

The Gatepost Supplement March 2024



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.



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING EASTER HOLIDAYS 2024

moneysavingcentral.co.uk/kids-eat-free



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 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.

Long Covid Information Day

21st February 2024

Sutton Coldfield United Reformed Church

What we will be covering today

- Introductions
- What is Long Covid?
- What are the Symptoms
- What to do if you think you have Long Covid
- What support is available
- How can you access help
- How can you protect yourself and others
- Feedback form
- Questions



Sutton Coldfield United Reformed Church

- We are a busy church, community café, food bank and hub providing several drop-ins and services, including our Parish Nurse 3 days a week.
- Our vision is to make a positive contribution to our community and increase the resilience and independence of all citizens, particularly those aged 50+. We aim to give opportunities and choices so that people can live healthy, happy and independent lives
- Introduction to Community Hub Manager
- Introduction to Parish Nurse



What is long COVID?



Who gets Long Covid?

- 10-20% of people infected by COVID-19 may go on to develop symptoms that can be diagnosed as Long Covid
- It is believed that more than 17m people across the WHO European region may have experienced it during the first 2 years of the pandemic
- 2m could have it now
- People may not know that they have it



Symptoms

- Over 200 different symptoms have been reported that can impact everyday functioning
- Most common are:
 - Coughing
 - Breathlessness
 - Fatigue
 - Muscle and joint pain
 - Mental health issues like anxiety



How common is it and how long does it last?

- Around 10% of patients who have tested positive for COVID-19 remain unwell beyond three weeks, and a smaller proportion for months.
- Recovery is different for everyone. Symptoms may persist for weeks or months. That's why it's very important to find the right treatment and support.

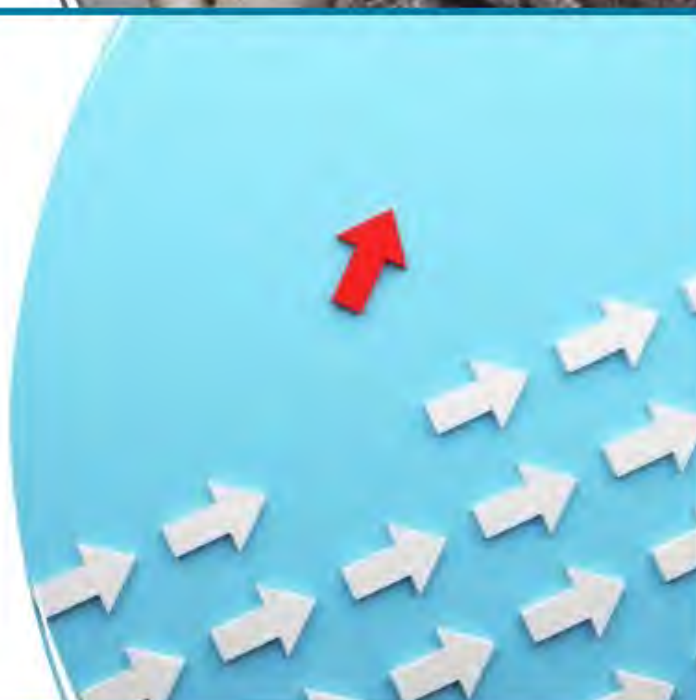


Why are some people affected and not others?

Factors could include:

- If you have a weak antibody response, the virus can remain in the blood
- If you become re-infected with COVID-19
- If you have inflammatory and other immune reactions
- If you are weak or 'deconditioned' following your infection
- If you have some mental health conditions like post-traumatic stress

But we don't know for sure.



Support for COVID-19 and Post-COVID Syndrome

- As you find yourself recovering from COVID-19 you may still be coming to terms with the impact the virus has had on both your body and mind.
- These changes should get better over time, some may take longer than others, but there are things you can do to help.
- [Your COVID Recovery](https://www.yourcovidrecovery.nhs.uk/) helps you to understand what has happened and what you might expect as part of your recovery.

<https://www.yourcovidrecovery.nhs.uk/>



What treatment is available?

Depending on your symptoms, there are different treatments which can support your recovery, these include:

- Respiratory (breathing) clinics
- Physical therapy
- Speech and language therapy
- Mental health support
- Wellbeing support



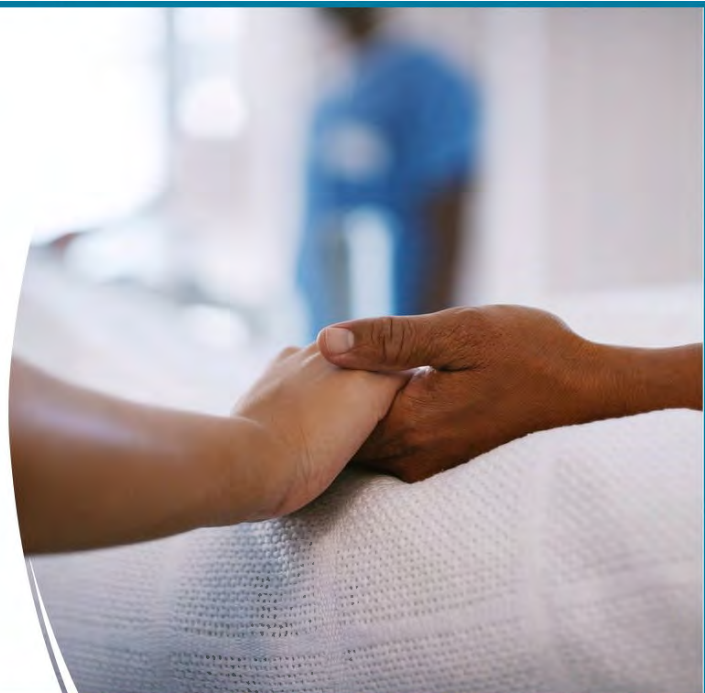
Services in Birmingham and Solihull

There are lots of services you can access yourself or through your GP:

- [Depression and Anxiety](#)
- [Ptsd](#)
- [Bereavement](#)
- [Debt Advice](#)
- [Unemployment](#)
- [Relationship Issues](#)
- [Housing Issues](#)
- [Healthy Eating / Obesity](#)
- [Exercise](#)

The 'Depression and Anxiety' link takes you to all the services.

More info on all of these can be found at:
postcovidsyndromebsol.nhs.uk



What is the Post Covid Syndrome (PCS) Service

- The Service started in Jan 2021 and was one of the first Post Covid Assessment Services established in England.
- BCHC is the lead provider – to manage Post Covid GP referrals
- They support patients aged 16yrs onwards (Birmingham Women & Children's support CYP up to 16yrs old).
- The Service provides patients with a physical, cognitive and psychological assessment.
- Funding from August 21 enabled the development of rehabilitation service to further support patient's recovery.
- They work in collaboration with other Services to support a system-wide approach to support patient treatment.



What to do if you think you have Long Covid

Talk to your GP practice

- Your GP can help connect you with the right kind of support depending on your symptoms. That could include physical therapy, respiratory clinics, or mental health support.
- If you were admitted to hospital due to your COVID-19 diagnosis, you may already be receiving follow up support from the hospital team. If not, please contact your GP surgery. They will help you to access the right support.

