

The Gatepost Supplement January 2024



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

178th January 2024

bannersgateneighbourhoodforum.com

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



Lance Corporal Harold Jones

In recognition of your exceptional service
fundraising for Motor Neurone Disease,
you are presented with the UK's 2231st
Points of Light award on the 29th December 2023.

Rt Hon Rishi Sunak MP Prime Minister



10 DOWNING STREET
LONDON SW1A 2AA

[Harold's JustGiving page.](#)

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

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

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

Next Generation Text

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

Dial 18001 before the full national phone number.

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

Grace Cares is a not-for-profit organisation

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

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

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

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



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



MEET THE MANAGER

**Saturday 3 February 2024
10am - 4pm**

Person-centred residential,
nursing, dementia and
respite care within
luxurious surroundings



**BOOK
NOW**
FOR YOUR
PERSONALISED
TOUR

Looking for quality
and compassionate
care for yourself
or a loved one?

We'd love to meet you,
understand your care
requirements and showcase
the wonderful amenities
and facilities at Sutton Rose,
MACC Care's purpose built,
state-of-the-art luxury home.

**Complimentary
refreshments provided.**



Email: paul@macccare.com

Call: 0121 716 7117

macccare.com/suttonrose

ENRICHING LATER LIFE

SCAN TO BOOK



MACC
CARE



B AUTHENTIC B YOU

CELEBRATING COMMUNITIES

FUNDED THROUGH BEYOND BIRMINGHAM 2022: CELEBRATING COMMUNITIES

● **March 2nd**

Beats of the World

Dhol player, Dance Attack Performance,
SuperDuper Inflatables bouncy castle, Face Painting,
Mendhi, Arts & Crafts

● **March 9th**

Bread from around the World ...On Your Doorstep

Come and taste breads from around the world.
Children's bread making demonstrations.

● **March 16th**

Calm your Mind

Holistic therapies will be offered by local therapists
including reflexology, reiki, massage and more.
Meditation session by Dr Singh

● **March 23rd**

The Grand Finale

Musical finale, performance by Sutton Stage School,
Shakespeare's Birthday Celebrations - talk
with Dr Anjna Chouhan, Arts & Crafts



EVERY SATURDAY 3PM-5PM

Newman Community Centre (formerly the Carpenter's Arms),
13A Boldmere Road, Sutton Coldfield B73 5UY - NEXT TO CLIVE MARK'S

YEARN 2B 07881 200131 or 07775 424635
yearn2be@gmail.com



The UK's Leading
Specialist Advisers

07887 586985

07887 586985 | info@active-thinkaboutyou.co.uk
www.active-thinkaboutyou.co.uk



Convey Us Limited





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

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

  @NHSHealthyStart

What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Infant formula

✓ It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

If you live in England, find your nearest vitamin provider on the NHS Healthy Start website: www.healthystart.nhs.uk

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

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

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit: www.healthystart.nhs.uk

Or call us on 0300 330 7010

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



Follow us on Facebook and Twitter
@NHSHealthyStart

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



NHS Healthy Start

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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

How to apply



Visit
www.healthystart.nhs.uk



Fill in the online application form



Receive your prepaid card in the post



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



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



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

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

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



Alzheimer's Society Dementia Support

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



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



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

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

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

Talk to someone who understands

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

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

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

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

“

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

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

”

Get the help and support you need

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

Call **0333 150 3456**

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

Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.



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

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**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

WELCOME TO OUR
January Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter

Happy New Year!



This January we've hit the ground running as we are very excited to be working towards the upcoming free Sutton Coldfield NNS Community Showcase event happening on Tuesday 30th January at Sutton Coldfield Town Hall (10.30am-1.30pm). Here is Networker Joe out in the frost getting the word out, putting posters up on community noticeboards.

Over the last few weeks we've been **busy working with the Sutton Coldfield Movie Makers** to create a short film documenting 'how Sutton Coldfield NNS can help' which will be launched at the event. It's been a joy to film a few of the community groups we've supported and hear about the leaps and strides they have made as a result of NNS funding and support. Thank you to all who have supported us with this project, we really appreciate your help to get the NNS word out in the community!

Continuing the theme of promotion, in this newsletter we will also be sharing details about how you can help us spread the word about the free Community Showcase event to citizens. Your assistance would be very gratefully received!

As usual, if you have any relevant news or opportunities for our February newsletter, or would like to share an NNS 'Story of Difference' please get in touch at nns@ageconcernbirmingham.org.uk

THANK YOU!

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

FUNDING NEWS

Congratulations England Netball!



England Netball have been awarded £6570 to deliver Walking Netball sessions within three different wards in Sutton Coldfield. This will provide a fantastic opportunity to experience the sport in an accessible way throughout the constituency!

England Netball is the governing body for England's largest female team sport. Their recent 10-year Adventure Strategy emphasises inclusivity for women and girls aiming to expand the game to new audiences, including at a local level.

The **five month project will open up three netball sessions a week** that will be accessible to older adults and those with disabilities or long term health conditions. The hour long sessions will be held indoors and there will be an opportunity to socialise after the session, aiming to help reduce social isolation.

Sessions will be free for the first four weeks and will then cost £3 per session going forward. The intention will be to train two volunteer 'hosts' who will facilitate the sessions after the period of funding.

Congratulations England Netball, we look forward to watching these Walking Netball sessions develop and grow! England Netball will be in attendance at the Community Showcase event at the Town Hall on the 30th January offering a Walking Netball taster session. Why not pop along and give it a try?



CAPACITY BUILDING

Could you help us promote the Sutton Coldfield NNS **COMMUNITY SHOWCASE** Event?



Thank you so much to all who have signed up to support the event with a taster session or a promotion table, we have had a fantastic response! The hall should be jam packed with community groups and organisations, large and small. We now want to get the word out far and wide to get as many citizens to the event as we can. Attached to this email are a selection of files relating to the event you may like to share. You could help us by...

- Distributing some leaflets within your group or organisation (we can give you these)
- Sharing the event through your newsletter or email list.
- Sharing the event on social media (please see files attached to email).
- Putting a poster up.
- Sharing by word of mouth.

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...

chairing, how to resolve issues, Tai chi, a new craft, walking netball, yoga and much more...

For further information please contact 0121 362 3665 or email enq@ageconcernbirmingham.org.uk



Sutton Coldfield NNS are very excited to be welcoming you to the event later in the month on the Tuesday 30th January, 10.30am-1.30pm at Sutton Coldfield Town Hall. We look forward to showcasing all the amazing activities and services that support disabled adults, carers and older people within our local community!

Let us spread the word and
 'Grow Our Community Together'!



CAPACITY BUILDING

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



Sutton Coldfield NHS has partnered up with Agency of panda, a specialist marketing support agency working specifically with community groups, charities and purpose led organisations.

We have commissioned panda to deliver a series of interactive online workshops for Sutton Coldfield's community groups and organisations, focusing on all things social media, digital marketing and design.

