



Banners Gate & Parklands Community & Neighbourhood Forum

181st May 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.

Many answers were received to my request for opinions regarding the advertisements in Gatepost and the number of pages. Some were against the adverts and did not want them. Others were for them, considering them a useful resource. Some thought that it should stay as it is because items they were interesting in were more or less around the same page numbers from one month to the next.

I have therefore decided to leave Gatepost as has developed over the years, complete with adverts, but if you know of any that are out-of-date please let me know and they will be deleted. My thanks to all who gave their opinions.



Rob Pocock:

WILDFLOWERS OR JUST WEEDS?

The top end of Chester Road North, as you approach the 'Shell' island at Queslett Road East has had the grass verge turned into a 'wildflower site' a couple of years ago. But many residents have complained to me that it has become a 'right sight'! The problem here is that the wildflowers, once seeds have formed in late summer, should then be 'ploughed back' into the soil in a neat and orderly fashion ready for the year ahead. This has not been done since last autumn. As a result the waist-high dead overgrowth has just been left looking really unsightly.

I've been looking into what's gone wrong. The wildflower sites are actually run by the Sutton Town Council, who have taken over that maintenance work from the City Council who maintain the rest of the grass verges. The Town Council's problem has been with their grounds maintenance contractor, who had not got prepared for the autumn job and had simply neglected the work and just not done the clear-ups. Happily, the Town Council officers have now got their contractors back on the job, and hopefully by the time you read this, the site should soon be back seeded and shortly to be looking colourful once again.

There are lessons to learn here, for both the City and Town Councils. Where jobs like this are split between the Councils, there needs to be much better liaison between them. I have requested this be done better in future.

NEW YEAR, ANOTHER NEW JOB!

The City Council had its AGM last week and as part of a 'shake-up' of the main Cabinet jobs, I have ended up with a new one! For a while I've been doing a temporary maternity cover for the Councillor running the Health and Social Care services. As from last week, I've now moved to a bigger permanent role. It's basically, to help get the City Council better organised, more efficient, more productive, and more in touch with what citizens want to see. These improvements have been needed for a long time and I've now got the job of trying to get this sorted! A lot to do – I'll keep you updated.

TIP TRUCK DATES

This month's popular City Council 'Tip Truck' visit is going to be located at the top end of Welford Road, which is close to College Road near the New Oscott college. It will be there on the morning of **Wednesday 5th June, 7.30am to 1pm**. Please note the slightly later operating hours this year. To get early alerts of each visit, just drop me an email rob.pocock@birmingham.gov.uk and I'll add you to the 'Bins Bulletin' email list that I notify prior to each visit.



Max Hatton:

Hello Gatepost Readers! We are on the cusp of summer and the warmer weather, finally! I hope you've all enjoyed the last month, and for those that have taken part in No Mow May well done, those lawns will be ready for a trim

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com **Next deadline: June 27th**

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come 1st June (weather permitting). No Mow May is a great way to support those pollinator insects, which all of us depend on!

We've recently held our annual Town Council Meeting where we elected our new Mayor and Deputy Mayor. We also voted to re-establish the role of the High-Steward of the Royal Town of Sutton Coldfield, Rt Hon. The Lord Fowler of Sutton Coldfield (Peter Fowler) appointed. The High Steward will be involved in the Quincentenary celebrations our Town will hold in 2028. You can view a copy of the Town Council annual report 23/24 online here:

https://suttoncoldfieldtowncouncil.gov.uk/wp-content/uploads/2024/05/RTSCC-Annual-Report-23_24-v5-CROP.pdf

Next month (June) we'll see the return of the

much-anticipated Boldmere Summer Festival! The festival will be returning to Boldmere Road on Sunday 23rd June from 1pm. This family friendly event is the best way to kickstart your summer, expect great music, food, craft stalls, children's carnival rides/games and the best crowd in town! A full itinerary can be viewed here:

<https://www.boldmere.org/community-festivals/summer-2024/>

Volunteers are always welcome, if you're interested in helping out you can sign up here <https://www.boldmere.org/community-festivals/volunteers-welcome/>

Until next time Gate Post Readers, have a great month!



Boldmere Summer Festival 2024

Sunday 23rd June 1-6pm

Suggested Donations

Adults	£2
Children	£1
Family (5)	£5

The festival is run by a dedicated group of volunteers. To be able to continue putting on festivals in the future we kindly ask that you would donate a nominal entrance fee.

Children's rides:
Ghost Train
Mini Dodgems
Water Walkers
Bungee Trampolines
Planes
Teacups

Perry the Bull

Over 50 Artisan Market Stalls

30 Street Food Stalls
Hot and cold food
Delicious desserts
Ice cream vans

Live Entertainment

Large range of alcoholic and non-alcoholic drinks

1:00 Luke Brougham
Modern & traditional acoustic styles

1:45 Ben Drummond
Soulful vocals with stripped down grooves

2:30 Forro Tempó
Traditional Brazilian dance infused rhythms

3:15 Rocket Cafe
Classic covers & dance floor favourites

4:00 Carrie Martin
Handcrafted folk inspired ballads

4:45 Smokin' Tones
Rock 'n' Roll and Blues inspired tunes

5:30 Bostin Brass

Full details of our festival at [boldmere.org](https://www.boldmere.org)

Presented by: **BOLD MERE FUTURES**

Funding from: **BOLDMERE COMMUNITY FESTIVALS** and **SCCT** (Sutton Coldfield Charitable Trust)



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



Walking Netball Volunteers Needed

England Netball are looking for volunteers to become qualified Walking Netball Hosts in the Sutton Coldfield area. You will support the running of Walking Netball sessions for people 50+.



Contact Hope Bourton -
hope.bourton@englandnetball.co.uk 07458 106980

This space could be yours. Email bgatepost@gmail.com for details.



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 and lives



*Sunday Mornings
at St Columba's*

Rev Becky 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
no joining fees
no waiting lists
no diet and low weight!