How you can help yourself

- There is a lot you can do to support your own recovery from COVID-19. Visit the 'Your COVID recovery' website for more details

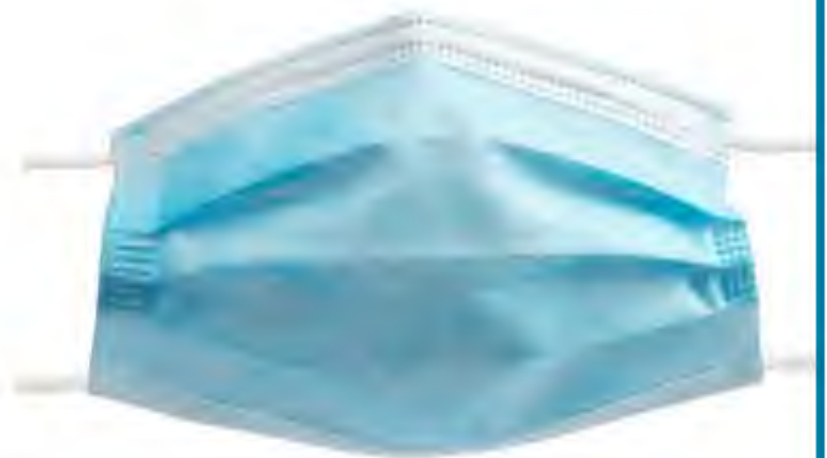


Protecting Yourself and Others from Long Covid

- Protect yourself and others from Covid-19 infection in the first place

How?

- Take up offers of Covid-19 Vaccines/boosters
- Wear well-fitted masks
- Clean hands regularly
- Catch coughs and sneezes
- Ensure indoor spaces are well ventilated



There were four videos shown during the session on:

- Common Long Covid Symptoms.
- Impact of Long Covid on your life.
- Impact of Long Covid on day-to-day life.
- Pacing.

Unfortunately, we do not have the means to easily send the videos to you.

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

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

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

Next Generation Text

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

Dial 18001 before the full national phone number.

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

Grace Cares is a not-for-profit organisation

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

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

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

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



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



FIND US

You can find the Museum situated in the heart of Birmingham city centre, making it easily accessible for those traveling by public transport.

BUY TICKETS

To secure your entry, we highly recommend pre-booking your tickets online. You can conveniently purchase your tickets at museum.west-midlands.police.uk or by scanning the provided QR code.



We offer various ticket options, including family tickets, concessions, and a special BlueLight discount for eligible individuals.

ACCESSIBILITY

The Museum is fully accessible and accommodating to wheelchair users and visitors with pushchairs. Our facilities include an accessible entrance, a lift, and an accessible toilet.

For those with visual impairments, we provide large print guides to ensure an inclusive experience. If you require any special assistance during your visit, please don't hesitate to get in touch with us.

OPENING TIMES

Our operating hours are as follows:

- Wednesday to Saturday: 10 am – 4 pm
- Sundays: 11 am – 4 pm

Please note that during school and public holidays, the times and days of operation might vary. Before planning your visit, make sure to check our website for the most up-to-date opening hours, as we may occasionally be closed due to school or group bookings.

Please be aware that the last admission is allowed up to 90 minutes before closing time to ensure you have enough time to explore the Museum fully.

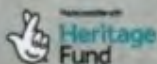
Contact Details

The Lock-Up
Steelhouse Lane
Birmingham
B4 6BJ

Tel: 0121 609 1700

Email: museum@westmidlands.police.uk

Visit our website for details on trains, buses, car parking, and the metro.



West Midlands
police and crime
commissioner

West Midlands
POLICE



NW240723





*"Great little find -
thoroughly recommend"*

Experience the unique perspective of life on both sides of the bars at our one-of-a-kind police Museum.

Situated in the heart of Birmingham, our Victorian Lock-up promises an unforgettable day for everyone!

Our team of amazing volunteers are true experts, eager to guide you through captivating tours and respond to any historical inquiries you may have. Get ready for an enriching and engaging visit!



LEARN MORE

Transport yourself back in time as you learn about two centuries of policing history.

Investigate and solve crimes in our forensics lab and follow our Lock-up Mouse trail that's been designed for our young detectives.

Join in the fun by taking part in our interactive displays, dress up in our police uniforms and take your very own mugshot!

Prepare for an exciting array of attractions, featuring a genuine police box, impressive police motorcycles, a life-sized police horse, and captivating criminal mugshots.

There's an abundance of intriguing exhibits waiting for you to explore!





WHAT'S ON

Indulge in an incredible selection of events, talks, and interactive experiences at the Museum, including our exclusive Murder Mystery nights.

Whether you're a passionate true crime enthusiast, a history buff, or simply curious to learn more about the police, we have a wide range of captivating events waiting for you to enjoy!

Relaxed Museum Opening

When you book a ticket for one of these special openings, you can look forward to a more peaceful experience with fewer visitors, quieter interactive displays, and adjusted lighting levels to create a calm and soothing environment.

Visit our website to see 'What's On'

Group visits can be arranged for 15 or more people, we offer guided tours, talks and general visits. See our website for more details and booking form.



HIRE THE MUSEUM

The Lock-up is unique venue for your next meeting, away day, or celebration!



Every corporate package comes with complimentary WiFi, a projector, and a screen for your convenience. Plus, if you book for more than 2 hours, you and your team will enjoy free entry to the museum!

Enhance your booking with optional catering and drinks packages, tailored to your preferences.

Our team can create customized offers to fit any occasion that can include a thrilling Murder Mystery team building activity. The museum can also be hired for paranormal investigations or sleepovers. Let us design the perfect experience for you!

Don't wait! Reserve your spot today at museum.west-midlands.police.uk. Simply fill out the online form, and we'll get in touch with you promptly.



EDUCATIONAL VISITS

Experience our custom-designed educational excursions, catered to primary and secondary schools, universities, and colleges.

Prior to each visit, we collaborate with your staff to craft a personalized day that aligns with your curriculum needs.

Students will delve into the intriguing history of crime and punishment, and modern-day policing. Our knowledgeable education team will lead engaging tours with interactive activities.

From conducting crime investigations in our forensics lab to exploring police uniforms, the Look-up offers an enthralling educational experience.

For more information, visit our website or submit an enquiry form at museum.westmidlands.police.uk/bookings-and-enquiries/

SUPPORT AND VOLUNTEER

Did you know we're a not-for-profit organisation that rely on public support.

Your support means a lot to us, whether it's through visiting the museum, making a donation, or purchasing something from our shop. It enables us to sustain our work and take care of our valuable policing collections.

If you have a great time during your visit, why not consider staying a little longer and becoming a volunteer with us? We are actively seeking tour guides, actors, and education team members to join our team!

Learn more about how you can support us at museum.west-midlands.police.uk/about/support/.

GIFT SHOP

The Museum shop warmly welcomes the public throughout the week.

We offer an extensive range of items that cater to various interests, including police mugs, plush teddies, and books delving into policing history. There's truly something for everyone!

Feel free to visit the Museum in person to make your purchase, or conveniently shop online via our website. Additionally, we provide hot drinks and other refreshing beverages right at the Museum, ensuring you have a delightful experience during your visit.

January – March 2024

Monday

FREE
BABY MASSAGE
Please call to
register interest



EEE advice

Are you aware you
could be eligible for
free 15 hours for 2,
3 and 4 year olds?

For more
information call your
local Children's
Centre

Tuesday

10.45am-12.15pm
Play and Learn
under 2's –Healthy
Lifestyles
**Holy Trinity Parish
Church Centre**

*Please note that
for any allergies or
intolerances we
would need you to
contact the
children's centre
before the
session*

1.15-2.15pm

First Words
Together

1-2 years

Holland House

Wednesday

9.45 - 11.15 am
Play and Learn
0-5's
**Emmanuel
Church**

9.20-9.50am

10.20-11.00am

Starting W/B
15/01/2023

Story and Singing
sessions

Walmley Library



Thursday

Check out the Startwell
website for information
on healthy eating and
the importance of
physical movement

www.startwellbirmingham.co.uk



Pick these up from any
children's centre



Friday

9.20-10.00am
10.10-10.50am
Story and singing
sessions
Mere Green Library

9.45 - 11.15am
Step by Step
Play and Learn 0-5's
In conjunction with
DLP North Cluster
**Falcon Lodge
Community Hub**



January - March 2024

Monday

9.30-10.30am
First Words Together
08/01/24-05/02/24
19/02/24-18/03/24
1-2 years
Castle Vale

1.00-2.00pm
Music and Movement
0-5's
Lakeside

Foodcycle
3.30-5.00pm
Lakeside

Bookable slots
Free 3 course meal for
those with children aged
0-5 years.