You can sign up anyone from your organisation that has a hand in your online marketing and take part in this exciting new programme which aims to build your confidence and grow your digital presence positively.

As a member of the group, you will help to steer and shape the discussion and the content of the sessions, which will run fortnightly from mid-February.

For more detail about the sessions and how to sign up, simply click this link: <https://forms.office.com/e/2dsWaWnZu9> or if you'd like to have a chat in advance, get in touch with Rob from Agency of panda (rob@agencyofpanda.com) or meet him at the upcoming Sutton Coldfield NHS Community Showcase event on 30th January.

panda
PURPOSE AND ACTION

SPREAD THE WORD

NNS Connected Communities LGBTQI+ Citywide Activities

Golden Babs is a vibrant LGBT+ community initiative in Birmingham LGBT Centre. They offer a welcoming space every Tuesday for those aged 50 and above to gather and connect, through enriching activities, including coffee mornings, arts and crafts, movies, dance, poetry, music, and engaging workshops.

Every Tuesday, 10.30am-12pm for a weekly dose of joy, diversity, and shared experiences. To find out more please call 0121 632 0821



COFFEE MORNING

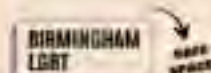
For 50+ LGBTQ+ community members

Every Tuesday

10.30 AM - 12.00 PM

First meeting

15th January 2024



An End to be Proud of

B:Music welcomes members of the LGBTQI community to come together at the **Symphony Hall**, to talk about end of life care, ageing, and leaving a legacy.

What will the session include?

Sharing of experiences and thoughts on end of life with other members of the LGBTQI community.	Artistic expressions of thoughts through poetry, song writing and music.	Creators of care facilities from the LGBTQI community.	Tea, Coffee and Lunch for all who attend.
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Contact: development@bmusic.co.uk to secure your place



18 Jan | 5-7.30pm

Jane How Room | Symphony Hall



hospice

Birmingham City Council

Birmingham City Council

BIRMINGHAM LGBT

Symphony Hall | Birmingham | B1 2EA

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An End to be Proud of - 18th January 5-7.30pm

B:Music welcomes members of the LGBTQI community to come together at the Symphony Hall, to talk about end of life care, ageing and leaving a legacy.

The session includes sharing experiences and artistic expressions of thoughts through poetry, song, music and writing.

Contact development@bmusic.co.uk to book your place

SPREAD THE WORD:

Carers Support Group

The United Reformed Church are holding a Carers Support Group on 23rd January, 10.30am-12.30pm. All are welcome. Pop along for free massage and reflexology, tea, coffee and biscuits at Sutton Coldfield United Reformed Church, 1 Brassington Avenue, Sutton Coldfield, B73 6AA

Digital Voice is coming to a town near you



Come and speak to us about our new home phone service, Digital Voice.

Landlines in the UK are going digital by 2025.

Although the landline isn't going away, we know that you might have questions or would like to know more about this industry-wide change.

Throughout February, we'll be heading to towns and cities across the West Midlands where we'll have a team on hand who can tell you what Digital Voice is, why the change is necessary and what it means for you.

You don't have to pre-book, just turn up!

Where and when:

We're holding a drop in on 23rd of February 09:00-15:00 at

BT Truck - The Parade, Lower Parade (near Natwest) Sutton Coldfield, B72 1XX.



For more information, visit

Digital Voice Drop in

BT customers are being given the opportunity to attend a Digital Voice drop in on the 23rd February 9am-3pm at the BT Truck - The Lower Parade (near Natwest) Sutton Coldfield B72 1XX. Landlines are going digital in 2025, although the landline isn't going away, you may have questions or like to find out more.

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

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

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

<https://suttoncoldfieldnns.blogspot.com>

0121 362 3650

nns@ageconcernbirmingham.org.uk

Sutton Coldfield NNS

AGE concern
Birmingham

Compass Support
A Fly-Forward Group

ALEXANDRA THEATRE BIRMINGHAM

Starts 30 Jan 2024

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

Starts 03 Feb 2024

**Theatre Tour**

Starts 06 Feb 2024

**The Woman in Black**

14 Feb

**Ellen Kent's Carmen**

Starts 23 Feb 2024

**An Officer and a Gentleman Musical**

04 Mar

**Aston Villa Legends**

Starts 05 Mar 2024

**And Then There Were None**

10 Mar

**The Carpenters Story**

11 Mar

**Vampires Rock**

12 Mar

**QUEENZ: The Show with BALLS!**

Starts 14 Mar 2024

**Madagascar The Musical**

Starts 18 Mar 2024

**Peter Pan Goes Wrong**



SHIAMAK Midlands - Winter Funk

Main Auditorium, Sunday 28th January 2024 - 5.30pm



Buddy Holly & the Cricketers

Main Auditorium, Wednesday 31st January 2024 - 7.30pm



Michael McIntyre: MACNIFICENT

Main Auditorium, Thursday 1st February 2024 - 8pm



Ronnie Scott's Jazz Club Presents: The...

Main Auditorium, Friday 2nd February 2024 - 7.30pm



The Carpenters - Voice of the Heart

Main Auditorium, Thursday 8th February 2024 - 7.30pm



King Arthur

Main Auditorium, Friday 9th & Saturday 10th February 2024 - 2.30pm (Sat) & 7.30pm (all)



Guided Backstage Tours

LG, See webpage for times



Royal Ballet: Manon (Live Recording)

Studio, Sunday 11th February 2024 - 2pm



The Very Hungry Caterpillar Show

Main Auditorium, Monday 12th - Wednesday 14th February 2024



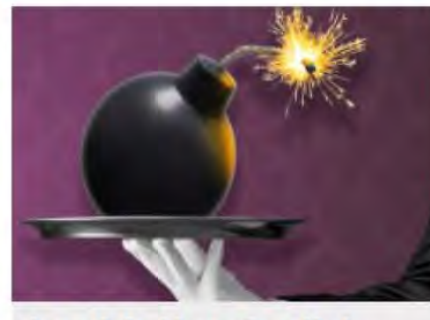
Tap Factory

Main Auditorium, Friday 16th February
2024 - 7.30pm



Oh What A Lovely War

Main Auditorium, Monday 19th -
Wednesday 21st February 2024



Lord Arthur Savile's Crime - Lichfield...

Studio, Tue 20th - Sat 24th February
2024 - 2.45pm (Sat) & 7.45pm (all)



Rave On

Main Auditorium, Thursday 22nd
February 2024 - 7.30pm



UK Pink Floyd Experience

Main Auditorium, Friday 23rd February
2024 - 7.30pm



The History of Rock

Main Auditorium, Saturday 24th
February 2024 - 7.30pm



NTLive - Vanya (Live Recording)

Studio, Sunday 25th February 2024 -
4pm



Ria Jones & Ceri Dupree: Miss- Leading...

Main Auditorium, Sunday 25th February
2024 - 7.30pm



The Four Seasons - James Wilton Dance

Main Auditorium, Tuesday 27th
February 2024 - 7.30pm

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

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

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

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

Family & Pantomime

Bluey's Big Play

Bluey as you've never seen it before!

