



## GROWING OUR COMMUNITY TOGETHER

SUTTON COLDFIELD NHS



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

**SUTTON COLDFIELD TOWN HALL**

**TUESDAY 30TH JANUARY 2024**

**10.30 am - 1:30 pm**

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

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

You could learn about...

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

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

AGE concern  
Birmingham

SUTTON COLDFIELD  
NEIGHBOURHOOD  
NETWORK SCHEME

Compass Support  
0121 362 3663

# ≡Welcome≡

to the

**GROWING OUR  
COMMUNITY TOGETHER**

## **COMMUNITY EVENT**

**FOR OLDER PEOPLE, CARERS AND ADULTS WITH  
DISABILITIES**

**Brought to you by...**



**SUTTON COLDFIELD**

**NEIGHBOURHOOD  
NETWORK SCHEME**



# **TASTER SESSION TIMETABLE**

**TODAY YOU CAN TAKE PART IN...**

**10.45-11.15AM SEATED EXERCISE**

**(FOCUS)**

**11.15-11.45AM YOGA**

**(YOGOJO)**

**11.45-12.15PM TAI CHI**

**(SALUS FATIGUE)**

**12.15-12.45PM STRETCHING EXERCISES**

**(MOVE IT OF LOSE IT)**

**12.45-1.15PM WALKING NETBALL**

**(ENGLAND NETBALL)**

**YOU CAN ALSO TRY RIDING AN ACCESSIBLE BIKE,  
EXPLORE EMBROIDERY, LEARN ABOUT FLORISTRY  
AND EVEN GET IN FRONT OF A GREEN SCREEN!**





## VESEY BALLROOM (ROOM ONE)

- Agency of Panda (B)
- Alzheimers Society (B)
- Augmented Lifestyle (D)
- BCHC Charity (C)
- BID (B)
- B'ham & Solihull Mental Health Foundation Trust (D)
- Birmingham Community Matters (B)
- Birmingham Shared Lives (C)
- Cancer Support Centre (D)
- Chester Rd. Baptist Church (D)
- Chester Rd. Jobs Club (D)
- Compass Support (A)
- Connect to Support (A)
- Digital NNS (A)
- Drop Zone (A)
- England Netball (B)
- Eye Care Liaison Services (B)
- Envolve Wellness (C)
- Grow Family Support (B)
- Highbury Theatre (C)
- Ley Hill Bowls Club (C)
- Move It or Lose It (A)
- My Time Active (B)
- Nexus (C)
- NHS Vaccination Team (C)
- Our Place Support (D)
- RNIB (A)
- Salus Fatigue (B)
- St. Giles Hospice (D)
- Sunshine Cafe / Coffee Pot (A)
- St Chads
- Sutton Coldfield Adult Social Care Team (A)
- Sutton Coldfield Methodist Church Centre (B)
- Sutton Coldfield Soroptimists (D)
- The Elderberries (Folio) (C)
- North Birmingham 4 Ukraine (C)
- The Waiting Room (D)
- Wylde Green United Reformed Church (C)
- YMCA (A)
- Yogojo (C)

## VESEY LOUNGE (ROOM TWO)

- Advocacy Matters (G)
- Age Concern Birmingham - Advice and Information (E)
- Age Concern Birmingham - Befriending (E)
- Age Concern Birmingham - Day Care (E)
- Birmingham Carers Hub / Dementia Carers Hub (E)
- Cuppa Squad (H)
- Floral Jazz (G)
- Focus Birmingham (F)
- Healthwatch Birmingham
- Home Instead (H)
- Ileostomy Association (F)
- Jubilee Citizens UK (F)
- Midland Mencap
- Punjabi Seniors Club
- St. Peters Church (G)
- Sutton Coldfield Charitable Trust (H)
- Sutton Coldfield Movie Makers
- Sutton Coldfield / N. Birmingham Parkinsons Group (G)
- Sutton Coldfield United Reformed Church (H)

**TEA / COFFEE AND REFRESHMENTS ARE AVAILABLE  
IN THIS ROOM**





# Careline365

HELP WHEN YOU NEED IT

AGEconcern  
Birmingham

QUOTE

**ACB15**

TO SAVE £15

Age Concern Birmingham and Careline365 have partnered to offer local residents a 24/7 personal alarm service from as little as £2.67 per week.

Supporting elderly & vulnerable people with our 24/7 monitored alarm service. Helping you stay safe and independent at home as recommended by healthcare professionals.

*Order yours today, call:*

**0121 362 3650**



UK based monitoring and response centre



24/7 monitoring  
365 days a year



Free next day delivery



Care Team accredited by the TSA



Rated excellent with over 1,500 customer reviews

[info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk) | [www.ageconcernbirmingham.org.uk](http://www.ageconcernbirmingham.org.uk)

All prices exclude VAT. Call us or visit our website to find out more.



# GUIDANCE AND INFORMATION SERVICE

Our team can offer you information and guidance on a wide range of issues including;



- Benefit checks
- Support with applications for blue badges, bus passes and other benefits
- Wellbeing assessments
- Find social groups or activities
- Explore other suitable services that may benefit you



**CALL OUR HELPLINE**

Tel. 0121 362 3650

**POP ALONG TO OUR ADVICE CAFE**



Fridays 11am - 3pm  
in the Communittea Cafe

**AGE**concern  
Birmingham

**SCCT**  
Sutton Coldfield Charitable Trust



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

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



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

To get involved please contact Claire:  
Tel: 07930354885 or email [info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk)

Age Concern Birmingham particularly encourages marginalised groups to participate :



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







# Birmingham Advice & Support Service (BASS)

**Tel** 0121 387 5353 **Mobile** 07872 403785

**Text/Video call**

07595 086540 / 07783 809815

**Email** [bass@bid.org.uk](mailto:bass@bid.org.uk)



We can  
meet you at  
your home or  
somewhere  
else.

Community  
drop-ins  
all over  
Birmingham

Health  
& Wellbeing



**We look forward to meeting you!**

BID Services

Head office: Deaf Cultural Centre, Ladywood Road, Birmingham, B16 8SZ.

Website: [www.bid.org.uk](http://www.bid.org.uk) Registered in England Charity No: 1053184





# Birmingham Advice & Support Service (BASS)

We provide advice and guidance for Deaf and hard of hearing adults in Birmingham who may need support with letters, housing issues or health and wellbeing. We also offer support for those with a recent hearing loss diagnosis.



**Tel** 0121 387 5353 **Mobile** 07872 403785  
**Text/Video call** 07595 086540 / 07783 809815  
**Email** [bass@bid.org.uk](mailto:bass@bid.org.uk)



## CARER'S ASSESSMENT & WELLBEING PAYMENT

A Carer's Assessment is for anyone 18 or over who is looking after another adult due to disability, illness, frailty or addiction and cannot cope without support. We'll look at how your caring role impacts on your physical, mental and emotional wellbeing, as well as what support may assist you.

As part of your Carer's Assessment, we'll encourage you to think about:

- Strengths and resources you have and how these can be best used
- What support would improve your wellbeing
- How a one-off Wellbeing Payment could make a real difference to you.

We can advise you on welfare entitlements, training, support groups and other services available locally. To complete your Carer's Assessment, we'll need check the following:

- Proof of ID and address
- Details about the care you provide
- That you care for a Birmingham resident

0333 006 9711

info@birminghamcarershub.org.uk

## Looking for a sitting or befriending service so you can get a short break from caring?



Caring For Carers



We've created 'Caring For Carers' for you to find a local personal sitting service to take care of your loved one for a short while.

caringforcarers.org.uk



Birmingham Carers Hub is a service run by Forward Carers. Forward Carers is an award-winning social enterprise that prides itself on making a real difference to carers. We work in partnership with other locally based not-for-profits and businesses to make communities 'Carer Friendly'.

For more information about who we are, what we do and the difference we make, check out:

forwardcarers.org.uk

Forward Carers is funded to operate Birmingham Carers Hub



## CARING FOR A FAMILY MEMBER OR FRIEND?

If you help or support someone due to a disability, serious illness, frailty or addiction, **we're here to help.**



0333 006 9711

birminghamcarershub.org.uk

## ARE YOU A CARER?

Carers support family members & friends in many ways...



Household chores



Emotional Support



Physical Assistance



Finances



Communicating



Health



Personal Care

## DEMENTIA CARERS

We offer dedicated support to carers supporting someone living with dementia. This includes:

- Information & Advice
- Carer's Assessment
- Awareness training for your caring role
- Local Support Groups
- Advice on practical aids & home safety

0333 006 9711



An Alzheimer's Society initiative

## YOUNG ADULT CARERS



Are you aged 18-25 and caring for someone?

We can help you reach your full potential. We offer:

- Information & advice
- An assessment of your needs
- Regular groups & drop-in sessions
- Individual life coaching to achieve your goals

0121 354 5614

YAC@birminghamcarershub.org.uk

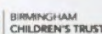
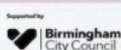
## FREE SUPPORT

Birmingham Carers Hub offers a range of support:

- Information & Advice
- Welfare Entitlements
- Online Training
- Support Groups
- Events & Activities
- Health & Wellbeing
- Arts and Craft
- Yoga...

We're here to help all carers regardless of any communication need. Call us today

0333 006 9711



carers emergency response service

Need help in an Emergency? Register with CERS today.

Run by our partner Midland Mencap, CERS offers a free back-up support service (up to 48hrs) if you're unable to care due to an emergency. CERS also can also support you with pre-planned medical appointments.

0333 006 9711

info@cers.org.uk

## PARENT CARERS



Are you a parent of a child aged 4-18 with additional support needs?

We can provide a range of support, advice and guidance aimed at improving your wellbeing.

Find out about our Max Cards for discounted fun family days out.

0121 442 2944

families@midlandmencap.org.uk





Birmingham  
Community  
Matters

**When you're setting up or running a small community group, it can be helpful to chat to someone with experience of doing similar things.**

Birmingham Community Matters (BCM) is a charity set up to help small voluntary and community groups. We can help you with your ideas, opportunities and challenges. Find out about our FREE services:

**[www.birminghamcommunitymatters.org.uk](http://www.birminghamcommunitymatters.org.uk)**

**[info@birminghamcommunitymatters.org.uk](mailto:info@birminghamcommunitymatters.org.uk) • 0121 751 2992**



## How can we help you with your small voluntary group?



We help people through peer learning. We can match you with a BCM helper for a one-to-one chat, or signpost you to further support.

You're welcome to attend one of our informal sessions, held in community venues across Birmingham. As well as exploring your ideas and challenges with a BCM helper, you can meet people doing similar things to you.