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

[slimmingworld.co.uk](https://www.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

Church@4

a relaxed time for adults and children together

Second Sunday of the month St Columba's Church Hall
from 4pm for about 45 mins

Make things, play games, eat pizza and wonder about God
through activities for adults and children to enjoy together



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk



All are welcome - there is no charge for anything

"Keeping your body active & healthy is the most important thing you can do for yourself. Both physically & mentally, especially as we get older"



At New Oscott Village Gym, we believe that age is just a number, and everyone deserves a fitness haven tailored to their unique needs. Our gym is not just a place to exercise, it's a community where friendly faces encourage and support you.

Tailored Programs for Every Level: Our expert trainer understands the diverse needs of older individuals. We offer personalized fitness programs catering to various fitness levels, ensuring everyone feels comfortable and supported on their wellness journey.

Flexible Membership Options: We understand that everyone has different schedules, preferences, and budgets, so you can choose from our flexible membership options. To make fitness fit seamlessly into your lifestyle, we are open 7 days a week.

Caring and Knowledgeable Staff: We are committed to providing personalized attention and support. Whether you're a fitness enthusiast or just starting, our Fitness Instructor is here to guide you every step of the way.

New Oscott Village Gym

Fosseway Drive, Chester Road, New Oscott, B23 5LD



Contact us for prices
and more information:

Jackie.Taylor@extracare.org.uk



ExtraCare
Charitable Trust



Birmingham loves libraries

www.birminghamloveslibraries.org



@brumloveslibraries



@BrumLibraries

Petition: www.change.org/p/save-birmingham-libraries





Are you interested in Art?

The SCSA was set up over 70 years ago with the primary aim to promote and encourage art in Sutton Coldfield. We hold regular meetings from demonstrations and practical art sessions, to sketching days out in the summer, as well as exhibitions twice a year.

We are always delighted to welcome new artists of all abilities, from beginners to the more experienced and if you are interested in joining us, more information can be found on our website:

www.suttoncoldfieldsocietyofartists.co.uk

 [suttoncoldfieldsocietyofartists](https://www.facebook.com/suttoncoldfieldsocietyofartists)

 [suttoncoldfieldsocietyartists](https://www.instagram.com/suttoncoldfieldsocietyartists)





28 artists will show and demonstrate their work—paintings, jewellery, prints, pottery, sculptures, textiles, collages and photography. **Admission Free.**

29th and 30th June 2024

10am – 4pm

- Chimneys, Keepers Road B74 3AX
- Gracechurch Centre, B72 1PH
- Mere Green Community Centre, B75 5BT
- 12 Somerville Road, B73 6JA
- 68 Highbridge Road, B73 5QE
- Sutton Sailing Club, B73 6JL
- 71 Britwell Road, B73 5SW
- Boldmere Bistro, B73 5FU
- 17 Haselor Road, B73 5DW
- 17 Corbridge Road B73 6NJ
- Highbury Theatre B73 5HD



www.suttoncoldfieldarttrail.wordpress.com



**ROYAL SUTTON COLDFIELD
TOWN COUNCIL**

Proposed Future Meeting Dates

Full Council

24th March 2024

Agenda Item 99

Meeting	Date
Planning and Highways Committee	4 th June 2024
Amenities, Leisure and Community Services Committee	11 th June 2024
Full Council	18 th June 2024
Planning and Highways Committee	2 nd July 2024
Strategy and Resources Committee	9 th July 2024
Full Council	16 th July 2024
Planning and Highways Committee	6 th August 2024
Planning and Highways Committee	3 rd September 2024
Amenities, Leisure and Community Services	10 th September 2024
Full Council	24 th September 2024
Planning and Highways Committee	1 st October 2024
Strategy and Resources Committee	15 th October 2024
Planning and Highways Committee	5 th November 2024
Amenities, Leisure and Community Services	12 th November 2024
Full Council	26 th November 2024
Planning and Highways Committee	3 rd December 2024
Strategy and Resources Committee	10 th December 2024

WI? Give it a try! Free 'taster' - Tuesday, 4 June, 7.30

Little Aston 'evening' WI meet monthly, except in January, and are keen to invite new ladies along to 'give it a try'. President Jane Griffiths and the Committee members promise a warm welcome and convivial company. Says Jane: *"On Tuesday 4 June we have speaker Sheila Pennell coming along to give an entertaining talk about how her mother Kathleen 'won a date' with Liberace - and has all the photos to prove it."*

Members meet at 7.30 pm in the Little Aston Village Hall, Sutton Coldfield (B74 3UF). Three free sessions are offered and visitors can join-in various events/trips out, interesting talks, optional book, poetry and conversation groups, fun get-togethers, and enjoy the company of a group of friendly, community-minded ladies. For more information, call Jeanie on 07787547690 or email laewi21@outlook.com.

**** To book Sheila for a talk (she has 3!), call her on 0121 377 7899**



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.



1. Into which sea does the Nile **flow**?
2. Three continents lie on the Tropic of Capricorn, South America is one, name any of the other two?
3. In American **currency** 10 **cents** make a what?
4. Afrikaans was developed from which European language?
5. An Orangette is a cross between a tangerine and what other fruit?
6. What Italian word for 'Scratched Drawing' can be found on walls **all over the world**?
7. What musical features 'Some Enchanted Evening' and 'There Is Nothing Like A Dame'?
8. What was the name of the first manned lunar landing mission in 1969?
9. Which boxer was nicknamed 'The Dark Destroyer'?
10. What was the name of Ritchie Valens' girlfriend?
11. What is the procedure called where an **anaesthetic** is injected close to the spinal cord?
12. What poisonous oily liquid occurs naturally in tobacco leaves?
13. Who had his first UK top 10 hit with 'Wichita Lineman'?
14. Which sign of the Zodiac is represented by the Scales?
15. In which country was Rudyard Kipling born?
16. What is the gemstone for September?
17. What instrument has been nicknamed the 'Mississippi Saxophone'?
18. One and a half litres of champagne is known as a what?
19. In **alphabetical** order name the three particles that make up an atom?
20. What is the common name of the 'Aurora Borealis'?