Thu 1 Feb – Sun 4 Feb 2024

Tickets from £17.50



THIS IS A LOVE STORY

Musicals

A Birmingham Hippodrome Production

This Is A Love Story

Workshop Performances

Thu 1 Feb – Fri 2 Feb 2024

Tickets £10

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

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

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

What is a workshop performance?

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

Music & Lyrics by Jack Goffrey
Book & Additional Lyrics by Ellie Coote

By popular demand, Guz Khan adds more opportunities for you to see him on his kick-ass comedy tour! This

loveable, funny guy is known for bringing his big-screen persona and BAFTA-nominated hilarity to the stand-up

stage in **Guz Khan Live!**

Guz is the creator and star of BBC's *Man Like Mobeen*, alongside his appearances on *Taskmaster* (C4), *The Last Leg* (C4), *Live at the Apollo* (BBC), *Would I Lie To You* (BBC), *QI* (BBC), *Four Weddings and A Funeral* (Hulu), & movies *Army of Thieves* and *The Bubble* (Netflix), *How To Date Billy Walsh* (Amazon) and much more.

Comedy & Spoken Word

Guz Khan Live

BAFTA-nominated Guz Khan!

Fri 2 Feb – Sat 3 Feb

Tickets £28.50



Ballet & Dance

Edward Scissorhands

Matthew Bourne's magical dance production

Tue 6 Feb – Sat 10 Feb

Tickets from £25

Matthew Bourne's magical dance production of **Edward Scissorhands** has carved a place in the hearts of audiences worldwide since its premiere in 2005.

Based on the classic Tim Burton movie and featuring the hauntingly beautiful music of Danny Elfman and Terry Davies, Bourne and his New Adventures Company return to this witty, bittersweet story of an incomplete boy left alone in a strange new world. In a castle high on a hill lives Edward; a boy created by an eccentric inventor. When his creator dies he is left alone and unfinished with only scissors for hands until a kindly townsman invites him to live with her suburban family. Can Edward find his place in the well-meaning community which struggles to see past his curious appearance to the innocence and gentleness within?

Join our Gala Evening at Matthew Bourne's acclaimed production of **Edward Scissorhands**. Enjoy an evening of first-class hospitality and world-class entertainment at this hauntingly beautiful production.

Our Gala events are the perfect opportunity to entertain your valued clients, treat a team, network with other city professionals or simply to enjoy with friends.

Your evening includes: a premium show ticket, drinks reception, delicious three course seated dinner in our specially styled ballet studio and an exclusive post-show reception.

Ballet & Dance, Events & Venue Tours

Gala Evening at Matthew Bourne's Edward Scissorhands

Thu 8 Feb, 2024



Lunar New Year 2024

Produced by Birmingham Hippodrome

Sun 11 Feb

FREE

Join us for Birmingham's Lunar New Year Celebrations in Hippodrome Square, as we welcome the Year of the Dragon. There will be a packed programme of performances and festivities all day to celebrate the official first day of the new year.

Save the date now and stay tuned for more details!

Based on the best-selling book by Yann Martel, the five-star hit show comes to Birmingham Hippodrome. Winner of five Olivier Awards, including Best New Play! After conquering the West End and Broadway, the ★★★★★ 'theatrical phenomenon' (Telegraph) embarks on its biggest adventure yet. Jaw-dropping visuals and world-class puppetry combine in a unique and 'breath-taking' (The Times) theatrical event that is 'a wonder to behold' (Daily Mail). After an epic storm in the Pacific Ocean, Pi is stranded on a lifeboat with four other survivors – a hyena, a zebra, an orangutan, and a Royal Bengal tiger. Based on the global phenomenon and winner of the Man Booker Prize, selling over fifteen million copies worldwide, *Life of Pi* is the hugely popular story of an epic journey of endurance and hope. Don't miss the West End and Broadway spectacle on its first ever UK tour. "It will make you believe in theatre. A triumph." (Sunday Times)

Drama

Life of Pi

A phenomenal world tour is 'a wonder to behold'

Mon 12 Feb – Sat 17 Feb

Tickets from £20



Birmingham's own Verve Festival of Poetry and Spoken Word is back at Birmingham Hippodrome!

Now in its seventh year, Verve has become synonymous with a lively and celebratory approach to programming poetry of every different kind. Whether it be raucous performance poetry events, quiet reading events, studios workshops, mind-blowing dramatic poetry, collaborative work or open mic poetry – the programme encourages audiences to see their favourite poets and to try something new – to join in, create, listen and learn.

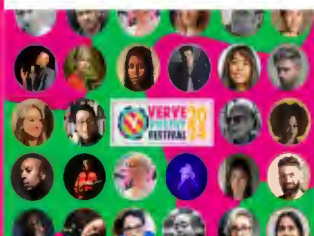
New to poetry or an old hand, there's something for everyone to enjoy at VERVE!

Comedy & Spoken Word

Verve Poetry Festival 2024

Verve returns to Birmingham Hippodrome!

Wed 21 - Sun 25 Feb 2024



BIRMINGHAM
HIPPODROME

The epic, five star stage phenomenon **Life of Pi** comes to Birmingham for Half-Term
Selling fast – Book for the family now!

LIFE OF PI



Mon 12 - Sat 17 Feb

Based on the best-selling book by Yann Martel, the five-star hit show **Life of Pi** comes to Birmingham Hippodrome for one week only.

Winner of five Olivier Awards, including Best New Play! After conquering the West End and Broadway, the 'theatrical phenomenon' embarks on its biggest adventure yet. Jaw-dropping visuals and world-class puppetry combine in a unique and 'breath-taking' (The Times) theatrical event that is 'a wonder to behold' (Daily Mail).

After an epic storm in the Pacific Ocean, Pi is stranded on a lifeboat with four other survivors – a hyena, a zebra, an orangutan, and a Royal Bengal tiger.

Based on the global phenomenon and winner of the Man Booker Prize, selling over fifteen million copies worldwide, Life Of Pi is the hugely popular story of an epic journey of endurance and hope.

Don't miss the West End and Broadway spectacle on its first ever UK tour.



"Everything about this
production is amazing"

Sunday Times



"Theatrical phenomenon"

Telegraph



"The puppetry is out of this
world"

Mail on Sunday

the
Rep



BHANGRA NATION

A New Musical

BHANGRA NATION

Sat 17 Feb–Sat 16 Mar 2024

Information and Advice

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

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

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

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

Local services

Birmingham Sandwell

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



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



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

Information and Advice

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

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



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

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

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



Information Guides

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

www.ageuk.org.uk/services/information-advice/guides-and-factsheets/

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

Are you a carer supporting someone living with dementia?

We are here to help.

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



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

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

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

☎ 0121 437 0033

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

Occupational Therapy Clinics

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

No need to book.