### You can reach us by:

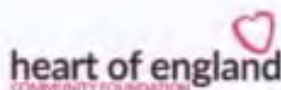
Visiting [www.birminghamcommunitymatters.org.uk](http://www.birminghamcommunitymatters.org.uk)

Calling 0121 751 2992

Emailing [info@birminghamcommunitymatters.org.uk](mailto:info@birminghamcommunitymatters.org.uk)

Whether you're running a group, starting a project, or developing a good idea for your community, we look forward to hearing from you.

BCM is proudly supported by:



Neighbourhood  
Development &  
Support Unit

Birmingham Community Matters is a charity registered in England and Wales (1179442)



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

# BIRMINGHAM IA Support Group

for ileostomists and internal pouch patients.



We are here to help  
we hold **friendly, informal** meetings  
and social events where we share  
**experiences and practical advice**

IA

Ileostomy & Internal Pouch  
Association

Registered Charity

Maggie Butler  
[Maggie.Butler@iasupport.org](mailto:Maggie.Butler@iasupport.org)  
07764 942476

Syeda Akhtar  
[Syeda.Akhtar@iasupport.org](mailto:Syeda.Akhtar@iasupport.org)





## Birmingham IA offers:

**Friendly social meetings in the following areas:**

City Centre, Sutton Coldfield, Solihull, Redditch, Tamworth, Halesowen.

**Social events** such as meals out and canal boat trips.

**Zoom meetings on a range of topics** – some are stoma and internal-pouch related, with talks and presentations by qualified and experienced Health Care Professionals and some are purely social.

**Individual One2One support** for anyone who would like to speak in confidence about issues either pre or post-surgery. We have a number of trained volunteers of all ages who are pleased to offer individual support.

**Information Days** where surgeons, stoma nurses and other Health Professionals speak on topics of interest to us.

**An internal pouch group:** a dedicated group for those members with an internal pouch.

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 @birminghamia  @birmingham.ia  Birmingham Ia

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

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## How to donate

By cheque or postal order made payable to: Birmingham Community Healthcare Charity and sent to: BCHC Charity, 3 Priestley Wharf, Holt Street, Aston Science Park, B7 4BN

Online: [www.justgiving.com/bchc-charity](http://www.justgiving.com/bchc-charity)

## Get involved

Could you help bring a smile to our patients and enhance their experience by taking part in one of our exciting events or hosting a fundraiser of your own?

We are always looking for people to help us raise money by having fun in lots of ways, such as cycling, running, baking or dressing up. You could sign up for our weekly lottery to be in with a chance of winning £25,000, or shop through Easy Fundraising or Amazon Smile to raise funds at no extra cost to you! Get in touch or visit our website (see below) to find out more about our events, or to tell us your fundraising ideas.

## Contact us

For more information contact the Charity Team

By email: [bchc.charity@nhs.net](mailto:bchc.charity@nhs.net)

Phone: 0121 466 7314

Website: [bhamcommunity.nhs.uk/about-us/our-charity](http://bhamcommunity.nhs.uk/about-us/our-charity)



Twitter/Facebook  
@bhamcommunity



Registered charity number:  
1069427

Produced by Clinical Photography and Graphic Design • Ref: 00106 V4 • 01.02.2022



Birmingham Community  
Healthcare Charity



Birmingham  
Community  
Healthcare  
Charity



Birmingham  
Community Healthcare  
NHS Foundation Trust



## Making a difference for our patients

Birmingham Community Healthcare (or BCHC) Charity provides the 'extras' not funded as part of core NHS services.

These are things that can bring a smile to patients of all ages, enhance their experience and improve their time under the care of BCHC services.

They can range from smaller things like books, toys and toiletries all the way up to huge projects like funding beautiful murals, enhancing garden areas, providing sensory lighting spaces, entertaining patients with activities, magic and days out, and loads more!

Our mission is to make a real difference for our patients, their families and the staff who treat them.

### Did you know we...

Provide bereavement support items such as Bereavement Memory Boxes?

Support dementia-friendly initiatives such as musical reminiscence sessions?

Funded a therapeutic playground for children with lower limb prosthesis?

## Where your donations go

All money raised goes directly to BCHC Charity, to enhance and provide the extras for the 130 different BCHC clinical services, including:

- ★ Adult community services such as district nursing, continence and diabetes
- ★ Urgent adult care bedded units including patients with dementia and those in end of life care
- ★ Children & families services such as health visiting, palliative care and school nursing
- ★ Birmingham Dental Hospital and Community Dental Services
- ★ Rehabilitation services including patients who have suffered a stroke, brain injury, or require support with posture/mobility
- ★ Learning Disability services

You can choose to donate to the main fund that all BCHC services can access, or to a specific service that is close to your heart. With over 5,000 staff having 2.1 million patient interactions per year, your support will make a real difference to patient care.

### How your donation can make a difference

A selection of toys for a children's centre £100

A reminiscence activity station for patients with dementia £300

A selection of bereavement books for families accessing palliative care £400

In-house theatre for disabled children accessing respite £800

Garden activities for patients in rehabilitation after a stroke or brain injury £1,000





The  
**Cancer  
Support  
Centre**

**Welcome to Lindridge Road ...**



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

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

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

Website : [www.suttoncancersupport.org](http://www.suttoncancersupport.org)

Telephone : 0300 012 0245 email : [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)



### The Aim of the Centre

The Centre works alongside the local health services, hospices and other cancer charities so that people affected by cancer in Birmingham and the West Midlands will have access to Support, Information and Complementary Therapies free of charge at every stage of their cancer journey.

### Our mission statement

To provide a place of sanctuary and support for adults whose lives are affected by cancer.

### Our vision

To be a sustainable recognised centre of excellence as a community based charity providing care and support for all adults whose lives are affected by cancer.

We aim to achieve this through the promotion of health and wellbeing.

### Our values

We are Caring, Respectful, Supporting and value Choice:

We respect and care for all our clients, volunteers and all those who support and work with the Cancer Support Centre.

We are committed to supporting our clients to help themselves to heal in body, mind and spirit.

We enable every individual affected by cancer to exercise choice in the way they regain control of their life.

### Our beliefs

We believe in an integrated approach to health and wellbeing.

*"The help, love and support at the Centre has brought me back to being me"*

### The Centre's Services at Lindridge Road

The Centre is open to clients 3 1/2 days a week, Tuesday to Thursday and some Friday mornings

We offer support to anyone affected by cancer. That could mean you have a diagnosis or are supporting someone with a diagnosis.

We believe that the impact of cancer is not just physical, and that recovery and healing involves attending to the needs of the whole person, body, mind and spirit.

Our clients come to us for support for a wide range of concerns and we provide that in a variety of ways which will work alongside conventional medical intervention. Accessing the 1:1 therapies, and taking part in the Groups and Talks, and workshops can help lessen distressing symptoms, strengthen the immune system, and enhance potential for recovery.

*"You have made me feel like I am in the safest hands in the world and through the very difficult times, that I was going to be ok"*

For a one off Registration fee of £25 at your Welcome Assessment, you can come along at any time to the Centre.

You will have :

- Free access to the Centre building and use of the beautiful gardens
- Free membership of the extensive library
- Access to a number of free 1:1 therapy treatments
- Access to specialist Groups such as Yoga, Art, Tripudio, Walking, and Relaxation
- Access to half price Self Help Therapy Talks and Training classes
- Access to free beverages - although we do ask for a donation if you would like to make one !
- Access to use of the Café and the discounted fresh food served daily 10am - 2pm
- Advance notice of future events, talks, workshops, fun days etc
- Large car park available



### Your Journey, Our Support, Your Choice.

### About the Centre

Founded in 2001, our centre is a place of sanctuary and support where everyone from the West Midlands area and beyond is welcome.

We are here to help anyone who has received a diagnosis and also their support network, and we are here whenever you need help.

We know that the impact of having cancer isn't just a physical one. Cancer affects everything... you, your family, and those surrounding you.

The Cancer Support Centre shares the premises on a 50/50 basis with St Giles Supportive Care.. Two totally separate charities sharing the same space.

The pandemic affected us like many other charities and we are slowly rebuilding services for you, our clients, with therapies and groups increasing. We are still proving some support virtually so please ask if you cannot get to the Centre easily.

If there is anything you would like to access then please let us know. It may be something that we are looking to introduce or we may be able to direct you.

Visit our website and facebook pages to stay up to date with all the new things we are doing.

*" Friends having a chat, sharing good times and difficult ones. Laughter and someone to listen when you need to talk. That is what the centre is to me "*

### We do not get funding from the NHS

The Centre relies almost entirely on **fundraising** through self run events and by those run by supporters to provide all the services and support to clients. We are always open any offers to run events to raise funds for the Centre. If you need any help to publicise events then just ask in the office.

**Donations** are always gratefully received either at the Centre—just pop along to the office—or via the website : [www.suttoncancersupport.org](http://www.suttoncancersupport.org). On the home page just click the **donate** button, follow the instructions and your donations will come straight to us.

**Gift Aid** can increase your donations at no cost to you. If you pay tax on your earnings or your pension then please say yes to gift aid. It does not cost you anything, you do not have to do anything. The Centre will receive 25p for every £1 donated, directly from the Inland Revenue.

**Donations in memory** of loved ones are always welcome at any time, and made more valuable by using Gift Aid when possible.

**Legacies** are a fantastic way if you want to say thank you to the Cancer Support Centre, for the support you have received. You just need to quote the Charity Number 1089658 in your will. If you need more information please ask in the office.



## 1:1 COMPLEMENTARY THERAPIES

### Acupuncture

Literally meaning to puncture with a needle. It is based on the existence of 12 meridian lines of energy (Qi – pronounced “chee”) which flow around the body both internally and externally. When this energy is disrupted then illness results.

The insertion of fine needles along specific points of these channels frees up or strengthens the energy thus allowing the body to rebalance and return to good health.

### Aromatherapy and Massage

This therapy is about the controlled use of essential oils to maintain and/or improve the health of mind, body and spirit. It is the most effective way of receiving essential oils. It combines the relaxing aspects of massage with the aromatic scent of the oils which, when absorbed through the skin, relax muscles, enhance circulation, reduce pain perception, help eliminate toxins and give that ‘feel good’ factor.

### Counselling

Counselling allows you to talk through your feelings about situations in your life which may be causing you stress or anxiety. It will enable you to make positive changes in your life. The counsellor does not usually advise but helps you to identify the changes you want for yourself.

### Emmett

The EMMETT Technique is an amazingly effective, gentle, safe and easy to apply muscle release therapy. It is used to address pain and discomfort, improve body movement, restore a positive emotional state and improve the quality of life.

### Holistic Talking Therapy

A method of helping you achieve a deep state of relaxation (almost dream-like) and helps you to make changes in your life that you want for yourself. In this state of relaxation, **you are always in control** and can bring yourself out at any time you choose to. The therapist will place positive suggestions into your subconscious and they will always be in tune with what you have told the therapist you want to achieve.

