



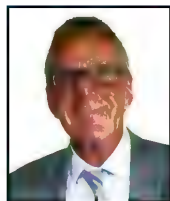
Banners Gate & Parklands Community & Neighbourhood Forum

179th March 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. Alternatively, you can click on the address under the date above.

The next Banners Gate Neighbourhood Forum meeting will be on
Thursday March 28th., at 7.30 p.m. in the Banners Gate Community Hall.
Tea/coffee and biscuits will be available.



Rob Pocock: **'TIP TRUCKS' – SAVED!**

I'm glad to report some good news from the City Council - the popular 'Tip Truck' service is being continued! The pilot scheme has run for 18 months and was due to finish at the end of March. Funding is short at the City Council, but the budget has been revised and I can confirm that the funding has been prioritised to continue the trucks into the future. The new scheme will start in April and I'll be sending details when the next cycle of dates is announced. Don't forget, I send out an e-bulletin to residents to inform people of the next date and venue - just drop me an email rob.pocock@birmingham.gov.uk and I'll add you to the list and you'll get a notification of each visit.

The pilot scheme showed how popular this service is, and I'm glad that despite its difficulties, the City Council has listened and prioritised new funding to continue the scheme. Our Sutton Vesey Ward has had one of the highest take-up rates of residents anywhere across Birmingham – so, very many thanks to everyone who has taken part!

RECYCLING SERVICE IMPROVEMENTS TOO

In further good news, the City Council recycling service is also being expanded. A new food waste collection service is going to be added for every

household that wants to use it. That means that a WEEKLY collection service will still continue long term - food and general rubbish one week, and food and recycling the next week. Later this year there will be a trial of the new food waste 'caddies' that you can use to put any food scraps and out-dated stuff that might be in the fridge. The food waste that gets collected, is going to be taken to a local industrial plant and processed inside a 'recycling digester' to generate heating gas, and a liquid nutrient fertiliser.

The garden waste service will also continue into the future - you have to pay for this of course as it's not part of the standard service that is covered by your Council Tax.

Media reports about the City Council have painted a gloomy picture recently, but the truth is not as bad as some try to make out. These two improvements I've covered today are proof positive that good work is still going on. It's not always recognised, but hopefully the evidence will be there in future on these two waste service improvements for all to see!



Max Hatton:

Hello Gate Post readers, I hope you're all enjoying the return of Spring! This month has been packed full of days of celebration. Earlier in the month we celebrated

International Women's Day and Mother's Day on

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the same weekend, we also had St Patricks Day the following weekend and we'll end the month celebrating Easter!

It was great to see so many events held around the city in recognition of International Women's Day, although I wasn't in the city that weekend, me and my siblings made the journey to beautiful Barmouth to spend Mother's Day with our Mom. As a Brummie it's always a struggle every year to find a Mother's Day card without the word Mum on there, although a quick fix with a felt tip pen you can brummify any card!

This year we saw the return of the UK's largest St Patricks Day parade to Digbeth after a few years hiatus. The parade is usually held the Sunday before St Patrick's Day but this year we lucked out as St Patrick's Day was on a Sunday this year, and to top it off, this was the 50th anniversary of the parade!

Birmingham came out in force to celebrate, it was a sea of green all over the city centre, and it was great to see so many local community groups taking part in the parade. Big thanks to all who took part in and helped organise the parade, we're glad to see it's return!

We end the month with the Easter holidays, a long-awaited break for many and a time to enjoy with family and loved ones. For those looking for a cheap deal on kid's meals during the Easter holidays, there are several places you can get a cheap or free meal over the 2 weeks holiday. Tony's attached a graphic to the Gate Post with participating establishments (with thanks to moneysavingcentral.co.uk/kids-eat-free)

Our next Full Town Council meeting is due to be held on Tuesday 26th March from 7pm at the Trinity Centre, Sutton Town centre, we hope to see you there. Until next time Gate

Post readers, have a great month!



ASDA

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

TESCO

Kids eat free with a purchase of 60p+ from From Mon - Fri in Half Terms 2024

SAINSBURYS CAFES

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

PAUSA CAFE @ DUNELM

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

THE REAL GREEK

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

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

TRAVELODGE & PREMIER INN

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

SIZZLING PUBS

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

BEEFEATER & BREWERS FAYRE

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

COCONUT TREE

One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

MORRISONS

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

GORDON RAMSEY RESTAURANTS

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

PRETO

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

WHITBREAD INNS

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

BELLA ITALIA

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

BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 25th March - Friday 12th April 2024, with one adult main dish.

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

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

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL



Andrew Mitchell MP:

£20 million for the Royal Town from the Government!

I am delighted to announce that the Royal Town is to receive £20 million from the government's Long-Term Plan for Towns.

This will be run and managed by our very own Royal Sutton Coldfield Town Council. The Town Council's Leader, Simon Ward will be in charge of this process, but there will also be a Board with an independent chair and members from across the community.

I will also sit on the board as the government is clear that your local MP should do so!

The Royal Sutton Coldfield Town Council will consider, together with me, who should be the independent chair and we invite those from across the community who would like to serve on the Board to apply.

All further good news for our Town and with the leadership of Royal Sutton Coldfield Town Council!

It is also a great pleasure to announce that there will be further investment in grassroots sport facilities across Sutton Coldfield, with the Royal Town successfully winning further funding to support its sport and games facilities.

The awards are as follows:

BOLDMERE SPORTS AND SOCIAL CLUB: £3,960.00 for goalposts, £3,843.00 for new floodlights.

CENTRAL GROUND: £2,887.00 for maintenance equipment, £6,188.00 to upgrade the pavilion.

BISHOP WALSH CATHOLIC SCHOOL: £24,770.00 for maintenance equipment.

In other news, it's fantastic to see Boldmere Junior School take part in the regional heats of the National Reading Champions Quiz!

This quiz is an initiative from the National Literacy Trust, supported by ALCS (the Authors' Licensing and Collecting Society). The quiz aims to build a love of reading and celebrate reading for pleasure in schools across the country.

I am keeping my fingers crossed and wish Boldmere Junior School the very best of luck!

As always, if you have any concerns which you wish to raise with me, please do not hesitate to get in contact with me and hopefully we shall have more good news to come.

Best wishes,

ANDREW



Stalls Available for Boldmere Summer Festival - Sunday 23rd June

We're looking for **LOCAL** stall holders for the Boldmere Summer Festival on Sunday 23rd June from 1pm to 6pm.

As always, we want to offer you priority for booking a stall at the festival. Do you need a gazebo to use land in front of your property? Is your business/organisation on Gate Lane or Union Drive or located away from the main high street? How about letting the whole of Boldmere know what you do and how they can become your customers or service users? The festival isn't just about selling, but also letting the community know what is available locally.

We have a footfall of around 10,000 at the festival and we have helped to launch many startups. We have special incentives for BOLDMERE businesses and organisations to run a stall at the Boldmere Festivals such as no additional charge for hiring a gazebo and if you apply before the end of April then you get to choose your pitch.

Take a punt and give it a go by filling in the application form at www.boldmere.org/stalls

Boldmere businesses who apply for a stall before 30th April will get priority allocation.

We will help you out if you're new to this type of thing.

Kind regards

Paul Long
Event Manager
Boldmere Community Festivals

St. George's Day

QUIZ

with Fish & Chip Supper

at Banners Gate Community Hall, Reay Nadin Drive:

Saturday 20th April

Doors open at 6:45 for a 7pm start.

Tickets cost **£10 per person** and include:

fish supper, all condiments, bread and butter,
and unlimited tea and coffee.

Your table will be reserved for you upon booking.

For tickets, please call Tracy on **0780 329 3351**.

Remembering the Easter Story at St Columba's

Palm Sunday 24th March

Palm Sunday remembers Jesus' arrival in Jerusalem a before his death - as he rode by people waved palm leaves and cheered.

We remember this with a special service of celebration at 10am with palm crosses to take home.

Good Friday 29th March

On Good Friday we remember the day that Jesus died

We remember this with an hour of prayer and reflection 2-3pm

Tenebrae

Remembering what Jesus did for us with a service of extinguishing candles at 7pm



Easter Sunday 31st March

On Easter Sunday we remember that Jesus rose from the dead and celebrate what it means for each one of us today

Easter breakfast for all from 9:15 in the hall, followed by celebration service at 10am with songs, crafts, communion and chocolate!



Just for Mum Yoga

Re-energise
Reconnect
Relax

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

www.yogabodybirmingham.co.uk

Yoga Body




Mum & Little One Yoga

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

Tuesday mornings

St Columba's Church, B73 6TX

www.yogabodybirmingham.co.uk

Yoga Body



Pregnancy Yoga

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

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

pay as you go or block book

All equipment provided

www.yogabodybirmingham.co.uk

Yoga Body



MOTHER'S CIRCLE

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

YOGABODYBIRMINGHAM.CO.UK

Yoga Body

Annual health checks for those who are diagnosed with dementia


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

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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?


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

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

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


How long does an Annual Health Appointment last?

- 20-30 mins




What help might you need?

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



What happens during the Annual Health Check?

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



Birmingham and Solihull Integrated Care System
Caring about health, lives



*Sunday Mornings
at St Columba's*

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

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

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

You are welcome.

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



Slimming World
taste the freedom

FREE membership

act out and lose weight!

St Columbas Church hall
Banners Gate Road
Wednesdays 7pm
☎ Karen 07759170289
Or just come along!

slimmingworld.co.uk




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

Not on Friday 29th December

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

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

Classes at St Columba's Church

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



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

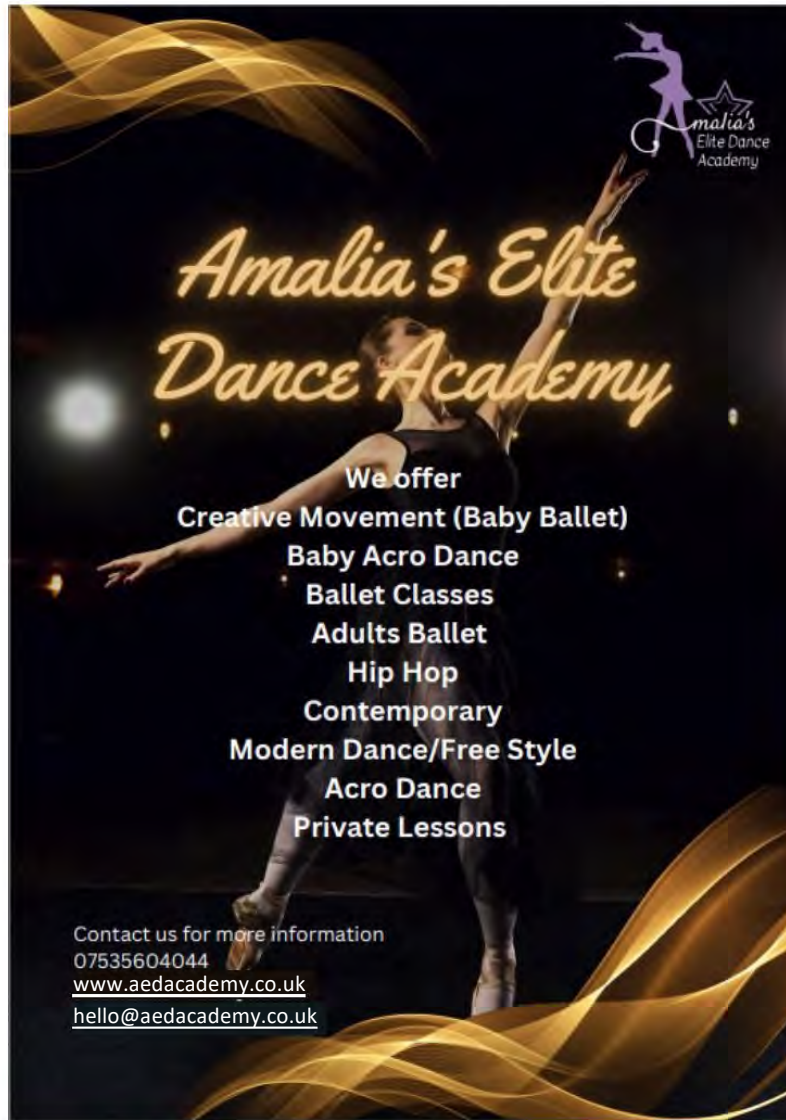
T: 07869 822502 E: info@hopefood.org.uk

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

sharedreading@foliosuttoncoldfield.org.uk

Hope Food – North Birmingham. A charitable incorporated organisation registered in England. Charity registration number 1195019. Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

Two new classes starting at Banners Gate Community Hall.