For more information about
clinic venues visit:

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



Birmingham
City Council

Tuesdays: United Reformed Church, 1, Brassington Avenue, Sutton Coldfield, B73 6AA
AM session: 9:30 -12pm; PM session: 12:30pm- 2pm

ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

Jordanne Francis
Health and Wellbeing
Officer

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

WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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





Join us for
our next
event


**Mercia Grange care home,
Sutton Coldfield**

Coffee, cake & friendship cafe

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

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

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

Trusted to care. 

To attend please call
01214 682 684 or email
rachel.mackay@careuk.com

care UK 



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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



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



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

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



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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



Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

National and Other Organisations

Alzheimer's Research Trust Research into dementia, information about dementia http://www.alzheimersresearchuk.org	0300 111 5555 enquiries@alzheimersresearchuk.org
Dementia Explained Info for children about dementia	https://kids.alzheimersresearchuk.org/
CQC: (Care Quality Commission) Inspection reports, search for care & care homes, concerns about care services/providers http://www.cqc.org.uk/	03000 616161 enquiries@cqc.org.uk
Carers UK Help, advice and support for Carers https://www.carersuk.org/	
Dementia UK (Admiral Nurses) Open Mon – Fri 9 am – 9pm, Sat & Sun 9 am – 5 pm, Bank holidays 9 am – 5 pm except 25 Dec Support for families facing dementia, information about dementia, caring, information guides https://www.dementiauk.org/	0800 888 6678 Admiral Nurse Helpline helpline@dementiauk.org
Dementia Carers Count/Virtual Carers Centre Free online Resources/Courses	https://dementiacarers.org.uk/ https://dementiacarers.org.uk/vcc/
Safe and Well Visit (West Midlands Fire Service) Free home fire/safety check, tips, advice on reducing risks carried out by operational fire fighters https://www.wmfs.net/our-services/safe-and-well/	0800 389 5525 homesafetycentre@wmfs.net
Independent Age Advise, support, information guides around variety of topics for over older people https://www.independentage.org/	0800 319 6789 (free helpline) advice@independentage.org
MIND (Birmingham) Mental Health information/advice, support Mental Health & Wellbeing Hubs https://birminghammind.org/	0121 262 3555 help@birminghammind.org
NHS 111 service Helps people get the right advice and treatment when they urgently need it https://www.england.nhs.uk/ourwork/pe/nhs-111/	111 (free from landlines and mobiles)
Healthcare at Home Eye and Hearing Tests at Home https://www.outsideclinic.co.uk/ <i>Please note other local & high street retailers may also provide these services so please check this and any cost first</i>	0808 239 0591 info@outsideclinic.com
The Silverline (Run by Age UK) Confidential helpline, groups, resources, friendship, conversation and support to those over 55 https://www.thesilverline.org.uk/	0800 4 70 80 90 (24 hours a day) info@thesilverline.org.uk
Turn2us – benefits calculator, charitable grants & support	https://www.turn2us.org.uk

To amend any contacts on this list, please contact birmingham.admiralnurseservice@nhs.net or 0121 301 5830



Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

Age Concern Information, advice, support, day care, community hubs & cafes https://ageconcernbirmingham.org.uk/	0121 362 3660 info@ageconcernbirmingham.org.uk
Age UK Information, advice, support, memory café, Carers Hub, local and national guides www.ageuk.org.uk/birmingham/	0121 437 0033 contactus@ageukbirmingham.org.uk
Admiral Nurse Service Information advice & support in caring or supporting a person with dementia, groups, talks https://www.bsmhft.nhs.uk/our-services/services-a-to-z/	0121 301 5830 bsmhft.admiralnursingservice@nhs.net
Alzheimer's Society/Dementia Connect Information, advice, literature on all aspects of caring, Cafes, Carer Support, Singing for the Brain www.alzheimers.org.uk	0333 150 3456 dementiasupport@alzheimers.org.uk
BSMHFT Customer Relations/PALS Advice, support, information on NHS and social services, put you in touch with other sources of help https://www.bsmhft.nhs.uk/service-users-and-carers/customer-relations/pals/	0800 953 0045 Text: 07985 883509 bsmhft.customerrelations@nhs.net
Birmingham Healthy Minds Free psychological therapies service for people who are feeling anxious, low in mood or depressed http://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/	0121 301 2525 bsmhft.bhm@nhs.net
Citizen's Advice Bureau (Birmingham) Free, independent, confidential & impartial advice on rights, responsibilities, benefits https://www.bcabs.org.uk/	08082787990 (local) or 0800 144 8848 enquiries@bcabs.cabinet.org.uk
Birmingham Carers HUB (ran by Forward Carers) Support, info, advice, financial/welfare benefit advice, carers assessments, groups, befriending https://birminghamcarershub.org.uk/about-us/	0333 006 9711 info@birminghamcarershub.org.uk
Birmingham Irish Association www.birminghamirish.org.uk/	0121 604 6111 http://www.birminghamirish.org.uk/contact-us
CERS (Carer Emergency Response Service) Free emergency back up service to provide support to carers https://birminghamcarershub.org.uk/carer-support/back-up-emergency-care/	0121 442 2960 info@cers.org.uk
Mental Health: Urgent Help 24 hour 7 days a week advise, information & support whether you have used services before or not https://www.bsmhft.nhs.uk/service-users-and-carers/how-to-get-urgent-mental-health-help/	0121 262 3555 or 0800 915 9292
Samaritans (also have local branch) Offer safe place for you to talk any time you like, in your own way about whatever's getting to you. http://www.samaritans.org/	116 123 (free to call) o@samaritans.org
Social Care and Health Social care, community services, day care, respite, long term care, occupational therapy, safeguarding https://www.birmingham.gov.uk/health-social-care Social care, education, family services, info, advice: www.mycareinbirmingham.co.uk	0121 303 1234 acap@birmingham.gov.uk
The Waiting Room Information about health and social care	https://the-waitingroom.org/contact/ https://the-waitingroom.org/

To amend any contacts on this list, please contact bsmhft.admiralnursingservice@nhs.net or 0121 301 5830

1



ADMIRAL NURSE SERVICE

Birmingham & Solihull

Admiral Nurses are Mental Health Nurses who focus on Carers/Families of those affected by dementia



They collaborate with other professionals and agencies to promote issues around Carers and Dementia

Improving mental health wellbeing

Admiral Nurses

- Are Qualified Nurses who focus on the needs of carers/families of individuals with dementia through the most complex situations
- Offer emotional support to help understand and deal with feelings and their changing roles
- Help understand the impact of dementia to enable families to live well with dementia and develop skills to improve communication and maintain relationships
- Enable carers to make informed choices and decisions about their or the person with dementia's needs or adjust to changes to their caring role
- Support for when a Carer has challenges in their life circumstances such as issues with their physical or mental health affecting their caring role

Carers Groups

- Carers Groups are available through a one off carer's day event or a psycho educational programme including an online group run in conjunction with BSMHFT Recovery College



Referral to Admiral Nurse Service

- Referrals are made through professionals or carers can refer themselves
- The Carer needs to consent to the referral and be supporting a person with dementia or be likely to receive a diagnosis at the time of referral

