

The Gatepost Supplement May2024



**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.



Harold at the start of his trip to the Buckingham Palace Garden Party



Harold and his granddaughter Louise



Harold in the Garden.



Harold and a glass of royal lemonade



Harold has found food to go with the drink



...and here is the close-up



Harold about to inspect the troops, maybe?

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

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

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

Next Generation Text

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

Dial 18001 before the full national phone number.

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

Grace Cares is a not-for-profit organisation

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

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

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

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



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



Nothing makes children happier than having someone to play with.
Children learn so much through play, we are helping their minds grow and develop when we take the time to play with them.



Sutton Coldfield District Children's Centre

Activity Calendar from

8th April - 24th May 2024



Birmingham Community Healthcare **NHS**
NHS Foundation Trust



April – June 2024

Monday

FREE BABY MASSAGE

Please call to
register your
interest



EEE advice

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

For more
information call your
local Children's
Centre

Tuesday

11.00am-12.30pm
Play and Learn under
2's - Healthy Lifestyles
**Holy Trinity Parish
Church Centre**

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

9.20-10.00am
10.20-11.00am
Story and Singing
sessions
Boldmere Library

1.30-2.30pm
First Words Together
1-2 years
Holland House

Wednesday

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

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

9.20-10.00am
10.20-11.00am
Story and Singing
sessions
Walmley Library



Thursday

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

www.startwellbirmingham.co.uk



Pick these up from any
children's centre



Friday

9.20-10.00am
10.20-11.00am
Story and singing
sessions
Mere Green Library

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



Bookable Services

Baby Massage

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

Preparing to Parenthood

Free course for expectant people
[Holland House](#)

Little Talkers

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



Stepping Stones

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

This will take place at

[Holland House](#)

Thursday 1.30-2.30pm

KID's Family Group

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

Thursday

9.30-11.30am

[Holland House](#)

Family Support

Need some advice or support?

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

Parenting

We offer a range of parenting courses to include techniques and strategies to support you and your child/ren.

Call your local Children's Centre for more advice or to refer yourself.

Other Services

Health Activities

We can support you with introduction to solid food.

Oral health.

Bottle to cup transition, fussy eating and healthy eating/ nutrition.

Contact us



First Words Together

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

The programme will run

Tuesday

1.30-2.30pm

[Holland House](#)

Adult Education and Employment Support

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

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

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

Domestic Abuse

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

Addresses and Other Information

Holland House Children's Centre

Holland Road, B72 1RE
Telephone: 0121 752 1860

Open 8.30am - 4.30pm

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

Holy Trinity Parish Church

Church Hill, Mill Street, B72 1TE

Car park spaces available

Falcon Lodge Community Hub

Church Hill Road, B75 7LB

On street parking available

Emmanuel Church

Corner of Little Green Lane and Birmingham Road, B72 1YG

Parking available on car park opposite

Walmley Library

Walmley Road, Walmley, Birmingham
Sutton Coldfield, B76 1NP

Car park available at the rear of building.

Mere Green Library

30A Mere Green Road, B75 5TB

On street parking available

Boldmere Library

119 Boldmere Road, Birmingham,
B73 5TU

Health Visitor Hub

If you would like to speak to a Health Visitor please call them on
0121 663 2330



Instagram



Like us on Instagram and Facebook

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

PLEASE NOTE

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

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

www.nhs.uk/findnhsnumbers

We look forward to meeting you.

theWI
INSPIRING WOMEN



thewi



womensinstitute



womensinstitute



**Want To Make New Friends, Learn New Skills And
Be Part Of An Inspirational Organisation**

**We Are Opening a New
WI Group in Boldmere**

Come and Find Out More

First Wednesday of Every Month

7 -9pm

Newman Community Centre

13A Boldmere Road

Sutton Coldfield

B73 5UY

**For More Information Email;
cathmarsh73@icloud.com**

Recently the **Friends of Wylde Green Railway Station** hosted a networking social with Birmingham Open Spaces Forum (BOSF) for BOSF Member Groups to come over and see the great work that all the volunteers have been doing at the Station.

BOSF is a local charity that brings together all the community groups in

Birmingham with an interest in green open spaces. It has a network of over 140 volunteer groups across the whole city and the monthly social events bring like-minded volunteers together to share their experiences and assistance.

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

https://www.facebook.com/BOSFonline/?locale=en_GB

Everyone met up at the Boulevard Allotments, where the Friends of Wylde Green Station had put on tea, coffee and cake. The BOSF Coffee Mornings are wonderful opportunities for the volunteers across Birmingham to get together and share their experiences, giving inspiration to all.

Everyone found the tour of Wylde Green Station very interesting. A big thank you to Dawn and Nikki for organising the tour.