Answers

1. Mediterranean 2. Australia, Africa 3. Pine 4. Dutch 5. Orange 6. Grenadine 7. South Pacific 8. Apollo XI 9. Nigel Benn 10. Donna 11. Epidural 12. Nicotine 13. Glen Campbell 14. Libra 15. India 16. Sapphire 17. Harmonica 18. Magnum 19. Electron, Neutron, Proton 20. Northern Lights

LEAP -

The Energy and Money Saving Service

FREE
FOR LOCAL
RESIDENTS

We are offering local residents a completely **FREE OF CHARGE** service called **LEAP** (Local Energy Advice Partnership). **LEAP** can reduce your energy usage and keep you warm and cosy.

HOW IT WORKS:

If you are eligible, we will book you an appointment with one of our friendly, qualified advisers. LEAP can:

Check your energy bills to ensure you are not paying too much for your energy

Provide FREE, simple energy saving measures which can save the average household £30 on their energy bills a year.

Give you day-to-day energy efficiency hints and tips and ensure your heating system is set up to keep you warm and save money.

Arrange a FREE telephone advice service to help with benefits, debt and other money problems.

Refer you for further funded energy efficiency improvements, such as insulation and efficient heating systems.

Call us now on 0800 060 7567*

(Freephone) to book your appointment, or apply online:

www.applyforleap.org.uk



LeapService

*9.45am-5.30pm Monday to Friday

ARE YOU ELIGIBLE?

You may be eligible for the LEAP service if one of the below apply. If you:

- have a low income
- receive tax credits
- receive Housing Benefit
- receive an Income or disability related benefit





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

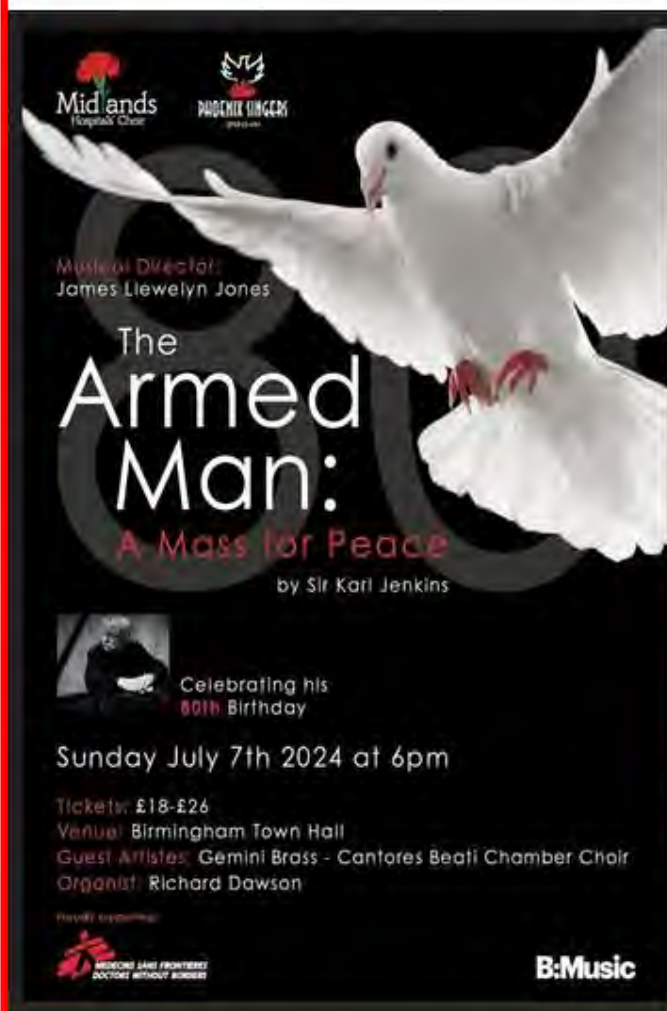
<https://birmingham.connecttosupport.org/>

Some more Eric humour

I recently bought a new computer, very highly rated by my monthly PC magazine, it was described as blisteringly fast and a very good deal for the money. My current PC was slowing down, like we all do as age creeps on, but as we know 10 years in technology is perhaps equivalent to thirty or forty on our equivalent life scale. Anyway, I duly made the purchase online and had a response back that for an additional amount I could have a five-year extensive guarantee. Oh, and by the way we are including all these additional gizmos which I did not pay much attention to.

On arrival there were boxes everywhere with a new flashy mouse and an unusual keyboard. It appears I had bought a gaming machine complete with extra fans for cooling front back and inside the glass sided case all with flashing lights.

My immediate reaction was my wife will go bonkers I need to get a blackout curtain before she gets home. She did say *"what the heck made you buy that I will get a migraine working on that thing, can't you send it back"* we found a compromise by turning the PC sideways on the desk and glass side to the rear. Of course, still lots of work in progress as I have moved from Windows 10 to 11. Also new email address. This has its problems and ongoing issues despite being blisteringly fast.



Phoenix Singers Birmingham along with the Hospitals Choir and Gemini Brass are performing Karl Jenkins "Armed Man" at Birmingham Town Hall.

We are supporting the very worthy charity **Médecins Sans Frontières** (Doctors without borders) The performance is complete with on stage video matching the dramatic music.

