA
Christmas Market

Ice Skate
BIRMINGHAM

WEST SIDE
BIRMINGHAM

JEWELLERY QUARTER BID
Central bid

JEWELLERY QUARTER BID
Central bid



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

  @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

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

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 allpay prepaid card is issued by allpay Ltd pursuant to license by Mastercard International Incorporated. allpay 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



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

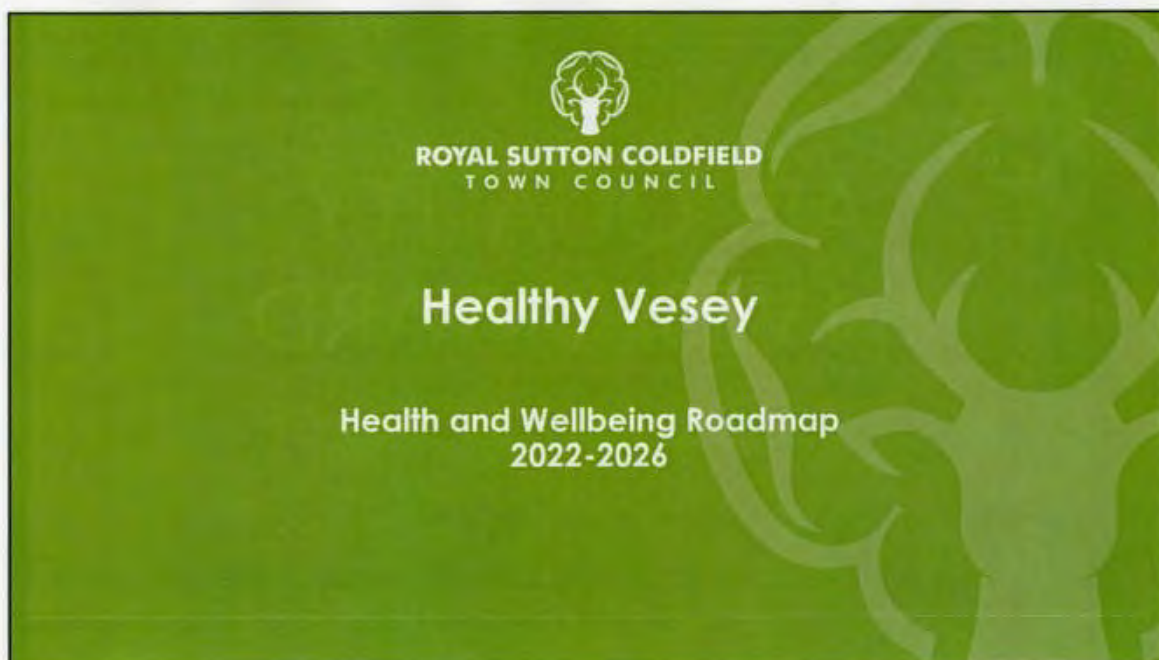


You'll need to insert your card into the card reader and enter your PIN the first time you use your card

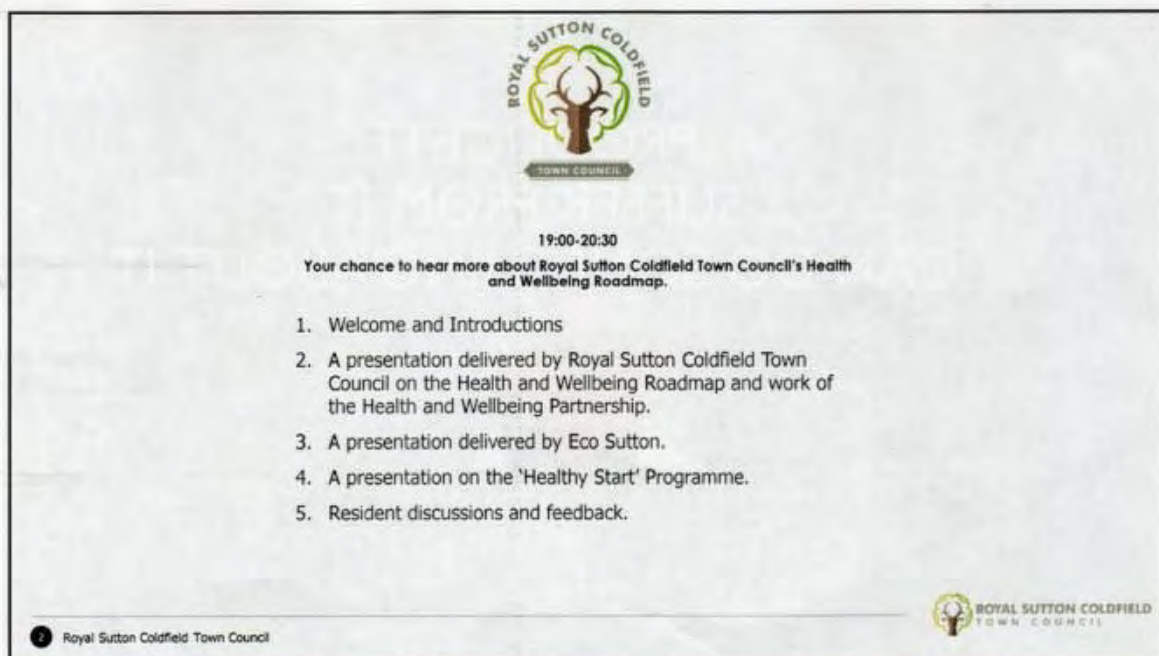
Your card will be topped up with your benefit every four weeks.