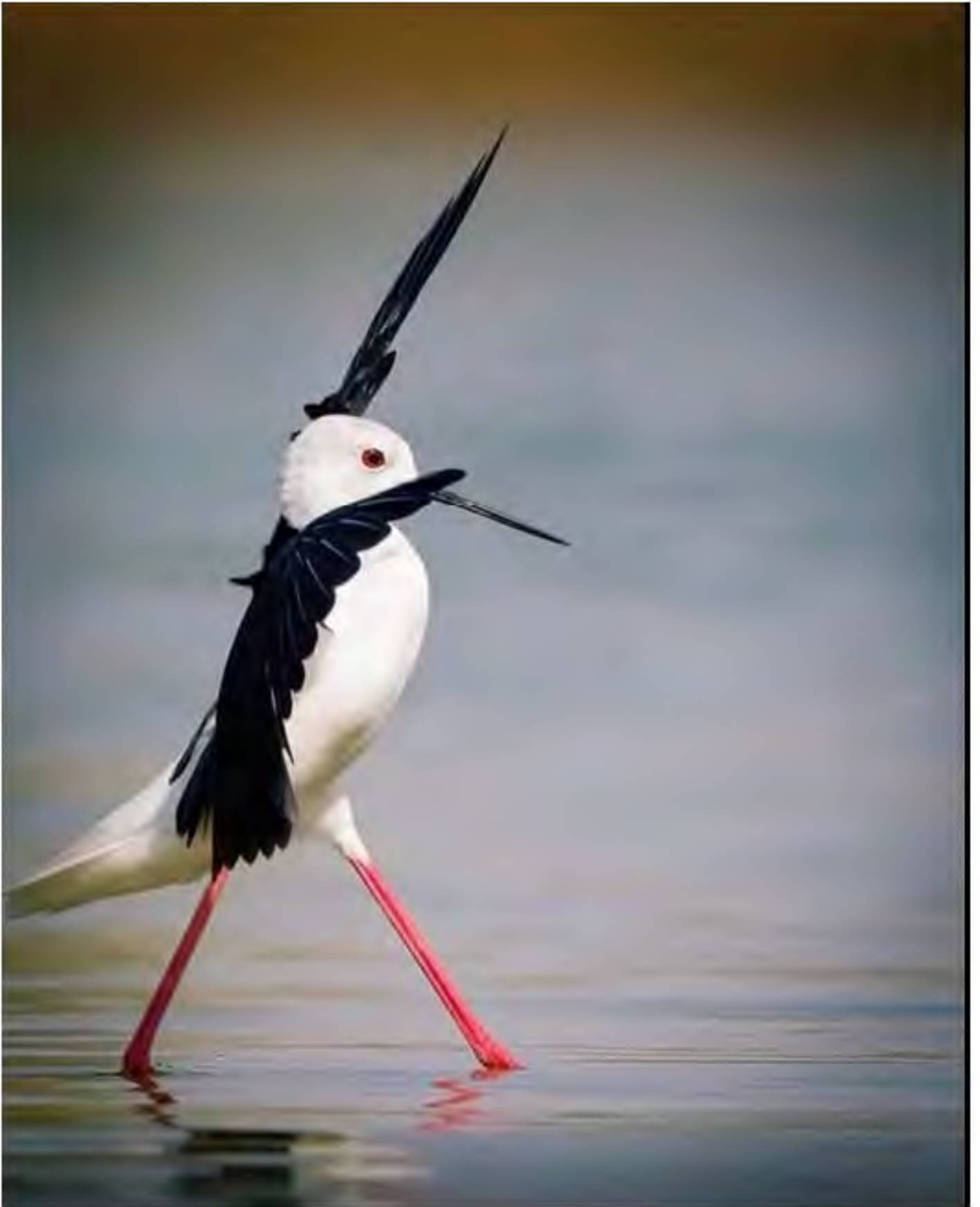
BOSF's next networking Coffee Morning is being hosted by the Quinton Meadows group in June. Full details can be found on their website.





Here are more of Mike's birds for your delight.













Here are a few photos that appeared in my inbox. I hope you enjoy them.

A back lit study of West German class 044 2-10-0 3 cylinder and a 2-6-2 class 023 standing around the turntable on a damp and very foggy night at Eden. The fog would linger well towards the middle of the next day and even all day if there was no wind to blow it away which made action photography very difficult. An open door is only just visible on the far side giving it an eery feeling. Saturday 10th October 1970.



Here are a couple of pictures you might like to use in your blog taken at Shrewsbury and Church Stretton I took two weeks ago which I send out to a number of friends weekly. They are British and foreign. If you would like me to send them to you each week let me know. Hope you liked the one at Emden.



*Thank you Alan
Ledger*



Love For Babies

Fun Interactive Baby & Toddler Sessions

Baby Massage - Baby Yoga - Baby Signing
Baby Spa - Pre School Role Play Sessions

Baby Sessions: Tuesdays & Thursdays Beacon Church Pheasey	Role Play Sessions: Wednesdays St Columba's Church Banners Gate
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Contact us for more information or to book your space

Contact: 07940547492
 becky@loveforbabies.co.uk
 Love for babies f
 www.loveforbabies.co.uk



Here is a new class starting at St. Columba's Church.

For details please call 07940547492 or go to www.loveforbabies.co.uk

or email becky@loveforbabies.co.uk

Introducing Love For Babies selection of high quality sessions Something suitable for all ages

Benefits of our Baby Massage, Baby Yoga & Baby Signing 4 week courses for parents/caregivers & babies:

- Learning simple signs can reduce frustration & develop speech
- A great bonding experience
- Explore music, props & sensory play
- Helps prevent colic & constipation
- Improves sleep routine
- Relaxation Techniques
- Enhances emotional wellbeing
- Aids physical development

Trio Of Love 4 Week Course

Combines Massage, Yoga & Signing through a holistic approach. Supporting all areas of your babies development

Baby Massage & Spa 5 Week Course

4 sessions of baby massage followed by a full relaxing baby spa experience to complete your course

Love To Spa

Join in a full sensory spa experience, a calming intimate environment, encouraging positive touch & creating a special bonding experience for parents & babies to share. Babies can enjoy a whirlpool jacuzzi bath, followed by a guided baby massage & sensory play. Finishing the session by capturing those precious memories with a photo opportunity

Love To Play

Provides children with a fun filled environment to explore a selection of role play areas. Sessions are specifically planned with focus activities for children to explore and learn through play. Encouraging an interactive end to the session with singing, story time & use of musical props





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

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

  @NHSHealthyStart

What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Infant formula

✓ It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you collect them.