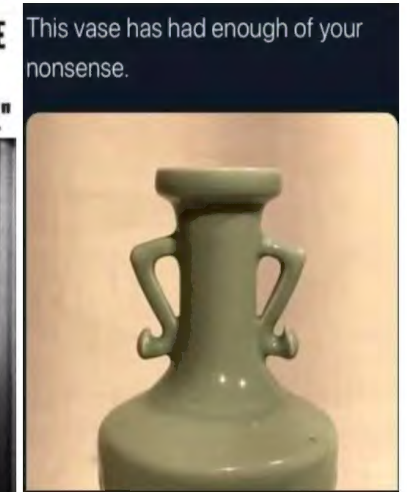
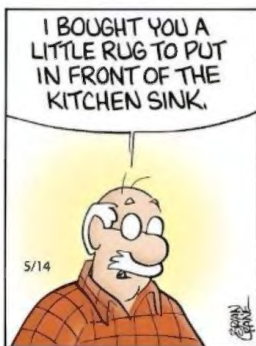
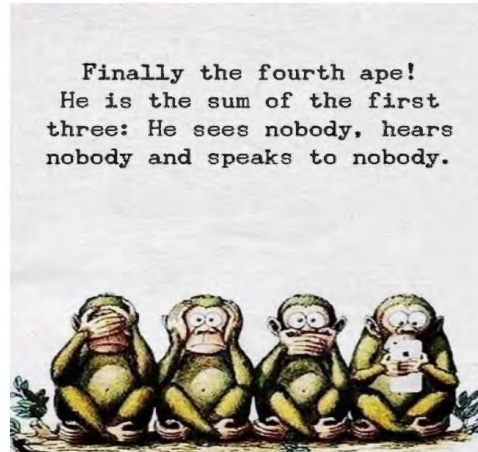
A must-see experience:



Just seen a
dyslexic
Yorkshireman
wearing a cat flap



Every time we try to eat
healthy, along comes
Christmas, Easter,
summer, Friday or
Tuesday and ruins it
for us.



Odd signs from around the world.





The following are from Ed in Encinitas, California.

Truths

*Exercise helps you with decision-making. It's true.
I went for a run this morning and decided I'm never going again.*

Now cocaine is legal in Oregon, but straws aren't. That must be frustrating.

Still trying to get my head around the fact that 'Take Out' can mean food, dating, or murder.

Threw out my back sleeping and tweaked my neck sneezing so I'm probably just one strong fart away from complete paralysis.

**Dear paranoid people who check behind their shower curtains for murderers.
If you do find one, what's your plan?**

The older I get, the more I understand why roosters scream to start their day.

Being popular on Facebook is like sitting at the 'cool table' in the cafeteria of a mental hospital.

You know you're over 50 when you have 'upstairs ibuprofen' and 'downstairs ibuprofen'.

**How did doctors come to the conclusion that exercise prolongs life, when...
the rabbit is always jumping but only lives for around two years, and...
the turtle that doesn't exercise at all lives over 200 years.
So, rest, chill, eat, drink, and enjoy life!**



BSWA

UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello Sutton Coldfield Community!

As the vibrant energy of spring fills the air, we're excited to share a few updates from the BSWA charity shop, nestled in the heart of Boldmere. As usual our dedicated team of volunteers keep the shop bustling with activity, offering an extensive selection of quality items and clothing, with fantastic bargains awaiting discovery. We're proud to be part of the vibrant charity community in Boldmere, with our shop offering an extensive selection of women's and men's clothing, bric-a-brac, books, toys and more. Whether you're searching for unique treasures or everyday essentials, you'll find it at our lovely shop.

So what's new?

Earlier in the year we hosted a delightful 'Coffee and Cake Volunteer Morning,' where we welcomed guests to learn about our volunteering opportunities while indulging in some delicious treats!

Our Easter celebrations were a great success, with a lucky raffle winner taking home fantastic prizes, including gifts handknitted by BSWA volunteers, as well as a huge chocolate egg! A big thank you to everyone who participated and supported our Easter raffle.

We are also delighted to announce that we are now open on Sundays, even more opportunity for you to shop for a cause!

Supporting Birmingham and Solihull Women's Aid, we're dedicated to tackling domestic abuse and empowering survivors in our community. With every purchase and donation, you're contributing to this important cause. Pop in and say hello, and look out for our upcoming events and sale



Are you a woman passionate about making a difference in your community? Whether you're a seasoned volunteer or new to the world of charity work, we welcome you to join us. Pop in or reach out to volunteering@bswaid.org to learn more about our volunteering roles. Whether you're donating, volunteering or shopping, your contribution makes a meaningful impact.



EASY LIVING MOBILITY®

LIVE EVERY MOMENT



EASY LIVING MOBILITY®

Louise Pugh
Store Manager

☎ 0121 350 7415

✉ wylde.green@easylivingmobility.co.uk

🌐 www.easylivingmobility.co.uk

🏠 167 Sutton Road, Sutton Coldfield, Birmingham, B23 5TN

Stay in your home forever



Great British Furniture



Journey with us



ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415



**STORES ACROSS
MIDLANDS**
OPEN 6 DAYS
PER WEEK

**SUPPORT US
AND**



**WE WILL
SUPPORT YOU**

★ Trustpilot



☀ Motability



FREE DELIVERY
ON ORDERS
OVER £100

communittea cafe

During Dementia Action week carers can meet the team of Dementia Advisors throughout the week at our Communittea Café in Boldmere.



The advisors will be seated in the café
10am – 12pm
to offer advice and support.

Pop in
and
see us

13th May Harry
14th May Harolin
15th May Julie
16th May Ellen
17th May Laura

AGE Concern
Birmingham



Communittea Café What's On May 2024

Open
8.30am – 4pm
Monday to Saturday

T6/78 Boldmere Road, Boldmere, B73 5TJ

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



Monday

Carers Hub drop-in: 9.30am – 12pm – 6th 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 café!

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 café 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 Communittea Allotment group.

Dementia Carers drop-in: 10am until 12pm 7th only

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm – weekly

Come and join us in our cosy café!

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: 14th & 28th

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

Wednesday

Advice Cafe: 11am until 1pm – 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.

***Cafe Friends:** 11am – 12.30pm – weekly

New group to build friendships, hobbies and meet like minded people

Thursday

Parkinson's UK: 10am until 12pm – 2nd & 16th 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....

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

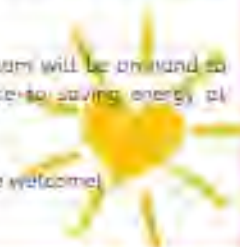
A friendly art group working with various mediums from charcoal and acrylic paints to line printing. We create artwork in a relaxed, creative environment.

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.