Discharge

- Admiral Nurses offer time limited interventions and support to carers
- After discharge, carers are given information on sources of support and can re-contact the Admiral Nurse Service if necessary for further support

Working with other professionals

- Admiral Nurses can give advice and support to other staff, agencies and professionals on issues around dementia and caring for a person with dementia
- They can be involved in promotion and teaching on issues around carers and dementia

Impr€ving mental health wellbeing

Dementia UK

- Dementia UK is a National Charity committed to improving the life of people affected by Dementia through Admiral Nurses. They set and maintain standards for Admiral Nurses. The local service is operated by BSMHFT

Website: <https://www.dementiauk.org/>

Privacy Statement/Confidentiality

- Referrals to Admiral Nurses are recorded on RiO, an electronic record keeping system. All records are kept in line with UK GDPR and the Data Protection Act 2018
- We can provide an Access to Care Records Leaflet for further information about confidentiality and the Trust's Privacy Statement is found here:

Website: <https://www.bsmhft.nhs.uk/hidden/privacy-policy-and-cookies/>

For further information please contact:

Admiral Nurse Team, Little Bromwich Centre, 150 Hob Moor Road, Birmingham, B10 9JH Tel: 0121 301 5830

Email: bsmhft.admiralnursingservice@nhs.net

Website: www.bsmhft.nhs.uk/our-services/sccs/prevention-assessment-early-detection/admiral-nurses/



Dementia specialist Admiral Nurses

**Admiral Nurse Team
Birmingham & Solihull**

Tel: 0121 301 5830

Email:

bsmhft.admiralnursingservice@nhs.net



What is an Admiral Nurse?

Admiral Nurses are specialist dementia nurses who are supported and developed by Dementia UK. They provide life-changing support for families affected by all kinds of dementia, including Alzheimer's disease.

Admiral Nurses provide families with tailored clinical advice and psychological support.

They have the time to listen and the knowledge to solve problems. They are a lifeline for people with dementia, their families and friends.

Admiral Nurses work in a variety of different settings including local communities, hospitals, hospices and care homes. Admiral nurses also work on Dementia UK's Helpline and in virtual clinics, offering appointments by phone or video call.

How can an Admiral Nurse help me?

Admiral Nurses are all qualified nurses with a professional specialism in dementia. Their

extensive clinical knowledge and experience means they can support people with dementia and their families through the most complex of situations.

They start with a personalised assessment of each family, and then provide tailored support with all aspects of dementia, from dealing with symptoms like distressed behaviour and sleep problems to stress management and coping strategies.

They focus on the family as a whole, including making sure carers have the support and skills they need. They can provide specialist carer education or training programmes, and help families access respite care and vital support services.

Admiral Nurses can also help families build links with other health and social care professionals and help coordinate the different services that may be involved in supporting the person with dementia.

They can advocate for families who are navigating complex care systems and help them prepare for complicated processes such as applying for funding and benefits.

Where can I find an Admiral Nurse?

On our Helpline

Our national Dementia Helpline is run by Admiral Nurses and is free to call on **0800 888 6678**. The Helpline is open Monday to Friday between 9am and 9pm, Saturday and Sunday between 9am and 5pm, and on all Bank Holidays except 25th December.

All calls are confidential. You can also email helpline@dementiauk.org

In Closer to Home virtual clinics

Our virtual clinics offer appointments with an Admiral Nurse by phone or Zoom. Appointments last 45 minutes and can be booked at dementiauk.org/closer-to-home

In your area

Community Admiral Nurse services support families with complex needs relating to dementia.

If you would like the support of one of our nurses in person, you can ask your GP or social worker if there is an Admiral Nurse service in your area and if you or your family member meet the referral criteria, or ring our Helpline for information.

In hospital

Please ask the nurse in charge of the ward if there is an Admiral Nurse service within the hospital, or phone the Helpline for information.

In a care home or hospice

The care home/hospice manager will be able to tell you if there is an Admiral Nurse linked to the home or hospice.

Why Admiral Nurses?

Our nurses were named by the family of Dementia UK founder Joseph Levy CBE BEM. Joseph had vascular dementia and was known affectionately as Admiral Joe because of his love of sailing. Admiral Nurses were named in his honour.

The information in this booklet is written and reviewed by dementia specialist Admiral Nurses.

We are always looking to improve our resources, to provide the most relevant support for families living with dementia. If you have feedback about any of our leaflets, please email feedback@dementiauk.org

We receive no government funding and rely on voluntary donations, including gifts in Wills.

For more information on how to support Dementia UK, please visit dementiauk.org/donate or call 0300 365 5500.

Publication date: August 2022

Review date: August 2024

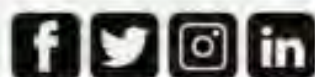
© Dementia UK 2022



If you're caring for someone with dementia or if you have any other concerns or questions, call or email our Admiral Nurses for specialist support and advice.

Call **0800 888 6678** or email helpline@dementiauk.org

Open Monday-Friday, 9am-9pm
Saturday and Sunday, 9am-5pm



dementiauk.org • info@dementiauk.org

Dementia UK, 7th Floor, One Aldgate, London EC3N 1RE
Dementia UK is a registered charity in England and Wales (1039404) and Scotland (SC047439).

DUK05



British Sign Language (Birmingham)

Classes on:

Banners Gate Community Centre, Sutton Coldfield B73 6UR

The Great Barr Community Hub

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

Here are some of the cats currently looking for a home:



To see the cats and kittens currently needing new homes and how the 'direct rehoming scheme' works, see the link to the direct rehoming page of the Cats Protection website: <https://www.cats.org.uk/northbirmingham/adopt-a-cat/adopt-via-our-direct-homing-scheme>



Cats Protection North Birmingham has a new look - locally and nationally!

National news is that CP has rebranded into pink and purple, but of course its 'true colours' will never change – nationally or locally - the charity will continue to do all it can for cats and kittens.

Nicole Evans, North Birmingham Branch Coordinator, is delighted. *"We love the new-look - already it's featured in CPs Winter Campaign highlighting the support offered by Lifelines - a temporary fostering service for those fleeing domestic abuse. It will be appearing on our website and social media pages throughout 2024 and beyond. With the new look, we hope to bring the work we do to a much wider audience".*

The CP media team confirm what's new and why. *"We've moved to a more eye-catching and modern look to reach new audiences, raise more money and increase our impact to help more cats."*

*Anyone considering volunteering for CP can call in to the Cats Protection charity shop on Erdington High Street, meet the team, and express an interest. There are lots of other roles too, like fostering and fund-raising.

Direct rehoming – helping owners, potential adopters – and cats

CPs direct rehoming scheme is benefitting from the new look too - courtesy of a new volunteer - Ellen - who has all the skills to cope with the demands of the role. Sadly, more owners than ever are contacting CP for help in rehoming their cats for a variety of reasons - several associated with the cost of living crisis. So anyone keen to adopt a needy cat should take a look at the Directs page on the North Birmingham Cats Protection website.