### Homeopathy

Homeopathy can treat patients on mental, emotional and physical levels. Homeopathy can help patients who are not or not yet on conventional treatment. It can be very useful in raising the immunity of patients who are ill or who feel drained by illness and treatment.

Before surgery or any treatment process, the remedies can help prepare your body for treatment and aid in recovery after. For those not on treatment or where treatment is complete, homeopathy can help with restoring health, balance and quickly treat and raise your immunity against everyday illnesses, infections and chronic problems that emerge periodically.



### **Indian Head Massage**

This total approach to relaxation includes massage to the scalp, neck, shoulders, and upper arms whilst sitting upright in a chair and can be performed with or without the use of oil. Benefits of this treatment are many and varied. They include: the reduction of stress; the relief of muscular tension and stiffness; the relief of headaches and stimulation to the hair and scalp.

### **'M' Technique**

A registered method of touch. It is suitable for people for whom massage may be inappropriate and for the sick and fragile. The technique is so gentle and soothing that it has been described as 'physical hypnotherapy'.

### **Reflexology**

A very relaxing and effective form of therapeutic massage. It is a natural and holistic treatment which works by stimulating precise reflex points on the feet, and or face, which have been found to correspond to organs, systems, and structures within the body. Manipulation of these points helps to release blockages and activate the body's healing mechanisms.

### **Reiki (Universal Life Force Energy)**

A hands-on healing method using the energy which surrounds each of us to bring improved well-being and balance. It promotes healing and harmonises the person receiving treatment emotionally, mentally and spiritually. Reiki works in a complementary way with conventional medicine helping to relieve stress, fatigue and pain.

### **Relaxation**

The therapist will help you to relax your body, clear your mind and suggest relaxing images and sensations for you to experience. Positive suggestions for your well-being may also be made.

The therapy can be given when you are lying down or sitting on a chair and you do not need to remove your clothes. The therapy can be given individually or in a group. This is about carrying out a live rehearsal in our mind of a particular situation, using all our different senses. The more detail we use the better it becomes. Running through the rehearsal time and time again adds consistency. Finally, we must believe we can do it.

### **Scar Tissue Release**

Scar Tissue Release is a gentle and effective technique used to decrease discomfort, fascial adhesions, dark colouring or congestion of scar tissue. Can also combine scar tissue session with a custom massage. Scar Tissue Release Therapy is a gentle yet effective modality.

Many issues may arise as a result of scars, either from surgery or other trauma, such as numbness, restriction and pain, as well as emotional issues – fear, trauma, anxiety, grief or anger. It aims to improve blood flow, lymphatic drainage, energy flow and nerve function in and around the scar tissue, and practitioners have seen many cases where there has been a release of emotions and improved range of movement, with feeling also restored to the area.





**CHESTER ROAD**  
Baptist Church

ACTIVITIES FOR

# SENIORS



## Tuesday Lunch Club

SET TWO COURSE MEAL &  
TEA/COFFEE FOR £5.00

PRE-BOOKING REQUIRED

07871 730869

1st, 3rd & 5th

**TUESDAY OF MONTH**

**2:00-3:30pm**



**C: on: T: Act for Seniors**

A 'youth' club for the young at heart!

**ART, CRAFTS, MUSIC, GAMES, ACTIVITIES, TALKS**

**£2.00**



**Choose from 3 church services:**

**Sunday 10:0am** Contemporary band led worship

**Sunday 6:00pm** Traditional hymns with organ

**Wednesday 11:30am** Celtic communion (no singing)

**Chester Road, Sutton Coldfield, B73 5HU.**

**Office@ChesterRoadBaptist.org.uk Tel 0121 350 2779**

## **ARE YOU RETIRED AND WANT TO PLAY CROWN GREEN BOWLS?**

**THEN WE CAN HELP YOU!**

LEY HILL MENS BOWLS CLUB MEET ON TUESDAY AND FRIDAY AFTERNOONS BETWEEN MARCH AND SEPTEMBER TO PLAY CROWN GREEN BOWLS ON OUR GREEN AT THE MERE GREEN LEISURE CENTRE.

WE ARE NOT MEMBERS OF ANY LEAGUES SO ALL OUR GAMES ARE PLAYED AT HOME APART FROM AN OCCASIONAL FRIENDLY WITH OTHER LOCAL CLUBS SO YOU CAN PLAY AS MUCH OR AS LITTLE AS YOU WANT.

WE WELCOME PLAYERS OF ALL ABILITIES FROM BEGINNERS TO EXPERT AND OFFER THE OPORTUNITY TO PLAY COMPETITIVE BOWLS AND ENJOY THE COMPANY OF A FRIENDLY GROUP OF RETIRED MEN.


INTERESTED? THEN FIND OUT MORE BY CONTACTING OUR CHAIRMAN:

**JEFF DARLOW**

Tel. 0121 308 3134, Mobile 07788803126, email [jeffdarlow@hotmail.co.uk](mailto:jeffdarlow@hotmail.co.uk)

---





make a  
MASSIVE difference to  
your health  
& happiness.

We give everyone we meet a helping hand (and cuppa!) to take the small steps that can make a massive difference in living with variants of diabetes.

If you would like to know more about the power of a cuppa and a chat or simply want to join one of our free diabetes support groups.

visit [www.cuppasquad.org](http://www.cuppasquad.org)

or contact us on

0300 4 66 66 66

 **Cuppa Squad**  
Where healthy gets happy

# Managing your Diabetes?



## What is Diabetes?

When we eat most types of food, our body breaks down that food into simple sugars or **glucose**, and releases it into your bloodstream. So, in a nutshell, diabetes is an intolerance to sugar.

1

## What is Insulin?

After we eat, our blood sugar levels will naturally rise, which signals to our pancreas to release the hormone insulin. Insulin is the key to unlock our cells to allow glucose to get into our cells to be used for energy.

2

## Insulin resistance

or pre-diabetes, is when more insulin is required than before to get sugar out of your blood and into your cells. This toxic process often has no symptoms. Insulin resistance has been called the 'silent killer'.

3

## TYPE 2 Diabetes

The body is under immense pressure to produce more and more and more insulin due to the body - over time, becoming increasingly numb to the sensitivity of insulin in managing those levels of blood glucose.

4

## Symptoms

Increased thirst / Frequent urination  
Extreme hunger / Unexplained weight loss  
Fatigue / Irritability / Blurred vision  
Slow-healing sores / Frequent infections  
Erectile dysfunction

5

## Winning Hacks!

- Try not to eat carbs on their own
- Avoid sugary snacks on an empty stomach
- Have a 10min walk after eating
- Have a savoury breakfast instead of a sweet one

6



**Cuppa Squad**  
Where healthy gets happy

[cuppasquad.org](http://cuppasquad.org)



**Working to ensure that older citizens and citizens with long-term disabilities have access to digital tools, tech and services.**

We help organisations in Birmingham to build their digital skills and capacity so they feel confident about providing the right digital support to their citizens and communities.



## Who we support



**Neighbourhood  
Network Schemes**



**Community  
groups**



**Social workers &  
social prescribers**

## How we can help

- ✓ Support in setting up digital inclusion sessions or activities
- ✓ Advise on where/how to get free/low cost digital devices and data
- ✓ Recommend providers for digital training and support
- ✓ Provide digital networking opportunities

**Talk to us about anything digital that's on your mind!**



Find digital  
resources  
on our  
website



Get in  
touch  
with us

✉ [info@digitalnns.org.uk](mailto:info@digitalnns.org.uk)  
🌐 [digitalnns.org.uk](http://digitalnns.org.uk)  
💬 @DigitalNNS



Come along and join our  
**Elderberries**  
Group

We meet on the  
last Thursday of the month  
from 10am to 12noon at  
Sutton Coldfield library

Friendly company, hot drinks  
and biscuits all provided

2024 dates: 25 Jan, 29 Feb, 28 March,  
25 April, 30 May, 27 June, 25 July,  
29 Aug, 26 Sept, 31 Oct, 28 Nov

For more information: [noran@foliosuttoncoldfield.org.uk](mailto:noran@foliosuttoncoldfield.org.uk)



# Focus Birmingham Counselling Service

**Losing your sight?  
Need someone to talk to?**



Making lives better by creating opportunities for people with care and support needs, so that they feel empowered to live life to the full, and unlock their potential

Registered Charity No. 1065745



## Who is Focus Birmingham Counselling Service for?




We offer free confidential counselling and emotional support to those affected by sight loss, who have a Birmingham postcode.

Sight loss may be something you have been living with for a long time or it may be a new experience. You may be in shock, or unsure how to react. You may feel unable to deal with what is happening. There may be times when you experience feelings like sadness, depression, anger or fear.

It can be helpful to talk and explore these feelings with someone outside your immediate circle of family and friends – someone trained to help.




## What is offered by the counselling service?



We offer 6 weekly sessions via telephone or at the Low Vision Centre. We will carry out an assessment to ensure that the service is appropriate for you, and that you feel counselling would be beneficial. Our counsellors offer non-judgemental support as you work together through issues that are important to you.


## Is everything I say confidential?





Our service is confidential. Anything shared in the sessions remains between the counsellor and client unless serious safety concerns are raised. In these circumstances we will discuss how to move forward together.


# Who do I contact?

If you are interested in finding out more or would like to arrange an initial assessment please contact:

 Focus Birmingham  
Low Vision Centre  
62 Woodville Road  
Harborne  
Birmingham  
B17 9AT

 01214 393 4849

 gateway@focusbirmingham.org.uk

 www.focusbirmingham.org.uk



@focusbirmingham







AGE concern  
Birmingham

## FREE ENERGY ADVICE.

If you wish to discuss your energy bills and ways to reduce your usage, please contact our

Guidance and Information Team;

Phone: 0121 362 3650 (Please leave a message with your details and a member of the team will get back to you)

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

## Energy (Money) Saving Tips - Act Now to save.

We are all aware that we are now dealing with a cost-of-living crisis. A large part of the increased cost is due to energy bills. As we approach winter, now is a good time to look at how we use energy in our homes and how we can save energy and money by making changes in our behavior and take action to reduce our energy use and improve energy efficiency. By acting now, we can help to limit the effect of energy costs and be ready for the Autumn and Winter.