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

Open meeting held at Wylde Green URC on Thursday 23rd
November at 7 o'clock.



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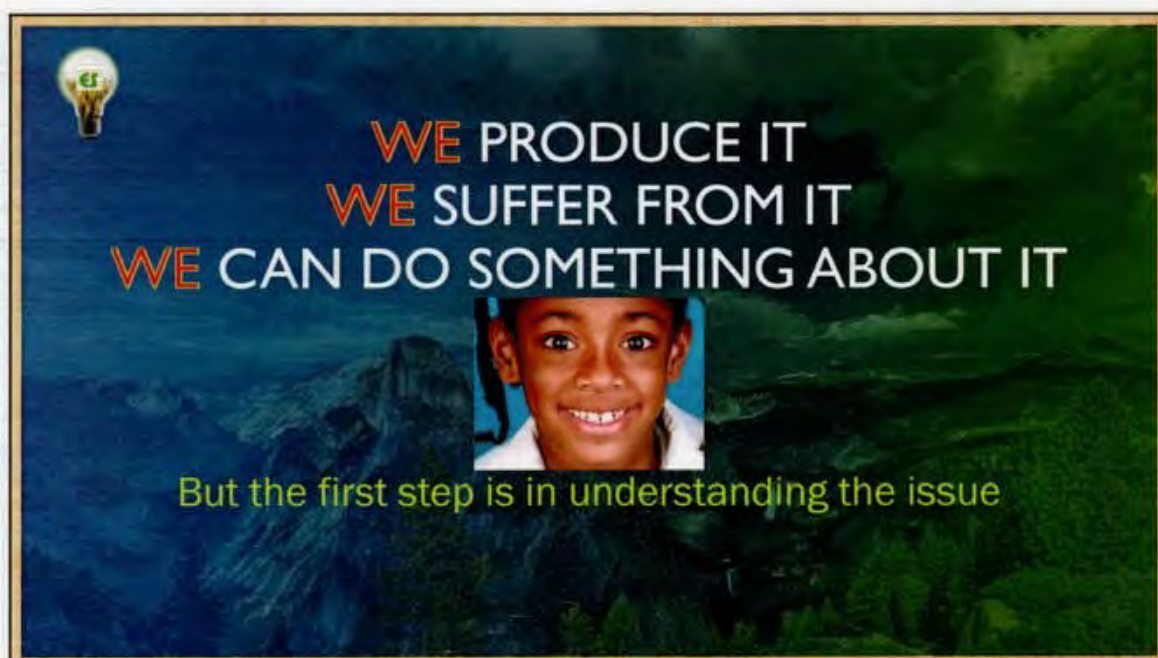