*** The scheme connects cats in need of a new home with potential adopters with no adoption fee involved ***

Sheila Pennell
sheilapennell@talktalk.net





Lucy

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



Terence



Polly

Team Cat Rescue has lots of cats and kittens looking for their forever homes. Owners often have to give them up for a variety of reasons - usually a change of circumstances meaning they can no longer care for their beloved pet. And some come into care because they are found wandering and abandoned.

If you are not ready to adopt, how about fostering? Or helping Team Cat Rescue with driving or fund-raising? If so, contact Coordinator Lynne of Team Cat Rescue on 0121 373 4596.


**** Team Cat Rescue is local and well-established in North Birmingham - and have been helping rescue and rehome cats and kittens for 25 years ****



Jo Jo

Annual health checks for those who are diagnosed with dementia

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




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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?


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

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

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

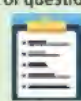

How long does an Annual Health Appointment last?

- 20-30 mins







What help might you need?

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

What happens during the Annual Health Check?

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

Can you help us save more food?

OLIO

The Food Sharing App



Yes you can!

It's easy to give back to the OLIO community



Spread the word

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



Add to OLIO

Your neighbours will
love your spare food or
household items.



Volunteer

Feel great
& do good
at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO

f @OLIOex @OLIO_ex @OLIO_ex

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

It's okay...

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

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

NHS

LivingWell
UK

 **mind**
the mental health charity
Birmingham

It's okay...

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



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



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



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -

NHS

LivingWell
UK

 **mind**
Our voices. Our lives. Our health.
Birmingham



COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker
07565542976
gap.huboffice@gmail.com



gap.huboffice@gmail.com



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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

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

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

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



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

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

(Ian - Sutton Coldfield)



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

(Derek - Sutton Coldfield)

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

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



SUTTON COLDFIELD ARCHAEOLOGICAL SOCIETY

PROVISIONAL PROGRAMME 2023/2024

Friday 29th September 2023 (7.00 for 7.15)

~~Professor Richard Thomas~~ ~~Remains of the Greys. The Archaeology of~~
~~Bradgate House, Leicestershire~~

Friday 13th October 2023 (2.00 for 2.15)

~~Dr Shelagh Norton~~ ~~Archaeology of New Zealand~~

Friday 27th October 2023 (2.00 for 2.15)

~~Peter Shergold~~ ~~The 6th Warwickshire (Sutton) Home Guard~~

Friday 3rd November 2023 (time tba)

~~Dr Mel Giles~~ ~~Chariot Burials in Britain~~
~~Possibly by Zoom or equivalent~~

Friday 17th November 2023 (2.00 for 2.15)

~~Dr Mike Hodder~~ ~~Sutton Park: The medieval Deer Park and beyond~~

Friday 1st December 2023 (7.00 for 7.15)

~~Dr Jon Dollery~~ ~~Mapping the Maps: Exploring our Cartographic~~
~~Heritage~~

Friday 12th January 2024 (2.00 for 2.15)

~~Dr Shane Kelleher~~ ~~Keeping on Keeping on: Archaeology in~~
~~Staffordshire during and after the Pandemic~~

Friday 26th January 2024 (time tbc)

~~Dr Rachel Crellin~~ ~~Excavation at Upton Lovell and Stonehenge~~

Friday 9th February 2024 (2.00 for 2.15)

~~Dr Tim Cornah~~ ~~The Uses of Photogrammetry in Archaeology~~

Friday 23rd February 2024 (2.00 for 2.15 tbc)

~~AIM Archaeology in Mind~~ ~~Neolithic to WW2~~

Friday 8th March 2024 (2.00 for 2.15)

~~Dr Tim Malim~~ ~~Old Qswestry Hill Fort : Ancient Past, Uncertain Future.~~

Friday 22nd March 2024 (2.00 for 2.15 tbc)

~~AGM, Speaker and Subject tbc~~

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



Our regular Monthly Litter Picks for 2024

Starting on Sunday 11th Feb at 2pm.

Meet in The Church Tavern Car Park.

B42 2LA

Please wear suitable clothing and foot ware.

All equipment provided

**Everyone is welcome. So come along get out-
side and check out your park**

Weather permitting .

**If Snow / heavy rain falls it will be
cancelled.**

photo courtesy of Dave Hurley

SandNats 2024



For further information please contact:
Membership Secretary
membership@sandnats.org.uk

Website: sandnats.org.uk

On Wednesday 3rd January our regular indoor meeting during the winter at the RSPB was a talk and display on Figwort Beetles. This was produced by our new-est member Mark Webster who is an amateur entomologist who is specialising in Figwort Weevils. Figwort Weevils are insects belonging to the "Cionus" beetle family. They are incredibly small the largest in this country being a maximum of 5.0mm these being the females, males being much smaller. A hand lenses or eye piece is needed as being able to see them, without it is almost impossible.

The Figwort plant belongs to the same family as Foxgloves, Snapdragons, Toad flaxes (Scrophularie) etc it grows mainly in damp areas alongside streams in deciduous woodland. It can grow to over a meter in height though the single plant on this site, nearest the stream was over 2 metres. The plant has been used in the past as a herbal medicine for the treatment of Scrofula.

In the UK there are 6 known species this weevil of which 4 were found by Mark during his many visits to the site along the R.Stour (photos attached with the consent of Mark Webster). Nationally the commonest is Scrophularie though on this site it was the water figwort Tuberculosis which was the most favoured due to being nearer to the stream. This species can sit on the edge of a leaf motionless for several hours for some unknown reason (see photo). The larva eat the leaves of the host plant some on the surface of the leaf others underneath whilst one was eating the flower buds. By the end of the season the single plant growing nearest to the stream was completely devoured. Hopefully it will re grow next year. The larva are quite distinctive being covered in a shiny coating which is used to make the pupae shell before they pupate into an adult. This coating also acts as a defence against predation.