### How your savings could add up over the year.

Action	Saving
Switch off standby.	£60
Draught proofing.	£105
Turn off lights.	£25
Wash at 30 degrees, one less wash a week.	£30
Avoid using the tumble dryer.	£60
Take a 4-minute shower.	£75
Don't overfill the kettle and fit a tap aerator	£37
Insulate your hot water cylinder	£50

*Energy saving trust. England, Scotland and Wales savings are for a typical three-bedroom, gas-heated home in Great Britain, using a gas price of 8p/kWh and electricity price of 30.0p/kWh, correct as of July 2023. Water savings are based on average occupancy.*

### How to save energy (Money).

The below tips are in three categories low, medium, and high, meaning low, medium, or high cost or time to do. They are examples of things you can do to save energy (money) and to help you to start thinking of other changes you could make to save further.

Include everyone in your household so that they understand the importance of saving energy, money and reducing your effect on the environment. Try and turn energy saving into a game for your kids, so they remember to switch things off.

#### LOW

- Reduce the heating temperature. Each reduction of 1C saves £145 per year.
- Check your boiler pressure, it should normally be between 1.0 to 2.0 bar. If it is too low the boiler has to work harder to heat the water.



- If you have a combi boiler, check the temperature settings for both water and heating. The water temperature should be OK at 55 degrees, with the heating temperature at 50 degrees.
- Don't heat rooms you are not using.
- Bleed your radiators once a year, the ideal time being before you switch on your heating for the winter.
- Use reflector panels behind your radiators to reduce heat loss through your wall.
- Don't block or cover radiators, heat is absorbed by furniture and items placed on or over the radiators. Moving furniture slightly away from the radiator will help heat the room.
- Switch to LED bulbs, to use 90% less energy.
- Use the power of the sun to heat your house and close your curtains at dusk. In the summer it may be worth closing curtains where you can, to reduce the heat in your home and not use a fan as much.
- If you do not have a smart meter, send monthly meter readings to your supplier. This will stop them using estimated readings.
- Don't leave electrical devices on standby.
- When you have finished charging a device unplug the charger.
- Consider using your microwave instead of your oven. Microwaves are more energy efficient.
- When cooking boil water in a kettle, not on the stovetop. Boiling a kettle is more energy efficient and quicker.
- If safe to do so, leave your oven door open after cooking and allow the heat to escape.
- When making a drink, only boil the water you need.
- Regularly clean the coils on your fridge to make it work as well as possible. Defrost food in the fridge, helps to reduce the fridge temperature. Cool leftovers before placing them in the fridge.
- Washing up. Use a bowl and not running water. If possible, save the washing up for later or at least only wash up when you have lots of items to wash. Always fill the dish washer before using.
- Tumble dryer. Can you air dry clothes instead? Is the tumble dryer filter cleaned regularly?
- If your vacuum cleaner has a filter, make sure you clean this regularly. This makes your vacuum more efficient and should mean you spend less time hovering.
- Washing machine. For general clothing 20C – 30C should be OK, washing at 30C saves around 38% more energy than at 40C, use a liquid when washing at this temperature. Of course, also try to only do full loads each time you wash.
- If you have a shower, have a shower rather than a bath. In general aim for 4 – 5 minutes in the shower. Consider changing your shower head to an eco-version, this will help save energy and water.

### Medium

- Check your doors and windows for draughts. Add draught excluders to doors and self-adhesive draught excluder tape to windows and doors.
- Buy thick lined curtains to reduce draughts.
- Can you use a slow cooker instead of your oven?
- Have your boiler serviced each year to keep it working at its best and to help avoid it breaking down in the winter.
- When buying new appliances, e.g., a fridge freezer, consider the running cost, not just the purchase price. Look for eco buy or A+++, over the lifetime of the appliance you could save £320 versus an A+ appliance.
- Loft insulation. Is the loft insulated to the correct depth, without items being placed on top of it?

### High

- If you have an old inefficient boiler, consider buying a new energy efficient boiler or heating system.
- Cavity wall insulation will help to reduce your energy use.
- Do your radiators have any cold spots on them when your heating is on? This may mean that your radiators need flushing. The cold spots are caused by a buildup of sludge which increases over time. Other clues to a possible problem is dirty almost black water from the radiator which may be seen when you bleed the radiator, and you may also have rattling noises from your boiler.

Source material

[102 energy-saving tips for your home \(uswitch.com\) / Ease the squeeze: how to save on your energy bills - Which?](#)





Who are we?

A support network  
designed for SEND parents  
by SEND parents

## Grow Family Services Offers:

- SEND Parent/Carer Support Groups
- Monthly Guest Speakers
- Parent/Carer Talking Therapy
- Understanding Your Emotions Course
- Parent Support Programmes
- Sibling Support Group
- Life-skills Programme
- SEND Library
- Family Support Signposting



[grow.enquiries@outlook.com](mailto:grow.enquiries@outlook.com)



Louise Jordan - 07824118918



Grow-Support-SuttonColdfield



Janet Harding - 07738598887

# Have your say on health & social care



We listen to what  
you think about local  
health & social care  
services

We ensure services  
respond and act on  
your views



Your views help to  
improve services for  
you and everyone in  
the community

**Healthwatch Birmingham gets your voice heard by  
the health & social care services you use.**

**It's quick and easy to have your say.**



Scan the QR code or visit  
[www.healthwatchbirmingham.co.uk](http://www.healthwatchbirmingham.co.uk)



[info@healthwatchbirmingham.co.uk](mailto:info@healthwatchbirmingham.co.uk)



freephone 0800 652 5278



**healthwatch**  
Birmingham



# How we can help you



Got a question about  
health & social care?

We'll find the  
answers you need!



Our **free** and **confidential**  
Information & Signposting service finds  
the best care and support for you.

This could include information on:

- How to make a complaint
- Support groups in your area
- Advocacy and patient rights
- .....and much more!

**Contact our friendly team**

**Tel:** 0800 652 5278 (freephone)

**Email:** [info@healthwatchbirmingham.co.uk](mailto:info@healthwatchbirmingham.co.uk)

*Healthwatch Birmingham is independent of NHS and local authority services*

**healthwatch**  
Birmingham



# Jubilee Citizens Uk

## 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**

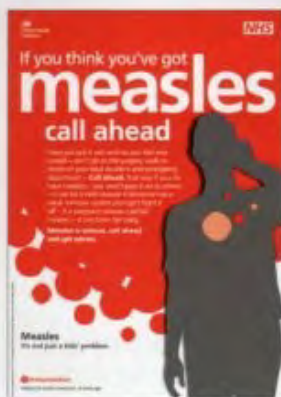
We are registered with the Care Quality Commission and offer individually tailored high quality person centred personal care and support within the home.

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.

Age Concern Birmingham & Jubilee Citizens UK Registered Office:- 76-78 Boldmere Rd, Sutton Coldfield, B73 5TJ.  
Registered Charity Numbers:- 518610 & 1095555





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3205760 2p 50K Sep 2019 (APS)  
First published May 2016

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To order more copies of this booklet, visit:  
[www.orderline.dh.gov.uk](http://www.orderline.dh.gov.uk) or phone: 0300 123 1002,  
Minicom: 0300 123 1003 (8am to 6pm, Monday to Friday)

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



Public Health  
England



# think measles

It's not just a kids'  
problem



**i**mmunisation

Helping to protect everyone, at every age

**This leaflet explains about the measles, mumps and rubella vaccination which helps protect against the three diseases.**

People who have not been vaccinated with 2 doses of MMR vaccine are more likely to catch these diseases. Children do become ill when they catch them, but so do adults. All three diseases can be very serious. They can make adults very ill and cause problems for women who are pregnant and people who have weakened immune systems (and can't fight infection well).

**Measles is a serious illness that is highly infectious. To be protected from measles and other infections including mumps and rubella, you need to be immunised with 2 doses of MMR vaccine.**

## What is measles?

Measles is caused by a very infectious virus causing a rash and high fever and can be very serious. The illness can be more severe in adults and can last for longer. Someone with measles usually has to spend about five days in bed and may be off school or work for ten days. Adults are also at higher risk of complications.



Complications of measles can include ear and chest infections, fits, diarrhoea, encephalitis (infection of the brain), and brain damage. About one in 5000 individuals with measles is likely to die. There have been three deaths from measles in England since 2006.

Measles is highly infectious – a cough or a sneeze can spread the measles virus over a wide area. If you come into contact with it and are not protected, the chances are that you will be infected.



If you think you have measles, call your GP or walk in centre before you visit. This is important - if you spend time with someone who has a weak immune system they can easily catch it and become seriously ill. So if you have symptoms of measles, call ahead and get advice.

## What is mumps?

Mumps can cause viral meningitis, a very unpleasant condition. Painful complications of mumps can include inflammation of the ovaries or testicles, and in rarer cases, the pancreas.

- If you have missed your MMR there's a good chance that you may catch mumps if you come into contact with someone with the disease. You need two doses of MMR to be fully immunised.
- The only effective way to prevent mumps is to have two MMR vaccinations.

## What is rubella?

Rubella (german measles) is a viral infection that's now rare in the UK. It's usually a mild condition that gets better without treatment in 7 to 10 days. Rubella is more serious for pregnant women.

Symptoms of rubella include:

- a red-pink skin rash made up of small spots
- swollen glands around the head and neck
- a high temperature (fever)
- cold-like symptoms such as a cough and runny nose
- aching and painful joints – more common in adults

The symptoms of rubella usually only last a few days, but your glands may be swollen for several weeks.

For more information visit [www.nhs.uk/measles](http://www.nhs.uk/measles) or you can phone NHS on 111.

You are at greatest risk if you have not been immunised with two doses of MMR vaccine.

If you can't remember if you've had both MMR vaccinations, it's better to book an appointment to have MMR vaccine because extra doses pose no health risk. If you need two doses, they should ideally be given three months apart.

If you have missed one or both of your MMR vaccinations contact your GP surgery to arrange an appointment.

By getting immunised you will not only be protecting yourself but also those people, especially children, who cannot have MMR because they have illnesses such as leukaemia. They are protected if enough of the population is vaccinated so measles is eliminated.

### **Are there any side effects?**

Some people develop mild side effects such as a sore arm or mild rash or swollen glands after vaccination. More serious side effects are rare but occasionally a rash may develop up to six weeks after vaccination. If you are worried speak to your practice nurse or GP.

If you are having treatment for a serious condition such as a transplant or cancer, or you have a condition that affects your immune system such as HIV get advice from your nurse or doctor.

### **In the UK we have two MMR vaccines**

Both of the vaccines work very well, one contains porcine gelatine and the other doesn't. If you want to have or you want your child to have the porcine gelatine free vaccine, talk to your practice nurse or GP.

### **Remember, measles – it's not just a kids problem**

If you care for individuals with a weakened immune system or young children as part of your work, it's particularly important that you are fully immunised with MMR. Passing on measles to children who are too young to have MMR vaccine or to someone who is already ill, can have very serious consequences for their health. As a precaution, women should avoid getting pregnant for one month after MMR vaccination.