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

Or call us on 0300 330 7010

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



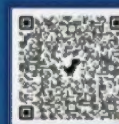
Follow us on Facebook and Twitter
@NHSHealthyStart

The allpay prepaid card is issued by allpay Ltd pursuant to license by Mastercard International Incorporated. allpay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whiteshale Business Park, Hereford, HR11 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.



NHS Healthy Start

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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

How to apply



Visit
www.healthystart.nhs.uk



Fill in the online application form



Receive your prepaid card in the post



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



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



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

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

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



Alzheimer's Society Dementia Support

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



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



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

Email us at enquires@alzheimers.org.uk

Or visit alzheimers.org.uk/get-support

Talk to someone who understands

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

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

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

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

“

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

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

”

Get the help and support you need

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

Call **0333 150 3456**

Or visit alzheimers.org.uk/get-support

Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.





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

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



SAVE THE DATE!



8TH OCTOBER 2024

HEALTH AND WELLBEING FESTIVAL

**FOR PEOPLE AGE 50+ IN SUTTON
COLDFIELD**

**LAUNCH EVENT AT SUTTON COLDFIELD
TOWN HALL
UPPER CLIFTON ROAD
B73 6DA**

**ATTEND THE EVENT AND TAKE PART IN
THE FESTIVAL OF LOCAL ACTIVITIES**

**FIND OUT MORE BY EMAILING:
NNS@AGECONCERNBIRMINGHAM.ORG.UK**

AGEconcern
Birmingham


ROYAL SUTTON COLDFIELD
TOWN COUNCIL

 SUTTON COLDFIELD
NEIGHBOURHOOD
NETWORK SCHEME

WELCOME TO OUR

May Newsletter

HELLO FROM SUTTON COLDFIELD NNS!
Welcome to our monthly Newsletter



As many of you will know, the team were delighted with the success of April's Volunteer Fair. Over 20 local groups and around 50 potential volunteers descended on Sutton Coldfield United Reformed Church for a day of networking, promoting and signing up volunteers (oh and of course plenty of tea and sandwiches too). Thank you to all who attended!

In the next month, focus shifts towards training with some extremely exciting and helpful training opportunities coming up in the next few weeks! We also cannot wait for our 'Active and Accessible Sporting Showcase' on 9th May with more details in this Newsletter!

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

THANK YOU!

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

SPREAD THE WORD

Accessible and Active Sutton Coldfield

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

ACCESSIBLE & ACTIVE SUTTON COLDFIELD

FOR THE OVER 50'S AND PEOPLE OVER 18 WITH A DISABILITY

COME AND MEET LOCAL ACTIVITY PROVIDERS AT A FUN & FRIENDLY EVENT

9TH MAY 10AM - 2PM 2024

HELD AT WYNDLEY LEISURE CENTRE
Edinwa Rd, Sutton Coldfield,
Birmingham, B75 6EE

Brought to you by Sutton Coldfield NHS in partnership with
Inspire Activity, FunGames

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

your games

Sutton Coldfield NNS have teamed up with Inspire Activity to provide an accessible showcase at Wyndley Leisure Centre on 9th May 2024. Come along and take part in some exciting taster sessions and find out about the wealth of activities in our constituency! To find out more contact nns@ageconcerbirmingham.org.uk

Virtual Dementia Bus

VIRTUAL DEMENTIA BUS EXPERIENCE

29th & 30th May 2024

Free Virtual Dementia Experience



Join a FREE virtual Dementia experience about a simulated day and experience what it's like to be living with dementia.

The day will be focused on: The Dementia car, walk to Postbox and a 1 hour display, around all take place after the Dementia experience.

The Dementia experience will last 2 hours.

Free refreshments will be available for those attending the day experience. Please see links and availability on a booking form.

For more information and to book your place on the bus - please contact Julie Wright.

Contact Number - 0181 600 000

Email dementiacarers@birminghamcarershub.org.uk

AGE CONCERN
Birmingham

The Dementia Team at Birmingham Carers Hub are delighted to announce the return of their popular 'Virtual Dementia Bus'. This powerful experience allows you to learn about and experience Dementia in ways you have never imagined. To find out more then call Julie on **07876826006** or email dementiacarers@birminghamcarershub.org.uk

SHARE YOUR THOUGHTS

LIBRARIES OF SUTTON COLDFIELD

Birmingham City Council are looking for feedback from local residents on use of and access to local libraries as part of a consultation. To find out more about how you can get involved, as well as accessing the link to the 'Be Heard' consultation survey then visit the page on the Council website:

https://www.birmingham.gov.uk/info/50306/commissioners_intervention_and_improvement/2903/consultations_to_help_us_reshape/2

Your expertise and feedback is much appreciated on this important topic!

SPREAD THE WORD

Square Peg Adult and Carer Arts and Crafts

**Thursdays
Term-time
1-3PM**



**ADULTS & CARER
ARTS & CRAFT
SESSION**

Activities

- Canvas painting
- Seasonal crafts
- Hot drinks
- Outdoor space
- Sensory room

A safe environment for disabled adults and their carers to take part in arts and crafts, meet new people and have fun.

Free to attend, donations welcome
To book please email:
booking@squarepegactivities.org

**SQUARE PEG
Activities**
Where everyone has fun

**37-39 Gate Lane, Boldmere,
Sutton Coldfield, B73 5TR**

Square Peg Activities are a local organisation that provide a safe and entertaining environment for people with additional needs and their carers. You are invited to attend their free arts and crafts sessions in Boldmere on Thursday afternoons during term time. To find out more then email:

booking@squarepegactivities.org

Baron Davenport's Older Ladies Grant

Older Ladies Charity

Could you benefit from an ongoing twice-yearly grant?