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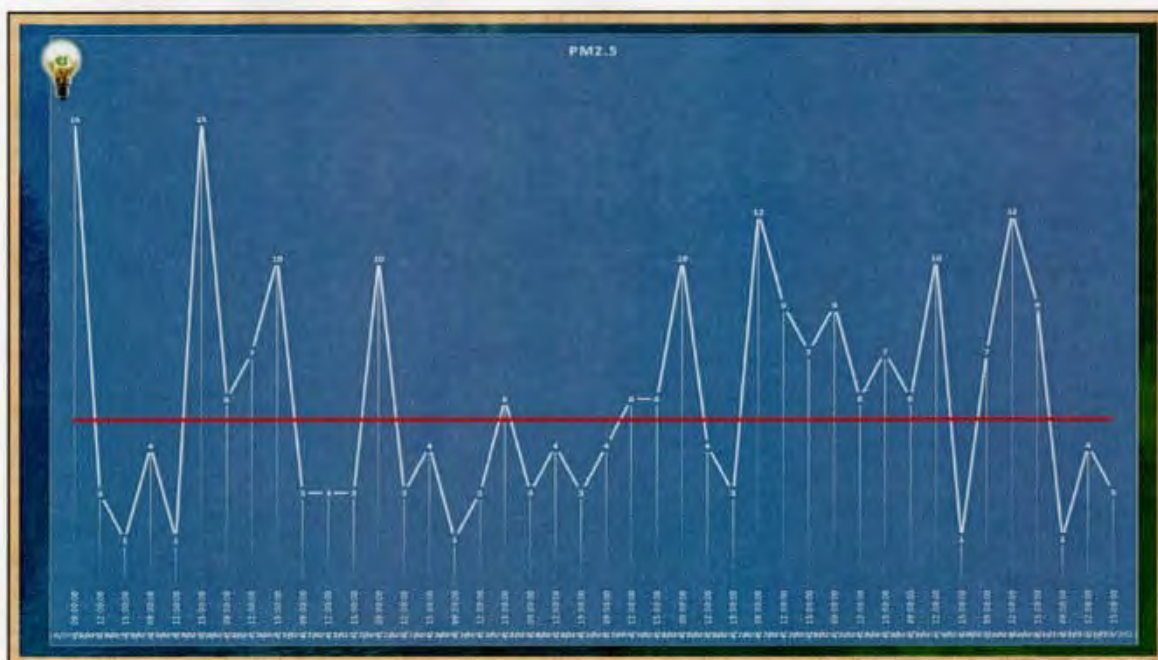


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In the graph below the red line is the WHO's recommended maximum pollution level. The pollution levels were recorded in the same place (Boldmere near the junction of Jockey Road and Boldmere Road) at the same time for 14 days.



5

WHAT CAN WE DO?

- Active Travel Plan – A Good Start
- Public Awareness – Community Involvement
- Discourage SUVs and 4WD
- More EV Charging Stations – Double Green Lines
- No Idling Outside Schools
- Health Positive

HELPING EACH OTHER

6



7



8

Your Council's commitment to Health and Wellbeing

2017	2018	2019	2020	2021
<p>Council approves first Strategic Plan.</p> <p>'Healthier and Happier', is one of six pillars.</p>	<p>Council approves first Health and Wellbeing report.</p>	<p>Health and Wellbeing Partnership (H&WP) established, as recommended by the report.</p>	<p>COVID-19</p> <p>Focus pivots: vaccination programme with >300 volunteers, c175,000 jabs.</p>	<p>H&WP first discusses NHS proposals for Integrated Care Systems (NHS System Changes).</p>

2022 – 2023: distance travelled in <2 years

2022	2022	2023	2023	2023
<p>H&WP review.</p> <p>Social Services deliver drop-ins, in community venues.</p>	<p>Council approves Health and Wellbeing Roadmap 2022 – 2026.</p> <p>Local Support Services landing page launched.</p> <p>December – Co-development of Warm Places in Sutton Coldfield.</p>	<p>Advise and support Cottage Hospital, Older People's Hub, community engagement work.</p> <p>Dementia Friendly Community status awarded to Sutton Coldfield.</p>	<p>H&WP confirms focus on Falls and Frailty.</p> <p>Falls and Frailty, multi-partner workshop.</p>	<p>'Stay Independent, Stay Strong', community event.</p> <p>Proposals to convene:</p> <ul style="list-style-type: none"> • VCSE event • Older People's Forum • Fairer Futures Fund pilot collaborative project on falls and frailty.

Health and Wellbeing Roadmap 2022-2026

'Supporting our community to live happy, healthy and active lives'

Sutton Coldfield Health and Wellbeing Partnership (H&WP)

Health and Wellbeing Roadmap, 2022 - 2026

Supporting our community to live happy, healthy and active lives.

1. Introduction

In February 2021, the Sutton Coldfield Health and Wellbeing Partnership (H&WP) which adopted a review of its future work, following the Covid-19 pandemic. The paper also considered the major changes underway to public, government and delivery structures, within the new integrated care system (ICS), and the response to Sutton Coldfield, within the Birmingham and Solihull ICS. The paper took into account stakeholders and Sutton Coldfield itself as well as established a Vision 2035, and the scenarios that will be built over this period. The paper concluded with four proposed areas of review, prior to the next meeting, partnership development, analysis, local consultation and leadership, and engagement.

In June 2021, the H&WP launched a <https://www.suttoncoldfield.gov.uk/>, which summarised developments across these four areas, it went further than the previous version, due to a number of developments since February. The North Locality that has been established within the new ICS structure, the continued the contribution of Sutton Coldfield to Birmingham and will provide a geographical focus for the town's priorities. The appointment of North Locality Partnership Manager, resulted in a new structure to health and social care providers within the town in Birmingham and Birmingham City Council (BCC), leading to a new structure at a community level. The Birmingham Mayor and Birmingham Council also published a new strategy for 2021 - 2035.