**It's never too late to have your MMR vaccination**





# Volunteer with Us

Help us make a meaningful difference for everyone with experience of learning disability and additional needs.





# Join Our Volunteering Team!



## Benefits of volunteering:

- Improved Health & Wellbeing
- Gain Confidence and Self-esteem
- Improve Job Prospects
- Gaining New Skills, Knowledge and Experience
- Increase Social Skills
- Fun and Rewarding

## We need help with:

- Sports Sessions
- Social Groups
- Virtual Volunteering
- Community Events
- Befriending
- Trustee



## Get in touch:

### Email:

[Volunteering@midlandmencap.org.uk](mailto:Volunteering@midlandmencap.org.uk)

### Call:

0121 442 2944



Registered Charity no: 1043360 Company Charity no: 3006451



0121 442 2944



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



@MidlandMencapUK



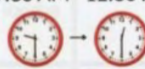

MidlandMencap





## parkride Timetable February 2024



	Activity	Where	When	Cost
<b>Thursday 1st Feb</b>	External Event	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Friday 2nd Feb</b>	Private Session - SENSE	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Friday 2nd Feb</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Saturday 3rd Feb</b>	Clifton Road SCCT Funded Session	Clifton Road, Sutton Coldfield, B73 6EB	9:30 AM - 12:30 PM 	Free for Sutton postcodes 
<b>Monday 5th Feb</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Tuesday 6th Feb</b>	Private Session Citywide NNS	Why not book us to come to your school /organisation/ group?	Please email us for more details.	

**Parkride Sessions are 50 minutes long | Parkspin Sessions are 30 minutes**

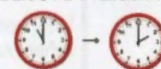

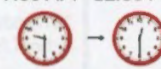

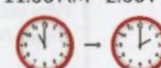

Booking is essential. To book and for more information:

Call: 0121 442 2944 or Email: [parkride@midlandmencap.org.uk](mailto:parkride@midlandmencap.org.uk)



## parkride Timetable February 2024



	Activity	Where	When	Cost
<b>Wednesday 7th Feb</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Thursday 8th Feb</b>	Sandwell Self-funded session	West Smethwick Park, West Park Road, B67 7JH	11:00 AM - 2:00 PM 	£7.50 
<b>Friday 9th Feb</b>	Private Session - SENSE	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Friday 9th Feb</b>	Private Session	Why not book us to come to your school /organisation/ group?	Please email us for more details.	
<b>Saturday 10th Feb</b>	Clifton Road SCCT Funded Session	Clifton Road, Sutton Coldfield, B73 6EB	9:30 AM - 12:30 PM 	Free for Sutton postcodes 
<b>Monday 12th Feb</b>	Walsall Arboretum Self-funded Session	Walsall Arboretum Road, Walsall, WS1 2QH	11:00 AM - 2:00 PM 	£7.50 

**Parkride Sessions are 50 minutes long | Parkspin Sessions are 30 minutes**

Booking is essential. To book and for more information:

Call: 0121 442 2944 or Email: [parkride@midlandmencap.org.uk](mailto:parkride@midlandmencap.org.uk)





# NEXUS

## EVENTS

presents

*our first*

# LUNCH SOCIAL

AT BISTROT PIERRE  
MERE GREEN

FRIDAY 23RD FEBRUARY

JOIN US FOR A TWO-COURSE LUNCH AND DRINKS,  
CATCH UP WITH FRIENDS AND SHOPPING IN MERE  
GREEN!

12PM TO 4PM

£55 PER PERSON

TRANSPORT, LUNCH AND DRINKS AND A CARER IN  
ATTENDANCE INCLUDED IN THE PRICE



YOU'RE INVITED . YOU'RE INVITED . YOU'RE INVITED





### GARDEN CENTRE TRIP TO WEBBS GARDEN CENTRE

Experience a delightful day in Droitwich by joining us at one of the best garden centres in the area!

Take advantage of the opportunity to indulge in some shopping, followed by lunch at the family-owned restaurant on site. Transport, refreshments, lunch and a carer in attendance are included in the price.

£57 PER PERSON



### COFFEE MORNING AT RENATO LOUNGE

Join us for a coffee and cake at Renato Lounge and a catch-up with a lovely group of people! Afterwards, we can all pop in for some shopping at M&S Foodhall next door.

Coffee, cake (or a breakfast bap), transport, and a carer for support are included in the price.

£28 PER PERSON



### DAY TRIP TO BUXTON

Spend the day around the well-known Buxton, visit the Devonshire Dome and St. Ann's wall, and the Buxton Opera House. We'll also have some time to wander around town for any shopping! We will enjoy a meal at a local restaurant to finish our adventure! Transport, refreshments, entry tickets, lunch and a carer in attendance are included

£88 PER PERSON



### EASTER SOCIAL AFTERNOON

Join us for an Easter celebration! Expect entertainment, games, refreshments (as well as some homemade treats) and an Easter egg for everyone attending! Transport, all refreshments, an Easter egg and a carer in attendance are included in the price.

£28 PER PERSON

(Please contact us to get a copy of our Events Planner for more details)



06  
FEB



### **COSY SOCIAL AFTERNOON**

Join us for our first social of the year! We will have some games ready for entertainment, homemade treats, hot drinks and savoury snacks all ready for you! A raffle with prizes is included in the price of your ticket, too!

Transport, all refreshments, a carer in attendance and raffle prizes are included.

**£28 PER PERSON**

13  
FEB



### **AFTERNOON TEA THE NEW HALL HOTEL**

Be our Valentine this February! Join us for an exquisite afternoon tea at the well-known New Hall Hotel & Spa!

Afternoon tea with all hot drinks, transportation and a carer in attendance are included in the price.

**LIMITED AVAILABILITY**

**£58 PER PERSON**

23  
FEB



### **RIVER TRENT CRUISE WITH LUNCH**

Join us on an exciting day of adventure as we sail down the River Trent! Enjoy a three-course lunch during our cruise. Join us for an unforgettable 3-hour journey with all food, hot drinks and transport included. Refreshments will be provided on the way to Nottingham

**LIMITED AVAILABILITY.**

**£77 PER PERSON**

27  
FEB



### **COFFEE MORNING AT RENATO LOUNGE**

Join us for a coffee and cake at Renato Lounge and a catch-up with a lovely group of people! Afterwards, we can all pop in for some shopping at M&S Foodhall next door.

Coffee, cake (or a breakfast bap), transport, and a carer for support are included in the price.

**£28 PER PERSON**

(Please contact us to get a copy of our Events Planner for more details)





# NEXUS

## EVENTS

“CARING FOR THE WELLBEING OF OUR COMMUNITY, ONE EVENT AT A TIME”

### BENEFITS OF BOOKING

- ☒ We pick you up and drop you back home safely.
- ☒ Safe environment, carers on hand if you need help.
- ☒ You will make new friends.
- ☒ You can book as many or as little trips as you want.

### WE ORGANISE:

- ☒ Day trips to well-known and loved places.
- ☒ Meals out: Lunches, afternoon tea and dinners.
- ☒ Shopping trips.
- ☒ Nights away or holidays on demand.

**Call to book on 0121 308 2906 ext. 3**

Nexus Events is aimed at those 50+ and in need of some assistance in Sutton Coldfield, Lichfield and Tamworth.

**Part of Nexus Care Services Ltd.**



Measles, it's not just  
a kids problem



If you would like more information about MMR please visit  
[www.nhs.uk/conditions/vaccinations/pages/mmr-vaccine.aspx](http://www.nhs.uk/conditions/vaccinations/pages/mmr-vaccine.aspx)



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Product code: 3219250. 3p 250K MAY 2023 (APS)  
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Minicom: 0300 123 1003 (8am to 6pm, Monday to Friday)

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

UK Health  
Security  
Agency



M

MEASLES

M

MUMPS

R

RUBELLA



This leaflet explains about  
measles, mumps and rubella  
and the MMR vaccination  
which helps protect against  
all three diseases.

**i**mmunisation

Helping to protect everyone, at every age



## What is measles?

Measles is a very infectious viral illness that is spread by coughs and sneezes. If you are not protected and have even passing contact with someone who has measles, the chances are that you will be infected too. If you catch measles you will probably feel very poorly and be off school or work for around 10 days. There is no treatment or cure for measles.

**Symptoms** of measles include fever, sore red eyes, and rash. It can be a very serious infection for some people.

**Complications** are more likely to occur in certain groups including people with weakened immune systems, babies under one year old and pregnant women. Complications can include chest and ear infections, fits, diarrhoea, encephalitis (infection of the brain) and brain damage. Those who develop complications may need to be admitted to hospital for treatment.

**Is it serious?** Yes, around one in 5000 individuals with measles is likely to die and since 2006, there have been 3 deaths from measles in England and Wales.

## What is mumps?

Mumps is a viral illness that is spread by coughs and sneezes or close contact with someone who already has the infection.

**Symptoms** of mumps usually last around two weeks and can include headache and fever but the most common symptom is swelling of the glands at the side of the face. This can give you the appearance of having a 'hamster face' and can cause pain and difficulty swallowing.

**Complications** of mumps can be very painful and can include inflammation of the ovaries or testicles, and in rarer cases, the pancreas. Mumps can also cause viral meningitis and encephalitis (infection of the brain). Although permanent hearing loss after mumps is rare, around one in 20 people infected may have temporary hearing loss.

There is currently no medication to cure mumps so treatment is focused on relieving symptoms. If you develop mumps you will probably need some bed rest and painkillers during this time. You may also need to eat soft foods that do not require a lot of chewing. Most cases of mumps now occur in young adults who haven't had two doses of MMR vaccine.

## What is rubella?

Rubella is a viral illness, often called German measles, that is now rare in the UK thanks to the success of the MMR vaccine. It is spread in a similar way to mumps and measles. For most people, it is usually a mild condition that gets better in 7 to 10 days without treatment. However, if pregnant women develop rubella it can be very serious for their unborn baby.

**Symptoms** of rubella include a rash, cold-like symptoms, and aching joints.

**Complications** of rubella are rare but if a pregnant woman catches rubella during pregnancy, there can be devastating consequences for her unborn baby which could lead to the baby being born with cataracts (eye problems), deafness, heart problems or brain damage.



## 1 One vaccine

The MMR vaccine is a single injection that is administered into the thigh of young children or the upper arm of older children or adults. It is a live vaccine which means that it contains weakened versions of measles, mumps and rubella viruses. These have been weakened enough to produce immunity without causing disease.

## 2 Two doses

The MMR vaccine gives long lasting protection with just two doses of the vaccine. The first dose is given at the age of 12 months and the second dose is given at around three years and four months, before starting school. Having both doses gives long lasting protection against measles, mumps and rubella. In adults and older children the two doses can be given with a one month gap between them.