**MOVE IT
OR LOSE IT!**®

A new class is starting at Banners Gate Community Hall.
It is going to be an exercise class for the “older” generation, with a company called Move It Or Lose It.
It will be an hour class, starting at 2 o'clock and finishing at 3 o'clock.
It is commencing on Wednesday 10th April.
The price is £5 per class; first class will be free as we will be doing enrolment.
Please bring a bottle of water to class and wear appropriate footwear.
Contact number is 07773013700.
kay.evans@moveitorloseit.co.uk Kay Evans.



A friendship group from Sutton Coldfield Baptist Church meeting up after their 10.30am service for coffee and a chat in Botanico, House of Fraser. All welcome to the service and to join them afterwards.



Coffee Morning



every Friday 10:30-12:30
 St Columba's Church Hall
 Banners Gate
 (Sutton Park Corner)

**All welcome for
 Coffee. Tea. Friendly chat.
 warm space**

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






Rotary Club of Erdington



Invite you to our Charity Casino Evening



Friday 5th April 2024

Aldridge Conservative Club
62 Portland Road Aldridge WS9 8NS

Starts at 7pm

Teams of 4-6 at £5:00 per person

Smart casual dress code

Please book with

Ann on 07546 343596

(Cobs will be available to purchase on the evening)

Measles: protect yourselves and your loved ones

Measles cases are increasing across Birmingham.

Measles can be a serious infection that can lead to complications, especially in young children and those with weakened immune systems. Measles spreads easily but it is preventable. The MMR vaccine is the best protection, so please make sure you and your loved ones are up-to-date with your MMR jabs or catch up on any missed jabs.

If you suspect you or someone in your family has measles, call ahead to your GP surgery or other healthcare setting before attending. You can also find out more about the [signs and symptoms of measles](#).



Sutton Park Grange
Physical Activity Day
fundraiser for World Parkinson's Day
THURSDAY 11 APRIL from 10am

10am	Seated Exercise Class with Chris
11.30am	Drumming workshop with Ben
2pm	Zumba with Dawn
3pm	Breath workshop with Ben

Everyone welcome to any or all of the classes for a small donation to Parkinson's UK & our team & residents will be doing a sponsored 'walk' of the 100 miles between all our Midland homes throughout the day.

Call Karen on
0121 269 1235
for more information



Volunteers Wanted

Banners Gaters is the local volunteer group working in the Banners Gate area of Sutton Park. We meet every Monday morning apart from bank holidays at 11am in the car park at Banners Gate entrance and work until 2 pm (with a tea/coffee break at 12.30). Our work is varied, according to the season and whatever is needed most urgently.

Recently we have cleared the drainage ditch from Chester Road below the Parson and Clerk to prevent flooding of the heathland, repaired the bridge over the ditch, cut back brambles, nettles and gorse encroaching on footpaths, cleared years of overgrown vegetation on Longmoor Pool dam to enable a scheduled safety inspection, replaced rotten posts protecting grass areas by the car park and installed new ones, filled holes in the car park and by pedestrian gates (a never-ending problem) and cut back fallen trees overhanging the footpaths.

In the late 50s there were nearly 50 staff managing Sutton Park alone. Now there are far fewer, caring for all the parks around Sutton – Pype Hayes Park, New Hall Valley and Rectory Park amongst them. With the expected cuts in services from Birmingham City Council the situation is very unlikely to improve and will probably get worse, so volunteers are essential to prevent even further deterioration of our park so, if you're available, please consider joining us.

Everyone is welcome, any gender (we need more ladies) and almost any age. Most but not all of us are pensioners and it's a great way to meet others, get some free exercise and do something positive to improve Sutton Park at

Banners Gate. Tools and gloves are provided as well as tea and coffee - and wear your old clothes.

For more details contact the Visitor Centre by Town Gate or you can ring or text Gill on 07973 194979.





EASTER CLEAN-UP

LITTER PICK AT KING GEORGE V PLAYING FIELD

**EASTER SATURDAY, MARCH 30TH AT
10.30AM**

**This has been arranged by Friends of the
Gates on behalf of Friends of King George V
Playing Fields. There's a lot of litter to pick
so please come if you can. Everyone
welcome. Meet at 10.30 by the main
entrance in Sutton Oak Rd, opposite George
Frederick Road. Litter picking equipment
will be supplied, wear old clothes and strong
gloves. Hope to see you there.**





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

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

**Please Bring
Donations
to:**

**Sutton Coldfield United Reformed Church
Food Bank
1 Brassington Avenue, B73 6AA**



**Urgent!
Food
Donations
Needed!
Now!**

Our Food Supplies are running out but people still need our help. We urgently need food, especially, all tins; soup, baked beans, tuna; breakfast cereals; long life milk; tea; rice and pasta.

Free monthly activity sessions for people aged 75+



**Please register
in advance
by calling
0800 716 543**

Activity: Indoor bowling
Starting: Monday 11th September
Date: Every second Monday of the month
Time: 10.30am - 12pm
Venue: United reformed church, Sutton Coldfield

Bringing generations together

Reengage

Re-engage is a registered charity in England and Wales (1146148) and in Scotland (SC019177).
Web: www.reengage.org.uk for more information



Barry Gardner
Media and PR Officer
Tel: 0207 420 5818

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

What is **AI** (Artificial Intelligence) in today's technology? AI technology involves the use of algorithms, computer programs, and statistical models to enable machines to collect data, process information, recognize patterns, and make decisions based on that knowledge. By following this process, it is continuously learning, improving, and evolving to deliver better outcomes.

We live in a world with continuing advances in technology which as a senior citizen it has been amazing to witness and be part of it. I can recall endeavouring to explain to my long-deceased Uncle Harry 30 years ago what a fax machine was, saying that you could feed a picture into this machine, and it would transmit and replicate an exact copy in Australia on their equivalent fax machine at that same moment. He gave me a stunned unbelieving look.

Uncle Harry would certainly not have believed future technology would enable us to speak and visually see people, helped by a satellite in outer space, using either an iPad, laptop, or mobile phone anywhere in the world. Mind you, in a parallel situation myself when I worked as a travelling sales engineer 30 years ago covering a large area of the UK, and carrying a car boot full of maps, if anyone had said to me there would be, in the future, assistance in the form of an in-car device, the Sat Nav, I would have joined the Uncle Harry club as a non-believer.

All that said this does not stop us from being very frustrated with **AI** at times when carrying out tasks on our computers. How many times are we requested to repeat the same information, like our email, password, or home address? We are then asked to go to another of our devices to cut and paste a code enabling us to proceed, all in the name of security.

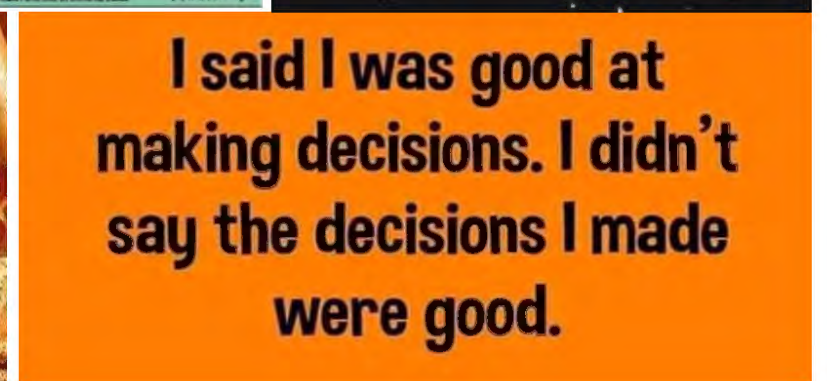
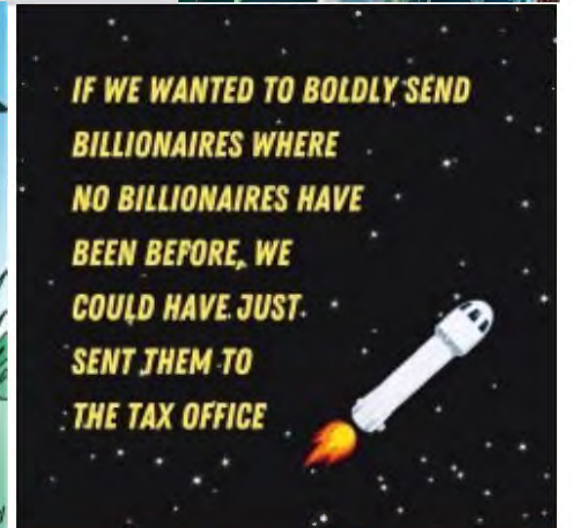
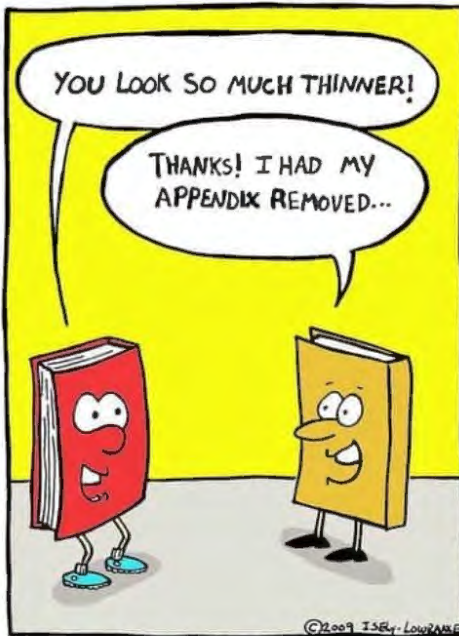
Incidentally, back to Uncle Harry, the IT phrase 'cut and paste' in his day was associated with wallpaper hanging!

In bygone years if you had a problem or question you could find a helpline phone number and thus speak to a person directly. Not now, it's Mr or Mrs Robot ("*Sorry I want to be all inclusive*"). If your problem is not a recognised pattern for the robot, its reply is, "*I do not understand the question*".



It eventually directs you to a forum with a further log-in where other humans have had problems, as a last chance saloon, in the hopes that another human has perhaps had your same problem, and someone has provided a solution. Are you following all this, because there will be a Zoom test paper shortly!





Odd signs from around the world.





The following are from Ed in Encinitas, California.

I woke up this morning determined to drink less, eat right, and exercise.
But that was four hours ago when I was younger and full of hope.

Anyone who says their wedding was the best day of their life has clearly
never had two candy bars fall down at once from a vending machine.

We live in a time where intelligent people are silenced so that stupid
people won't be offended.

The biggest joke on mankind is that computers have begun asking
humans to
prove they aren't a robot.

When a kid says "Daddy, I want mommy"
that's the kid version of "I'd like to speak to your supervisor".

It's weird being the same age as old people.

Just once, I want a username and password prompt to respond CLOSE
ENOUGH.

Last night the internet stopped working so I spent a few hours with my
family.
They seem like good people.

If Adam and Eve were Cajuns they would have eaten the snake
instead of the apple and saved us all a lot of trouble.

We celebrated last night with a couple of adult beverages Metamucil
(e.g. Fybogel in UK) and Ensure (Nutritional Supplement Drink).

You know you are getting old when friends with benefits means
knowing someone who can drive at night.

**A list of 'Common Sayings' contributed at a Coffee morning
Friday 3rd March 2023 and many since.
We do not just sit there drinking coffee at St Columba's Coffee
Morning, every Friday at 10 o'clock!**

Could be there till the cows come home. Looking black over Bill's mother's.

Rain before seven, fine by eleven. He was pig headed.

Bob's your uncle and Fanny's your aunt. An apple a day keeps the doctor away.

More truth in that than meets the eye. Whose jacket is that coat on the floor.

Make hay while the sun shines. Don't run before you can walk.

A stitch in time saves nine. Look before you leap. A miss is as good as a mile.

You can lock up from a thief but a liar you can never trust.

A bad workman always blames his tools. The pen is mightier than the sword.

A bird in the hand is worth two in the bush. A rolling stone gathers no moss.

Absence makes the heart grow fonder. Out of sight out of mind.

Actions speak louder than words. Two swallows don't make a summer.

The grass is always greener on the other side of the fence.

Easy come easy go. Life is just a bed of roses. Every cloud has a silver lining.

Better be safe than sorry. An Englishman's home is his castle.

One man's meat is another man's poison. Know which side your bread is buttered.

A bad penny always turns up. All good things come to an end.

All that glitters is not gold. Keep your hair on. Never look a gift horse in the mouth.

Act in haste repent at leisure. None so blind as those who will not see.

Oak before ash rain with a splash. Ne'er cast a clout till May is out.

Red sky at night shepherd's delight, red sky in the morning shepherd's warning.