Are you...

- of state pension age
- living alone
- living on a low income (less than the state pension with less than £10,000 in savings)
- living in the West Midlands and not more than 60 miles from Birmingham city centre (and have done so for the last 3 years)

**Please contact
Age Concern
Birmingham
on 0121 362 3650**
info@ageconcernbirmingham.org.uk



Get in touch with Age Concern Birmingham via 0121 362 3650 or email:

info@ageconcernbirmingham.org.uk

to find out if you are eligible for the twice yearly Baron Davenport's Charity 'Older Ladies Grant'.

CONNECT TO SUPPORT

PROMOTE YOUR COMMUNITY GROUP ONLINE

Local community groups and activities are asked to use the Birmingham City Council's online community directory 'CONNECT TO SUPPORT' to promote your work.

You can add your information online, propose a change if your information has updated recently or email the NNS team to request that we submit the information onto the directory. To find out more visit <https://birmingham.connecttosupport.org/>

or contact Joe via:

joe.millington@ageconcernbirmingham.org.uk

TRAINING

CHECK OUT THESE EXCITING FREE TRAINING OPPORTUNITIES

GET GRANTS

What is it? A workshop to help you improve and develop your fundraising strategy.

Who is it for? Not-for-profit organisations who want to learn how to raise money more effectively.

When is it? Tuesday 7th May and Tuesday 14th May 2024 9:30 am – 12:30 pm.

Where is it? Sessions will be online.

BIRMINGHAM COMMUNITY MATTERS BID WRITING WORKSHOP

What is it? Support with taking your first steps into bid writing and grant applications.

Who is it for? Small voluntary groups who need confidence and support in applying for grants. dementiacarers@birminghamcarershub.org.uk

When is it? Thursday 16th May and Wednesday 19th June 2024.

Where is it? Four Oaks Methodist Church, 155 Lichfield Road, B74 2UU.

BIRMINGHAM COMMUNITY MATTERS DROP-IN

What is it? Informal chat with the BCM team to discuss topics such as starting a project, yearn2be@gmail.com structures and roles, recruiting volunteers and promoting your activity.

Who is it for? Small voluntary groups looking for support.

When is it? Tuesday 14th May and Wednesday 22nd May 2024 (both 11 am – 1 pm).

Where is it? Boldmere Community Cafe, 76-78 Boldmere Road, B73 5TJ (14th May) and United Reformed Church, 1 Brassington Avenue B73 6AA (22nd May).

physicalactivityva@versusarthritis.org

DEVELOPMENT IN SOCIAL ENTERPRISE

What is it? Everything you need to know to become a social enterprise, including bespoke one-to-one support on topics such as legal structure, financial planning, marketing and measuring impact.

Who is it for? Any sized not-for-profit group (excluding charities) who want to know parkride@midlandsmencap.org.uk organisation.

When is it? Wednesday 22nd May, Wednesday 29th May, Wednesday 5th June and Wednesday 12th June 2024 nns@ageconcernbirmingham.org.uk

Where is it? Four Oaks Methodist Church, 155 Lichfield Road, B74 4UU

EMAIL US TO BOOK YOUR PLACE:

Lyndsay.Smith@msociety.org.uk

nns@ageconcernbirmingham.org.uk

Sutton Coldfield NNS Story of Difference



A FRIENDLY FACE! RACHEL OF YMCA AWAITS VOLUNTEERS

This month's story of difference shines a light on the success of our Volunteer Fair. On 17th April, Sutton Coldfield NNS welcomed over 20 local community groups and around 50 citizens along to the United Reformed Church for the much anticipated event.

As a team, we are all too aware of the difficulties community organisations have in finding and keeping volunteers. With such a giving local community and a demand for volunteers, the Sutton Coldfield NNS decided to hold a Volunteer Fair and were delighted with how the day panned out.

With such a great turn out of local residents and community providers, many matches were made and contact details swapped. To celebrate the success of the event we have assembled a handful of quotes and stories from attendees who benefitted from the event:

Citizen 1:

The first local resident who we will shine the spotlight on is a retired gentleman in his 70's who wanted to "give back to the community," and "keep my mind and body active," as well as "making new friends" as he had been feeling isolated in recent times. He had found out about the event after checking out the community noticeboard in his local supermarket and had been considering volunteering for sometime. When asked whether he had enjoyed the event, he replied "yes, it has been very useful, I've made some good contacts and found lots of really interesting information. There is a lot to think about and look forward to." He spoke to a number of our table holders and is hoping to contact at least two of them, which offer volunteering opportunities which suit his living situation, accessibility and availability. Such a success story shows the importance of community events, as both the local resident, who can maintain his health and wellbeing and make connections with others, and the local community group, who have found an eager and optimistic new volunteer, benefit from the interaction.

Citizen 2:

The second resident to be highlighted is a lady in her 60's. She has a background in admin but left the workplace during Covid. When speaking to our team, she said that giving up work had left her feeling "like a spare part," and that now was "the right time to get out the house and get motivated." She found out about the Fair after 'Look Local' put a poster through her letterbox and said she could not wait to attend and find out what was on offer. She told us that she spoke to "three organisations," and now "cannot wait to be useful!" Again, our wonderful local groups have gained a new volunteer, whilst a local resident will now be active and busy, which is really positive to hear.

IF YOU HAVE ANY GOOD NEWS TO SHARE THEN GET IN TOUCH AND YOU MAY FEATURE IN NEXT MONTH'S 'STORY OF DIFFERENCE'

CAPTURING IMPACT

THE IMPORTANCE OF STORYTELLING

For grassroots groups in our constituency, storytelling and capturing impact has never been more important. There are a number of reasons why it is important to capture impact effectively:

FUNDING– It makes you appealing to **future funders**.