## 3 Three infections

The MMR vaccine protects against three infections; measles, mumps and rubella. These are viral infections that can quickly spread to unprotected children and adults – they spread more easily than flu or the common cold.

## » Long-lasting protection

The MMR vaccine is the safest and most effective way to protect yourself against measles, mumps and rubella. Since the vaccine was introduced in 1988, these conditions have become rare in the UK. However, outbreaks of disease, especially measles, have occurred when the number of people having the vaccine has dropped. If you are unsure whether you have previously had the vaccine or not, you can check with your GP, having further doses will not cause any harm.

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## Who should have the vaccine?

### Young children

Young children should be offered the vaccine as part of the UK national vaccination programme. They will be offered two doses of the vaccine, the first one just after the first birthday and the second dose before they start school – usually at around three years and four months of age.

### Older children, teenagers and young adults

If you have never previously had MMR vaccine or have only had one dose of it, you should contact your GP surgery to arrange to catch up with your outstanding doses. If you have already had one dose of MMR vaccine as a young child then you will only need one further dose, no matter how long ago your first dose was given. If you need two doses then they can be given with a one month gap between them.

### Women of child bearing age

Rubella can be a very serious infection for unborn babies, it can cause blindness, deafness and even death. If you are a woman

of child bearing age, even if you are not planning to have a baby, you should have two doses of the MMR vaccine before you become pregnant. If you have not had two doses, or you are unsure, you should contact your GP surgery to arrange to catch up with any doses still outstanding. As it is a live vaccine, you should avoid getting pregnant for one month after the vaccine so you should also use a reliable method of contraception during this time.

If you are pregnant or have just had a baby and are not sure if you've had two doses of MMR, speak to your GP or practice nurse at your 6 week postnatal check.

### Older adults

Adults born in the UK before 1970 are likely to have had measles, mumps and rubella as a child or to have had single measles or rubella vaccines which were used before MMR was introduced in 1988.

If you are unsure whether or not you have had these infections or the vaccines to protect against them, you can ask your GP to vaccinate you. You will need two doses, one month apart.

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Even if you have had the vaccines before, you will not come to any harm from having extra doses as your immune system will recognize and quickly destroy the vaccine viruses.

### Born or brought up abroad?

If you were born or brought up abroad you may need two doses of MMR. Different countries offer different immunisations and not all use the combined MMR vaccine. If you don't have a record of the vaccines you have received or are unsure, discuss this with your GP. You may also need other immunisations to fully protect you from other infections.

### How does the MMR vaccine work?

The MMR vaccine is a live vaccine that protects against measles, mumps and rubella. Two doses are given by injection into the leg or upper arm. Your immune system responds to the vaccine by producing cells which recognize and remember each of the three viruses. If you are in contact with any of the diseases in the future, these cells will wake up and activate your body to rapidly produce antibodies. This protection is usually long lasting.

### How safe is the vaccine?

The combined MMR vaccine has been safely protecting children for many years in many countries worldwide. In the UK, millions of doses have been given since it was introduced in 1988. Before vaccines can be used, they have to be thoroughly tested for safety. Although there may be some side effects from vaccination, they are usually mild and much less severe than the disease itself. Serious reactions following vaccination are rare.

Many studies have taken place to look at the safety and effectiveness of MMR vaccine. The evidence is clear that there is no link between MMR vaccine and autism.

### Does it work?

Yes, the vaccine is very good at providing protection against measles, mumps and rubella.

Over 99% of those who have two doses of the vaccine will be protected against measles and rubella. Although mumps protection is slightly lower, cases in vaccinated people are much less severe.

MMR was introduced in the UK in 1988, and it is now rare for children to develop these infections. There have been outbreaks of measles and mumps in recent years. These tend to occur where levels of vaccination are low, but they can happen at any time so it's important to make sure that you are protected by having two doses of MMR vaccine.

### What are the side effects from the vaccine?

Not everyone gets side effects from the vaccine. To provide protection, the vaccine mimics the three infections that it protects against. Some people may get a rash that looks like a mild form of measles, the face may swell to look like mumps or they may have pains in the joints like rubella. These side effects occur in a small percentage of people after the first dose.

The side effects from the measles part of the vaccine are usually seen when the vaccine starts to work – around 6–10 days after vaccination. Swelling of the face or joint pains tend to come on around two to three weeks after vaccination when the mumps and rubella vaccines start to work.

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Side effects such as a rash or neck swelling only last for around 2–3 days and are not infectious. This means that if you do develop these side effects, you cannot pass on the infection to others.

On rare occasions, a reddish-purple rash that looks like tiny bruises can occur up to six weeks following vaccination.

## Why should I or my children have the vaccine?

You should have the vaccine to protect yourself against three serious infections. By doing so you will also help to protect others who can't have the vaccine. These include unborn babies, infants who are too young to have the vaccine and children/adults who can't have the vaccine because they have weakened immune systems. This will help to prevent large outbreaks of disease.

You should also have the vaccine if you work with young children or care for people as part of your work.

Passing on measles to children who are too young to have MMR vaccine or to someone who is already ill, can have very serious consequences for their health. As a precaution, women should avoid getting pregnant for one month after MMR vaccination.

## Does the MMR vaccine contain gelatine?

In the UK, we have two MMR vaccines which work very well. One of them contains gelatine derived from pigs and the other one doesn't. If you would prefer to have the vaccine that does not contain gelatine, talk to your practice nurse or GP.



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## If you think you might already have measles, mumps or rubella, it's important to reduce the risk of spreading the infection to other people. You should:

- Phone your GP for advice, they may need to make arrangements for you to visit the surgery at the end of the day so that you avoid contact with people who are more vulnerable to the infection, such as young children and pregnant women.
- Avoid work or school for at least four days from when you first developed the measles rash.
- Make arrangements to have any outstanding doses of the vaccine once you have recovered. This will protect you against the other two infections.

## Is there anyone who should not have the MMR vaccine?

As the MMR vaccine is a live vaccine it should not be given to pregnant women or people who are severely immunosuppressed, for example those who have had a bone marrow transplant or are taking immunosuppressant medicines.

If you are unsure discuss this with your doctor. If you have had a confirmed anaphylactic reaction to neomycin you should not have the vaccine. If you have had a confirmed anaphylactic reaction to gelatine you should speak to your GP and arrange to have the gelatine-free vaccine.

## Egg allergy

All those who are allergic to eggs, including children with asthma, can have the MMR vaccine at their GP Surgery. Anyone who has had a documented anaphylactic reaction to MMR vaccine itself should be assessed by an allergist.

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## What are the signs and symptoms?

Measles	Mumps	Rubella
Fever, cold-like symptoms, rash, sore eyes or conjunctivitis	Fever, headache and swollen glands in the face	Swollen glands, sore throat, temperature and a rash

## Is it serious?

Yes	Yes	Yes
About 1 in 5 go to hospital and 1 in 15 will develop severe complications. Measles can cause deafness, fits, brain damage and swelling of the brain. Since 2006 there have been three deaths from measles in the UK.	Although most cases are mild, mumps can cause viral meningitis and painful inflammation of the ovaries or testicles and in rare cases, of the pancreas.	Although cases are mild, catching rubella during pregnancy can cause serious illness in unborn babies, including deafness, blindness and even death.

## Who needs to have the vaccine?

- All children over the age of one year should have two doses of the vaccine, the first dose is usually given at one year of age and the second dose is usually given at age three years and four months old.
- Older children and adults should have two doses of the vaccine with a one month gap between them.
- Pregnant women should make sure that they are protected before they become pregnant or make sure they are vaccinated soon after the baby is born.



**It is never too late to have the vaccine if you haven't had two doses.**

## Where can I get the vaccine?

### From your GP surgery

- All children aged one year to three years four months should be offered the vaccine as part of their routine vaccinations at their GP surgery.
- Older children and adults should contact their GP practice if they have had one or no doses of the vaccine.
- Pregnant women can have the vaccine at their GP surgery after their baby is born if they don't have two documented doses.

### At your school

Some adolescents and young adults are offered their missing doses of MMR vaccine with their other teenage booster vaccines.

### From your employer's occupational health service

Health-care workers with direct patient contact should make sure they are protected against the three diseases.

11





**OUR PLACE**  
Your Place for Support



# Advice Service

Delivering free advice and support  
for residents in North Birmingham

**BENEFITS**

**HOUSING**

**EMPLOYMENT**

**FORM FILLING**



For more information contact us  
on: 0121 354 4080



advice@ourplacesupport.org



ourplacesupport.org



@OurPlaceSupport



Supported By  
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Driven by your **purpose**,  
we bring the **action**.

**Does your community asset want some help and support with digital marketing, social media and content production? If so, we have just the thing!**



Sutton Coldfield NNS has partnered up with Agency of Panda to deliver a series of interactive online workshops for Sutton Coldfield's community assets, focussing on all thing's social media, digital marketing and design.

Anyone from your organisation, that has a hand in online marketing can sign up and take part in this exciting new programme, which aims to build confidence and grow your asset's digital presence.

**This interactive series of online workshops  
will run fortnightly from Mid-February:**

- **Thursday 15th February @ 10am:** Introduction and overview, with discussion of group's needs.
- **Thursday 29th February @ 10am:** A strategic approach - understanding your organisations wants, needs and aspirations.
- **Thursday 14th March @ 10am:** Completing your digital marketing strategy and roadmap.
- **Thursday 28th March @ 10am:** The social media matrix, how to maximise reach and impact on the various channels available.
- **Thursday 11th April @ 10am:** Digital Design, a look at Canva and how to create the perfect posts.
- **Thursday 25th April @ 10am:** The final surgery - review and mop up everything we've discussed and answer any final questions.



**SCAN HERE TO SIGN UP**

Sign up by scanning this QR code  
or emailing Rob from Agency of  
Panda ([rob@agencyofpanda.com](mailto:rob@agencyofpanda.com))





## Scan to Discover parkride



We provide safe & secure group sessions, 1-1 sessions, cycling with confidence courses, parkspin and try cycle events across the West Midlands. Enjoy sessions in your local parks, on various cycling routes, and we can even bring the bikes to you.

We have a wide range of adapted & mainstream cycles for both children and adults, there really is something for everyone!

We offer an initial taster session where trained parkride staff will assess the level of support that each person/family might need and matching you to the most suitable bike to suit your needs.

## get in touch



@ParkrideUK



0121 442 2944



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Our main aim is to encourage people to get active through cycling and achieve their personal aspirations.

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# Worried about your vision?

I'm here for you

**R N I B**

See differently

I offer practical and emotional support to anyone affected by sight loss, including families and carers. Contact me today.