In response, the Sutton Coldfield H&WP began to shape its own priorities, to complement and align with these and to take the opportunity to re-examine local delivery partnership and local strategic objectives (LSOs) in a new strategic theme, to deliver some practical projects.

In September 2021, the H&WP discussed a draft paper 'Steering a way out of government arrangements for the H&WP'. At the meeting the H&WP agreed the paper to provide, initial recommendations:

- The need to engage with Sutton Coldfield residents, so that they have an opportunity to have about, inform and influence the process
- that primary development, health, education and provision offer
- the H&WP will need to be ready to respond to any emerging issues, which may divert attention and resources from agreed priorities.

As a result, the H&WP agreed that alignment and integration with H&WP and BCC (as the principal local authority) strategies, plans and services would be important.

2. Vision and Objectives

- Three life courses to mirror the Birmingham Health and Wellbeing Board:
 - Getting the Best Start in Life
 - Living, Working and Learning Well
 - Ageing Well and Dying Well
- Current priority on the third life stage, in particular in the prevention of falls.
- Intention is for an incremental focus on all three life stages which become more detailed year on year. Each life stage to have a work programme. Currently working on the plans around falls.
- Working in partnership with health and public sector (including VCSE) as well as private providers to move actions forward.
- Focus on holistic support as well prevention.
- Steering Groups and Task and Finish Groups

3. Governance

4. Summary

5. Appendix

6. Glossary

7. References

8. Contact Information

9. Acknowledgements

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DISCOVER SUTTON COLDFIELD

Home Information Local Support Services Volunteer Contact

Search

Local Support Services

Information

Community Action Group

Family Support

Health & Wellbeing

Other Services

Parks & Recreational

Religious Groups

Food & Foodie

Sport & Recreation

Young People

Over 100 organisations

Postcards available with QR code

Volunteer Opportunities

ROYAL SUTTON COLDFIELD TOWN COUNCIL

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:

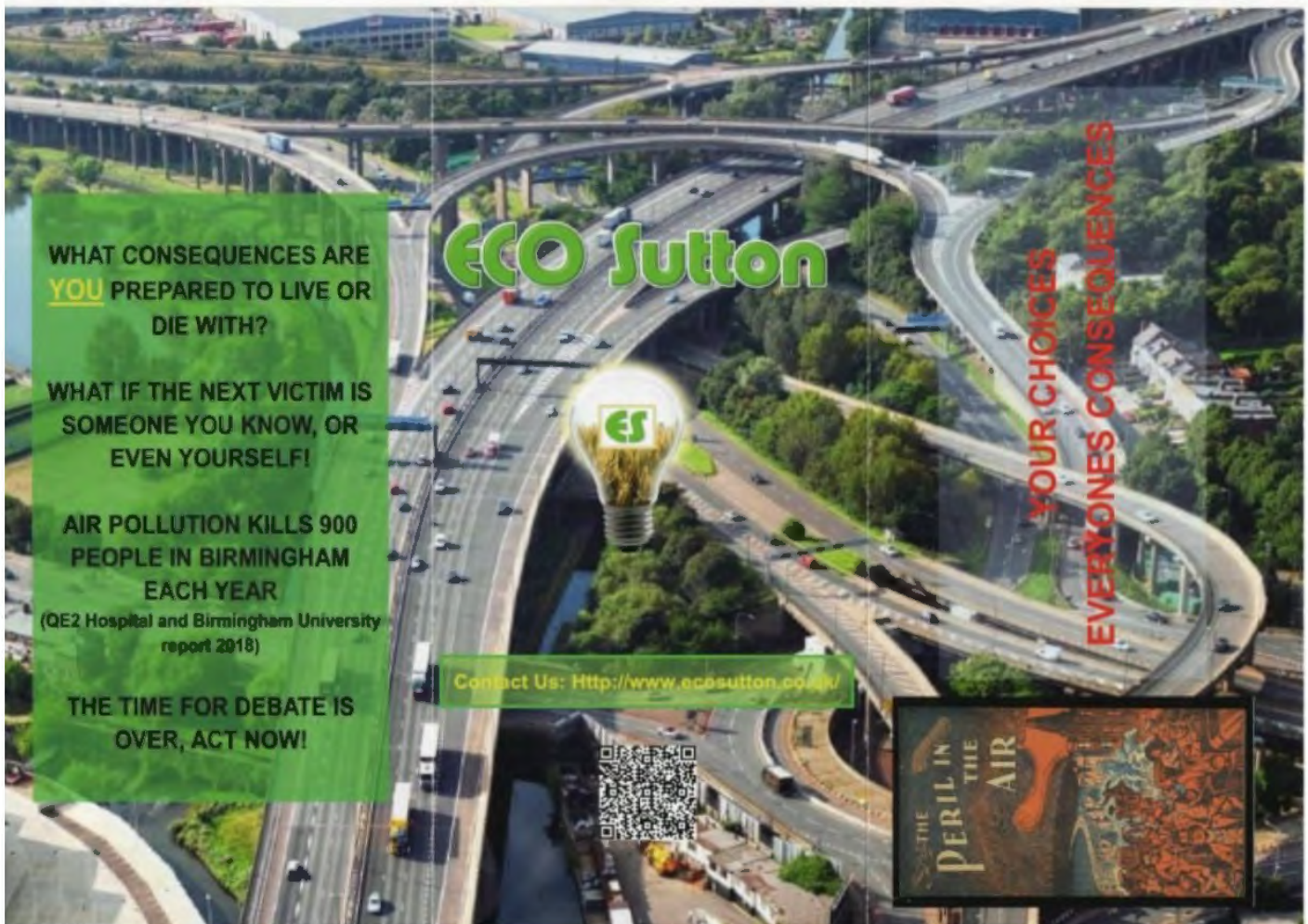
1. Learn about our community and what is available
2. Search and locate support groups and community activities
3. Contact the organisations directly for more information