Look after the pennies and the pounds will look after themselves.

People who live in glass houses shouldn't throw stones.

Strike while the iron's hot.

A fool and his money are soon parted. Better late than never.

Don't judge a book by its cover. Many hands make light work.

Money makes the world go round. Still waters run deep. Easy come easy go.

Even more next month.

communitéa cafe

Open
8:30am - 4pm
Monday to Saturday

Fancy a lighter bite?
Try one of our new omlettes
served with salad
from our new menu...



AGE Concern
Birmingham



HELLO
SPRING

76/78 Boldmere Road, Boldmere, B73 5TJ

Call us on 0121 630 2462 or email us
communitéa@ageconcernbirmingham.org.uk

Monday

Carers Hub drop-in: 9.30am - 12pm - 4th only

Our advisors can provide information and advice today. Pop in and have a chat, no appointment necessary.

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Walking Group - weekly 10:30am - 11:30am

A weekly wellbeing walk, open to all, especially those who care for others. meet in the cafe at 10:30am with Emily.

Social Cafe Group - weekly 1:30pm - 3:30pm

An opportunity for older adults to meet others and have a chat over a cuppa supported by Sue and Emily from Age Concern Birmingham.

Tuesday

Allotment Group 10am until 12pm - weekly

Come and talk all things gardening with the Communitéa Allotment group...

Dementia Carers drop-in: 10am until 12pm 5th only

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

Friends For Life Veterans Group: 1pm until 3pm - weekly

Our group aims to bring together all ex service personnel to make new friends.

Stroke Support Group - 12th & 26th only

Bringing together friends and families who have experienced the impact of stroke through our supportive group.

Menopause Group: 3:30pm until 5:00pm - 5th only

Helping each other no matter where in the menopause journey you are, all welcome

Wednesday

Advice Cafe: 10.30am until 12.30pm - weekly

One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

Thursday

Parkinson's UK: 10am until 12pm - 5th & 21st only

A group welcoming those with Parkinson's and their families and carers.

Social Worker drop-in: 10am until 1pm - weekly

Come along to meet and chat to a social worker - ask us anything....

Jubilee Citizens: 2pm until 3pm - 14th & 28th

Need help at home? Pop in and have a chat with one of our team, who will be able to discuss our services and book in a home visit to discuss your needs

Knit and Natter: 2pm until 3:30pm - weekly

Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Friday

Art Group: 10am until 11.30pm - weekly

A friendly art group working with various mediums from charcoal and acrylic paints to lino printing. We create artwork in a relaxed positive environment.

Advice Cafe: 11am until 3pm - weekly

One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

Chatty Cafe: 2pm until 4pm - weekly

Come down for a chat and a cuppa - everyone welcome!



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

BIRMINGHAM BULLETIN



 [RESET](#)

 [RESHAPE](#)

 [RESTART](#)

8 March 2024

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



BIRMINGHAM COUNCIL SETS BUDGET FOR 2024/25

On Tuesday 5 March, Birmingham City Council approved its budget for 2024/25 at a meeting of the full council.

You can find full details, in the agenda papers, [HERE](#).

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

BIRMINGHAM BULLETIN



 [RESET](#)

 [RESHAPE](#)

 [RESTART](#)

22 March 2024

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



Have you considered Shared Lives?

Our lives get BETTER when they're SHARED!

Do YOU have a spare room? Become a Shared Lives carer and make a positive difference to someone else's life: overnight – or for a short break.

- [Find out MORE!](#)

1. What is the surname of the last British player to win the Wimbledon women's single title?
2. St George is the patron saint of England but in which country is he buried?
3. Where was Marc Cohen walking when he put on his blue suede shoes?
4. Which American singer was born Eleanora Fagan?
5. Hepatitis affects which organ of the body?
6. The Rolls Royce radiator ornament is called 'The Spirit of' what?
7. No 617 squadron of the Royal Air Force is better known as the what?
8. Which Bill played the role of Compo in Last of the Summer Wine?
9. In which US state would you find Suffolk County on an island?
10. What type of car was KITT in the original Knight Rider TV show?
11. Who wrote the 'Famous Five' series of books?
12. What is the fourth book of the Old Testament?
13. Rob Andrew was director of rugby at which Premiership team until 2006?
14. To what country does the island of Elba belong?
15. What is the real surname of Sting from The Police?
16. Which film has the phrase 'Life is like a box of chocolates, you never know what you're gonna get'?
17. Where were the Bee Gees born?
18. What is the name of the sequel to the film and book 'Twilight'?
19. Sarah Palin was the first female governor of which state?
20. The Great Orme is a prominent feature in which Welsh seaside town?

Answers

1. Wade (Virginia)
2. Israel
3. Memphis
4. Billie Holiday
5. Liver
6. Ecstasy
7. Dambusters
8. Owen
9. New York
10. Trans-Am
11. Enid Blyton
12. Numbers
13. Newcastle Falcons
14. Italy
15. Sumner (Gordon)
16. Forrest Gump
17. Isle of Man
18. New Moon
19. Alaska
20. Llandudno



Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

Please contact Lorraine on: 0121 747 5932 or 07939—320—363.

We can help with Benefits, Debts, Housing Benefit, Council Tax Support and Benefit Tribunal Representation



REFLEXOLOGY FOOT MASSAGE

"We are living in uncomfortable, crazy times"

*The most productive thing you can do is
"RELAX"*

Switch off for a while - Feel good and reconnect

Benefits include:

- Improved sleep
- Elevated energy levels
- Immune system boost
- Decreased tension
- Deep relaxation
- Improved circulation



Be kind to yourself
or someone you love
Call Hayley G
07946 740910

Mobile Experienced & Professionally-Trained Reflexologist & Therapist

Gift vouchers available now
(Discounts for Carers!)



We are in urgent
need of your
preloved items

Drop them instore
today or
arrange for a
FREE collection



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

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



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

To get involved please contact Claire:

Tel: 07930354885 or email info@ageconcernbirmingham.org.uk

Age Concern Birmingham particularly encourages marginalised groups to participate :



LGBTQ+ VETERANS DISABILITIES BLACK AND MINORITY COMMUNITIES



Here at **Age Concern Birmingham** – and funded through **The Armed Forces Covenant Trust Fund** - we have been running a Birmingham and Sandwell “Friends for Life” project for ex-service men and women since May last year. We started out with a group of 4 and now have 40+ who are aware of our project. Our weekly Tues meetings can see between 15-25 people attend on a drop in basis and have representation across all services. (Army, Navy and RAF) our oldest member being Joan who is 101 and was one of the first women to service in the WAF.

The aim of the project is to bring like-minded people together, to expand social opportunities and promote supportive interactions. Over the months we are proud to report that many friendships have formed, respect and strong values bring this group together resulting in a community of support outside of the weekly meet. Many of our veterans have also gone on to fulfil a volunteer role within our organization, giving a real sense of purpose and increased self-esteem.

The project has many options to combat isolation - not everyone may be comfortable with a group setting, so where possible we can facilitate phone calls, 1-1 meets and in some cases home visits if all parties are happy.

If you have served or know someone who has and would benefit from this project – please contact Claire on 07930354885 for more information



WE NEED YOU!

Calling all Ex-Service Men and Women Across Birmingham and Sandwell

Did you serve?
Do you know someone who served?

Let's get together to reduce isolation, promote social interaction and make new friends with people from similar backgrounds.

For more information on our groups and opportunities contact Claire on 07930354885

AGE CONCERN Birmingham THE ARMED FORCES COVENANT TRUST FUND

no men.... just pause

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

You might be feeling overwhelmed? and not yourself? It's OK So... #intell about you!

Menopause

Find Claire on 07930354885 for more information



Over 22,000 email and social media account hacked

Data from Action Fraud, the national fraud and cybercrime reporting service, shows that **22,530 people** reported that their online accounts had been hacked in 2023, with victims losing a total of £1.3 million.

How are accounts hacked?

On-platform chain hacking

This is when a fraudster gains control of an account and begins to impersonate the legitimate owner. The goal is to convince people to reveal authentication codes that are sent to them via text. Many victims of this type of hacking believe it's a friend messaging them; however the shared code was associated with their own account and the impersonator can now use it to access their account. Usually when an account is taken over, fraudsters monetise control of the account via the promotion of various fraudulent schemes, while impersonating the original account owner.

Leaked passwords and phishing

The other predominant method of hacking reported is leaked information used from data breaches, such as leaked passwords, or account details gained via phishing scams. This becomes prevalent as people often use the same password for multiple accounts, so a leaked password from one website can leave many of their online accounts vulnerable to hacking.

How to secure your accounts

- **Use a strong and different password** for your email and social media accounts. Your email and social media passwords should be strong and different from all your other passwords. Combining [three random words](#) that each mean something to you is a great way to create a password that is easy to remember but hard to crack.
- **Turn on 2-Step Verification (2SV)** for your email and social media accounts. [2-Step Verification \(2SV\)](#) gives you twice the protection so even if cyber criminals have your password, they can't access your email or social media account. 2SV works by asking for more information to prove your identity. For example, getting a code sent to your phone when you sign in using a new device or change settings such as your password. You won't be asked for this every time you check your email or social media.

If you live in England, Wales and Northern Ireland and have been a victim of fraud or cybercrime, report it at www.actionfraud.police.uk or by calling 0300 123 2040. In Scotland, victims of fraud and cybercrime should report to Police Scotland on 101.

If you receive a suspicious email, you can report it by forwarding the email to: report@phishing.gov.uk.

Find out how to protect yourself from fraud: Gov.uk/stopthinkfraud

(If you found the information in this email useful, please forward it to your friends, family and colleagues)



Message Sent By

Action Fraud
(Action Fraud, Administrator, National)



Child Exploitation Can Happen to Any Child. Anywhere.



Spotting the signs could save a child or young person from exploitation. We're working hard to disrupt criminal gangs but we need your help.

Exploitation can happen anywhere. If you see something that does not feel right, report it.

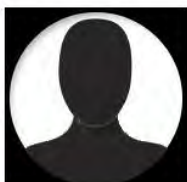
You can report exploitation by calling 999 or 101. If you want to report anonymously, call Crimestoppers on 0800 555 111

Visit the Children's Society #LookCloser campaign for more

information



<https://bit.ly/46yUs5j>



Message Sent By

Stefanie Sadler

(West Midlands Police , Engagement & Consultation Officer, Birmingham Partnerships)



WeAre50: Policing the digital age - Celebrating technological advancements

We are two months into our 50th anniversary of West Midlands Police. Throughout February, we will be discussing how technology has changed over 50 years and how it has impacted the way we police today.

From whistles and police boxes, to contact centres and mobility devices, the world of policing and crime looks very different now compared to 1974. Instead of only having the option to walk into a police station, or call from a landline phone, you can now contact us from any location at any time of the day.

We have multiple different ways for you to contact us including phone, online, Live Chat, WM Now and social media. Your local officers can now share updates on arrests, operations, and neighbourhood policing in live time across social platforms. We have increased our video content to help provide crime prevention advice and show how our officers are acting on issues that matter to you.

To add, we now have video call capability that allows us to see what the caller sees, and know exactly where they are. If required, the call taker will send a link to your phone where you can upload files, images, and additional information to help us build a better understanding of the incident.

One of the most notable transformations in policing is the modernisation of our emergency response systems and call handling centres.

With the integration of cutting-edge technology, we have created a streamlined process that has significantly reduced response times to 101 and 999 calls. Our ability to record and manage more information on our systems ensures timely assistance to those in need and deployment of specialist resources where required.

In February half term we ran a call-handling competition at the Museum for children of all ages. Participants had to answer a 'live' call about a crime in progress and ask the right questions to best equip response officers to attend the incident. The visitor who noted down the most detail in the quickest time was added to the leader board to win a prize.

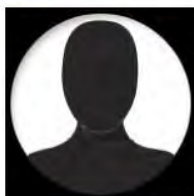
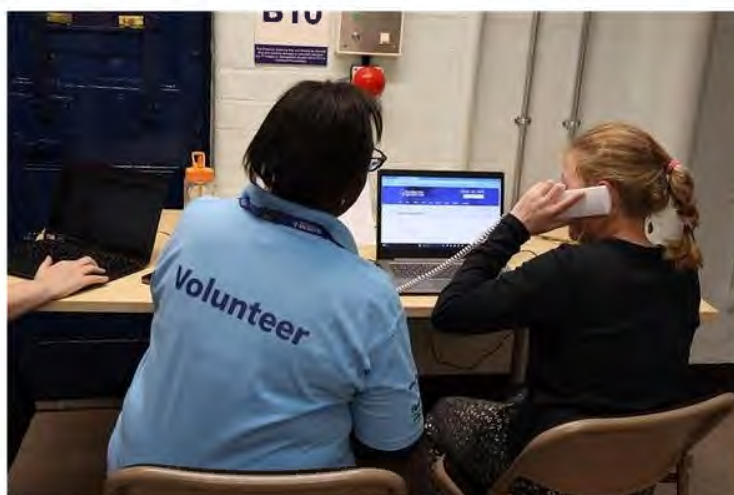
Continued on next page...