Ask for a leaflet for
further details or call
Lakeside CC to enquire

Tuesday

9.30-10.30am
Music and
Movement
0-5's
Castle Vale

1.15-2.45pm
Play and Learn
Over 1's
Featherstone

EEE advice

Are you aware you
could be eligible for
15 hours free
nursery education for
2, 3 and 4 year olds?

For more information
call your local
Children's Centre

Wednesday

9.30-10.30
First Words Together
21/02/24-20/03/24
1-2 years
Lakeside



Pick these up from
any children's centre



Thursday

9.45- 11.15am
Step by Step
Play and Learn 0-5's
**Osborne
Nursery School***

10.00-11.30am
Play and learn-
Healthy Lifestyles
0-5's
Lakeside

*Please note that for
any allergies or
intolerances we would
need you to contact
the children's centre
before the session*

1.15-2.45pm
Play and Learn 0-5's
**Kingstanding
Leisure Centre**

Friday

1.00 - 2.30pm
Step by Step
Play and Learn
0-5's
In conjunction with DLP
North Cluster
Castle Vale

Check out the Startwell
website for information
on healthy eating and
the importance of
physical movement.



www.startwellbirmingham.co.uk

Bookable Services

Baby Massage

We offer a free 4 week programme for parents and babies up to 1 year old, to support with bonding and attachment.

Preparing to Parenthood

Free course for expectant people

Holland House

Little Talkers

6-8 week programme to support children over two who may need support with speech and language who do not attend nursery.



Stepping Stones

Stay and play session for children with additional needs diagnosed or undiagnosed.

This will take place at

Lakeside Children's Centre

Tuesday's 1.00-2.30

KID's Family Group

Supportive session for children with SEND and their families. Offering tailored support for professionals from KID's West Midlands

Thursday
9.30-11.30am

Holland House

Family Support

Need some advice or support?

Ring your local Children's Centre to ask to speak to one of our Family Support Workers

Parenting

We offer a range of parenting courses to include techniques and strategies to support you and your child/ren. Call your local Children's Centre for more advice or to refer yourself.

Other Services

Health Activities

We can support you with:
Introduction to solid food
Oral health.
Bottle to cup transition, fussy eating and healthy eating/ nutrition.
Contact us



First Words Together

We offer a programme that supports children's communication before the age of two.

The programme will run:

Tuesday

1.15-2.15pm

Holland House

Adult Education and Employment Support

We offer a range of courses to support you such as:

NHS Discovery Days
First Aid
Childcare and Working in Schools
Arts and Crafts
IT
ESOL

We also offer support with CV writing, applications and interview techniques. For more information contact us and ask to speak to Natalie C.

Domestic Abuse

We offer advice and courses. Call or come in to any Children's Centre to find out more.

Bookable Services

Baby Massage

We offer a free 4 week programme for parents and babies up to 1 year old, to support with bonding and attachment.

Domestic Abuse

We offer advice and courses. Call or come in to the Children's Centre to find out more information.

Little Talkers

6-8 week programme to support children over two years old who may need support with speech and language who do not attend nursery.

*Osborne Play and Learn will run term time only

Stepping Stones

Stay and play session for children with additional needs, diagnosed or undiagnosed

Thursday
9.30-11.00am

Featherstone

KID's Family Group

Supportive session for children with SEND and their families. Offering tailored support for professionals from KID's West Midlands

Monday
9.30-11.30am

Lakeside

Health Activities

We can support you with:
Introduction to solid food
Oral health.
Bottle to cup transition, fussy eating and healthy eating/ nutrition.
Contact us and ask to speak to Tai or Paula C.

Preparing To Parenthood

Free course for expectant people

Castle Vale

Family Support

Need some advice or support?

Ring your local Children's Centre to ask to speak to one of our Family Support Workers.

Other Services

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We offer a range of courses to support you such as:

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First Aid
Childcare and Working in Schools
Arts and Crafts
IT
ESOL

We also offer support with CV writing, applications and interview techniques. For more information contact us and ask to speak to Natalie C or Zaheer

Parenting

We offer a range of parenting courses to include techniques and strategies to support you and your child/ren. Call your local Children's Centre for more advice or to refer yourself.

Addresses and Other Information

Holland House Children's Centre

Holland Road, B72 1RE
Telephone: 0121 752 1860

Open 8.30 am - 4.30 pm

*Parking on Duke Street - 2 hours without
pay and display.*

Trinity Church
Church Hill, Mill Street, B72 1TE
Car park spaces available

Falcon Lodge Community Hub
Church Hill Road, B75 7LB
On street parking available

Mere Green Library
30A Mere Green Road, B75 5TB
On street parking available.

Emmanuel Church
Corner of Little Green Lane and
Birmingham Road, B72 1YG
Parking available on car park opposite.

Walmley Library
Walmley Road, Walmley, Birmingham,
Sutton Coldfield, B76 1NP
Car park available at the rear of building.

PLEASE NOTE
To book onto any of the available
services call your local Children's
Centre on the numbers provided
on this page.

When calling it would be helpful to
have your child's NHS number
available. This can be found in
your child's red book, alternatively
use the below link to find this
www.nhs.uk/find-nhs-number

We look forward to meeting you.

Health Visitor Hub

If you would like to speak to a Health
Visitor please call them on
0121 683 2330



Instagram



Like us on Instagram and Facebook

Our page's are called
Sutton Coldfield Children's Centres

Addresses and Information

Castle Vale Children's Centre

372 Yatesbury Avenue,
B35 6DG
Telephone: 0121 752 1920
Open 9.00 am - 5.00 pm

On street parking available

Featherstone Children's Centre

29 Highcroft Road, B23 6AU
Telephone: 0121 752 1870
Open 9.00 am - 5.00 pm

On street parking available.

Lakeside Children's Centre

Lakes Road, B23 7UH
(B23 7LY if using a satnav)
Telephone: 0121 752 1970
Open 9.00 am - 5.00 pm

*Some car parking space available,
disabled parking plus plenty of
on street parking.*

Osborne Nursery School

Station Road, B23 6UB
On street parking available

Kingstanding Leisure Centre

Dulwich Road, B44 0EW

Car park spaces available

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services call your local Children's
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available. This can be found in
your child's red book,
alternatively use the below link to
find this
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We look forward to meeting you.

Health Visitor Hub

If you would like to speak to a Health
Visitor please call them on
0121 683 2330



Instagram



Like us on Instagram and Facebook

Our page's are called
Erdington Children's Centres

Supporting Dad after his dementia diagnosis as a person with a learning disability

Supporting carers who have a learning disability

When we see someone who has a learning disability we often assume that they would be cared for, and not that they have caring responsibilities themselves.



We estimate that there could be many people in Birmingham who have a learning disability and are also carers.

For example, this could be someone who has a learning disability and is living with family.

When a parent gets a diagnosis like dementia, the person with a learning disability can often face barriers to accessing support as a carer.

This could also be someone who is living a shared house with other people who have learning disability.

When another resident is diagnosed with something like dementia, others can become informal carers.

The current lack of awareness and accessible support leaves both the carer who has a learning disability and the person they care more vulnerable.

It can lead to significant and unwanted changes in all their lives.

Adam, in north Birmingham, cares for his father Bob. Adam has a learning disability and is using his voice to call for more support for carers like him.



You can read more about Adam and how he cares for his dad.

<https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together/supporting-dad-after-dementia-diagnosis-learning-disability>

If you or someone you know is caring and has a learning disability the Alzheimer's Society are here to support you.