ROYAL SUTTON COLDFIELD
TOWN COUNCIL



www.discoversuttoncoldfield.co.uk



ECO Sutton

WHAT CONSEQUENCES ARE YOU PREPARED TO LIVE OR DIE WITH?

WHAT IF THE NEXT VICTIM IS SOMEONE YOU KNOW, OR EVEN YOURSELF!

AIR POLLUTION KILLS 900 PEOPLE IN BIRMINGHAM EACH YEAR
(QE2 Hospital and Birmingham University report 2018)

THE TIME FOR DEBATE IS OVER, ACT NOW!

YOUR CHOICES EVERYONES CONSEQUENCES

Contact Us: [Http://www.ecosutton.co.uk/](http://www.ecosutton.co.uk/)

ES

THE PERIL IN THE AIR

CHOICE

We all have choices, some good and some bad, but they affect us all. Today you may decide to buy a new car, it is something that you have promised yourself for years, and you have worked hard to get it; something posh, powerful and large—Maybe an SUV.



OK, there are no mountains here, or swampy forests, or rocky roads; and they are heavy on fuel, and pump out a bit of exhaust, and a nightmare to park. But damn it, I'm worth it!



DENIAL

It's not as if it will harm anyone, they are known to be safe for the person driving it, everyone else not so much. But I don't care, everyone knows that the stories of air pollution are just made up by hippies and tree huggers.



CONSEQUENCE

OK, there maybe some issues with the air, but its not as if it has killed anyone!



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

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:

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

Local services

Birmingham Sandwell

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



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



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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/

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

🌐 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/](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

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.

Jordanne Francis
Health and Wellbeing
Officer

T: 0121 320 1930
T: 0121 827 6295
M: 07458 130587
E: Jordanne.francis@wittonlodge.org.uk
W: www.wittonlodge.org.uk

Perry Common Community Hall,
87 Witton Lodge Road, B23 5JD
Wellbeing Hub, 196 High Street,
Erdington, B23 6SJ



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

care UK 



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 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 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





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

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 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](#)

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

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**
the mental health charity
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



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -

NHS

LivingWell
UK

 **mind**
Our voices. Our lives. Our freedom.
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



gap.huboffice@gmail.com



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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

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

Please sign up to the mailing list by emailing nns@ageconcernbirmingham.org.uk 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