We hope this activity helped young people understand what information they need to provide when calling the police in an emergency and make them feel more confident reporting crime in the future.

Assistant Chief Constable, Matt Welsted, said: “50 years on, we have improved so much about the service we provide to the people of the West Midlands at the times they need us most. Not only do we answer more calls quicker than at any time in our history, but the choices we provide through online services, video calls and now social media platforms, we truly are a modern service to be proud of.

The sophistication of how we understand what people need and how best we can help them is unrecognisable compared to 50 years ago and is getting better all the time.

The world has changed so much in 50 years and the rate of change is ever increasing, imagine where we will be in 50 years from now.”



Message Sent By

Stefanie Sadler

(West Midlands Police , Engagement & Consultation Officer, Birmingham Partnerships)



Safety warning from West Midlands Fire Service

West Midlands Fire Service (WMFS) is today (6 Feb 2024) issuing an urgent warning.

It follows a number of callouts where extremely high carbon monoxide levels have been detected – posing a risk to residents and their neighbours.

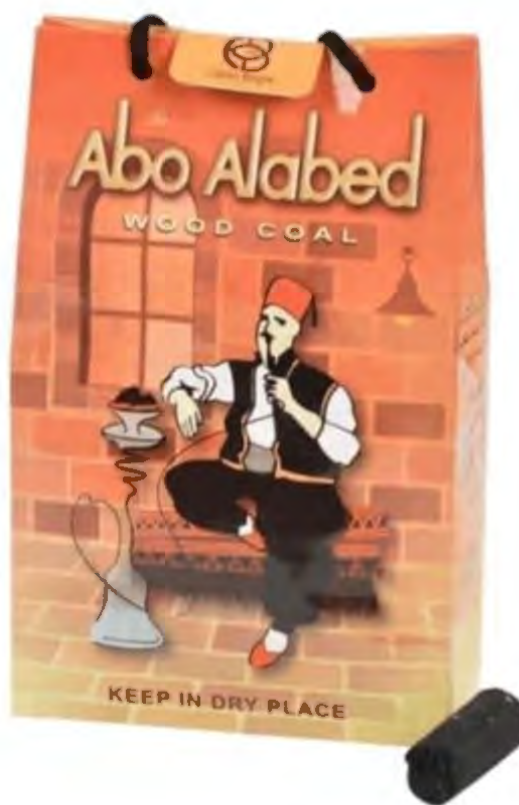
So far in 2024, WMFS has attended six incidents at which very high levels of carbon monoxide appear to have come from 'wood coal' fuels being burned indoors to fuel incense, shisha pipes or to light other fuels. These have set off carbon monoxide alarms or caused illness, with levels of 600 parts per million (ppm) detected, which is high enough to be fatal.

The products, including Abo Alabed wood coal (pictured), do not have relevant safety labels or warnings that they should not be burned inside.

They are available on major retailers' websites, and may be being sold in small, local shops who may not be aware of the risks the products pose.

We advise anyone using such products:

- check for and read any safety labels
- if you're not sure about the safety of the product – **don't use it**
- **do not** burn these products in an unventilated area
- install carbon monoxide alarms in your home, in the same room as any fuel-burning appliance.



Thank you for reading this message. Please share it with anyone you know who might use these products.

Urgency: 3 2 1



FORCE UPDATES

Share your views on your local police

We are hoping that you can help us with some work we are doing around improving our visibility in our local communities and finding out what people want from their local neighbourhood teams.



While seeing our officers out and about on patrols is an important part of how visible we are, we also want to understand what we can do to improve our visibility in other areas including online via our digital channels and direct engagement with our community via events and meetings, and activity with partners.

We've put together a small survey here <https://online1.snapsurveys.com/2d5r0f>

and we'd really appreciate you using it to share your views. We will use those views to help shape our next steps in continuing to improve the information we share and our visibility in our communities.

Kind regards

Helen



Message Sent By

Helen Thompson

(Police , Communications Manager, Corporate Communications)



Your donations **save lives**

Help fund life saving research by
donating your preloved items to us.

We particularly need good quality:

Clothes and Shoes
Bags and Accessories
Books, CDs and DVDs
Homewares
Toys and Games



Drop your donations direct to your local
shop or call to book a FREE home collection.

Units 6-7 Red Rose Centre, Sutton Coldfield,
West Midlands, B72 1XX

0121 355 5848

**For furniture collections
visit: bhf.org.uk/collection**

giftaid it

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BHUS372



**British Heart
Foundation**

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SC039426

SUTTON PARK GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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

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



SUTTON PARK GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

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

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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




Join us for our next event

Mercia Grange care home, Sutton Coldfield

Coffee, cake & friendship cafe

First Tuesday of every month
2pm - 4pm

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

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

Trusted to care. 

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

care UK 

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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

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

To discover everything you need to know about the Sutton Coldfield Neighbourhood Network Scheme as a whole, you can also read our **NNS Handbook** at

<https://www.calameo.com/read/00067546760ea7e9396a0>



HELLO
April

**What's On
at
Sutton Coldfield Library
April 2024**





FOR FAMILIES

Thursday 4th April

Craft: Friendship Bracelets 2:30pm–3:30pm – Come along and make a friendship bracelet. Keep it yourself, or give it to a friend. Drop in session.

Saturday 20th April

Craft: Robot Bookmarks 11am–12pm – Come along to colour in a robot themed bookmark. Drop in session.

Every Monday

English for Ukrainians Class - 10 - 11.30am - Come along to our friendly class to learn English and make new friends

Ukrainian Coffee Morning - 11.30am - Join other Ukrainian people for an informal cuppa and chat every Monday

Lego Club - 3.15 - 4.30pm - Come and play with our Duplo and Lego blocks.

Every Friday

Pre-School Story Time 10 - 10.30am - Bring your children aged 0-5 along to enjoy some stories, rhymes & musical instruments.

Every Saturday

Lego Club and Boardgames 2.30 - 4.30pm - Enjoy playing with our board games and Lego every Saturday afternoon.

**Please note that the crafts are not suitable for children
under 3 years old.**

Children must be accompanied by an adult.



FOR ADULTS

First Saturday of the Month

Royal Sutton Coldfield Town Council Advice Surgery 9.30 - 11.30am -
Monthly advice surgery with Councillor Pears

Saturday 6th April

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

Thursday 25th April

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

Every Tuesday

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

Sutton Coldfield Local History Research Group 2 - 4.30pm - SCLHRG meet weekly in the library. For more information visit their website: <https://sclhr.org.uk>

Thursday 11th April

Shared Reading Group 2.15 - 3.45pm - if you enjoy discussing all types of literature join our small group that meet on alternate Thursday afternoons. More details can be found on our social media.

1st, 2nd & 3rd Thursday of the month

Craft & Chat Group 10am - 1pm - if you enjoy knitting, or any other type of needlecraft or crafting, or would like to get started come and visit our friendly group based in the library. Normally situated in the soft seating area. No booking necessary.

Contact Us

0121 464 2274

sutton.coldfield.library@birmingham.gov.uk

www.facebook.com/SuttonColdfieldLibrary

www.twitter.com/SuttonLibrary

www.instagram.com/suttoncoldfieldlibrary

Sutton Coldfield Library

Opening Hours

Monday: 9.00am-1pm & 2pm-5pm

(Closed Bank Holiday, Monday 1st April)

Tuesday: 9.00am-1pm & 2pm-5pm

Wednesday: CLOSED

Thursday: 9.00am-1pm & 2pm-5pm

Friday: 9.00am-1pm & 2pm-5pm

Saturday: 9.00am-1pm & 2pm-5pm

Sunday: CLOSED

Kingstanding Library

birmingham settlement
developing communities, changing lives

Employability and Digital Skills Programme

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

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

Are you unemployed and looking for work?
We can help!

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:

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

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



Like us on Facebook at Birmingham Settlement

Follow us on Twitter at @BSettlement

www.birminghamsettlement.org.uk
Registered Charity: 517303

www.birminghamsettlement.org.uk
Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



OPEN ALTERNATE TUESDAYS
(from 18 April 2023)
10.15AM – 12.30PM



If you need help and support with any issues, such as benefits, housing, debt, isolation, etc., a Community Network Support Officer will be available to provide information and signposting.

If your family is struggling financially and you would like some help with a food parcel, this can also be arranged.

OR CONTACT ELIZABETH: 07597 012 598

It's Free!

Free

Bring proof of address for first loan



Pop-up Share Shack



Wednesday 11am - 1pm



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

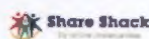
Come and visit us where you can:

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

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




For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7050, email: shareshacks@theaws.org or visit: www.theaws.co.uk/shareshacks



See next page

**ELIM LIFE CHURCH
FOODBANK**
Are here to help You!



COVERING:
•KINGSTANDING
•WYRLEY BIRCH
•PHEASEY
P.T.O

**ELIM LIFE CHURCH
COMMUNITY HUB**
ELC 28 ROMNEY WAY
PHEASEY B43 7TL

OPEN WEDNESDAYS
Referrals:
WEDNESDAYS IN BY 12NOON
Parcel Collection:
WEDNESDAYS 12NOON-2PM
*Also available from ELC Kingstanding | B44 8QD
Donations:
WEDNESDAYS 9.30AM-2.30PM

EMAIL:
foodbank@elimlifechurch.co.uk
CALL:
0121 360 1239
ONLINE FORMS:
www.elimlifechurch.co.uk



PLEASE NOTE:
Referrals must be made by 12noon on Wednesdays
(Please note a request does not guarantee a parcel)

Your free advertisement
could go here.

Email
bgatepost@gmail.com.

 **Benefits Advice
Surgery**

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



FREE

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

Areas Covered:
Erdington, Kingstanding, Perry
Common, Stockland Green,

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

What's On at Streetly Community Library Spring 2024

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

2nd Wednesday of each month 10.30-12 Poetry Group

3rd Tuesday of each month 11-12 Crime Club Reading Group

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

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

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

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

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

Every Saturday 12-1 Local Councillors' Surgery

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

4th Tuesday of each month 10.30-12 Death Café - *ask at the counter or see the flyer for more information*

Every other Saturday from 20th April 11am Saturday Stories

Saturday 23rd March 10-12 Mental Health Drop-in Session

Saturday 30th March 11-12.30 Lego Fun

Saturday 20th April 10-12 Mental Health Drop-in Session

Saturday 27th April 11-12.30 Lego Fun

Saturday 25th May 11-12.30 Lego Fun

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

01922 654864 streetlylibrary@walsall.gov.uk

Birmingham's Mobile Library Service

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

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

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

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

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

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

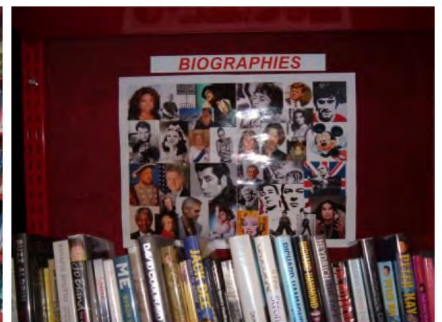
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171 Mobile: 07766 923344

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

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library





Tram Terminus Erdington. B'ham Museum



Though this photo states the tram being parked up at Erdington, the Royal Town of Sutton Coldfield sign was, in those days, just outside the current Butchers shop! This was the 'terminus' - the trams never ventured into the main Sutton Town! The Wylde Green shopping area otherwise seems changed very little and has remained a popular shopping area !!! The same cannot be said for changed transport, where the tram lines are replaced by a service road with rows of parked up shoppers, with only one hour waiting time !!!!



HelpinBrum

Find Help In Brum Are you concerned about the rise in cost of living?

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

We are working with the local community and a partnership of voluntary and community sector organisations to expand a network of warm spaces. These spaces will be available for people to use and visit during the winter period and beyond.

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

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

The services at each space will vary but may include:

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

You can find details of our current Birmingham Warm Welcome Spaces at www.birmingham.gov.uk/warmwelcome

Keep checking back online as more spaces will be launched weekly.

Benefits and Money Advice:

During the cost of living crisis, it is also important to ensure you have access to the right benefits and money advice for you. There are several information portals below which can help.