**Melissa Shaw**

**07902 401 658**

**Melissa.Shaw@rnib.org.uk**

**Monday to Thursday, 8am-4pm, Friday, 8am-3pm**

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## Eye Care Liaison Officer (ECLO)

**R N I B**

See differently

**With my expert guidance, you can find ways to:**

- maintain your independence
- better understand your eye condition and treatment
- apply for helpful benefits and concessions
- use technology to help you do the things you need to do to
- stay in employment or education, or take up new opportunities
- continue enjoying leisure activities.

**RNIB Helpline: 0303 123 9999**

**rnib.org.uk/advice**



Invites you to

## RNIB Erdington Sight Loss Support Group

**When: Third Wednesday of the Month**

**Time: 1pm to 2.30pm**

**Where: Oikos Café, 58 High Street,  
Birmingham B23 6RH (Erdington High Street)**

### What's Happening?

The RNIB Erdington Sight Loss Support Group is all about connecting people with sight loss. If you, or someone you know, is blind or partially sighted then come and join us to meet with members of your community and socialise with like-minded people.

There is no cost to attend the group. Refreshments can be ordered via table service. Large print and braille menu's will be provided.

### Booking is required:

Please contact Sarah [sarah.winch@rnib.org.uk](mailto:sarah.winch@rnib.org.uk) or 07720 641 408

We look forward to meeting you!



**[rnib.org.uk/connect](https://rnib.org.uk/connect)**

RNIB registered charity in England  
and Wales (226227). Scotland

# Get the support you need

Our members come from all walks of life and all ages. We have a variety of activities and events to keep everyone engaged and connected. From weekly meetups to special events, there is always something to do and someone to talk to.



Qualified Practitioners

Lived Experience

Established in 2009

## IMPROVE YOUR...



Mental Health



Long Covid



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salus.org.uk



**WE INSPIRE PEOPLE  
AFFECTED BY FATIGUE  
TO LIVE HAPPY &  
HEALTHY LIVES.**



#### ABOUT US

### WHO WE ARE

We are a non-profit organisation dedicated to providing expert help, guidance, and education to those affected by fatigue. This includes those suffering from ME/CFS, Fibromyalgia, Long Covid, Menopause Anxiety/Depression, Cancer, Brain Injury, and Post-viral Syndrome. We also offer guidance to those who wish to become a healthier and happier version of themselves.

#### CLIENT

### TESTIMONIAL

*'It's [Salus] changed my life because if I hadn't gone there I think I'd still be how I was five years ago sitting at home being taken out in a wheelchair a couple of times a week. So it's positively impacted everything in my life.'*

#### SALUS MEMBER

Wellbeing Hub, Workshops and Facebook



#### ONLINE

Join our closed Facebook group, live workshops or visit our WELLBEING HUB. Gain knowledge and advice from our Nutritionists, Hypnotherapists, Counsellors, Hormone Specialists, Yoga, Pilates and Tai Chi instructors.



#### FACE TO FACE

Our groups offer a safe, non-judgmental space to focus on emotional support, sharing experiences, education, and practical activities. This allows people to create friendships, support one another and feel less isolated. Find our venues on our website.



#### TRAINING

Awareness raising and educational events online and face to face. Providing knowledge and understanding in Fatigue Management throughout our communities, businesses and training for Health Professionals.

For more information visit our website

**WWW.SALUS.ORG.UK**

# Want a confidential chat with a worker from the Sutton Coldfield Adult Social Work Team?

The Sutton Coldfield Adult Social Work Team Workers supported by Sutton Coldfield Neighbourhood Networking scheme and other partners are available to offer **confidential information and advice on a range of Care and Support needs** including:

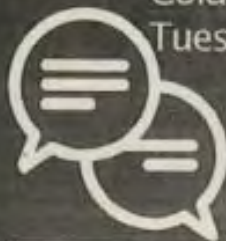
- Confidential initial conversations.
- Information and advice on services in local area
- Signposting to other services and community organisations
- Information and advice to promote independence and wellbeing
- Dementia support, falls prevention, Mental Health, Learning difficulties and Physical disabilities
- Social isolation
- Day Opportunities
- Carers support and advice
- Home safety
- Aids and Equipment





## **Come and talk to us at one of the following drop in venues at:**

- 1. United Reformed Church**, 1 Brassington Avenue, Sutton Coldfield B73 6AA  
Tuesdays from 10am-1pm
- 2. Mere Green Community Centre**, 30 Mere Green Road, Sutton Coldfield B75 5BT  
Thursdays from 10am-1pm
- 3. Age Concern Communitéa Café**, 76 Boldmere Road, TownCentre, Sutton Coldfield B73 5TJ  
Thursdays from 10am-1pm
- 4. St John's Church**, 4 Walmley Road, Sutton Coldfield B76 1QN  
Tuesdays from 10am-1pm



## **Alternatively, you can contact us in the following ways:**

**Telephone:** 0121 303 1234

**Email:** [CSAdultSocialCare@birmingham.gov.uk](mailto:CSAdultSocialCare@birmingham.gov.uk)

If you have a hearing impairment, you can contact us using the text relay service. Details of this service can be found on the Text Relay website.

**Sutton Coldfield Methodist Church**  
**16 South Parade, B72 1QY**  
**Information Leaflet for 2024**



**Sunday Worship in Church : 10.30am**

**Coffee Morning : Weds 10.30am – 12 noon : Open to all.**

**Wednesday Club : 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays : 7.45pm start**

**Minister: Revd. Alan Smithson – [minister@sc-mc.org.uk](mailto:minister@sc-mc.org.uk)**

**Senior Steward: Peter Le Brocq – [enquiries@sc-mc.org.uk](mailto:enquiries@sc-mc.org.uk)**

**Church Office: [office@sc-mc.org.uk](mailto:office@sc-mc.org.uk)**

**or Tel. 354 7167 (Voicemail available)**

**For further Information, visit:**

**[www.sc-mc.org.uk](http://www.sc-mc.org.uk) (Church) or [www.scmcc.org.uk](http://www.scmcc.org.uk) (Centre)**

**See list of weekly group activities on the Centre Website.**

**Uniformed Groups**

**Brownies : Mondays. Beavers, Cubs & Scouts : Wednesdays**



**Sutton Coldfield Methodist Church**  
**16 South Parade, B72 1QY**  
**Information Leaflet: 2023**



**Sunday Worship in Church : 10.30am**

**Coffee Morning : Weds 10.30am – 12 noon : Open to all.**

~~**Lunch & Bible Study : Thursdays 11.45am – 13.45**~~

**[Contact Peter on: 07913 260948]**

**Friends on Friday – for Dementia sufferers & carers :  
10.00am – 1pm every Friday**

**Minister: Revd. Alan Smithson – [minister@sc-mc.org.uk](mailto:minister@sc-mc.org.uk)**

**Senior Steward: Peter Le Brocq – [enquiries@sc-mc.org.uk](mailto:enquiries@sc-mc.org.uk)**

**Church Office: Steve/Amy – [office@sc-mc.org.uk](mailto:office@sc-mc.org.uk) Tel. 354 7167**

~~**or Amanda on office mobile: 07425 408796**~~

**For Information, visit:**

**[www.sc-mc.org.uk](http://www.sc-mc.org.uk) (Church) & [www.scmcc.org.uk](http://www.scmcc.org.uk) (Centre)**

**See list of weekly activities on the Centre Website.**

**Uniformed Groups, Brownies : Mondays – contact Donna**

**Beavers, Cubs & Scouts : Wednesdays – contact Chris**



**SCCT**

Sutton Coldfield Charitable Trust

**2021  
2022**

# ANNUAL REVIEW

Enhancing the quality of life for all in Sutton Coldfield

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





**Sutton Coldfield Charitable Trust**

To contact the Trust, write or call us at:

The chief executive

**Sutton Coldfield Charitable Trust**

Lingard House

Fox Hollies Road

Sutton Coldfield B76 2RJ

**Email.** [info@suttoncharitabletrust.org](mailto:info@suttoncharitabletrust.org)

**Tel.** 0121 794 0970

You will also find further information on our website:

**[www.suttoncoldfieldcharitabletrust.com](http://www.suttoncoldfieldcharitabletrust.com)**

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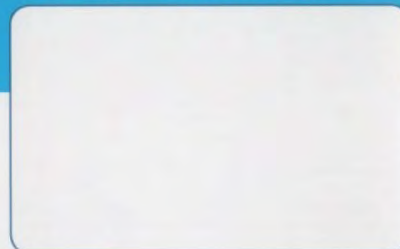
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Call: +44(0)161 480 7686

Email: [hq@sigbi.org](mailto:hq@sigbi.org)

Alternatively contact your local Club:



Soroptimist International Great Britain & Ireland (SIGBI) Ltd.  
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E: [hq@sigbi.org](mailto:hq@sigbi.org) T: +44 (0)161 480 7686  
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What sort of woman is a Soroptimist?



Together, **Soroptimists** can **change the world**

Join us and help make a difference to the lives of women and girls across the world.

Over 2 years our Members raised £2.47 million which helped 109,403 women and girls, but with your help we could do even more.

"Awareness of local and global issues is one thing. Doing something about it is something else."

Member Soroptimist International Bangor.

**Women inspiring action,  
transforming lives**



What sort of woman is a **Soroptimist?**

A woman who wants to make a difference to the lives of women and girls everywhere

A woman who wants to be a part of an International Women's Organisation

A woman who wants to make friends with like-minded women

**educate empower enable**

**Why join us?**

We are an international women's movement with special consultative status at the **United Nations (UN)**. Together our Members are a global voice for women. Our achievements have a huge impact on the lives of women and girls. Members make friends and have fun!

**Making a Difference to Women and Girls since 1921**

The Latin name Soroptimist is perhaps best interpreted as 'the best for women'.

From the founding of the first Soroptimist Club in Oakland, California, in 1921, through to the present day with over 75,000 Members throughout the world, Soroptimists have continued to strive to achieve 'the best for women' in every sphere of their lives.

Through awareness, advocacy and action Soroptimists work in the following areas:

- Economic Empowerment
- Education
- Environmental Sustainability

- Food Security and Healthcare
- Violence and Conflict Resolution

We are committed to a world where women and girls together achieve their individual and collective potential, realise aspirations and have an equal voice in creating strong, peaceful communities worldwide.

Join us and you'll be part of a social network that gets things done. Members also experience their own personal development whilst becoming more aware and informed on local and global issues.

"Being part of Soroptimist International gave our group real status within the community and also a level of political influence through the UN that no other organisation could provide."

**Ways to join us**

We can offer three types of Membership:

#### Club Membership

Join a local Club, attend regular meetings and events and participate fully in their project work which is local, national and international whilst enjoying close friendships forged through regular Club attendance.