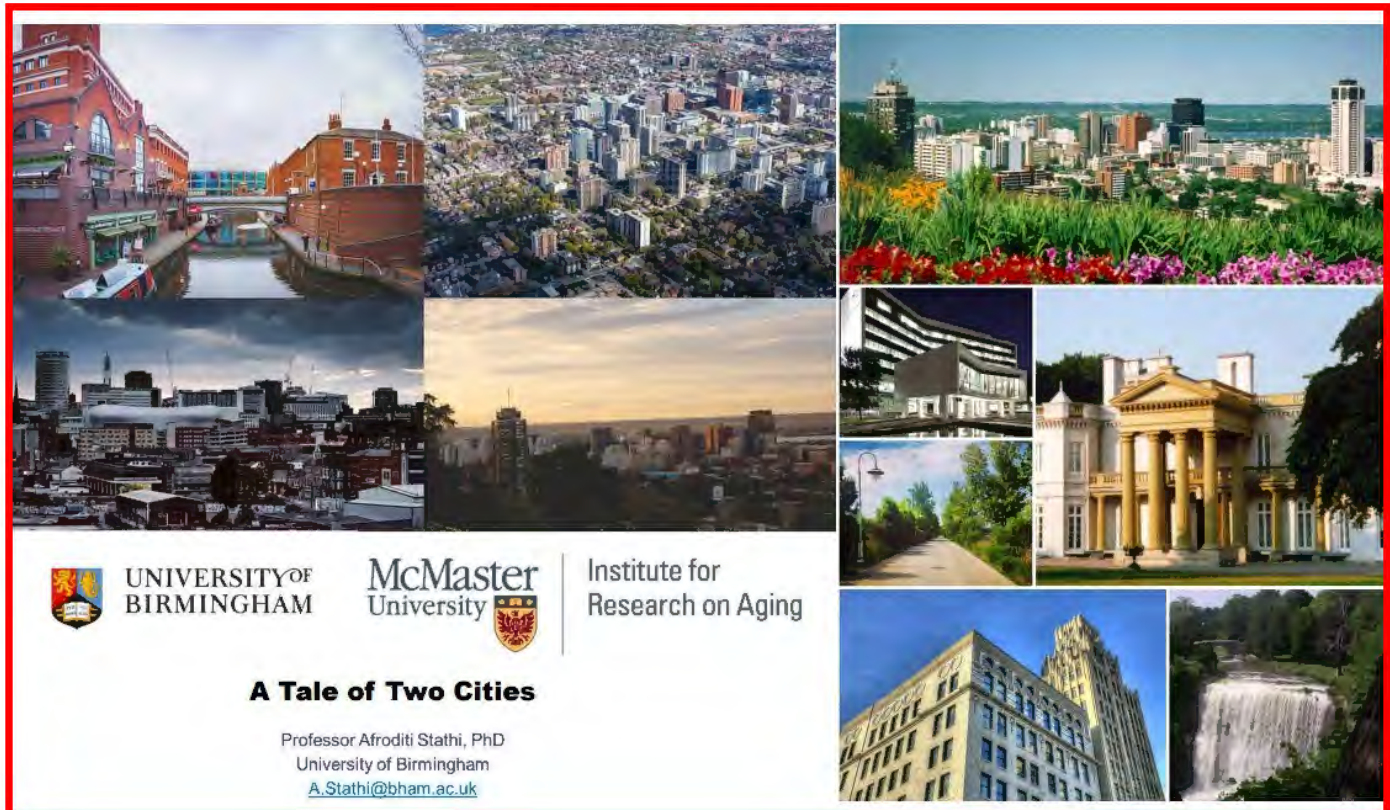
For more information search on the web for Figwort Weevils or Figwort plants.


There is a vast amount to choose from.


Valerie Edkins (Chair) Sandwell Naturalists

(SandNats)