To find out what benefits you are entitled to, it is best to use the Benefits Calculator provided by the Government. Find out more by using this link:

www.gov.uk/check-benefits-financial-support

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

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

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

Foodbanks:

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

With one visitor saying "It was just a small personal touch that made you feel welcome and on the occasions where I was a bit shy to ask, it also felt like somebody did care that times were tough."

To find a foodbank or other food support please visit

<http://www.birmingham.gov.uk/foodhelp>

Healthy Start card

If you are 10 weeks pregnant or more, have a child under four years old, or you or your family get certain benefits, you may be able to qualify for a Healthy Start card.

The card has money on it to be used in shops to buy plain liquid cow's milk, fresh, frozen, and tinned fruit and vegetables, fresh, dried, and tinned pulses, and infant formula milk based on cow's milk. You can also get free vitamins.

To find out more and how to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

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

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

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

More Information Available

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

Other Support Available

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

Age UK Birmingham

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

Birmingham Mind

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

Moneyhelper

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

Stop Loan Sharks

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

Turn2Us

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

Birmingham and Solihull Women's Aid

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

Shelter

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

The Active Wellbeing Society

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

The Refugee and Migrant Centre

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

Spitfire Services

Advice on money www.spitfireservices.org.uk
0121 747 5932

**St John
Ambulance**



Young Responders

Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

**"Make a difference
today!"**

**Hands-on first aid
sessions for 14 - 25s**



**FREE first aid sessions
in your local area**

For more information
visit www.sja.org.uk



Play Bridge




Join us - Bridge is for everyone!



Sutton Coldfield Bridge Club
BEGINNERS BRIDGE LESSONS

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

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

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

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

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge



Pawpounders
Doggy Daycare Centre

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

Puppy Socialisation and Training Classes
now available.

FOR PUPPIES FROM 2 TO 6 MONTHS

LIMITED SPACES AVAILABLE

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

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




TO BOOK YOUR PLACE PLEASE
EMAIL ERICA at
Ecd23@icloud.com or call
07704523733.



Line Dancing
Absolute Beginners Class
to be held at
Banners Gate Community Hall
Tuesdays 5 - 6 pm
Everyone welcome
Please phone Diane
On 07711 048 215
For further information





**CREATIVE
PLANTS**

A friendly unique plant nursery specialising in stunning
Italian and Mediterranean plants



**PREGO
Cafe**

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

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

Your free advertisement could go here.

Email bgatepost@gmail.com.



Do you like to sing?

Challenge yourself to learn a new song in 4 weeks and perform it in front of your family and friends, by joining our **FREE** singing course each **Monday 26th February to 18th March 2024** with Second City Sound, a female four part harmony acapella (unaccompanied) chorus.

We meet at Grove Vale Primary School, Monksfield Avenue, Great Barr, B43 6AL.

Telephone Elaine on 0121 384 4729 for more details.

OUR PLACE
Your Place for Support

Advice Service

FREE ADVICE ON:

BENEFITS
HOUSING
EMPLOYMENT SUPPORT



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

DEBT ADVICE
LEGAL ADVICE

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



Supported By 

EHPSC
Early Help Partnership Sutton Coldfield



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

Use the QR code to access our **Family Connect Form**
Fill in your details and what support you're looking for, and we will be in touch.

 Food & Energy	 Mental Health	 Domestic Abuse	 Emergency Funding	 Money & Debt Advice
 Data & IT	 Under 5's Support	 School Uniforms & Clothing	 Parenting	 Special Needs & Disabilities
 Bereavement	 Housing	 Sexual Health	 Mental Health	 Play

If you need more information, or support filling out the form, contact your Community Connectors, Danielle & Louise
communityconnectors@ourplacesupport.org

 **OUR PLACE** Your Place for Support 

Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach






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

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

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

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

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

Do you need guidance to a problem you are facing?

Would you like help to identify and set life goals?




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

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

To find out more please get in touch.

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



Free
Bring proof of address for first loan

Pop-up Share Shack

 **Wednesday 11am - 1pm**


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

Come and visit us where you can:

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

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

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

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



The United Reformed Church



Parish Nursing Ministries UK

Come and have your blood pressure checked here at Sutton Coldfield United Reformed Church by Sue our Parish Nurse, Tuesdays between 10-12.



Home visiting Podiatrist



Ms Dawn Jarrett
BSc [Hons] Podiatry
HCPC Registered CH1417
Tel 07884471164

Visits to Sutton & all Birmingham
In the comfort of your own home.
Over 23 years NHS experience
Same day appointments available.

Foot/care/wear/advice given
Treatment of ingrown toenails,
Thick overgrown & involuted nails,
fungal nails, athletes foot,
Corns, callouses, verruca's,
Cracked heels, dry skin conditions.
Insole therapy for flat feet etc.

FORGET ME NOT SING-ALONG



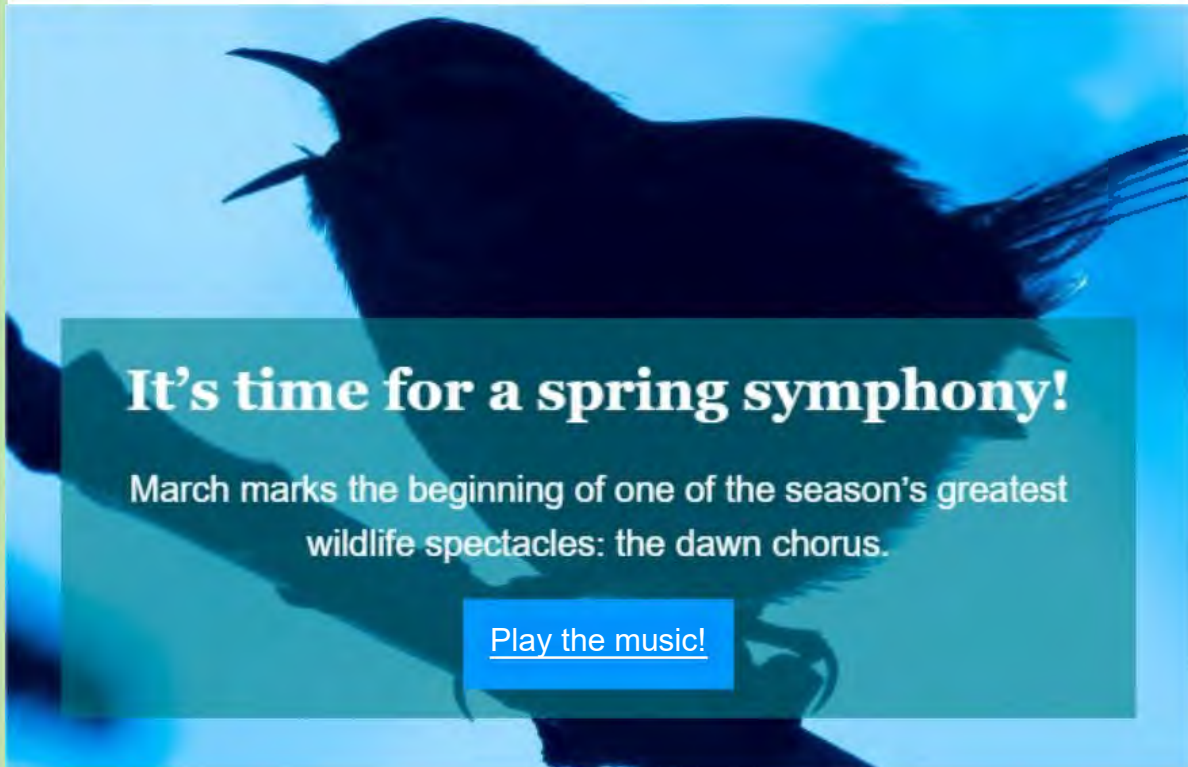
JOIN US
Sing-along for people with Dementia, other disabilities and anyone else who'd like to come along. 1 hour of fun singing and socialising.

£5 PER SESSION
(CARERS FREE)
NO BOOKING REQUIRED.
JUST TURN UP

WHEN?
Every Monday starting
4th October at 11:30pm
1 Hour Session

St Johns Centre
Christ The King Church
Warren Farm Road
Kingstanding
B44 0QN

kidzlikedanny@blueyonder.co.uk | 07544393523



It's time for a spring symphony!

March marks the beginning of one of the season's greatest wildlife spectacles: the dawn chorus.

[Play the music!](#)

They say the early bird catches the worm, and if you head outside as the sun starts to rise, you might find yourself rewarded by a soundscape of birdsong. This week, we're answering your questions about the dawn chorus. Why does it happen and where is the best place and time to hear it? All will be revealed.

Across the pond, Hollywood's A-listers have been proudly flaunting their Oscars wins, so we thought it would be fun to imagine which of our favourite birds would be taking centre stage in the Avian Awards. Who would get your vote for Best Original Song? There are so many worthy nominees!

Did you know that March is International Women's Month? As a female-founded organisation, we're proud to celebrate all of the wonderful women who have made (and continue to make) it possible for the RSPB to fight for nature's future. Read on to find out more.

Lastly, when you [visit a reserve](#) over the next month, make sure you swing by our shops. We have an exclusive offer just for Notes on Nature readers! Enjoy **10% off in reserve shops** using the code below.

Have a wonderful wildlife-filled week, everyone.



Hayley Hawes
Notes on Nature editor

Which?

5 email scams to watch out for

Scammers often use emails containing malicious links or phone numbers that 'phish' for your details. This continues to be a common tactic used to deceive victims, and lots of dodgy emails have been circulating this week.

For instance, people searching on Google for intel about a Pegasus spyware email has spiked in recent days. **This scam attempts to blackmail you into handing over cash, usually in Bitcoin, to avoid them exposing personal images and videos of you.**

With a quarter of people receiving suspicious emails every day, it can be challenging to distinguish between genuine emails and those created by fraudsters. [Discover the five email scams](#) that are currently circulating so you don't fall victim to them.

Revolut account takeover warning

Two Revolut customers contacted us after being scammed by fraudsters who pretended to be calling from Revolut's fraud team. The fraudsters had passed a series of security checks, including the 'selfie security check'.

One victim lost £165,000, rendering his business on the brink of bankruptcy, while the other lost over £40,000 in 10 minutes.

[See Revolut account takeover fraud examples](#) so you don't get caught out

Can you detect a phone scam?

It can be challenging to detect phone scams, as there are many types in operation. **One common example is when fraudsters mask their phone numbers to disguise themselves as your bank's fraud department – known as spoofing.** They then urge you to transfer your money to a 'safe' account before disappearing with your cash.

Scammers can be persuasive, so don't trust calls that come out of the blue. Learn more about [the most common types of phone scams](#) and follow our tips to stay safe.

[Scam sharer tool](#)

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

Stay safe,

Which? Scam Alert Team

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

Which?

Spotlight on scams



[Watch the event](#)

Watch a recording of last week's event or share it with friends and family to strengthen their defences against scammers.

You asked, 'If you could pick one thing you recommend to avoid or combat scams, what would it be and why?'



Faye says, 'Never simply hand over your money or personal data to someone asking - no matter how reasonable the request sounds. Always stop, take 5 minutes, and figure out how to verify what you've been told. A genuine organisation wouldn't mind this. If they get shirty or try to keep you talking, that's a major red flag.'



Spotlight on scams

With reported fraud reaching £2.3bn in the UK last year, knowing how to outsmart the scammers is crucial to protecting yourself, your personal information and your finances. Our scams and money experts at Which? have been answering your questions on all things money, fake and fraudulent.

Our experts:



Faye Lipson,
Which? senior researcher
and writer



Michael Tomlinson,
Which? money expert



Lauren Deltz,
Which? scams and
consumer rights editor



Lisa Webb,
Which? senior lawyer

[Get more answers](#)

Our experts have answered more of the most popular questions on scam safety. We've prioritised answering those that aren't too specific as our experts cannot offer personal advice.

You asked, 'There are always items for sale on Facebook. How can you tell if any of these are scams?'



Lisa says, 'Treat everything on Facebook with suspicion! Over 40% of all crime in the UK is fraud. Of that 80% starts on a social media platform. Facebook Marketplace doesn't have any payment protections in place. You're either parting with cash or you're transferring cash from your account – two of the hardest ways to track fraudsters and get your money back.'



A glaring problem: RAC calls for government action on headlight glare as eight-in-10 drivers affected say the problem is getting worse.

The RAC is calling on the Government to commission an independent study into the issue of headlight glare after new research found 85% of those affected believe the problem is getting worse.¹



An RAC survey of 2,000 drivers found a huge nine-in-10 (89%) think at least some headlights on cars on the road today are too bright, of which three-in-10 (28%) – a higher proportion than ever – think most are.