PROMOTION– It allows you to **promote** your activity effectively.

REQUIREMENTS– It is often a **requirement** of funding applications.

JOY– It is a great feeling to look back on the **difference** your group has made.

You can make yourself more attractive to funders and truly capture the impact of your work on local citizens by doing the following:

SHOW– Nothing quite captures the essence of your activity quite like **pictures and videos** of smiling beneficiaries taking part in your activity.

TELL– **Stories of difference** of attendees are a great tool. Give context on why they chose your activity, how they found out about you, how they have benefited and where they would be without your support.

HIGHLIGHT– Both qualitative and quantitative data are great.

Quantitative data includes **stats and figures** of how many people you have supported, the demographic groups you have worked with and new recruit figures. Such stats reflect the work you have put in to grow your activity and make it accessible to all.

BUILD– You know the story of your group and it's beneficiaries better than anyone so make sure you build and portray the **narrative**. If you have overcome challenges, let people know how you did. If members of the group came up with a certain idea, include that too.

FOCUS– The best reports focus on what it is the funder is asking for. If they are asking about certain **outcomes**, make sure you mention how you have met them.

SING– Reporting and capturing impact is a chance to display all of your hard work so make sure you **sing your own praises**.

GET INVOLVED

READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

<https://www.calameo.com/read/000675467e8ca2443dd9b>




Sutton Coldfield NNS are excited to present our new 'My Volunteer Handbook'. Whether you are looking for top tips on finding volunteers for your group, or are a volunteer trying to find the right opportunity, this is the handbook for you!

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


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

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

 <https://suttoncoldfieldnns.blogspot.com/>

 0121 362 3650

 nns@ageconcernbirmingham.org.uk

 [Sutton Coldfield NNS](#)



ARE YOU READY FOR A NEW FUN SPORT?

**'BOWLS BASH' HAS ARRIVED AT ERDINGTON COURT,
YOUR LOCAL INDOOR AND OUTDOOR BOWLS CLUB
A FUN GAME FOR ALL THE FAMILY, FOR ONLY
£5 AN HOUR FOR ADULTS AND £2 FOR CHILDREN.**

RESEARCH SHOWS THAT SOME OF
THE BEST WAYS TO KEEP FIT AND
ACTIVE ARE:

- ✓ REGULAR EXERCISE
- ✓ MAINTAINING EYE AND HAND
- ✓ CO-ORDINATION
- ✓ PLAYING A SPORT WITH OTHERS
ON A REGULAR BASIS

**BOWLS
OFFERS ALL OF
THESE!**



TO FIND OUT MORE CALL: 07967 686230
www.erdingtoncourtbowlsclub.org.uk

Erdington Court Bowls Club is part of Erdington Recreational Trust – Reg. Charity Number 503066.
Address: Rear of Bowling Green Close, (off Goosemoor Lane) B23 5QU
A BOWLS DEVELOPMENT ASSOCIATION MIDLANDS AREA HUB CLUB



Highbury Players present

London Suite

11-22 June 2024 at 7.30pm

by Neil Simon

directed by Ken Agnew, Ian Appleby & Sandra Haynes

Three comic playlets in which different characters check in to a London Hotel. In **Settling Accounts**, a writer's business manager has been caught with her hand in the till. **Going Home** sees an American widow and her daughter who are shopping in England. **Diana and Sidney** are meeting for the first time in years, after their divorce.

What's on next?

Highbury Cinema presents

What's Love Got To Do With It?

7pm on 16 June 2024

Director **Shekhar Kapur**

Released **2022**

Duration **1hr 48m**

Certificate **12A**

For Zoe, swiping right has delivered only Mr Wrongs. Her childhood friend Kaz plans to follow his parents' example and opt for an arranged marriage. As Zoe films his hopeful journey, she begins to wonder if there is something to learn from this different approach.



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



Street Katz Theatre and Film
present

Here Comes Mary

7pm on 28-29 June 2024

So you wondered when Mary would come back? Well, here she is.

There's lots for her to do, helping Highbury School with end-of-term exams, helping the Scouts with camping tasks, and showing everyone how to behave with discipline, decorum, etiquette and politeness.

What's on next?

Sutton Coldfield Art Trail 2024

**10am to 4pm on 29 & 30 June
2024**

This is the ninth Art Trail in which eleven centres around the town are hosting free exhibitions of practising artists from the area. **David and Emily White** will be showing their work at Highbury Theatre. Other venues include private studios, public areas and gardens. You will be able to see displays of art, artists at work and talk to them about their work, materials and working methods. See suttoncoldfieldarttrail.wordpress.com for more details.



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



Sutton Coldfield TOWN HALL



0121 296 9543

What's On: suttoncoldfieldtownhall.com/events/
enquiries@suttoncoldfieldtownhall.com



SHREK THE MUSICAL Presented by
Tidy Tapers
TUE 4th - SAT 8th JUNE TICKETS FROM £15



THE ROLLING CLONES
FRIDAY 21st JUNE TICKETS £25



CALAMITY JANE Presented by
Sutton Coldfield Community Centre
25th - 29th JUNE TICKETS FROM £15