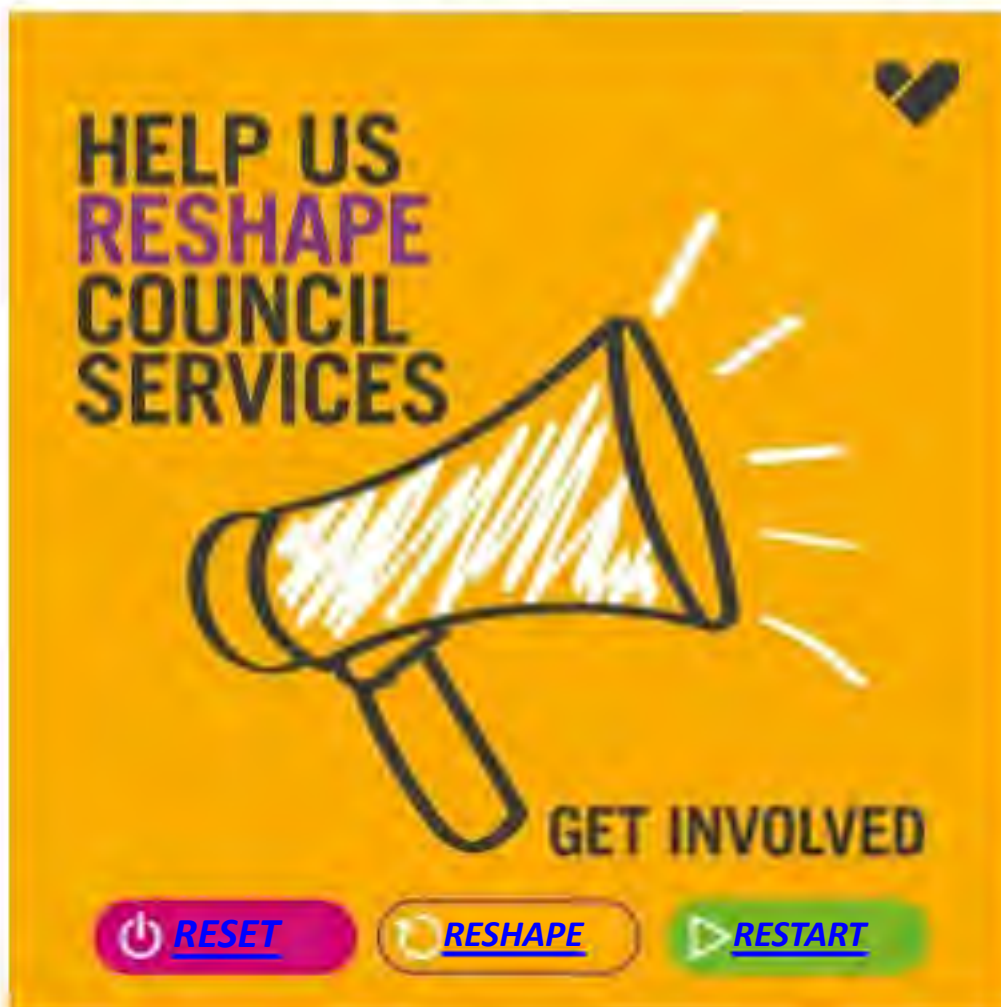
Chatty Cafe: 2pm until 4pm – weekly

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



For more information and to view in a browser [click](#) here.

HAVE YOUR SAY ON ADULT SOCIAL CARE DAY CENTRES



The consultation called 'Your day, Your say' is currently live and closes on Tuesday 9 July 2024

The consultation is aimed at ensuring the council's Adult Social Care day centres provide appropriate support, in an appropriate setting that provides citizens with access to their local community, enabling them to thrive and reach their full potential.

[Have your say](#)

1. The Blue Meanies were the enemy of the Beatles in which film.
2. What song is most commonly sung to celebrate someone getting a year older?
3. Who composed the songs 'Puttin on the ritz', 'I've got my love to keep me warm' and 'White Christmas'?
4. What is the name of the Dutch footballer who transferred from Arsenal to Man Utd in Aug 2012 for £23 million?
5. How many sides does an icosagon have?
6. Which large animal is the only creature thought to produce its own suntan lotion from its natural secretions?
7. In a musical about gangsters, who are with the guys in the title?
8. Which Greek author was famous for his fables?
9. Which 1988 western saw Emilio Estevez play 'Billy the Kid' alongside Charlie Sheen and Kiefer Sutherland?
10. Which Russian punk band were jailed for two years in Aug 2012 for their anti-Putin protest and inciting hooliganism in an orthodox church?
11. Which historical region of Greece includes the capital, Athens?
12. Glenridding and Pooley Bridge stand at opposite ends of which lake, the 2nd largest in the Lake District?
13. Where in London is there a bronze statue of Charlie Chaplin?
14. What is the name of the actress who played Hilda Ogden in Coronation Street?
15. Who is reported to have played his fiddle while Rome burned?
16. What is the surname of the inventor of the world's first motorcycle?
17. Which song from 'Joseph and his technicolour Dreamcoat' gave Jason Donovan a No 1 UK hit in 1991?
18. Which TV show from the '70s and 80's featured Michael Langdon as Charles Ingalls living on a farm with his wife and 4 daughters?
19. In which country did Posh and Becks marry?
20. Which fantasy kingdom was found at the back of the wardrobe and featured Aslan and a white witch?

Answers

1. The Yellow Submarine. 2. Happy Birthday. 3. Irving Berlin. 4. Robin Van Persie. 5. 20. 6. Hippopotamus. 7. Dolly.
8. Aescop. 9. Young Guns. 10. Pussycat Riot. 11. Attica. 12. Millwater. 13. Leicester Square. 14. Jean Alexander. 15. Nero.
16. Daimler. 17. Fly dream will do. 18. Little house on the prairie. 19. Ireland. 20. Narina.



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 Communitia 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

Call Claire on 07930354885 for more information



Stay safe in Birmingham this summer

Counter Terrorism Policing West Midlands are encouraging the public to look out for each other, trust their instincts and report anything that doesn't feel right this summer.