Of the all these drivers who complain about the brightness of car headlights, some 91% say they get dazzled when driving with three-quarters (74%) saying this happens regularly.

When it comes to the effects of glare on drivers, two-in-three (67%) who suffer say they have to slow down considerably until they can see clearly again, while a similar proportion (64%) believe some headlights are so bright they risk causing accidents.

In fact, five per cent of these drivers state they have nearly been involved in a collision themselves.

Alarmingly, nearly one-in-10 (7%) say they find headlight glare so bad that they avoid driving at night altogether, a figure that rises to 14% for drivers aged 65 and over.

While the RAC has been surveying drivers on dazzling headlights since 2018, these new findings show more drivers than ever appear to be suffering from them, with 85% of those affected stating they believe the problem is getting worse.

- **Car lights and headlights guide**
- **Drivers demand government action to reduce glare from car headlights**
- **Headlight restoration guide**



Change of venue



Sing Me Sunshine is my lovely singing group for all!

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



Tuesdays 2 - 3pm | **Thursdays 2 - 3pm**

St Columba's Church hall | **All Saints' Church Centre**
Banners Gate Road/ | **Belwell Lane, Four Oaks,**
Chester Road North | **Sutton Coldfield B74 4TR**
Sutton Coldfield B73 6TX

£5
PER PERSON

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

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

Your free advertisement could go here.

Email
bgatepost@gmail.com.



Talking Space

Are You Having a Difficult Time ? We can help with ...

Low Mood **Struggling to Cope**

Mental Health Crisis **Suicidal Thoughts**

Just drop in between 6pm - 11pm (Over 18 only)
Thursday, Friday, Saturday & Sunday

Beechcroft Centre
Rear of 501 Slade Road, Erdington, B23 7JG

In Partnership with
creative SUPPORT
Forward Thinking Birmingham



Talking Space

Are You Having a Difficult Time ? We can help with ...

Low Mood **Struggling to Cope**

Mental Health Crisis **Suicidal Thoughts**

Just drop in between 6pm - 11pm (Over 18 only)
Wednesday, Thursday & Friday

Handsworth Hub
9 Park Avenue, Hockley, Birmingham B18 5NE

In Partnership with
creative SUPPORT
Forward Thinking Birmingham



CHESTER ROAD
Baptist Church

CAFE TOTS

We're a Warm Space!
for parents/ carers and your little ones!

Chester Road, Sutton Coldfield B73 5HU

Wednesdays 9am-3pm
Thursdays 11am-3pm
Fridays 9am-3pm

FREE entry, craft, parking, WiFi...
Need the hot drink to be free?
Just ask for a **Royal Tea/ Royal Coffee***
Supported by Royal Sutton Coldfield Town Council

WELCOME to CAFE TOTS!

P **WiFi**

ROYAL SUTTON COLDFIELD

**a value drink*

ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ

SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

CUP OF TEA, GENTLE EXERCISES, HEALTH TALKS, SOCIALISING, DAY TRIPS & MORE...

EVERY MONDAY & WEDNESDAY
10am—12noon

Mondays at Methodist Church Centre, Four Oaks B74 2UU
(Buses 6, 78, 842, X3, X5)

Wednesdays at All Saints Scouting Hut, Four Oaks B74 4TR
(Buses 6, 72, 842)

ਜੀ ਆਇਆਂ ਨੂੰ

Completely FREE to attend
No registration required. Just drop-in or call
07548 006561

Brought to you by Sikhs of Sutton Coldfield
Winners of British Sikh Awards' Seva Group of the Year 2022

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

Please share with your family & friends

SCCT
Sutton Coldfield Charitable Trust

ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ



Sanjha Chulha
a Punjabi Luncheon Group

Calling all in and around Sutton Coldfield

For a full vegetarian meal and soft drinks for only £3

EVERY FIRST MONDAY OF THE MONTH
Open from 12.30 TO 2.30pm

ENJOY THE PUNJABI MUSIC & ENTERTAINMENT WHILE YOU EAT
BRING YOUR FRIENDS ALONG OR MAKE NEW FRIENDS THERE!

Methodist Church Centre,
Opposite Four Oaks Train Station, B74 2UU

Please share with your family & friends

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm

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

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

MORE INFO:
For all preschool age children.
No booking required.
Call Beth on
07719 857 450
for further details.

Pregnant? Children under four?

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

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

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

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

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

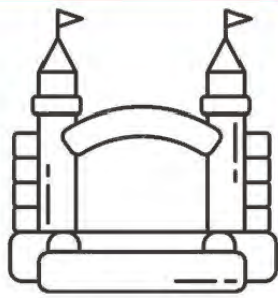
Sign up today www.healthystart.nhs.uk
or telephone 0345 607 6823

Healthy Start

Birmingham City Council

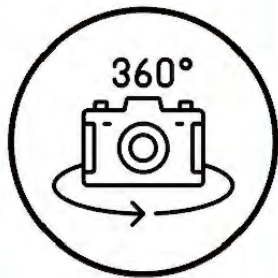
HEALTHY START NHS

rachel.mackay@careuk.com



G & T
party hire

AVAILABLE FOR ALL
OCCASIONS



G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers.

We also have a soft play for the 0-2 years old.

To find out available dates please contact us on the following:

Facebook: Gandt party-hire

Instagram: gandt_partyhire

Email: Gandtpartyhire@hotmail.com



Sunday running club

A RUN CLUB LIKE NO OTHER



Sunday running club was started in January 2022 with a few friends running to get fit for football. In June they started a 5am run and ever since the numbers of the club has just got bigger and bigger. We now have over 200 active members.

The run club is totally free of charge offering social events and weekly coffee mornings. We are more than just your normal run club. We do not care about times, we do not care about how fast you run, we just want to help you along your fitness journey.

With over 200 active members you will never run alone because our members are lovely and caring. Sunday running club is open to all abilities we hope you join us soon.

Best wishes,

Grant & Natasha



Pawpounders
Doggy Daycare Centre

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

Puppy Socialisation and Training Classes
now available.

FOR PUPPIES FROM 2 TO 6 MONTHS

LIMITED SPACES AVAILABLE

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

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




TO BOOK YOUR PLACE PLEASE
EMAIL ERICA at
Ecd23@icloud.com or call
07704523733.



RDS



BRAND NEW DANCE CLASSES IN YOUR AREA!
REPERTOIRE DANCE STUDIO COMES TO SUTTON COLDFIELD IN 2023!

DO YOU HAVE A CHILD THAT IS FULL OF ENERGY?
DOES YOUR CHILD LOVE DANCE & MUSIC?
WHY NOT BRING THEM ALONG TO A FUN PACKED CLASS WITH US? BOOK YOUR FREE TASTER CLASS NOW

MORE INFORMATION


- ✓ WEEKLY REWARD INCENTIVES - STAR OF THE WEEK!
- ✓ FRESH, FUN DANCE CLASSES FOR CHILDREN AGE 3+
- ✓ WE OFFER A RANGE OF STYLES SUCH AS STREET DANCE, JAZZ, HIP HOP, BALLET AND
- ✓ A SUPPORTIVE ENVIRONMENT FOR ALL CHILDREN TO HAVE FUN AND BUILD THEIR CONFIDENCE TOO!
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- ✓ FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

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£5
PER
CHILD**

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

WHERE?
BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !



"W" (Double-u)
(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105
07796 546172

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

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Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172

@

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...Your tech problems solved

Computers, Mobiles,
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Occupational Therapy

Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



0121 296 9543

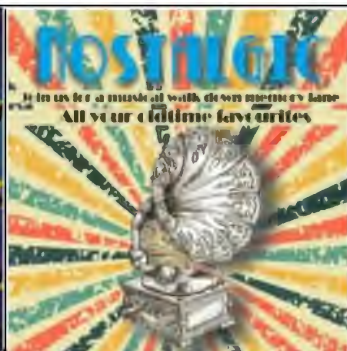
What's On: suttoncoldfieldtownhall.com/events/



enquiries@suttoncoldfieldtownhall.com



TUESDAY 26 MARCH



THURSDAY 28 MARCH



FRI 29TH MARCH



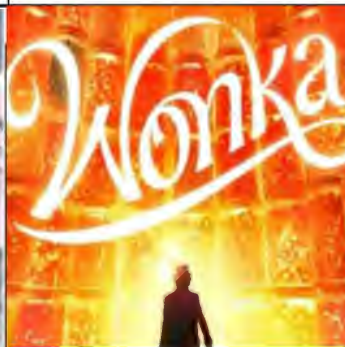
SATURDAY 30 MARCH



12:00PM TUESDAY 2ND APRIL



WEDNESDAY 3 APRIL



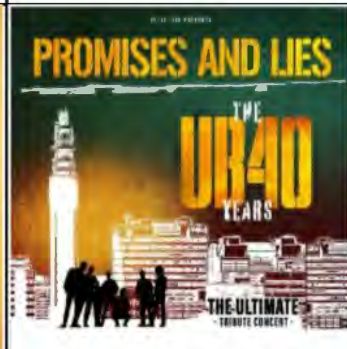
Thursday 4th April at 2pm



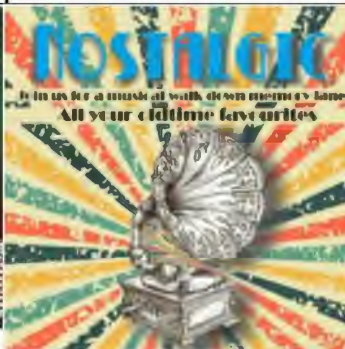
FRIDAY 5TH APRIL



Tuesday 16th April at 2pm



FRIDAY 19 APRIL



THURSDAY 25 APRIL



FRIDAY 26 APRIL



If you live in England, you can use this service to find a walk-in coronavirus (COVID-19) vaccination site. You can get a dose of the COVID-19 vaccine from a walk-in site without an appointment. You do not need to be registered with a GP.

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

NATIONAL BLOOD DONATION

Appointments only:

Telephone:

0300 123 2323



SUPPORT US

On the 3rd April 2019, Royal Sutton Coldfield Town Hall was transferred back to the people of Sutton Coldfield and gave management of the building to Royal Sutton Coldfield Community Town Hall Trust. Now a fully-fledged charity-run venue, with your support we can continue to transform and build Royal Sutton Coldfield Town Hall back to its former glory...



THE LATE MARILYN MONROE

25 APRIL – 4 MAY 2024

On August 5th 1962 the world awoke to the news that Marilyn Monroe, the biggest movie star of that time, had died at the age of just 36. But what really happened? And what was she like behind closed doors? Questions we'll probably never really know the answer to. But what if we could get close?

Drug addiction, depression, psychological issues, sexual exploitation... Issues as prominent today as they were over 50 years ago.

This is not a biographical piece. It's merely one day of a person's life. Their final day. Marilyn as you've never seen her before.

Please note: This production contains occasional strong language and some adult themes. Suggested Age rating: 12+

Written by Darren Haywood
Directed by Dexter Whitehead

SUTTON ARTS THEATRE

BONNIE & CLYDE

20 - 29 JUNE 2024

When Bonnie and Clyde meet, their mutual cravings for excitement and fame immediately set them on a mission to chase their dreams. Their bold and reckless behaviour turns the young lovers' exciting adventure into a downward spiral, putting themselves and their loved ones in trouble with the law. Forced to stay on the run, the lovers resort to robbery and murder to survive. As the infamous duo's fame grows bigger, their inevitable end draws nearer.

Bonnie & Clyde is a thrilling and sexy musical combining blues, gospel and rockabilly music. Get the hottest ticket in town to Sutton Coldfield's "Most wanted" musical!

Please note: This production contains mild themes of a sexual nature and mild violence. Suggested Age rating: 12+

Directed by Emily Armstrong & Dexter Whitehead



2023-2024

DO YOU KNOW THAT FOR EACH PRODUCTION WE DO IT TAKES A MINIMUM OF
15 VOLUNTEERS PER NIGHT... AND THAT DOESN'T INCLUDE THE ACTORS!

Acting, Directing, Musical Theatre, Backstage, Stage Management, Props, Set Building, Maintenance, Bar, Box Office, Coffee/Programme Selling, Sweets, Costume & Dressmaking, Front of House, Fundraising, Publicity, Lighting, Sound

IF YOU ARE A MEMBER AND ARE INTERESTED IN HELPING US WITH ANY OF THE ABOVE PLEASE LET US KNOW.