THE BAND OF THE WEST MIDLANDS FIRE SERVICE - Fabulous At Forte
SATURDAY 6th JUNE TICKETS £15



THE SUMMER VARIETY SHOW
TUE 9th - SAT 11th JULY TICKETS £25.50



CHEESY BINGO PARTY
FRIDAY 12th JULY TICKETS FROM £18.50



THE SPONGEBOB MUSICAL
SAT 20th - 21st JULY TICKETS FROM £8



KING PLEASURE AND THE BISCUIT BOYS
FRIDAY 26th JULY TICKETS FROM £18



GO YOUR OWN WAY
6th & 7th SEPTEMBER TICKETS £29.50



SUPPORT US

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



PRODUCERS OF THE D-DAY DARLINGS PRESENTS

SHOWTIME

BRAND NEW DAYTIME SHOWS

THE SUMMER VARIETY SHOW



9TH / 10TH & 11TH JULY - 12PM-4PM

£25.50
includes
Lunch
& Quiz

FEATURING

MUSICAL MERRY MAKER ANDY EASTWOOD

SINGERS FROM THE-D-DAY DARLINGS

VOCAL TALENTS OF RICH SWINGS



Sutton Coldfield
TOWN HALL

Box Office: 0121 296 9543
www.suttoncoldfieldtownhall.com

You're Invited!

The Town Hall Trust has set out its ambition to become a modern community-based multipurpose arts, performance and cultural hub benefiting Sutton Coldfield and North Birmingham.

Come and Have Your Say!

Help us build upon the successful range of arts activities already underway.

Let's explore new ideas and future arts projects together.

Let's shape an artistic programme that leads to the town's 500 Year Royal Charter Celebration in 2027/28.

Drop-In Conversations.

The sessions below provide opportunities for individual conversations with trustees and staff at the venue. You will also have the opportunity to add your own ideas to our Creative Community Arts Hub Wall

Thursday 6th June	6:00pm to 8:00pm
Wednesday 12th June	12:00pm to 2:00pm
Wednesday 19th June	6:00pm to 08:00pm
Saturday 22nd June	10:00am to 12:00pm

Register Your Interest: vicci.hogan@suttoncoldfieldtownhall.com

TEA, COFFEE, SOFT DRINKS AND BISCUITS WILL BE AVAILABLE.

RSCCTHT Charity number 1165712



THE LATE MARILYN MONROE

25 APRIL – 4 MAY 2024

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

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

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

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

Written by Darren Haywood
Directed by Dexter Whitehead

 **SUTTON ARTS THEATRE**

BONNIE & CLYDE

20 - 29 JUNE 2024

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

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

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

Directed by Emily Armstrong & Dexter Whitehead



2023-2024

DO YOU KNOW THAT FOR EACH PRODUCTION WE DO IT TAKES A MINIMUM OF

15 VOLUNTEERS PER NIGHT... AND THAT DOESN'T INCLUDE THE ACTORS!

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

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



ALEXANDRA THEATRE BIRMINGHAM

Starts 01 Jun 2024

**Ed Gamble: Hot Diggity Dog***The Alexandra Birmingham*

Starts 07 Jun 2024

**Coffee, Cake and Cadenzas**

21 Jun

**Wannabe - The Spice Girls Show**

30 Jun

**Beyond Broadway**

Starts 10 Jul 2024

**Player Kings**

02 Jun

**Brian Conley - The 3rd Farewell Tour**

Starts 11 Jun 2024

**Charlie and the Chocolate Factory The Musical - BMOS**

23 Jun

**Mrs Kapoor's Daughter's Wedding 2 Mauritius**

Starts 02 Jul 2024

**101 Dalmatians***The Alexandra Birmingham*

Starts 15 Jul 2024

**Grease**

Starts 04 Jun 2024

**The 39 Steps**

20 Jun

**Bowie Experience**

Starts 25 Jun 2024

**The Syndicate**

07 Jul

**Hello Again - The Neil Diamond Songbook**

22 Jul

**Birmingham Jazz Festival: The Swing Cats**



Manford's Comedy Club

Main Auditorium, Saturday 2nd March
2024, Saturday 1st June 2024



The Magic of Motown

Main Auditorium, Sunday 2nd June
2024 - 7.30pm



Emma Kenny - The Serial Killer Next Do...

Main Auditorium, Tuesday 4th June
2024 - 7.30pm



Claire Martin & Ray Gelato's 'A Swingi...

Main Auditorium, Wednesday 5th June
2024 - 7.30pm



Lichfield Arts Introducing

Studio (Unreserved), Friday 7th June
2024 - 7pm



Northern Live

Main Auditorium, Saturday 8th June
2024 - 7.30pm



Bye Bye Baby

Main Auditorium, Sunday 9th June 2024
- 7.30pm



Royal Opera: Andrea Chenier (Live Scre...

Studio, Tuesday 11th June 2024 -
7.15pm



An Evening with Aston Villa Legends

Main Auditorium, Tuesday 11th June
2024 - 7.30pm (VIP 6pm)



An Evening with Trevor & Gary

Main Auditorium, Wednesday 12th June
2024 - 7.30pm



The McCartney Songbook

Main Auditorium, Thursday 13th June
2024 - 7.30pm



The Bon Jovi Experience

Main Auditorium, Friday 14th June 2024
- 7.30pm



Mozart's The Magic Flute

Main Auditorium, Saturday 15th June 2024 - 7.30pm



Swinging at the Cotton Club

Main Auditorium, Sunday 16th June 2024 - 7.30pm



The Massive Tragedy of Madame Bovary

Main Auditorium, Monday 17th & Tuesday 18th June 2024 - 7.30pm



Drama Teens presents The Trouble with...