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



 UNIVERSITY OF BIRMINGHAM

 McMaster University

Institute for Research on Aging

A Tale of Two Cities

Professor Afroditi Stathi, PhD
University of Birmingham
A.Stathi@bham.ac.uk

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

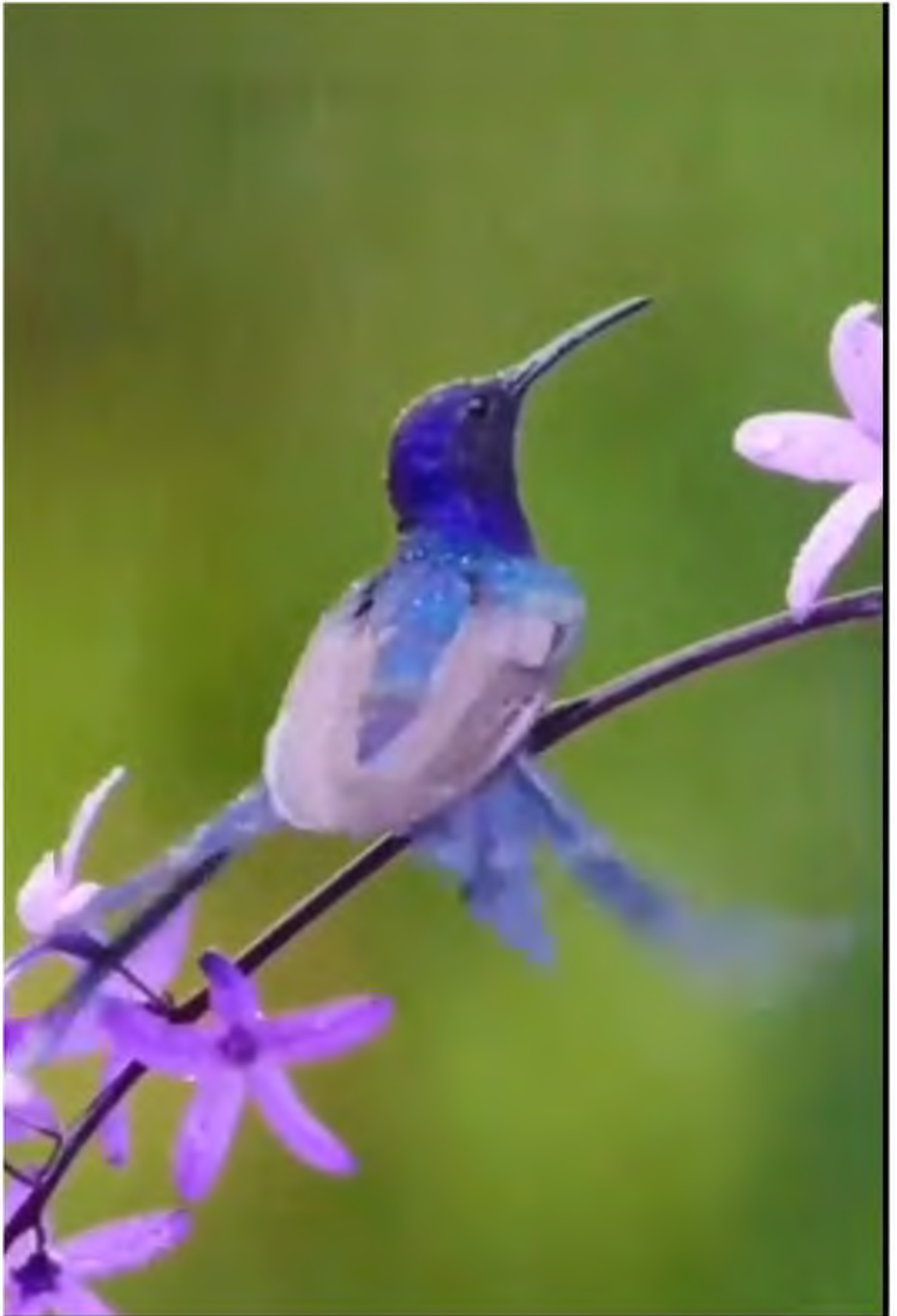


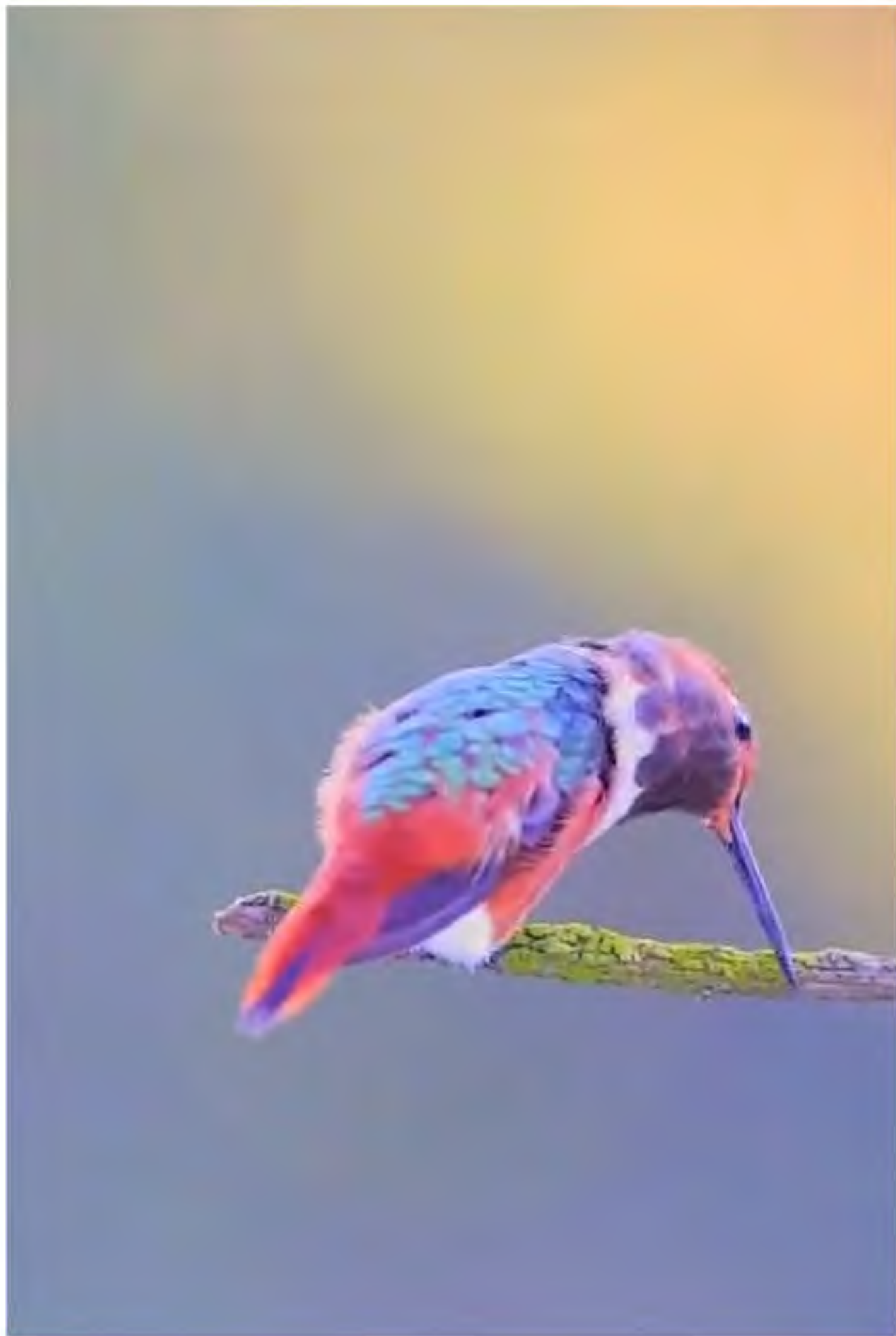
“Reflected in the hubcaps on the skyline of today is a picture of diversity, a world of rapid change. A mirror to the present sees a city with a mission looking forward to a future of creative ambition”

Roadhouse, Birmingham 2023

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











North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

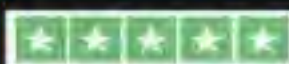
Here are some of the cats and kittens currently looking for a home this
October/November



**I accidentally took
my cat's meds this
morning...
- Don't ask meow.**

The Twelve Days of CATmas





★ Trustpilot

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drama

Teaching life skills through drama and imaginative play



Pyjama Drama
Sutton Coldfield &
South Tamiworth

Fun classes that develop life skills in babies & young children

'DEWDROPS' (AGE 6 MONTHS - 2 YEARS)

10:00am - 10:30am

followed by a 30-minute stay & play

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

11:00am - 11:40am

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

Get school-ready!

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



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

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



Book now!

pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



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SOMETHING**



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

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

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



INTERESTED?

Contact us for more information

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

wcg.ac.uk

0300 456 0049


info@wcg.ac.uk

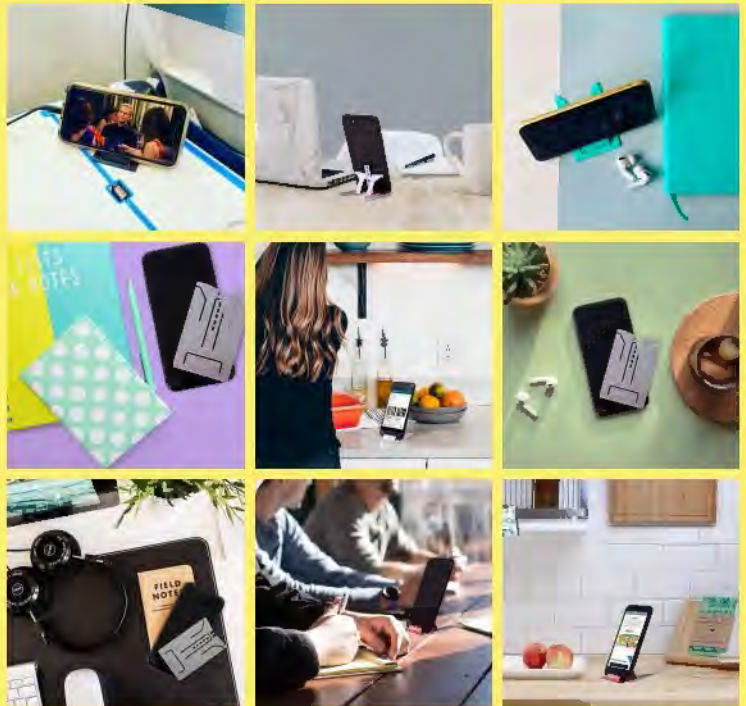
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when you order online with code **Stocking23**



Banners Gate Neighbourhood Forum Meetings

There will be a meeting of the Banners Gate Neighbourhood Forum on the last Thursday of every month, starting in January, so Thursday 28th March at 7.30 p.m. Then May 30th, July 25th, September 26th and November 28th. Hot drinks and biscuits will be provided. Come and tell us of any problems you have with the area and we will try to get them fixed. If you need any more information please call 605 4947 or 07976 550 420

As a community hall we are trying to create activities for the benefit of the community so if you have any ideas in that direction, please get in touch and share those ideas with us—no obligation.

If you need any information please message on 07964 213 229