Birmingham & District Theatre Guild
presents

BFAME

6pm on 23 March 2024 and
2pm on 24 March 2024

An annual one act drama festival
where amateur drama groups
perform in friendly competition,
followed by adjudication.

Four plays are being performed
on Saturday evening, with two
more on Sunday afternoon. The
weekend is then rounded off
with the presentation of various
awards.

Tickets available via
bdta@btinternet.com

What's on next?

Highbury Cinema presents

The Unlikely Pilgrimage of Harold Fry

7pm on 13 April 2024

Director **Hettie Macdonald**

Released **2023**

Duration **1hr 48m**

Certificate **12A**

Harold is an ordinary man who
has passed through life, living
on the side lines, until he goes to
post a letter one day ... and just
keeps walking.



Film tickets available from
Box Office, Highbury Theatre,
Sheffield Road, B73 5HD
Tel: 0121 373 2761 or book online
via highburytheatre.co.uk

The other theatres have been moved to the supplement to keep below 10MB

birmingham settlement

developing communities, changing lives



Are you
unemployed
and looking
for work?

We can
help!

Employability and Digital Skills Programme

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

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



Scan to learn more
about our services:



www.birminghamsettlement.org.uk

Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding

birmingham settlement
Developing ourselves, changing lives

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>Birmingham Mind Women's Group 10am-2.30pm</p> <p>Ageing Well Tai Chi 11am-12pm</p> <p>Little Settlers Baby Massage (Stay, Learn & Play) 12.30-2.30pm</p> <p>Men's Cuppa Club 1-3pm</p>	<p>Dance Fit (50+) 10-11.30am</p> <p>Dog Training Group 10.30am-12.30pm</p> <p>Panthers Judo Club 6-8.30pm</p>	<p>Ageing Well Arts Group 10am-12.30pm</p> <p>Learning Disability Group 7-9pm</p> <p>BCC Junior Youth Club 4.30-6.30pm</p>	<p>Little Settlers (Stay, Learn & Play) 10am-1pm</p> <p>Ageing Well Bowls Group 10am-12.30pm</p> <p>Walking Group 10am-1pm</p> <p>Yoga 1.30-2.30pm</p> <p>Girls Club 4-5.30pm</p> <p>Sports Thursdays 5-8pm</p>	<p>Ageing Well Cuppa & Chatter 10.30am-12.30pm</p> <p>Zumba 1.30-2.30pm</p> <p>Learning Disability Group 7-9pm</p>	<p>Foodcycle 1pm (serving time)</p>

www.birminghamsettlement.org.uk

Registered Charity: 517303



The
Cancer
Support
Centre



THE WALKING GROUP IS BACK!

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

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

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



The
Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

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



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

www.suttoncancersupport.org

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

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



100% of money donated goes to the cause
£25 supplies a child entering emergency accommodation with their own Buddy Bag.

Recipient of The Queen's Award for Voluntary Services in June 2022 to recognise the outstanding work by all of our

What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



Ask your Four Oaks Financial Services Ltd adviser about our Lifestyle Financial Planning Service - we will be happy to show you how our cash flow modelling software can predict your financial future.

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Financial Services Limited
providing positive solutions

Four Oaks Financial Services Ltd, 168 Birmingham Rd,
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Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity

buddy bag
foundation



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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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

Pizza · Pasta · Steak · Fish

Bistro/Cafe Verona

Boldmere

SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

Every Wednesday night: 8pm to 10.30pm (Doors open 7pm)

All Welcome-Pay at the Door (No Club Membership Fee)

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

For details of the Bands playing and entrance price, please
see our Facebook Page as listed below:

Contact: Colin – 07966-745741

[https://](https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/)

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

At The Legion Club, Rectory Road, Sutton Coldfield
West Midlands B75 7AL

The First Tuesday of every month: 8pm to 10.30pm
(Doors open 7.30pm)

All Welcome- Guitarists, Guitar singers, and Listeners.

Pay at the Door (No Club Membership Fee) £3.00 entrance fee

Live Music, Bar, Parking, & Socialising

We look forward to seeing you to be entertained
for a great night out.



For more details, please see our Facebook Page as listed below:

<https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/>

Or Contact: Sandra on 07932-395158



Coffee Pot

St Chad's Church
Hollyfield Road
invites you to
Tea or Coffee
and a Chat

Every Friday Morning
10.30am – 12.30pm

Everyone Welcome



**St Chad's
Sunshine
Cafe**

Our Dementia Friendly Cafe

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

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


Free car parking.

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

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

u3a
Sutton Coldfield

Sutton Coldfield u3a



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

u3a learn, laugh, live

Who do you think you are?

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

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

Why not contact:

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

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



Trinity Photography Group

Do You Want To...

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

If so... come and join us.

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

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

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

We do have a small fee: member's £2.50/visit, non-member's £5.50/visit



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

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



Sutton Coldfield Photography Club



The friendly club

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

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

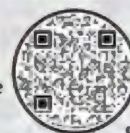


We meet on Friday evenings

from September to April at:

South Parade Methodist Centre

Sutton Coldfield B72 1RB



Contact us at

mail@suttonphoto.club

Find us at

www.suttonphoto.club

or scan the Flowcode here

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



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield, B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

Bridge for beginners

Bridge for improvers

A regular bridge session

Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield, B73 5EU

CYCLE WITH US

Quiet lanes, Non-competitive, Very sociable.

Wednesday leave 1.30pm, back about 4.30pm

Saturday leave 10.00am, back about 1.00pm

20 to 25 miles, 10 mph. Café stop

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



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



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



MORE INFO:
For all preschool age
children.
No booking required.
Call Beth on
07934 857 450
for further details.



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Professional supply and support for Business and Home in the Birmingham area.

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0121 270 6180

www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

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



To book in, message me

Instagram on... Facebook
_beauty_by_ella 07825001242 Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



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

Next meeting Tuesday 9th April - Demonstration with popular Paula Routledge, Floral Media - 'Life's a Ball'.

Why not join us, we are a friendly, enthusiastic Club - visitors and new members always very welcome.

Further details: Chris Reeves tel. 0121 354 6264.



(3)

They were all done with 10 dolly pegs , some wool or twine and a Pyrex dish.

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

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



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

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

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

**Banners Gate Community
Church, Westwood Rd, B73
6UH**

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

What a way to start the new year! For our first meeting of 2024, we welcomed Carol from the Tamworth Hedgehog & Bird Rescue, who came along to tell us how to care for the adorable creatures if we are lucky enough to have them in our gardens. The best surprise of the evening was Carol bringing along two gorgeous hogs to meet us.

Pancake was a very handsome chap, but is completely blind so now lives in the lap of luxury and loves being fussed over! The second visitor was Napoleon, an African Black hedgehog. He was

such a cute little chap, but being native to South America needs to be kept indoors and spends a lot of time on his heated pad.

Unfortunately, as we hear so often, the greatest threat to hedgehogs is man!! The destruction of their natural hedgerows, and countryside often pushes them, like foxes, into our gardens, so it's so important that if we are lucky enough to see them in our gardens, to feed them throughout the year.

If you would like any more information, please look at Carol's Facebook page. Next month we are firmly into growing mode, and one of our own members will be talking about growing and propagating fuchsias.

Please come and see what we are about, we meet the second Thursday of each month at Banners Gate Community Church in Westwood Rd. Doors open at 7.30 p.m. for an 8.00 start and will finish around 9.45.

If you would like any more information, please give Gail, our secretary a call on 07307857440.



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

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

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

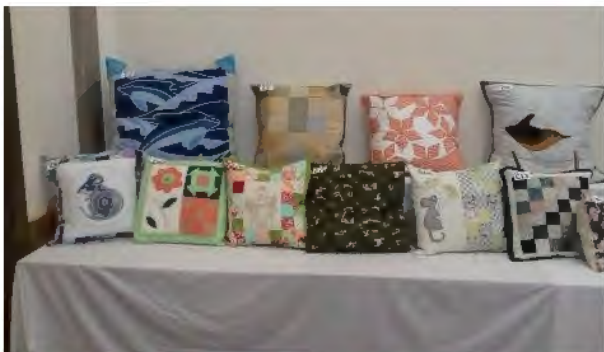
Our new programme commenced on 12 September 2023 and we have a good mix of speakers, workshops, sit and sew sessions.

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

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

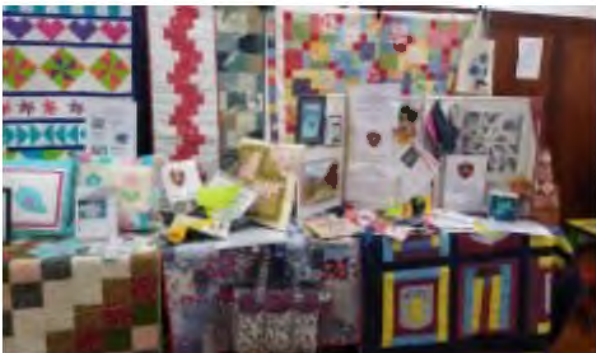
HOW MUCH WILL IT COST? Members pay an annual subscription of £20, due in September (or £10 from January), plus £4 for each meeting attended. Visitors are welcome and pay £5 per meeting attended.

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



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

WE LOOK FORWARD TO SEEING YOU SOON!



communittea cafe AGE concern Birmingham

**Groups are back at the
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

no men.... just pause

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

You might be feeling overwhelmed? and not yourself? The Q&A... #metalkaboutyou

MENOPAUSE

Call 0121 362 3650 for more information.



COMMUNITTEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

Join our friendly gardening group - enjoy gentle gardening and a good chat - and help support our café.

Meet at the green allotment gate at 10am - Sunnybank Road, B73 5RJ. Call to enroll before your first visit.

Our Neighbourhood Networker will be available to advise about community groups and services in the area. Also providing a drop in for community assets to discuss NNS support and funding opportunities.



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the café

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



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redogihandmade@gmail.com
07305 564 108



Worrying about money?

Support is available in Birmingham

Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option 3)

See options 1, 2, 3

My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See option 1, 2

I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option 1

I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options 2, 3

Other Support

Birmingham and Solihull Women's Aid
Support for women and children affected by domestic violence and abuse
0800 800 0028 | www.bswaid.org

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

MoneyHelper
Advice to help improve your finances
0800 138 7777
07701 342 744 (WhatsApp)
www.moneyhelper.org.uk

Step Change
Debt charity offering debt advice and money management
0800 138 1111 | www.stepchange.org

Turn2Us
Information and financial support
0800 602 2000 | www.turn2us.org.uk
benefits-calculator-turn2us.org.uk

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

Healthy Start Vouchers
To help buy fruit, vegetables and milk if you're on a low income and pregnant or have a child under 4.

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

Central England Law Centre
Accredited immigration and asylum advice. Legal advice to access services and financial support
0121 227 6540
enquiries@centralelenglandlc.org.uk
www.centralelenglandlc.org.uk

ASIRT
Advice on immigration and support options for people facing destitution because of the precarity of their immigration status
0121 213 5893 | www.asirt.org.uk

Migrant Help
Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK
Asylum helpline: 0800 8010 503
ASCorrespondence@migranthelpuk.org
www.migranthelpuk.org (Webchat available)

The Refugee and Migrant Centre
Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship
0121 374 0140 | info@rmcentre.org.uk
www.rmcentre.org.uk

About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below. You can access the 'Worrying About Money?' leaflets online at www.foodaidnetwork.org.uk/cash-first-leaflets. The information on this leaflet was last updated on 06/12/21.

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



Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1, 2, 3, 4

CITIZENS ADVICE BIRMINGHAM

Advice on benefits, debt, housing and more
0344 477 1010
enquiries@bcabs.cabnet.org.uk
www.bcabs.org.uk

Help with options: 1, 2, 3, 4, 5, 6

THE PROJECT

Benefit, debt and housing advice
0121 453 0606
www.theprojectbirmingham.org

Help with options: 1, 2, 3, 4, 5, 6

BIRMINGHAM SETTLEMENT

(West Birmingham) Advice service on benefits, debt and managing your money
0121 250 0765
money.advice@bsettlement.org.uk
www.birminghamsettlement.org.uk

Help with options: 1, 2, 3, 4, 5, 6

SPITFIRE SERVICES

Advice on money, benefit, housing and employment issues
0121 747 5932 | info@castlevalle.org.uk
www.spitfireservices.org.uk

Help with options: 1, 2, 3, 4, 5, 6

CENTRAL ENGLAND LAW CENTRE

Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support
0121 227 6540
enquiries@centralelenglandlc.org.uk
www.centralelenglandlc.org.uk

Help with options: 3

DISABILITY RESOURCE CENTRE

Advice and advocacy services for disabled people
03000 402 040 | droc@disability.co.uk
www.disability.co.uk

Help with options: 1, 2, 3, 4

CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty
0800 326 0006
www.capu.org

Help with options: 3

WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home
0800 196 8298 (option 1)
www.warmerhomesWWM.org.uk

Help with options: 1, 2, 4, 5

Other Support

Stop Loans Sharks
Investigates and prosecutes illegal money lenders and provides support for borrowers
0300 555 2222 | www.stoploansharks.co.uk
reportaloanshark@stoploansharks.co.uk

Local Energy Advice Partnership (LEAP)
Energy and money saving service
0800 060 7567 | support@applyforleap.org.uk
www.applyforleap.org.uk

Age UK Birmingham
Information, advice and helpline services for older people (50+), their families and carers
0121 437 0470 | info@ageukbirmingham.org
www.ageuk.org.uk/birmingham

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

nostalgic

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



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



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

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

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

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

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

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Contact number above if interested.