Please contact:

BirminghamAndSolihull@alzheimers.org.uk

0333 150 3456 (asking for the Birmingham and Solihull team.)



Easy Read factsheet: What is dementia?

https://www.alzheimers.org.uk/sites/default/files/2020-03/what_is_dementia_er1.pdf

Easy Read factsheet: Helping a person with dementia

https://www.alzheimers.org.uk/sites/default/files/2020-03/helping_a_person_with_dementia_er2.pdf

Free to order here:

<https://www.alzheimers.org.uk/get-support/publications-factsheets/full-list>



Support group for carers with a learning disability

The peer support group is for anyone who is caring and has a learning disability and autism.

Someone can have their statutory carers assessment there, along with peer support.

Other services also come to the group and connect people with the support.

People don't need to have a formal diagnosis of learning disability.

Contact CASBA to join the group or make a referral.

<https://www.casba.org.uk/our-services/supporting-carers-with-learning-disabilities>

0121 475 0777

Support for a Statutory Carers Assessment and Advocacy



All carers are entitled to a carer act advocate to support them to complete a carers assessment.

It would be necessary to specifically request a carer act advocate when making the referral.

You can contact Advocacy Matters directly explaining that it is support for carer with a learning disability.

<https://advocacymatters.org.uk>

www.scrs.club

SUTTON COLDFIELD

RAILWAY SOCIETY

Model Railway Exhibition

5th & 6th April 2024

FRI 1pm-6pm, SAT 9.30am-4.30pm



TRINITY CENTRE, Church Hill
Mill Street, Sutton Coldfield

B72 1TF

Entrance £5, Acc.Children (U.16) Free
Full Disabled Access



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

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

  @NHSHealthyStart

What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Infant formula

✓ It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you collect them.

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

Or call us on 0300 330 7010

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



Follow us on Facebook and Twitter
@NHSHealthyStart

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



NHS Healthy Start

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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

How to apply



Visit
www.healthystart.nhs.uk



Fill in the online application form



Receive your prepaid card in the post



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



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



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

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

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



Alzheimer's Society Dementia Support

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



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



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

Email us at enquires@alzheimers.org.uk

Or visit alzheimers.org.uk/get-support

Talk to someone who understands

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

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

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

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

“

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

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

”

Get the help and support you need

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

Call **0333 150 3456**

Or visit alzheimers.org.uk/get-support

Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.



Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 295645

DSSU



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

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



WELCOME TO OUR

March Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



THANK YOU!

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

With Spring around the corner we would like to say 'HELLO' from Wylde Green United Reformed Church! Suzy and Cathy have been visiting the team at Wylde Green URC to hear all about their exciting **NEW Britwell Community Garden!** **There will be an open day on Saturday March 23rd, 2-4pm** for all to explore the new fully accessible allotment style community garden. With refreshments, plant sales and children's activities available, why not pop in and have a look? You may like to meet the volunteers, get involved and develop those green fingers!

If you have any relevant 'Spread the Word' snippets for our April newsletter, or would like to share an NNS 'Story of Difference' please get in touch at nns@ageconcernbirmingham.org.uk

CAPACITY BUILDING

Connect to Support Birmingham

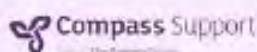
Have you heard about Connect to Support Birmingham, an online community directory? You can find all sorts of useful community activities for adults. Is your community group or organisation represented on Connect to Support? If not, do get in touch and we can add a listing. If your listing is on the directory but you notice outdated or incorrect information you can 'suggest changes' through the portal to highlight any updates. [Click here](#) to find out more.

Bid Writing training

LAST CHANCE! Sutton Coldfield NNS have commissioned Get Grants to run free Bid Writing training over two sessions on **March 14th AND March 21st, 10am-12pm**. Spaces are filling up fast, so do get in touch to find out more at nns@ageconcernbirmingham.org.uk

CAPACITY BUILDING

Sutton Coldfield NNS Volunteers Fair



Looking for volunteer opportunities?

Pop in and visit the free...



VOLUNTEER FAIR

Your time and skills are needed!

Come along and meet Sutton Coldfield voluntary groups and organisations. Discover the wealth of volunteer opportunities for over 18's in your area!

WEDNESDAY 17TH APRIL 24, 10AM-1PM

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



VOLUNTEER



Would you like to get involved?

Sutton Coldfield NNS are looking forward to hosting a **Volunteers Fair** on **Wednesday 17th April 2024** between **10am-1pm** at Sutton Coldfield United Reformed Church, 1 Brassington Avenue, B73 6AA.

**Would you like to get involved?
Do you need volunteers?**

We are looking for non-profit and volunteer led groups and organisations with volunteer opportunities within Sutton Coldfield, to have a table at the event. The fair will provide a valuable opportunity to promote your volunteering roles!

Spaces are limited so please register your interest as soon as possible by emailing nns@ageconcernbirmingham.org.uk



Could you help us spread the word?

We really value your connections, all the sharing helped us immeasurably to promote our last community event.

If it is possible to...

- share a poster (we can provide a printed version)
- share a social media post (graphics and text attached to the newsletter email)
- add the poster to a newsletter
- spread the word to who may find this event useful...

We would be very grateful!

THANK YOU!

Sutton Coldfield NNS are interested to hear if you think there are any gaps in support for adults in Sutton Coldfield.

If you have any thoughts, drop us a line at nns@ageconcernbirmingham.org.uk

SPREAD THE WORD

Living Your Best Life

Free Boccia/Indoor bowls

FREE LIVING YOUR BEST LIFE
WELLBEING WORKSHOPS

A series of wellbeing workshops for LGBTQI+ people aged 50+

Planning Your Fab Later Life
Tuesday 12th March, 1.30pm – 4.30pm

Fitting Fitness Into Your Life
Tuesday 2nd April, 1.30pm – 4.30pm

Finances for Later Life
Tuesday 23rd April, 1.30pm – 4.30pm

A Place To Call Home in Later Life
Tuesday 7th May, 1.30pm – 4.30pm

Your Fab Funeral
Planning the End of Your Life
Tuesday 4th June, 1.30pm – 4.30pm

CAFE SPACE! BIRMINGHAM LGBT

Living Your Best Life – A series of FREE wellbeing workshops for LGBTQI+ people aged 50+ These workshops are designed with, and for, people from the LGBTQI+ community (in the West Midlands) aged 50 and over – younger people are also welcome. To book email mariahughes@blgbt.org

Free monthly activity sessions for people aged 75 and over

Please register in advance by calling 0800 716 543

Activity: Boccia/indoor bowls
Starting: Monday 11th March
Date: Every second Monday of the month
Time: 10.30am – 12pm
Venue: Oasis United reformed church hub
3, Brassington Avenue Sutton Coldfield, B73 6AA

Bringing generations together

Re-engage is a registered charity in England and Wales (1146148) and in Scotland (SC039377) visit www.reengage.org.uk for more information

Boccia/indoor bowls for the over 75's! Every second Monday of the month at Oasis United Reformed Church Hub. To book please call 0800 716 543

Free Bell Boating- Community Environmental Trust

Sutton Coldfield NNS have funded the Community Environmental Trust to extend their number of accessible bell boat sessions which happen along the canal in Minworth. The project is looking to engage older adults with this unique free activity encouraging participants to access green spaces and fresh air.

There is currently a bellboating session on Friday mornings, 10am and 11.30am at The Boat Inn, Old Kingsbury Road, Minworth B76 9AE.

Please email stuart@environmentaltrust.org.uk to book. If you are a group and would like to book a session this is also an option, please email Stuart to discuss further.



SPREAD THE WORD

Walking Netball Sessions

Sutton Coldfield NNS is excited to fund Netball England, who are launching three brand-new Walking Netball sessions to Sutton Coldfield. Whether you're a seasoned player or new to the game, these sessions offer a fun and inclusive opportunity to get active and enjoy the sport.