SUTTON COLDFIELD ARCHAEOLOGICAL SOCIETY

PROVISIONAL PROGRAMME 2023/2024

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

Sandnats 2023



For further information please contact:
Membership Secretary

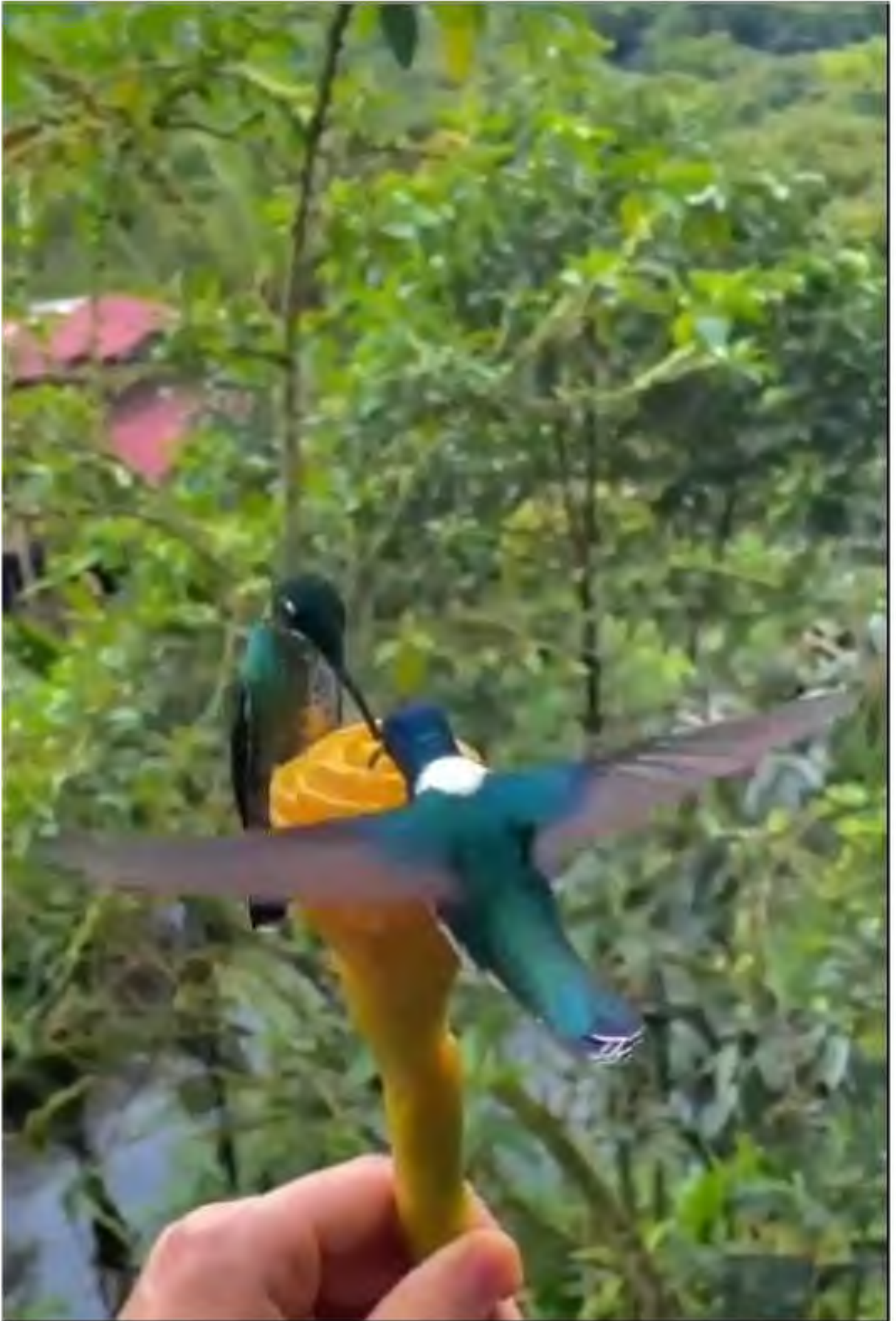
membership@sandnats.org.uk

Website: sandnats.org.uk

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















Below are some of the photos of the Boldmere Christmas Festival.
For many more photos please click [here](#). Thank you Paul.













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

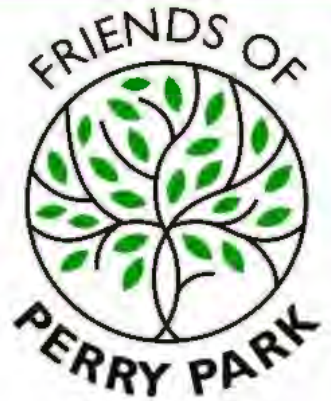
Christmas Day Service (in the Church)
Monday 25th December at 10.00am

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

Friends of Perry Park



On November 18th we took part in a tree session with Birmingham Tree People of which two of us are also Tree Wardens. This event involved helping to prune a recently planted community orchard in Manor Farm Park situated in Northfield. This was an area which I didn't even know existed before and it has an interesting history going back to the middle ages. When it was owned by the Earls of Dudley. A farm was recorded in the 18th century and traces of medieval ridge and furrow ploughing can be seen, also an ancient hedgerow still survives which has been dated as going back to the 16th century.