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

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

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

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



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

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

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

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

If you need advice in your caring role, please call us on:
Information and Advice Line – **0333 006 9711** (low call rate)
Mon, Tues, Thurs & Fri: 9am-5.15pm / Wed: 9am-7.15pm
Saturday: 10am – 12.30pm
Email us at info@birminghamcarershub.org.uk
Visit our website at <https://forwardcarers.org.uk/>
Birmingham Carers Hub Specialist Dementia Service

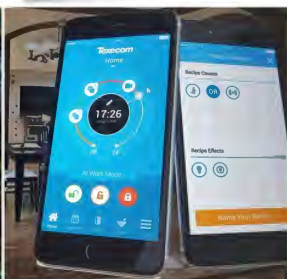
The Birmingham Carers Hub team have all received enhanced dementia training and we have launched a new service offering support to carers of people with dementia. We have also appointed a small team of Specialist Dementia Carer Advisors.

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

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

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

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

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T: Dave Edwards 07305931199

E: norburymaintenance@gmail.com



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Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

Every Monday

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

*All attendees must show proof
of both covid vaccinations*

Every Thursday

10am - 12noon

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

"Friends on Fridays"

10.30am - 12.30pm

Supported by

Sutton Coldfield Methodist
Church,

South Parade, B72 1QY

To book your place at any of our cafes or
for further information please contact Sue
07422 406168

sue.bevington@suttoncoldfield.homeinstead.co.uk

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

0121 323 4200

Pregnant? Children under four?

Don't miss out on **HEALTHY START**
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fruit, veg, milk
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You may qualify for Healthy Start vouchers if
you're **at least 10 weeks pregnant** or have
a child under four years old. Your family
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- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month).

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

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

Healthy Start

* If you sign up at the first opportunity, when you are 10 weeks pregnant.
** If your child is under one, you'll receive one £4.25 vouchers per week.
If your child is 1-4 years old, you will receive one £4.25 vouchers per week.

Birmingham
City Council

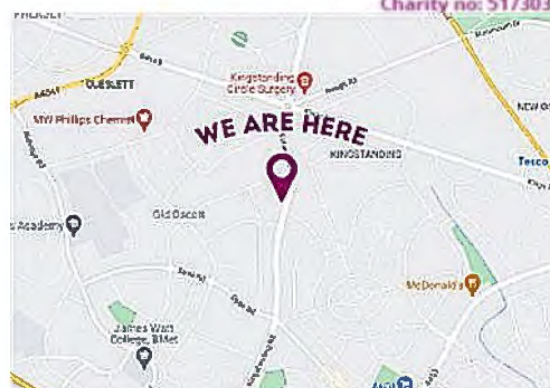
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FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- Starting Monday 7th March 2022, 12.30pm – 2.00pm
- Come along for conversation and fitness: meet new friends and build your confidence.
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- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450

www.birminghamsettlement.org.uk
Charity no: 517303



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10.00am - 2:30pm

Drinks, snacks and sandwiches.

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

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Volunteers and Staff at Sutton
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1 hour session £35	1.5 hour session £40 (Under £27 per hour)	2 hour session £50 (£25 per hour)
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or email: chong.fouroaks@gmail.com



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WS1 2ND

Kids: 6.00pm—7.00pm

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Kids: 6.00pm—7.00pm

Adults & Juniors:
7.00pm—8.30pm

Thursday

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Adults: 7.00pm—8.30pm

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Pregnancy YogaLates Class

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£8

Register now

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Pregnancy YogaLates Class



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We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

All ages and abilities are encouraged and welcome.
Lots of us will be walking.
Do as little or as much as you want. There is no need to walk the whole 5k.

When: The last Saturday of every month. 9.00am parkrun start.
See below for meeting point and time.

Where: Walsall Arboretum Visitor Centre steps
(meet at 8.45am)

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

Get in touch and let us know you will be coming.
 5k your way: move against cancer | @cancer5kYourWay
 info@5kyourway.org | www.5kyourway.org | @5kyourway

Don't forget to register with us here:
www.5kyourway.org/register
 And register with parkrun to get your barcode



Sutton Park Surgery

0121 353 2586

See front page



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Call or email me for any questions or appointments on;
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stephleeosteopathy@hotmail.com



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NEW



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Worship and Communion Service
Sunday 10:00am

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

Please look for the Beacon Room – Everyone welcome

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

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LoveWorld
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Specially invite you to

Worship WITH US

EVERY WEDNESDAY & SUNDAY

LoveWorld Sutton Coldfield: Banners Gate Community Hall
35 Reay Nadin Drive, Sutton Coldfield B73 6UR
Contact Details: 075652762 loveworldsuttoncoldfield@gmail.com

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

CREATE at the Gate with K & S

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

Banners Gate Community Hall Coffee Mornings.
The next is on 16th April and will be from 9.30 a.m. to noon - note new times.

Hall's Gardens

Garden Maintenance Services

Gary Hall

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

garyhall7@blueyonder.co.uk



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site www.newhorizonscounselling.org.

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

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

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

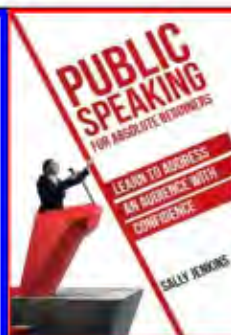
The Jarrett room is approx. 13' x 8' (4m x 2.5m)

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

The building is step-free.

For further booking information go to:

www.bannersgatecommunityassociation.org



Public Speaking for Absolute

Beginners

by Sally Jenkins

Tips on constructing and presenting all types of speeches.

Available on Amazon or direct from the author:

sallysjenkins@btinternet.com 0121

Lucky & Buntys
Children's Entertainment
0777 333 9214



HATHA YOGA



Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.

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Lee Nugent

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Lee.nugent1@virginmedia.com



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Community Church,
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BERT & GERT'S
We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.
The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.
Our aim is to support, encourage & promote small local businesses.
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1st & 3rd Saturday of the Month
Plus scan here for a full list of additional dates..
Redditch Kingfisher Centre
2nd Saturday of the Month
Tamworth Ankerside
4th Saturday of the Month



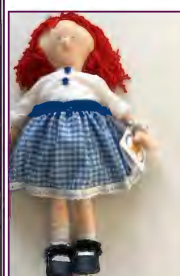
Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



Calebs Rainbows is the dream of Rosemary Ferrell a great grandmother with a passion for making beautiful dolls with a story. "Every doll is different". Rosemary loves all things creative, be it sewing, knitting, drawing, or baking and she has, having been to college, decided to turn her hobby into a business as there is a demand for her products.

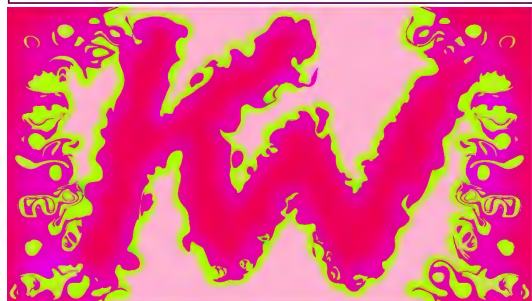
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St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

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

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

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

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



Banners Gate Community Association

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

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

Welcome to Banners Gate Community Hall & Association

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

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

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

As a community hall we are trying to create activities for the benefit of the community 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

Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month

The next is on 16th April - at 9.30 to noon, please note new times.

DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (1st) 11.00 – 2.00 pm 10.00 am 1st Sunday of month 10.00-12 pm 10.30 am (fortnightly) 11.00 am 7.30–8.30pm	Create at Gate with K & S Family Communion Loveworld Church Sunday Gathering Chikara Karate Kai Soul Yoga -1st Sunday	Community Hall St. Columba's Community Hall Banners Gate CC Scout Hall Community Hall	Kathy Weston Ola Samuel 07565 Nigel Willis 07837 Paul Murphy Cath Hussey	628 6651 354 5873 65 27 62 353 0230 39 57 89
For details see website at www.stcolumbasbannersgate.co.uk www.bannersgatechurch.com				
Mon 6.00–7.00 11amto12.00pm 1.00–2.00 5.45–6.45 7.30 – 9.00 pm	Self Defence & Fitness Sign Language Classes Sign Language Classes Sign Language Classes Line Dancing	Community Hall Community Hall Community Hall Community Hall Community Hall	Adam Claxton 07376 Shakila Kosar 07825 Shakila Kosar 07825 Shakila Kosar 07825 Diane Pursall	27 90 15 255042 255042 255042 747 4659
Tues 8.00 - 5.00pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 6.30 – 7.30 & 7.30 – 9.00 7.45 pm	Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89
Wed 9.30, 11.00 & 12 10.30 - 12.30 2.00 - 3.00 7.00 pm	Baby Sensory Guide Dog Training Move it or lose it SlimmingWorld	Banners Gate CC Community Hall Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Kay Evans 07773 Karen 07759	82 56 22 360 0286 013 700 17 02 89
Thurs 10.00–11.00 am 12 - 2.00 6.30 – 9.45 pm (3rd of each month) 7.00 pm	Yoga Home Education W Mids Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Pauls & Kelly 07891 Warren 01902 Sue Nation	40 39 43 82 63 80 897 900 353 4114
Fri 9.30 - 11.15 4.30-5.30&5.30-6.30 7.00 - 8.00 pm 5.00 - 6.00	The Creation Station Repertoire Dance Studio Sign Language Classes Amalia's Dance Academy	Community Hall Community Hall Community Hall Community Hall	Avne Wilson 07793 Chloe Lloyd 07729 Shakila Kosar 07825 Amalia 07535	54 26 48 47 79 46 25 50 42 60 40 44

BOOKING SECRETARIES:
Community Hall mobile 0783 65 54 68 21
Banners Gate CC - Nigel Willis 07711 284562
St. Columba's - Alison Jolley st.columbahall@yahoo.com
Scout Hall - A & R Talliss 353 8166

UNIFORMED ORGANISATIONS:
Scouts: Margaret Drummond, 33rd GSL
353 5203 **Girlguiding:** Carol Gardner,
Vesey West District Commissioner 350 7191

Useful telephone numbers

Sutton and Kingstanding
Police: 101
Good Hope: 424 2000
Outpatients: 424 2000
NHS Health helpline:
Call 111 it's 24/7
Citizens Advice
03444 111 444

BANNERS GATE COUNSELLING CENTRE

Accessible and Affordable
Counselling to Adults in the
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198 Boldmere Road
Sutton Coldfield
Tel : 0121 354 6544
For information or an
appointment please ring after
10 a.m. daily, except
Wednesday

**Banners Gate
Community hall
Coffee Mornings**
**The next is on
16th April, starting
at 9.30a.m. until
noon, please note
new times.**



The Townswomen's Guild

Patron HRH The Princess Royal GCVO

Thurs. 18th April John Colley -
Nostalgic Films.

Thurs 16th May Dementia Awareness

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

Contact Sue Nation on 353 4114

Banners Gate Community Church

Westwood Road. B73 6UH

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

To find out more visit our website at

www.bannersgatechurch.com.

St Columba's Church

Coffee Morning

**Every Friday of
the month**

10.00 - Noon

All Welcome

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

33rd Sutton Coldfield Scout Group,

H.Q. Coppice View Road

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

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100

Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides.

There are also places available in both Brownie units in September for girls aged 7 or 8.

For more information contact Carol Gardner on 350 7191.

Girlguiding UK

Day/Time	Activity	Venue	Contact	Tel
Mon 6.00 - 7.30pm	39th Brownies	St Columba's Hall		354 5873
Tues 6.00 - 7.30pm	45th Brownies	St Columba's Hall	Carol Gardner	350 7191
Thurs 5.00 - 6.00pm	39th Rainbows	St Columba's Hall		354 5873