When and where are the sessions?

- ★ Wyld Green URC: Friday Mornings, 11am-12pm
- ★ Boldmere Community Centre: Wednesdays, 2pm-2pm
- ★ Bishop Walsh School: Thursday Evening, 8pm-9pm



To celebrate the launch, the **first four weeks of these sessions are entirely free** of charge! Simply turn up to any session, no sign-up required, and be welcomed by one of our qualified coaches.

At our sessions, you'll dive into the world of netball, engage in fun games, enjoy light activities, and most importantly, have a blast! Whether you're honing your skills or just getting started, there's something for everyone.

For more details or inquiries, feel free to reach out to us at 07458 106980 or email hope.bourton@englandnetball.co.uk

Don't miss out on this fantastic opportunity to join the Walking Netball community in Sutton Coldfield. Lace up your trainers, grab your friends, and let's hit the court together!

SPREAD THE WORD

NEW Social Café Group- Communita Cafe

The Communita Cafe in Boldmere has a new Social Café Group which meets on a **Monday 1.30-3.30pm**.

The group provides an opportunity for older adults to meet others and have a chat over a cuppa supported by Sue and Emily from Age Concern Birmingham. For further information, please call 0121 362 3663



SPREAD THE WORD

Coffee Morning- St. Columbas Church Hall



**Coffee Morning
& warm space**

Fridays 10:30 - 12:30

St Columbas Church Hall, Banners Gate

(on Sutton Park Corner)

**All welcome for
Good chat, warm space
free hot drinks & cake**

Church open for a quiet moment,
personal prayer or to light a candle



St Columbas Banners Gate



stcolumbasbannersgate.co.uk

Sutton Coldfield NNS Story of Difference



We were pleased to hear all about Cuppa Squad's 'One Less Challenge' project which recently came to an end. Over twelve months Cuppa Squad have delivered over 20 sessions sharing health and wellbeing information relating to diabetes to over 200 Sutton Coldfield citizens. The project allowed freedom to explore new session content and experiment with a new 'drop in' service.

A 'hub' was developed at Sutton Coldfield United Reform Church delivering a 3 hour drop in service which coincides with Occupational Health services, a weekly Food Bank service, the Oasis Cafe and various other senior groups who access the building. All of whom had full and free access to Cuppa Squad's extended support service. Topics covered included basic understanding of diabetes and metabolic syndrome, combatting unhealthy grazing and snacking, understanding the importance of an appropriate breakfast, food diaries, preventing and reducing daily blood sugar spikes. Through listening to citizen feedback throughout the project, new materials were also developed around topics such as gut health, stress and anxiety to name a couple.

"The Food Bank has a number of diabetic and pre-diabetic clients who benefitted from speaking with Michael regarding managing their diets and lifestyle to improve their diabetes. This was both during his session alongside other agencies within the Food Bank advice café and during his time in the main church when clients from the Food Bank were able to visit him. Michael's friendly manner meant that the clients were willing to approach him, which can sometimes be difficult for people in challenging circumstances as they do not wish to be judged. Feedback from clients was very positive and they felt supported and better informed."

Manager, Sutton Coldfield United Reform Church Food Bank & Advice Cafe

What a great example of partnership working! If you would like to find out more about Cuppa Squad and access some of their brilliant resources [click here](#)

CAPACITY BUILDING

Do you dread grant reporting?



Free online training for community organisations

LEARN TO MAKE GRANT REPORTING EASY IN 20 MINUTE LESSONS!

Start learning now, visit:
www.digiquick.org/pilot

DigiKick (a non-profit which specialises in digital training), have created two **FREE online training** courses which can help you:

1. **Track grant spending with Google Sheets** - Learn how to track and report grant spending easily
2. **Make a session register which tracks demographics** - discover how to automatically track Age ranges, Ethnicities, Genders and Post Codes - All in one place!

With DigiQuick on your side, grant reporting will become easy and your funders will love your accurate, fast feedback.

Each course is made up of short video lessons which you can watch in your own time, whenever it is convenient for you. The course is perfect for people who have never used spreadsheets before, or those looking to brush up on their skills (did we mention it is completely FREE?!)

Join the free pilot at www.digiquick.org/pilot To watch a 1-minute clip of the course, click [here](#).

Digikick would also love to hear your views on future course content!
Please cast your vote at this link (it's only 1 question): <https://bit.ly/DigiVote>

Developing a Fundraising Strategy

SAVE THE DATES! Tuesdays 7th AND 14th May 24, 1.30am-12.30pm

Get Grants Online Developing a Fundraising Strategy Course will support you to make the most of opportunities available to you and equip you with the knowledge and confidence you need to make the right strategic decisions to maximise your fundraising efforts. More info. coming soon!


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

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

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

 <https://suttoncoldfieldnns.blogspot.com>

 0121 362 3650

 nns@ageconcernbirmingham.org.uk

 **Sutton Coldfield NNS**

ALEXANDRA THEATRE BIRMINGHAM

25 Mar



Adam Kay - Undoctored

26 Mar



Buffy Revamped

28 Mar



An Evening with The Fast Show

29 Mar



Frankie Boyle

Starts 01 Apr 2024



I Should Be So Lucky

Starts 05 Apr 2024



Coffee, Cake and Cadenzas

06 Apr



Theatre Tour

07 Apr



The Night Sky Show

Starts 09 Apr 2024



Shrek The Musical

Starts 16 Apr 2024



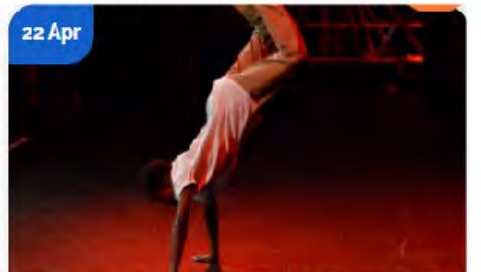
Drop the Dead Donkey

21 Apr



Ellen Kent's Madama Butterfly

22 Apr



Great Big Dance Off - West Midlands Heat

23 Apr



Barry Steele in The Roy Orbison Story 'Birthday Special'

24 Apr



Tommy Tiernan - tommedian

25 Apr



Al Murray: Guv Island



Royal Opera: Madama Butterfly (Live Sc...

Studio, Tuesday 26th March 2024 - 7.15pm



Dom Joly - The Conspiracy Tour

Main Auditorium, Tuesday 26th March - 7.30pm



An Evening with Sir Geoff Hurst

Main Auditorium, Wednesday 27th March 2024 - 7.30pm



Graffiti Classics - The Comedy String...

Main Auditorium, Thursday 28th March 2024 - 7.30pm



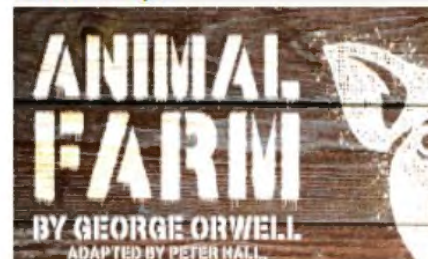
The Coral - The Making of the First Al...

Main Auditorium, Friday 29th March 2024 - 7.30pm



Don't Stop Believin'

Main Auditorium, Saturday 30th March 2024 - 7.30pm



Animal Farm (Young Garrick performance...

Main Auditorium, Thursday 4th - Saturday 6th April 2024 - 2.30pm (Sat) & 7.30pm (all)



Twelve Angry Men

Main Auditorium, Monday 8th - Saturday 13th April 2024



Austen's Women: LADY SUSAN

Studio, Tuesday 9th April 2024 - 7.45pm



Cirque: The Greatest Show

Main Auditorium, Sunday 14th April - 2pm & 6pm



Royal Ballet: Macmillan Celebrated (Li...