Studio, Tuesday 18th & Wednesday 19th June 2024 - 7.30pm



An Evening with Sir Geoff Hurst

Main Auditorium, Wednesday 19th June 2024 - 7.30pm (VIP event 6pm)



The Upbeat Beatles

Main Auditorium, Thursday 20th June 2024 - 7.30pm



Rat Pack Live

Main Auditorium, Friday 21st June 2024 - 7.30pm



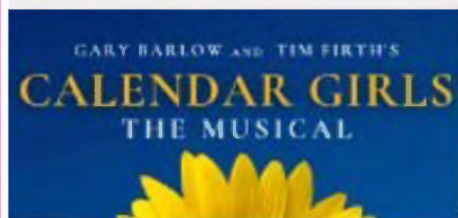
UB40 - The Legacy

Main Auditorium, Wednesday 26th June 2024 - 7.30pm



The Importance of Being... Earnest?

Main Auditorium, Thursday 27th - Saturday 29th June - 2.30pm (Sat) & 7.30pm (all)



Calendar Girls (Lichfield Operatic Soc...

Main Auditorium, Tuesday 2nd - Saturday 6th July 2024 - 2.30pm (Sat) & 7.30pm (all)



The Opposite Sex - Lichfield Players

Studio, Wednesday 17th - Saturday 20th July 2024



Masters of Deception

Main Auditorium, Saturday 31st August 2024 - 7.30pm



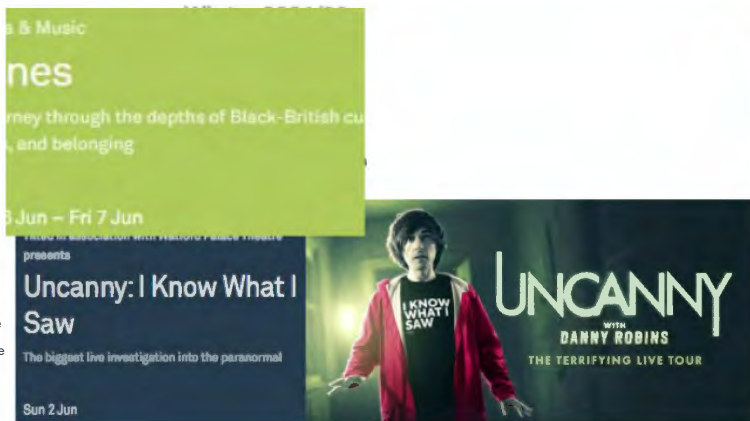
In 2023 Danny asked the questions – do ghosts exist? And if not, why do we see them? 25,000 people at theatres across the country came to find out the answers, in the biggest live investigation into the paranormal. Ever.

You now have another chance to join Danny and his team of experts for this terrifying and thought-provoking evening, featuring chilling real-life stories of the supernatural experienced by ordinary people from ordinary places, brought to life on stage through thrilling theatrical invention in a mix of projection, sound and spellbinding storytelling. As these stories of very modern hauntings are shared, Danny and the team will debate what they think actually happened in these strange encounters.

Whether you are #TeamBeliever or #TeamSceptic, a long-term Uncanny fan or just interested in the paranormal, you're welcome to **Uncanny: I Know What I Saw**.

All we ask is that you bring an open mind and prepare to hear some incredible stories and theories that may just change everything you think you know about the world.

Danny Robins is the creator of the hugely successful BBC Radio 4 podcasts and global hits, *Uncanny*, *The Battersea Poltergeist* and *The Witch Farm*, the BBC TV series *Uncanny* and the award-winning West End play *2.22 – A Ghost Story*.



A man in a battle with his identity, and on a journey through the depths of Black-British culture, class, and belonging. What happens if you're not black enough for the ends, but too black for the rest of the world?

Tones combines the gritty underground sounds of Hip-Hop, Grime and Drill with the melodrama of Opera to present a piece of gig theatre like no other, as Jerome, aka The Professor, navigates his way through a treacherous path to self-discovery.



Direct from The London Palladium, the sensational new production of one of the world's most beloved musicals comes to Birmingham Hippodrome.

Starring *Strictly Come Dancing* judge **Craig Revel Horwood** as The Wicked Witch of the West and JLS sensation **Aston Merrygold** as The Tin Man, this spectacular production will be truly magical for all the family.

Featuring the iconic original score from the Oscar-winning MGM film including *Over The Rainbow*, *Follow The Yellow Brick Road* and *We're Off To See The Wizard* with additional songs from **Andrew Lloyd Webber** and **Tim Rice**.

Join Dorothy, Toto, and friends on an unforgettable adventure down the yellow brick road to the merry old land of Oz.

There's no place like Birmingham Hippodrome next summer.

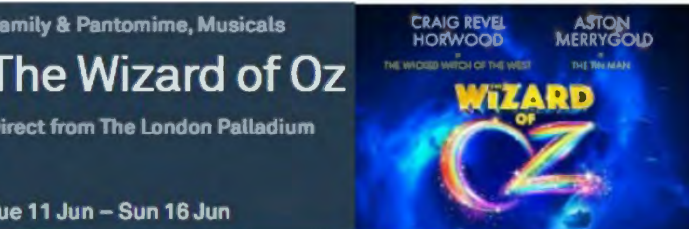


Reigning on Broadway and in the West End, the international smash-hit musical **SIX** makes its royal return to Birmingham Hippodrome following its previous sell-out success!

Winner of the 2022 Tony Award for 'Best Original Score' and 'Best Costume Design', the 2022 Whatsonstage Award for 'Best West End Show' and a Gold Disk winning album, this sell-out Tudor take-off has 'an incredibly strong and powerful message' (The Australian) and is 'pure entertainment' (The New York Times). 'Exhilarating entertainment from six killer Queens. They will, they will rock you!' (Daily Express) it's 'The most uplifting new British musical I have ever had the privilege to watch' (Evening Standard).