As we head into summer months, we will see hundreds of people across Birmingham enjoying themselves at events such as music concerts, food festivals and other summer holiday activities.

Unfortunately, we know that these events and venues could be attractive targets for terrorist activity, so we are working with event organisers and businesses across the area to encourage vigilance and reporting of suspicious activity.

While this campaign is not based on an increased threat to Birmingham, we are reminding you of the vital role you can play in keeping yourself and your friends and family safe when out and about this summer.



Continued on next page

continued from last page

You know your surroundings better than anyone else, and you know if something isn't right. This doesn't just apply to where you work but on your commute and where you live too.

When you're heading out this summer, stay alert and follow our advice:

- If you see something that doesn't feel right, report it to security where you are or online at gov.uk/ACT.
- Look out for each other and trust your instincts – don't wait for someone else to report.
- Anyone can complete the [Action Counters Terrorism \(ACT\) Awareness e-Learning](#) on ProtectUK; this will help you be prepared in the event of a terrorist attack.
- Security guidance and ACT e-Learning can also be found on the [ProtectUK platform](#) and app.
- In an emergency, always call 999.

Help support us by sharing our advice with your friends and family, and let's keep Birmingham safe this summer.



Message Sent By
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>



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

FOR FAMILIES



Saturday 15th June

Craft 11am–12pm – Father's Day Cards. Come along and make a card for Father's Day. 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.

Tuesdays (Term Time only)

Home Ed Lego and Boardgames–9:30am–12:30pm–
A relaxed, friendly session for home educated families.
Drop in session.

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.

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 1st June

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

Thursday 27th June

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 6th & 20th June

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

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





- 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/Summer 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 11-11.30 Saturday Stories

Saturday 27th April 11-12.30 Lego Fun

Saturday 25th May 11-12.30 Lego Fun

Saturday 8th June 10.30-3 D-Day 80th Anniversary Event—*refreshments, activities, face painter, sing-along*

Saturday 22nd June 10-12 Mental Health Drop-in Session

Saturday 22nd June 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!

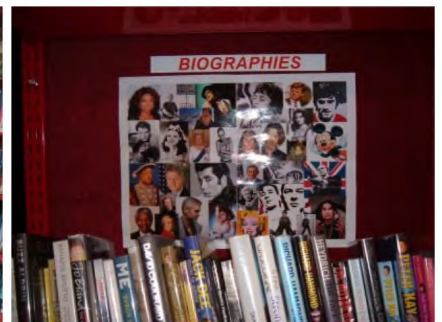
For more information, please use one of the methods detailed below -

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





It seemed that an 'onlooker' was unhappy with the police flyer posted on the Wylde Green Neighbourhood Forum Community Notice Board and decided to smash the Perspex screen and remove it!!!!



Once more, 'Walmley Glass' came to the rescue and placed this temporary blue wrap, until the new order of Perspex screen replacement was available for them to fix in place.

Profuse thanks go to Walmley Glass for their speedy response and generosity to restoring this Notice Board and enabling WGNF to continue displaying public notices for the Community.



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 out of my budget, 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



The poster is red with white text and graphics. At the top left, a megaphone icon is surrounded by the text "We need you!" and "your help means a lot!". At the top right is the "SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME" logo. In the center, the title "Walking Netball Volunteers Needed" is written in large, bold, white letters. Below the title, a paragraph states: "England Netball are looking for volunteers to become qualified Walking Netball Hosts in the Sutton Coldfield area. You will support the running of Walking Netball sessions for people 50+." To the left of this paragraph is a white starburst containing the "EN" logo. To the right, contact information is provided: "Contact Hope Bourton - hope.bourton@englandnetball.co.uk 07458 106980".

We need you! your help means a lot!

Walking Netball Volunteers Needed

England Netball are looking for volunteers to become qualified Walking Netball Hosts in the Sutton Coldfield area. You will support the running of Walking Netball sessions for people 50+.

Contact Hope Bourton - hope.bourton@englandnetball.co.uk 07458 106980



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 Wellbeing



**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 115pm
1 Hour Session

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

kidzlikedanny@blueyonder.co.uk | 07544393523

[Shop](#)[Join](#)

Hedgerows are an important habitat for our wildlife. But who calls them home?

This week we have a jam-packed newsletter for you, with stories on migration, an update on the closure of industrial sand eel fishing, and news from around our reserves. We also explore the marvellous magic of migration in honour of Migratory Bird Day with some handy tips for supporting our seasonal visitors.

It also happens to be National Hedgerow Week on 6-12 May. So, to celebrate we're taking you down to the bottom of the garden for a peek in the undergrowth. You might be surprised by what you'll find there. Plus, we also have a special National Hedgerow Week offer for you in our [online shop](#), with free P&P when you spend £20 – the perfect excuse to stock up for summer.

Have a wonderful wildlife-filled week!



Hayley Hawes
Notes on Nature editor

[Shop](#)[Join](#)

Which bird flies from pole to pole?

[Meet the avian athletes](#)

As the skies come alive this month with the sight of Swifts, Swallows and House Martins, we take a closer look at some of our favourite migratory birds and the epic journeys they make year after year.

We also go behind the scenes with three incredible volunteers to find out how they are helping to protect and nurture some of the UK's most threatened birds, such as Stone-curlews.

Much of our wildlife has benefitted from the unwavering guardianship of such committed conservationists, and it is with this in mind that we are delighted and honoured that King Charles has announced his patronage of the RSPB.

Meanwhile at Westminster a General Election has just been announced. Our message is that whatever the result, it's action we need. Nature needs all parties to prioritise nature's recovery in their campaigns and pledge to act immediately post-election. Look out for more from us over the coming few weeks.

Have a wonderful wildlife-filled week, everyone!



Hayley Hawes
Notes on Nature editor

Which?

Top tips to secure your online data

Online privacy shouldn't be such a burden. It's dull and onerous to delete old, forgotten accounts and methodically work through privacy settings. However, online threats are real, and there are plenty of ways to keep yourself protected.