Studio, Sunday 14th April 2024 - 2pm



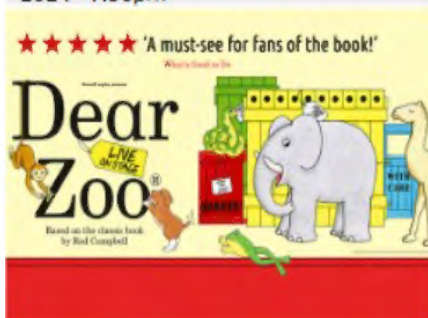
Aled Jones - Full Circle

Main Auditorium, Monday 15th April 2024 - 7.30pm (VIP time TBC)



Coppelia

Main Auditorium, Tuesday 16th April
2024 - 7.30pm



Dear Zoo

Main Auditorium, Saturday 20th &
Sunday 21st April 2024



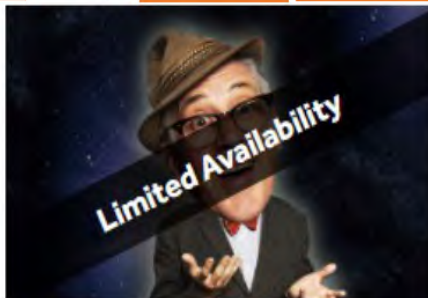
Ignite School Festival - Primary & Sec...

Main Auditorium, Tuesday 23rd April -
7pm (Primary), Wednesday 24th April -
7pm (Secondary)



An Evening with Anton Du Beke

Main Auditorium, Monday 29th April &
Monday 21st October 2024 - 7.30pm



Count Arthur Strong in 'And It's Goodn...

Main Auditorium, Wednesday 17th April



Bowjangles in Dracula in Space

Studio, Saturday 20th April 2024 -
2.45pm & 7.45pm



Royal Ballet: Swan Lake (Live Screenin...

Studio, Wednesday 24th April 2024 -
7.15pm



That'll Be The Day

Main Auditorium, Tuesday 30th April &
Wednesday 1st May 2024 - 7.30pm



Sinatra: RAW

Main Auditorium, Thursday 18th April
2024 - 7.30pm



The Searchers

Main Auditorium, Sunday 21st April
2024 - 7.30pm



Houdini's Greatest Escape

Main Auditorium, Thursday 25th -
Saturday 27th April 2024 - 2.30pm (Sat)
& 7.30pm (all)



Royal Opera: Carmen (Live Recording)

Studio, Sunday 5th May 2024 - 2pm

"One of the most successful musicals of all time" (BBC News), *Wicked* has been casting its magical spell around the world for two decades. Based on the acclaimed novel by **Gregory Maguire**, *Wicked* imagines a beguiling backstory and future possibilities to the lives of **L. Frank Baum's** beloved characters from 'The Wonderful Wizard of Oz' and reveals the decisions and events that shape the destinies of two unlikely university friends on their journey to becoming *Glinda The Good* and the *Wicked Witch of the West*. This award-winning musical flies back to Birmingham complete with all the spectacle and magic that make this **"lavish, thrilling production"** (Hereford Times) such an unforgettable and unmissable experience.

Musicals

Wicked

The incredible untold story of the Witches of Oz

Tue 5 Mar – Sun 7 Apr
Tickets from £28



British Youth Music Theatre in partnership with Birmingham Hippodrome presents

BYMT Animal Farm

All animals are equal... but some animals are more equal than others.

Fri 5 Apr – Sun 7 Apr
Tickets £18

Set in a world of fake news, party-gate, cancel culture and the curtailing of free speech, this is **Animal Farm** reimagined, with music that maintains the disarming folk tone of the original story mashed up with contemporary musical theatre. British Youth Music Theatre is the UK's leading creator of new musicals. This show will bring together young performers and musicians from across the country and beyond to share a well-known fable, retold by the teenagers of today. Expect political pigs, singing horses, corrupt farmers and everyday workers pitted together in choreographed protests. The novella of *Animal Farm*, by George Orwell, was originally used to look at Stalin's brutal dictatorship built upon a personality cult and enforced by acts of terror, but rereading it today it's not difficult to see similarities with life in the UK right now. BYMT's young performers are passionate about telling epic stories through musical theatre and will be coming to the Hippodrome to stand up to the proposition that "All animals are equal... but some animals are more equal than others."

Mehek is an enchanting exploration of the human heart – its desires, courages, and resiliences – masterfully brought to life by the artistry of **Aakash Odedra** and **Aditi Mangaldas**, the great South Asian dancers of their respective generations. This captivating performance gives a voice to an unspoken and overlooked love story. Centred around a mature woman and a younger man, the dance delves deep into their intricate characters, challenging norms and redefining the very essence of love. Derived from the Hindi word for fragrance, the title alludes to the enduring power of memory and the essence of love itself. Aditi Mangaldas, dancing the first ever duet of her 50-year career, and Aakash Odedra weave a narrative that celebrates love in all its forms: raw, authentic, and infinitely resonant. Aakash Odedra Company is an associate company of Birmingham Hippodrome.

Ballet & Dance

Aakash Odedra Company and Aditi Mangaldas Dance Company present

Mehek

An unspoken and overlooked love story

Tue 9 Apr
Tickets from £15.50



Family & Pantomime

Dear Zoo Live!

The timeless children's classic book returns to the stage!

Thu 11 Apr – Tue 16 Apr
Tickets from £17

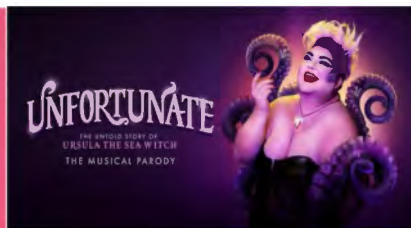
I wrote to the Zoo to send me a pet and they sent me a... Ben and Sally are searching for the perfect pet, but instead the zoo sent a far too big elephant, a far too grumpy camel, and a far too jumpy frog. Whatever will they send next?! Rod Campbell's much-loved lift the flap book has been a firm favourite with children and parents for nearly forty years. Lovingly adapted for the stage, his distinctive illustrations leap from the page in this colourful show packed full of puppetry, songs and, of course, all the animals from the zoo. With lots of laughs and audience interaction, *Dear Zoo* is the perfect introduction to theatre for young children. Join us and find out whether the zoo will send the perfect pet... in the end!

Fresh from complete sell-out runs at the Edinburgh Fringe and around the UK comes this critically acclaimed smash-hit parody musical. Starring **Shawna Hamic** (*Orange is the New Black*, *1776 on Broadway*) as Ursula and **River Medway** (*RuPaul's Drag Race UK*) as Ariel, *Unfortunate* is returning to Birmingham Hippodrome and things are gonna get wet! Join everyone's favourite Disney Diva, Ursula, as she gives her take on what *really* happened all those years ago under the sea. With an original hot pop soundtrack and trademark filthy humour, it's time to take the plunge and dive into this year's hottest night out. Cruella told her side, and Maleficent's had her moment. Now the legendary queer queen is ready to spill, in this tell-all tale of sex, sorcery and suckers.

Unfortunate: The Untold Story of Ursula the Sea Witch

The Musical Parody

Thu 11 Apr – Sat 13 Apr
Tickets from £15



The King's Award for Voluntary Service

The King's Award for Voluntary Service

Sun 14 Apr

Direct from the West & Ireland tour.