Between 1894 and 1951 it belonged to George and Elizabeth Cadbury (chocolate factory). George died in 1922 and Elizabeth continued to live there until her death in 1953 aged 93. On her death the park was gifted to BCC (held in trust) and the manor house was sold to the University of Birmingham. The park opened to the public in 1955 and comprises 50 acres of open space. There is a lake which attracts a wide variety of wildlife plus other areas of woodland; the park is popular with walkers, cyclists and runners. There is also a very large children's playground suitable for very young kids and early teens.

So if you ever fancy a trip to the south side of Birmingham I recommend a trip to Manor Farm Park, Northfield, B31 2AB. Photos taken from the Friends of Manor Farm Park (3 fold A4 opens out to A3) leaflet. Full info is available on the photos including a QR code.

Welcome to Manor Farm Park

Opened to the public in 1951, Manor Farm Park was originally the grounds of Northfield Manor House.

The park comprises around 50 acres of public open space with woodlands, meadows and a lake.

Although a relatively recent public park, the landscape has a much longer history. In the Middle Ages it was owned by the Earls of Dudley, lords of the manor of Northfield.

The Dudleys constructed nearby Weoley Castle as the main hunting lodge for their local estates.

A farm was recorded on the site in the 18th century. Traces of medieval ridge and furrow and an ancient hedgerow dating back to the 16th century survive.

The Manor House was home to the Quaker philanthropists George and Elizabeth Cadbury between 1894 and 1951. After George died in 1922, Elizabeth continued to live there until her own death at the age of 93 in 1951.

For much of its history the landscape surrounding what we now know as Manor Farm Park was predominantly rural. However, the area experienced extensive development between the two world wars and by the 1950s it had become a substantially populated suburb of Birmingham.

In 1951, on the death of Elizabeth Cadbury, the park was gifted to the City Council (who hold it in trust) and the Manor House sold to the University of Birmingham.



Dudley & Eastern Cadbury (left, right)



Weoley Castle ruins

Further Information

Further reading

Images of England - Northfield
Pauline Caswell (1996)

Images of England - Northfield Vol II
Martin Hanson (2003)

Northfield Memories
Jean & John Smith (Sutton, 2003)



For more information on the history of the park scan or click this QR code

The Friends of Manor Farm Park

We are a group of park users and local residents who are interested in the well-being of Manor Farm Park. Established in 1985 we work closely with the City Council's Parks for the improvement of amenities within the park.

For more information visit
www.friendsofmanorfarmpark.org.uk



Designed and produced by Dave Walsh Creative



Detail of the 1863 OS map showing Manor Farm, the Fish Pond (Lake) and Griffin's Brook

Manor Farm Park Heritage Trail



Manor Farm Park Points of Interest



Cadbury Barn, built with young people, 1901

1 Farm buildings

These agricultural buildings - known as Manor Farm - were constructed in 1895 by the Cadburys. At present they are used by the City Council's parks team as a maintenance depot.

2 Site of the Cadbury Barn

In 1895 George and Elizabeth Cadbury had a rustic wooden 'barn' constructed to provide a venue for summer entertainments for their workers and their families. The building, which could seat up to 700 people, also hosted numerous parties for children from the poorer parts of Birmingham, enabling them to enjoy a day out in the countryside. Sadly this building was destroyed by fire in 2017.

3 Ridge and furrow

Faint traces of medieval ridge and furrow ploughing can be seen in parts of the park, a reminder of the landscape's distant agricultural history.

4 Griffin's Brook

The Cadburys diverted the course of Griffin's Brook and created a Paddling Beach and Bath for their children's summer parties. Although traces of these last two features survive, neither are clearly visible today.

5 Lake

The Lake (also known as the Fish Pond) was created during the 19th century by damming Griffin's Brook. It originally featured a Boat House which is marked on the 1884 First Edition and later OS maps.

6 Manor House

Northfield Manor was originally a farmhouse called New House Farm. In 1835 the farm was purchased by Joseph Frederick Ledgam, a local manufacturer and landowner. He altered and extended the building, and in his will of 1861 it was referred to as Northfield Manor House. In 1894 the house was acquired by George and Elizabeth Cadbury who turned it into a comfortable suburban mansion. Unfortunately the manor was destroyed by fire in 2014, although a reconstruction has been built as part of the adjacent residential development.



7 Ancient Hedgerow

Parts of an ancient hedgerow dating from the 16th century survive on the western side of the Great Meadow, another reminder of the park's rural origins.

8 Old Park Farm

Grade II listed Old Park Farm dates from around 1800. Although it has undergone changes over the years it is nonetheless a rare survival from the area's agricultural past.