From Google's Password Manager to PayPal permissions, we've rounded up our [top tips to secure your online data](#).

Unmasking the multimillion-pound ticket fraud industry

Social media is swarming with fake tickets for popular music concerts, sports contests and comedy gigs. In our latest podcast we meet Adam Webb, campaign manager at FanFair Alliance, as he talks about scammers and secondary ticketing websites.

[Hear how millions of fans are left out of pocket by fraudsters](#) selling fake event tickets, and how to attempt to recover money lost as a result of ticket fraud.

How scammers passed advertiser identity checks

Scam advertisers are using devious new tactics to impersonate brands such as British Airways and Tesco, despite being vetted by Bing and Google. Both search engines have introduced identity verification processes for advertisers in an effort to combat scams but these checks aren't always effective.

We are warning the public to treat all online advertising with caution, no matter how convincing. We [explain the three tactics](#) used in these scam ads.

[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.

Which?

Courier scams

Courier fraud is when a scammer impersonates an authority, such as the police or a bank, and encourages their victim to hand over money, valuables or bank cards, which will be collected from them by couriers.

Last year fraudsters stole over £28.7m this way, and according to Action Fraud victims lost an average of £20,032, with 43% of victims aged in their 80s.

It's important to remember that your bank or the police will never ask you to purchase valuable goods or hand over money to them. We explain [how to avoid and report](#) this type of fraud.

The holiday scams you need to know about

As peak travel season gets underway, we are warning holidaymakers about the scams that everyone should be aware of this summer. There were more than 6,640 reports of holiday fraud in 2023, with £12.3m lost to scammers.

From bogus booking websites to rigged cash machines, we explore the cruel tricks that risk ruining your trip and [our top tips to protect yourself](#).

Fraud victims targeted by scam bots

Fake accounts are lurking on X (formerly Twitter) waiting to pounce on vulnerable scam victims and defraud them again.

We decided to investigate this scam, posing on the platform as a scam victim in need of help, and were instantly bombarded with automated responses from 'bot' accounts promising to recover our money.

In reality, such recovery scams leave victims even further out of pocket and suffering additional trauma, after they pay upfront fees for non-existent services. We take you through safer ways to get help [recovering money after a scam](#).

[Scam sharer tool](#)

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[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.



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.

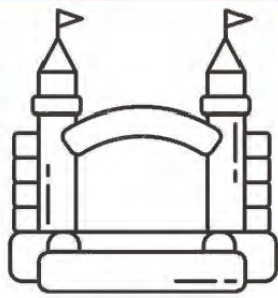
Sign up today www.healthystart.nhs.uk
or telephone 0345 607 6823

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.

PIE PET INDUSTRY FEDERATION



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

PRICE £5 PER CHILD


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

WHERE? BANNERS GATE COMMUNITY HALL SUTTON COLDFIELD B73 6UR

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!
- ✓ ESTABLISHED DANCE SCHOOL WITH MULTIPLE CLASSES ACROSS THE MIDLANDS
- ✓ FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

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

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



@PuterTutor

...Your tech problems solved

Computers, Mobiles,
Websites, Smart TV, VOIP
Security, Wifi, Printers

Microsoft
CERTIFIED
Professional

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

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



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

www.birminghamsettlement.org.uk

Registered Charity: 517303



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



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.

Four Oaks
Financial Services Limited
providing positive solutions

Four Oaks Financial Services Ltd, 168 Birmingham Rd,
Shenstone Woodend, Lichfield, WS14 0NX

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:

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

Your free advertisement
could go here.

Email
bgatepost@gmail.com.

u3a
Sutton Coldfield
Sutton Coldfield u3a



ht <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.

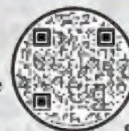


We meet on Friday evenings

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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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

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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
2.15pm. Streetly
Community Centre,
Foley Rd East,
B74 3HR.

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

Next meeting
Tuesday 11th June -
Demonstration
with Katherine
Kear '
Rosabundance'
- further details
Chris Reeves -
tel: 0121 354
6264.



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.

As I write this the sun is shining, it's been a glorious sunny warm day. No doubt by Sunday it will be snowing! However, as gardeners, we take this in our stride, although maybe having the odd moan when we think no one can hear us!

On Thursday we welcomed Ruth Plant from the Hardy Plant Society. Ruth told us all about this society that was formed before the first world war and is still going strong today. She also brought along a mouthwatering display of plants for sale, and as the members left at the end of the evening, almost everyone was carrying a plant, or four!

We are now approaching show season in the gardening world, with wonderful shows at Malvern, Chelsea and Hampton Court to look forward to. Our very own show takes place on August 10th, so at our June meeting we will be



looking in detail at everything that needs to happen for a show to take place. We want to encourage all our members to take part, as it's far more enjoyable if you participate. There are many classes to enter, some for fuchsias of course, but lots in the open classes including roses, dahlia, flower arrangements, succulents and much more.

If you would like to be involved, please come and join us. We meet at Banners Gate Community Church in Westwood Rd B73 6UH on the second Thursday of each month. Doors open at 7.30 for an 8.00 start.

If you want any more information, have a look at our Facebook page or website or give Gail, our secretary a call on 07307 857 440.



**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).

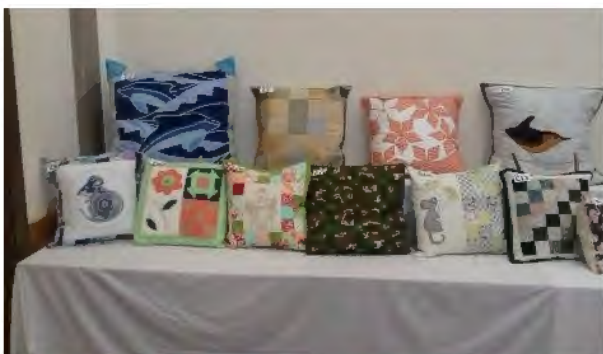
Our new programme commenced on 12 September 2023 and we have a good mix of speakers, workshops, sit and sew sessions.

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!