#### Linked Membership

Is for women who want to be "Linked" to and involved with what's happening in a particular Club but due to their geographical location or personal circumstances they cannot physically attend a Club's regular meetings.

#### Associate Membership

Associate Membership is open to women who believe in what we do, want to be involved, but can't commit to Club Membership. You will get involved in our project work to improve the lives of women and girls through our magazine, website, social media and email updates.







The St Chads Sunshine Café is held in the church hall, Hollyfield Road B75 7SN. We meet from 10:30 to 1:30pm on the first Wednesday of every month. There is ample car parking and easy access for wheelchair users. There is a charge of £5 per person.

People living with dementia need to be accompanied by a care partner, someone who knows them well and who can provide care if necessary.

This is a popular café so to keep the environment 'Dementia friendly' you will need to book. Please, preferably email at [stchadssunshinecafe@gmail.com](mailto:stchadssunshinecafe@gmail.com), or call Marion Swaffield, Team Leader on 07896 716363 and please leave details of the best time for her to contact you.

Sessions start with hot drinks and home-made cake, and we spend time chatting and discussing our picture quizzes. There is a wide range of meaningful ways for you to spend your time at the Sunshine Café - Seated Pilates, Hand Massage, Crafts, Quizzes and a Singalong and visits from Coco our pet therapy dog - the choice is yours.

Sessions end with a sandwich lunch, snacks and fruit, and more cake if there is any left!

We also organise additional regular dementia friendly events and outings for members.

Every month we welcome locally based advisors - Sue Hewitt from Birmingham Carers Hub attends regularly, and we invite other advisers e.g. Alzheimer's UK – who provide valuable, one to one, advice and support on local services.

The Sunshine Café is run entirely by a group of experienced and enthusiastic volunteers led by Marion Swaffield (Team Leader) and Kathryn Price (Administrator).

Many of our members also attend St Chads Coffee Pot which meets weekly for coffee and conversation on Friday mornings between 10:30am and 12:30 - no booking necessary.

## Our support for you

We will offer you training, support and guidance and you'll have a dedicated scheme worker to talk to and celebrate your successes.

We will pay you a fee, rather than an hourly rate and you'll get tax benefits. If someone lives with you long term, you'll also get 21 nights respite each year.

We're proud that our regulators, the Care Quality Commission, continue to rate Shared Lives care as 96% good or outstanding.

As a Shared Lives carer you will be self-employed. You can join thousands of carers who are part of Shared Lives Plus, the UK membership organisation, for legal and financial advice, as well as tailored insurance and high street shopping discounts, so that you can get on with the job of living!

## Start your shared life today



talk with our team:



0121 464 3164



[sharedlives@birmingham.gov.uk](mailto:sharedlives@birmingham.gov.uk)

**"People say 'oh you must be patient to be a Shared Lives carer', but I think you have to be patient to live with a Shared Lives carer!"**

Ali, Shared Lives carer,  
Birmingham



**Birmingham**  
City Council



shared  
lives  
plus



### Is Shared Lives for me?

When someone finds they need support to live an enjoyable life, they can visit or move in with, someone who has room in their heart and home.

Shared Lives carers give a helping hand with getting dressed, making friends, going to the doctor's or even voting for your favourite Strictly star. It's like having a bigger family – and the rewards are worth it.

"I've always been caring at heart, and we wanted to support an adult, to fit in with our family. We're more active now. It's given us a richer life,"

Shared Lives carer, Birmingham

It's not just the person you'll be sharing life with... there's a whole network of other Shared Lives carers to lean on!



**Our lives get  
better when  
they're shared**

### Who would I share with?

You'll get to choose each other, with our help. People who visit or live with a Shared Lives carer may be leaving hospital, living with mental ill health, learning or physical disabilities, be an older person, or live with dementia, or a young person in transition from fostering.

You could open up your home and family life to someone for one or two days a week, or overnight stays to offer respite for family carers. Or, they could live as part of your family for a few weeks, months or for many years.

There's never a dull moment and a shared life brings you something new every day!

### What skills do I need?

You don't need qualifications or experience, just the right attitude and a willingness to share your life with another person.

If you're caring natured, have previously cared for people or looking for a new paid opportunity at home, start a new journey that'll enrich your life like never before!

Join over 10,000 Shared Lives carers in nearly every area of the UK who are already supporting more than 14,000 people build their confidence and enjoy living again.



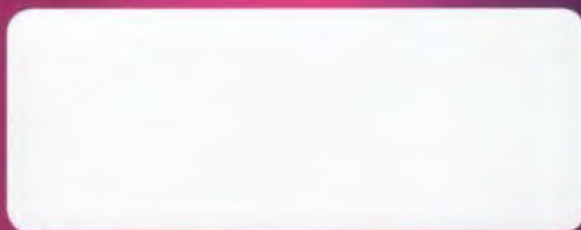
“It’s given  
me back my  
confidence &  
vitality!”

## MOVE IT OR LOSE IT!®

Come &  
try your first  
class FREE

Turn back the clock with our fun  
and friendly exercise classes to  
improve your

- ✓ balance & confidence
- ✓ mobility & flexibility
- ✓ strength & independence



Boldmere Methodist Church  
Thursday 2 – 3pm

Britwell URC, Boldmere  
Monday every other week 2 – 3pm

The Sanctuary, Castle Vale  
Friday 10 – 11am

Falcon Lodge Community Centre  
Monday 10.30 – 11.30am  
Wednesday 11 – 12pm

Mere Green Community Centre  
Wednesday 2 – 3pm

Katie 07592 071 889  
Katie.evans@moveitorloseit.co.uk



# WHAT'S ON AT FALCON LODGE



The Falcon Lodge  
Community Hub  
Churchill Road  
B75 7LB

0121 748 8111  
contactus@compass-  
support.org.uk

MOVE IT  
OR LOSE IT!



## Monday:

Baby Massage  
Spurgeon's  
Children's Charity  
10:00am -  
11:30am

Spitfire Services  
10:00am - 3:00pm  
Financial Support

Move it Or Lose it  
Chair exercises  
10:30 - 11:30

Wellbeing  
Mindfulness  
Session  
11:30 - 12:30

Falcon Lodge  
Over Actives  
Indoor Bowling  
12:30 - 2:30

Food Cycle  
Community Meal  
3:30 - 5:00pm  
02077 292 775

Sutton Coldfield  
Taekwondo  
7:00 - 8:00  
07955772483

## Tuesday:

Youth Activities  
Compass  
3:00 - 5:30

YMCA Youth  
Activities  
5:30 - 7:30

Stretch and  
Relaxation  
5:00 - 5:45

Falcon Lodge  
Food Pantry  
6:15 - 8:15  
0789 464 4572

Temple Martial  
Arts  
6:30 - 8:30  
07497 681 366



## Wednesday:

Our World  
Coffee Morning  
9:30 - 12:30

Move it or Lose it  
Chair exercises  
11:00 - 12:00

Falcon Lodge  
Dementia Café  
1:00 - 3:00

Youth Activities  
Compass  
3:00 - 5:00

Live in the Lodge  
Mubu Music  
4:00 - 8:30  
0121 794 0552

## Thursday:

Digital Cafe  
Digital Brew Up  
10:00 - 12:00

Live in the Lodge  
Mubu Music  
3:30 - 7:00  
0121 794 0552

Lauren  
Charlotte Dance  
Academy  
6:00 - 8:00  
07944975285  
First class FREE  
£3.50 per class



## Saturday

JJFC Football  
9:00am -  
11:00am

## Friday:

Stay and Play  
Parents &  
Children play time  
group  
10:00 - 11:30

Falcon Lodge  
Food Pantry  
1:00 - 3:00  
0789 464 4572

Sutton Coldfield  
Taekwondo  
5:45-9:00  
07955772483  
Ages 5-11 @6pm  
12+ @ 7:30pm

## Sunday

Rose of Sharon  
Church  
9:30am - 1:30pm

Room Hire Available  
Call 0121 748 8111 or visit  
<https://schoolhire.co.uk/>

# Are you aged 18-25 and caring for someone?




YMCA SUTTON COLDFIELD

**Our Young Adult Carers Service (YAC) can offer you free help and advice.**

If you support a family member with a disability, illness or addiction, we can help you reach your full potential. We offer;

- Information and advice to support you and your family
- An assessment of your needs
- Regular groups and drop-ins
- Individual life coaching to achieve your work or education goals




 0121 354 5614

 [YAC@birminghamcarershub.org.uk](mailto:YAC@birminghamcarershub.org.uk)

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

Supported by  
 **Birmingham**  
City Council

  
**Birmingham and Solihull**  
Clinical Commissioning Group



**BIRMINGHAM**  
CHILDREN'S TRUST



**YMCA**



# YMCA



## A Podcast By Teens For Teens

Join our hosts: Nikai, Aoife and Dan as they discuss all things Teen related! Talking about Youth Truth, Win or Bin, Adolescent Active Announcements, Teen Lowdown, Why Oh Why, Top 5 and Confessions of a Teen

Scan the QR code below for more information on where to find us!





# YMCA Youth Club

Wednesdays 4pm-6pm

11-16 Years

Location: YMCA Sutton Coldfield,  
Watson Close, B72 1LE

For more information contact Lauren on:  
07879 793239

**YMCA**

Here for young people  
Here for communities  
Here for you





## Sign up for our transformational classes

Start your journey to happier relationships and improved physique. We hold our classes in Sutton Coldfield Rugby Club in a newly refurbished function room on the first floor, twice a week on Monday and Thursday, 6pm-7pm. They are open to everyone. No yoga experience is needed. **You don't even need a yoga mat!**

To get in touch and book your class please contact Jo Fletcher on:



☎ 07971 639 794  
✉ [joanna@yogojoofoundation.com](mailto:joanna@yogojoofoundation.com)  
🌐 <https://yogojoofoundation.com>

📘 YogoJo  
📷 [yogojoofoundation](#)  
📺 [yogojoofoundation948](#)



### Do you want to be fitter and improve your physique?

If you are looking for positive activity that is going to help you take on all the challenges of the day and feel more relaxed **these yoga classes may help!**



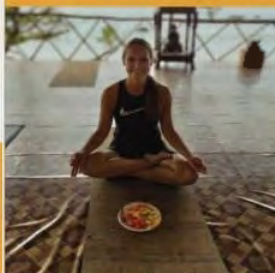
### Do you want to be happier and have more positive relationships?

If you would like to feel more grateful, compassionate about people around you and navigate through your relations with family and friends **these yoga classes can help!**



### Do you want to be able to sleep better, eat healthier and focus more?

If you would like to find inner alignment, set a firm foundation for self-discipline and inspire positive habits in your body **these yoga classes could help!**



Move to Level Up, Meditate to Transform,  
Relax to Enrich, Breathe to Heal