9 Elan Aqueduct

A short section of the Elan Aqueduct runs under the southern corner of the park. The aqueduct was constructed between 1896 and 1906 to provide a proper drinking water supply for the city of Birmingham. Constructed mainly underground, the aqueduct runs 73 miles from the Elan Valley in Mid-Wales to Frankley Reservoir.

10 Northfield Manor Gate Lodge

Although Northfield Manor House has now been lost, its attractive gate lodge and stone gate piers c1895 survive at the entrance into New House Farm Drive 100 metres up the Bristol Road from the Park.



Historical Monument Record of Wells (© Copyright, Edward Hilliard Collection)

Manor Farm Park

Nature and Wildlife



The park boasts a mixture of woodland areas (the Plantation, the Spinney, the North Copse and Millennium Wood) and meadows. These are home to over 30 species of birds, together with a variety of mammals and invertebrates. The lake attracts a range of waterfowl and in recent years has been regularly visited by rarer species including little egrets and cory-billed pochards. In Spring and Summer the Great and Top Meadows are transformed with a spectacular carpet of native wildflowers.

Leisure Activities



Today the park is a well-used urban green space that is popular with the local community. Many people use the park for walking, running and cycling. There is a 2km circular walk around the park which uses both paved and grass pathways. The main north-south paved route through the park forms part of the Merritt's Brook Greenway Cycle Trail.

The Friends Ambulance Unit



During the Second World War the Park and Cadbury Barn were used as a training camp by the Friends Ambulance Unit, a Quaker organisation dedicated to serving in non-combat roles in line with their pacifist beliefs. 1300 ambulance drivers and medical orderlies were trained and went on to serve in 17 different European countries during the war.



For more information on the history of the park scan or click this QR code



Manor Farm Park

- | | | |
|-------------------------------|--------------------|--------------------------------|
| 1 Farm Buildings and Car Park | 6 Lake | 9 Route of Elan Aqueduct |
| 2 Site of the Cadbury Barn | 7 Manor House | 10 Northfield Manor Gate Lodge |
| 3 Ridge & Furrow | 8 Ancient Hedgerow | |
| 4 Bath and Paddling Beach | 9 Old Park Farm | |

Entrance Merritt's Brook Greenway Cycling & Walking Route 2km Circular Walk

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

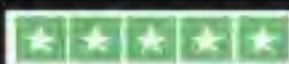
Directed by Michael Fentiman

**TUE 14 NOV 2023 –
SUN 28 JAN 2024**

birmingham-rep.co.uk

the
Rep





★ Trustpilot

pyjama
drama

Teaching life skills through drama and imaginative play



Pyjama Drama
Sutton Coldfield &
South Tamiworth

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,
communication, creativity,
literacy 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 / 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 Call: 0121 716 7117

Find out more: 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 or 07799 843722**

wcg.ac.uk

0300 456 0049


info@wcg.ac.uk

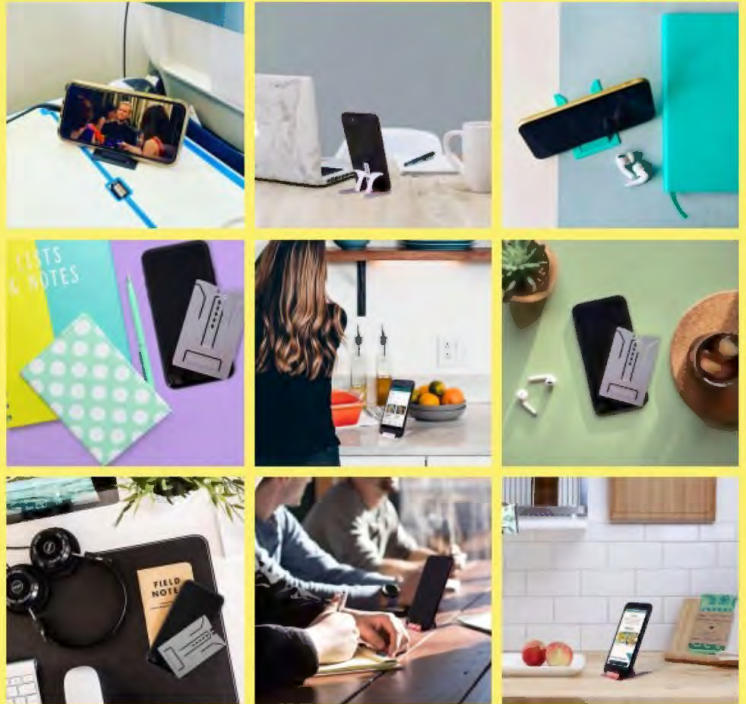
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STOP PRESS



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, 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