**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 Do.... #metalkaboutyou

MENOPAUSE

Call 07930 354 885 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 cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



www.militarychef.co.uk



Unit 10 Market village
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Sutton Coldfield
B72 1QU

Info@militarychef.co.uk
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18 Beeches Drive, Birmingham B24 0DU
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

DISABILITY RESOURCE CENTRE

Advice and advocacy services for disabled people
03030 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 | help@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.

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

[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.

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

For Over 25 Years We Have Created Flowers For All Occassions. Weddings, Funerals & Corporate Events etc. Let Us Create Something Special For You Today!



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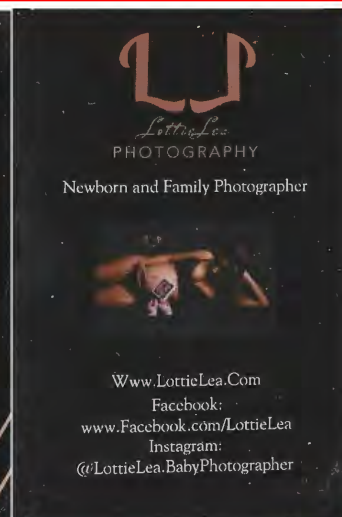
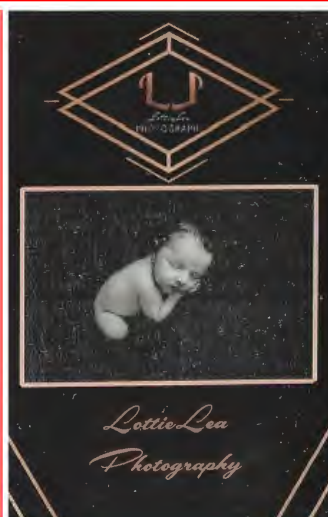


From Banners Gate Road



@lisamarieflowersandtherapy

Contact
Lisa Marie on
07765 135497



KIDS & ADULTS

KARATE

Mon 6-7pm 10yr +
Wed 5-545pm 7-9yrs
Wed 6-7pm 10yrs +
Booking Required
07886089473
www.chishiki.co.uk



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Floral Design Classes

Would you like to learn how to arrange flowers like a professional? All flowers & materials included. Qualified Floristry Tutor with 25 years Experience. Come along and join us for some "Flower Therapy". All levels welcome. Contact Lisa - 07765 135497



Contact number above if interested.

Banners Gate C.C Westwood Rd B73

Made with PosterMyWall.com

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

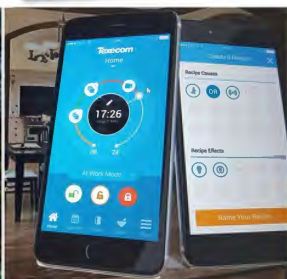
The Birmingham Carers Hub team have all received enhanced dementia training and we have launched a new service offering support to carers of people with dementia. We have also appointed a small team of Specialist Dementia Carer Advisors.

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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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

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Streetly, B74 3EH

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sue.bevington@suttoncoldfield.homeinstead.co.uk

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or telephone 0345 607 6823

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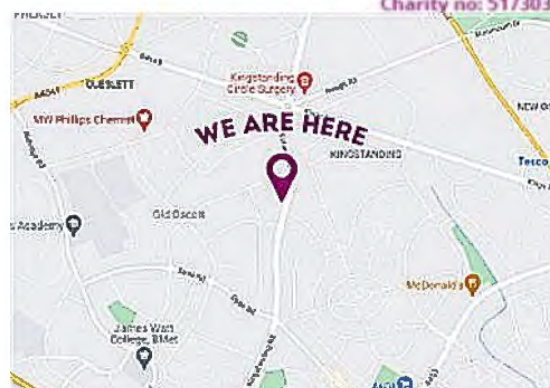
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- Refreshments and creche provided for 0-5years – limited spaces, will be booked on first come first served basis.
- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450

www.birminghamsettlement.org.uk
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Adults & Juniors:
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Adults: 7.00pm—8.30pm

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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
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Don't forget to register with us here:
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Every Sunday 9am - 11am Every Wednesday 6pm - 7pm Communion service with Pastor Chris Every 1st Sunday of the month.

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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 18th June and will be from 9.30 a.m. to noon - note new times.

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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)

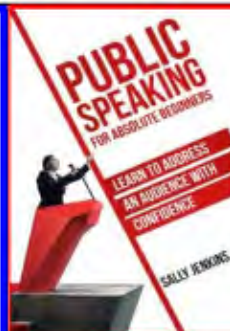
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BERT & GERT'S
We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.
The products we sell include items we have designed, made or sourced ourselves. Whether 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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Redditch Kingfisher Centre
2nd Saturday of the Month
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4th Saturday of the Month



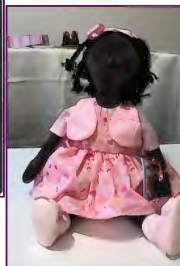
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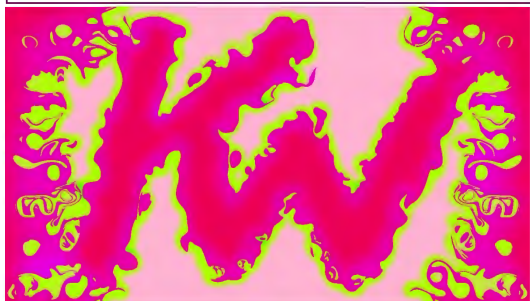
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st.columbahall@yahoo.com

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 18th June - 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 11am to 12.00pm 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 7.00 pm	Baby Sensory Guiding Dog Training SlimeWorld	Banners Gate CC Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 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 - 6.30	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 0755 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
Community. The Upper Room
St. Michael's House
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
18th June, starting
at 9.30a.m. until
noon, please note
new times.


The Townswomen's Guild
Patron HRH The Princess Royal GCVO
Thurs. 20th June - Life on the Royal Yacht
Britannia
Thurs. 18th July - Local Writer Sally
Jenkins
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.

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