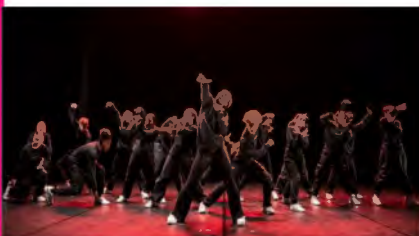
End, *The Drifters Girl* comes to Birmingham Hippodrome as part of a major UK & Ireland tour. Nominated for BEST NEW MUSICAL at the 2022 Olivier Awards, this smash-hit show has audiences on their feet night after night with a phenomenal soundtrack packed full of iconic Drifters hits including *Saturday Night At The Movies*, *Save The Last Dance For Me* and *Stand By Me*. Discover the remarkable story of The Drifters and the truth about the woman who made them. From the highs of hit records to the lows of legal battles and personal tragedy, Faye Treadwell was the legendary manager of The Drifters who refused to give up on the group she loved. Thirty years, and hundreds of hit songs later, there is no doubt that Faye Treadwell was and always will be, The Drifters Girl.

Musicals

The Drifters Girl

A phenomenal soundtrack packed full of iconic Drifters hits!

Tue 16 Apr – Sat 20 Apr
Tickets from £25



Ballet & Dance FABRIC

U.Dance West Midlands 2024

Young dancers from across the West Midlands

Sat 20 Apr

Come and watch young dancers from across the West Midlands perform at this year's amazing U.Dance Regional Platform. U.Dance is the national programme of events offering high quality dance opportunities to young people. Each year, our nation's young dancers can explore their creativity, learn more about dance careers, and experience the thrill and sense of achievement of performing. U.Dance West Midlands 2024 is hosted in partnership with U.Dance Regional and One Dance UK.



MINORITY REPORT

Fri 22 Mar–Sat 6 Apr 2024

In 2050, neuroscientist Dame Julia Anderton is about to launch the next phase of her pioneering Pre-Crime programme, monitoring people's thoughts and detaining them before crimes are committed. But when Julia is accused of pre-murder, she's in a race against time to save herself from her own system.

This electrifying adaptation of **Phillip K. Dick's** iconic sci-fi thriller challenges our beliefs about justice and freewill in a real-time chase through London of the future.

Minority Report sees award-winning director **Max Webster** re-united with the producers of the globally successful stage version of *Life of Pi*. This action packed theatrical experience will take you on an electrifying ride into the future, as it creates a world bordering science fiction and reality.

"It will make you believe in theatre. A triumph"

The Sunday Times on *Life of Pi*
Directed by Max Webster



EMMA RICE'S BLUE BEARD

Tue 9 Apr–Sat 20 Apr 2024

"Fearless, furious and brilliant."

□□□□ *The Stage*

Blue Beard is a beguiling ancient wonder tale, and now it has the **Emma Rice** treatment!

Blue Beard the Magician makes hearts flutter and pupils dilate. With a wink, a stroke and a flick – things just seem to vanish. Cards, coins, scarves... and women.

Puff! Gone. Without a trace.

He meets his match when his young bride discovers his dark and murderous secret. She summons all her rage, all her smarts and all her sisters to bring the curtain down on his tyrannous reign.

This celebration of female power – revelling in all kinds of naughtiness, sensuality, rage and joy – is a music-fuelled feminist revenge plot infused with high comedy, tragedy, romance, and just a sprinkle of spine-tingling horror.

Narrated by a chorus of nuns, don't miss the live score, incredible performers, and breath-taking set design – it's the ultimate night out with a powerful political punch.

Emma Rice brings her own brand of theatrical wonder to this most beguiling and disturbing of tales. With her signature sleight of hand, *Blue Beard* explores curiosity and consent, violence and vengeance – all through an intoxicating lens of music, wit and tender truth.

When someone tells you not to look, **OPEN THE BLOODY DOOR!**

Emma Rice's fairytale hits home with horror and pizzazz"

□□□□ *The Guardian*

EMMANUEL

THE PARISH CHURCH OF WYLDE GREEN



FRIDAY ORGAN RECITAL SERIES 2023/24

First Friday of the Month at 1.00pm

APRIL 5th

Angela Sones (Lichfield)

Finale from Symphony No 6 Op 42 - Charles Marie Widor (1844-1937)

Fantasia pour Orgue - Camille Saint-Saëns (1835-1921)

Choral No 1 in E Major - César Franck (1822-1890)

Finale from Symphony No 6 - Louis Vierne (1870-1937)

MAY 3rd

Timara Easter (Harpenden)

Montagues & Capulets - Sergei Prokofiev (1891-1953) (*transcribed Timara Easter*)

Trois Morceaux en Forme de Poire - Erik Satie (1866-1925) (*transcribed Timara Easter*)

Corcovado - Darius Milhaud (1892-1974) (*transcribed Timara Easter*)

L'Ascension; 1 - Olivier Messiaen (1908-1992)

Majesté du Christ demandant sa gloire à son Père

Étoile du Soir - Louis Vierne (1870-1937)

Litanies - Jehan Alain (1911-1940)

JUNE 7th

David Hardie (Head of Music Birmingham Cathedral)

Sonata no. 3 in A: Con moto maestoso - Felix Mendelssohn (1809-47)

Passacaglia in D minor BuxWV 161 - Dieterich Buxtehude (1637-1707)

Prelude and Fugue in G BWV 541 - Johann Sebastian Bach (1685-1750)

Suite Modale: Scherzo - Flor Peeters (1903-1986)

Pastorale - César Franck (1822-1890)

Offrande au Saint Sacrement - Olivier Messiaen (1908-1992)

Postlude in D minor - Charles Villiers Stanford (1852-1924)

JULY 5th

Peter Dyke (Hereford Cathedral)

Prelude and Fugue in C BWV 547 - Johann Sebastian Bach (1685-1750)

Choral no 2 in B minor - César Franck (1822-1890)

Allegro vivace (Symphony no 5, 1st movement) - Charles Marie Widor (1844-1937)

Toccata: Nu la oss takke Gud (Now thank we all our God) - Egil Hovland (1924-2013)



*Choral Evensong is sung each Sunday evening
during term-time at 6.30 pm*

Information and Advice

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

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

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

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

Local services

Birmingham Sandwell

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



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



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

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

Information and Advice

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

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



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

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

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



Information Guides

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

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

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

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

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



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

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

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

☎ 0121 437 0033

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

Occupational Therapy Clinics

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

No need to book.

For more information about
clinic venues visit:

[https://birmingham.connecttosupport.org/
occupational-therapy/occupational-therapy-
clinics-in-the-community/](https://birmingham.connecttosupport.org/occupational-therapy/occupational-therapy-clinics-in-the-community/)



**Birmingham
City Council**

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

ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

Jordanne Francis
Health and Wellbeing
Officer

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

WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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





Join us for
our next
event


**Mercia Grange care home,
Sutton Coldfield**

**Coffee, cake &
friendship cafe**

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

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

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

Trusted to care. 

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

care UK 



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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



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



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

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



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





British Sign Language (Birmingham)

Classes on:

Banners Gate Community Centre, Sutton Coldfield B73 6UR

The Great Barr Community Hub

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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



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

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

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

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

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

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell
sheilapennell@talktalk.net





Lucy

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



Terence



Polly


Jo Jo



Team Cat Rescue has lots of cats and kittens looking for their forever homes. Owners often have to give them up for a variety of reasons - usually a change of circumstances meaning they can no longer care for their beloved pet. And some come into care because they are found wandering and abandoned. If you are not ready to adopt, how about fostering? Or helping Team Cat Rescue with driving or fund-raising? If so, contact Coordinator Lynne of Team Cat Rescue on 0121 373 4596.
 ** Team Cat Rescue is local and well-established in North Birmingham - and have been helping rescue and rehome cats and kittens for 25 years **

Annual health checks for those who are diagnosed with dementia

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




Birmingham and Solihull
Integrated Care System
Caring about healthier lives

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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?


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

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

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



How long does an Annual Health Appointment last?

- 20-30 mins




What help might you need?


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






What happens during the Annual Health Check?

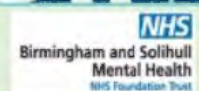
- The Health Care Professional will ask all about you and how things are at home
- Review medication/weight/height and carry out blood tests
- Identify any changes in behaviour and offer some solutions
- Review planning for the future conversations by identifying a person's wishes and preferences
- Offer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











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love your spare food or
household items.



Volunteer

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& do good
at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO

f @OLIOex @OLIO_ex

It's okay...

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



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



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



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -

NHS

LivingWell
UK

 **mind**
for better mental health
Birmingham



COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker
07565542976
gap.huboffice@gmail.com



gap.huboffice@gmail.com



OutThere!

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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

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

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB












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

(Ian - Sutton Coldfield)



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

(Derek - Sutton Coldfield)

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

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

SCCT
Sutton Coldfield (Birmingham) Trust

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



Our regular Monthly Litter Picks for 2024

Starting on Sunday 11th Feb at 2pm.

Meet in The Church Tavern Car Park.

B42 2LA

Please wear suitable clothing and foot ware.

All equipment provided

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

Weather permitting .

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

photo courtesy of Dave Hurley

SandNats 2024



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

Website: sandnats.org.uk

On Wednesday 3rd January our regular indoor meeting during the winter at the RSPB was a talk and display on Figwort

Beetles. This was produced by our newest member Mark Webster who is an amateur entomologist who is specialising in Figwort Weevils. Figwort Weevils are insects belonging to the "Cionus" beetle family.

They are incredibly small the largest in this country being a maximum of 5.0mm

these being the females, males being much smaller. A hand lenses or eye piece is needed as being able to see them, without it is almost impossible.

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

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

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

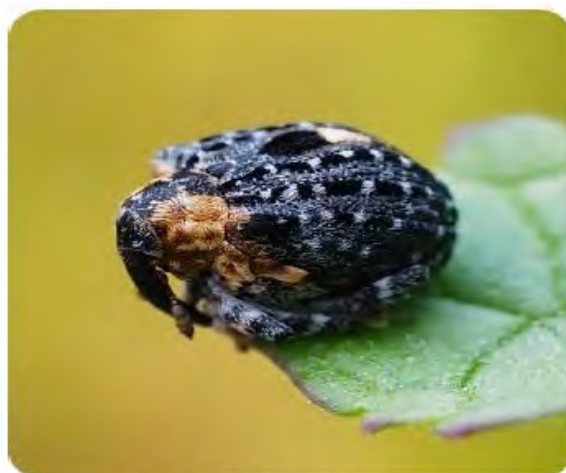
There is a vast amount to choose from.

Valerie Edkins (Chair) Sandwell Naturalists

(SandNats)



Feeding Signs PA173948-23



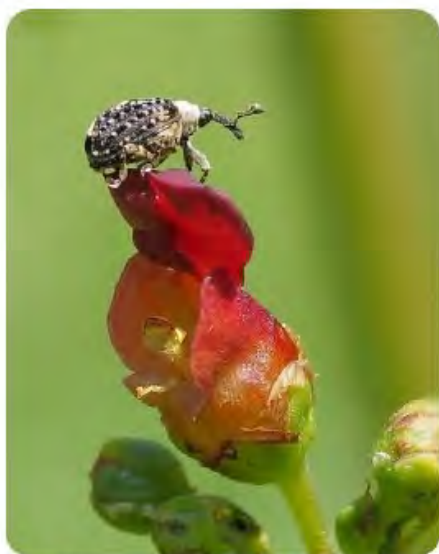
C. tuberculosis P7127192-23



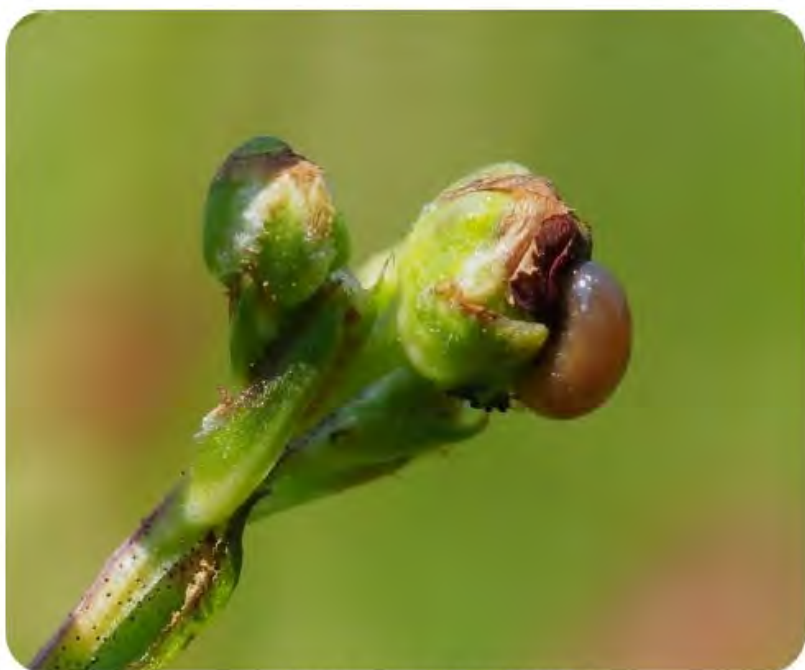
C. tuberculosis larva P9131986-23



Larva spinning cocoon P9176774-22
Larva spinning cocoon P9176774-22



C. scrophulariae P6134192-23



C. scrophulariae larva P6134211-23



C. tuberculosis pupating P9136524-22



Cocoon P7026017-23



C. hortulanus P8079497-23



Open Cocoon P9176689-22



C. alauda P7248380-23



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Sutton Coldfield &
South Tamworth

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'DEWDROPS' (AGE 6 MONTHS - 2 YEARS)

10:00am - 10:30am

followed by a 30-minute stay & play

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

11:00am - 11:40am

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

Get school-ready!

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



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

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



Book now!

pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



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SOMETHING**



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

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



INTERESTED?

Contact us for more information

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

wcg.ac.uk

0300 456 0049


info@wcg.ac.uk

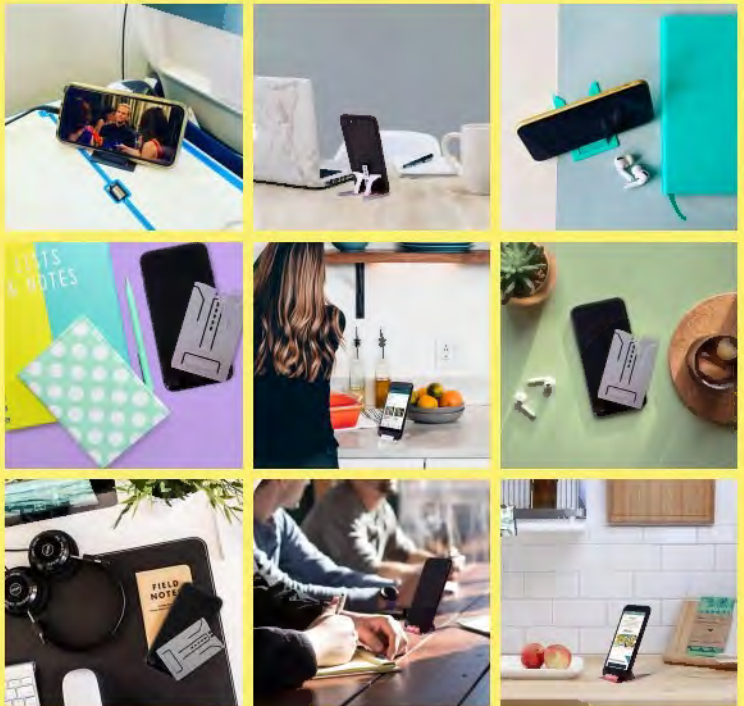
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Banners Gate Neighbourhood Forum Meetings

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

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

If you need any information please message on 07964 213 229