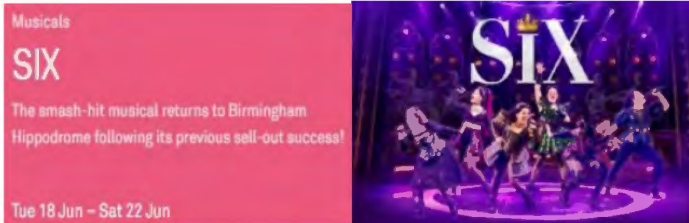
From Tudor Queens to Pop Princesses, the six wives of Henry VIII take to the mic to tell their tales, remixing five hundred years of historical heartbreak into an 80-minute celebration of 21st-century girl power. These Queens may have green sleeves but their lipstick is rebellious red.

Think you know the rhyme, think again... Divorced. Beheaded. LIVE!



For more than 30 years, Pegasus Opera Company has fearlessly paved the way for diverse talent in opera. Today, we're paying tribute to – Windrush, showcasing a rich tapestry of music and storytelling, and celebrating Black classical composers: past, present, and future. Through the outstanding music of Chevalier de Saint Georges, Richard Thompson and Des Oliver – three composers who represent different eras of Black history – we'll honour the legacy of the Windrush generation with an exciting fusion of classical music, jazz and blues.

A free exhibition showcasing the work of Black classical composers through music, photographs, and local Windrush testimony will accompany this concert at Birmingham Hippodrome in the week of the concert.



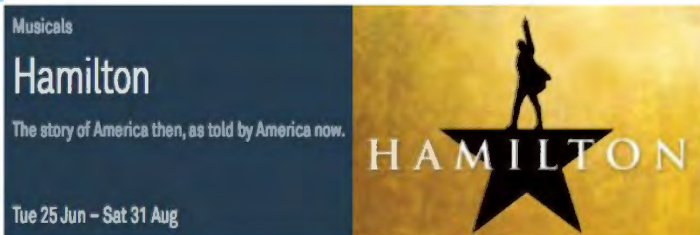
An epic tale of a Windrush family. Join us for a short, moving ballet that tells the story of a young soldier in WW2 and follows him and his family through their life in the UK.

Lin-Manuel Miranda's multi award-winning cultural phenomenon **Hamilton** is touring the UK for the very first time in 2023/2024 and is coming to Birmingham Hippodrome for a ten week season from 25 Jun – 31 Aug 2024.

Hamilton is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and helped shape the very foundations of the America we know today. The score blends hip-hop, jazz, blues, rap, R&B and Broadway – the story of America then, as told by America now.

Hamilton has book, music and lyrics by Lin-Manuel Miranda, is directed by Thomas Kail, with choreography by Andy Blankenbuehler and musical supervision and orchestrations by Alex Lacamoire and is based on Ron Chernow's biography of Alexander Hamilton.

Winner of 11 Tony Awards including Best Musical, 7 Olivier Awards, the 2016 Pulitzer Prize for Drama and the 2016 Grammy Award for Best Musical Theatre Album.



Join our Fundraising Gala Evening alongside internationally acclaimed **Hamilton**. Enjoy an evening of first-class hospitality and world-class entertainment at this multi award-winning cultural phenomenon on Thu 27 Jun.

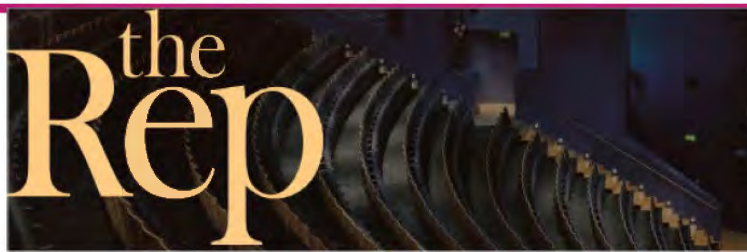
Our Gala evenings are the perfect opportunity to entertain your valued clients, treat a team, network with other city professionals or simply to enjoy with friends.

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

Winner of 11 Tony Awards including Best Musical, 7 Olivier Awards, the 2016 Pulitzer Prize for Drama and the 2016 Grammy Award for Best Musical Theatre Album. **Hamilton** is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and helped shape the very foundations of the America we know today. The score blends hip-hop, jazz, blues, rap, R&B and Broadway – the story of America then, as told by America now.

By attending the event you'll be making a direct contribution to Birmingham Hippodrome's youth dance projects and wider ambitions including **Hippodrome Projects** – thank you!

Book a handful of places at £225 per person and join a lively mixed table. Or book a full table of 12 with clients at this unmissable evening.



BALLET BLACK

Thu 13 Jun–Fri 14 Jun 2024

“A whirlwind of a company bringing new and exciting dance to Birmingham.”
Culture Bab

Now in their 22nd year, **Cassa Pancho's Ballet Black** return to The Rep with a new double bill, **HEROES**, following its triumphant visit last May.

Award-winning choreographer, **Mthuthuzeli November** contemplates the purpose of life in **The Waiting Game**, his exciting and energetic work about the meaning of life originally created in 2020, infused with a dynamic soundtrack featuring the voices of the Ballet Black artists.

“Exhilarating in effect and full of ideas, The Waiting Game feels like a hit, confirming November's talent and this remarkable company's strong sense of itself.”
The Guardian

The double bill is completed by **Sophie Laplane**, the Franco-British artist and Choreographer in Residence at Scottish Ballet, who creates a new piece for Ballet Black, **If At First**, following her dazzling 2019 BB ballet, **CLICK! If At First** explores a more subtle heroism, a quieter triumph over adversity, in a struggle that unites us all. Humanity, heroism, and self-acceptance combine in this celebratory and original piece.

Ballet Black has transformed the landscape of British ballet, creating a prominent platform for dancers and artists of Black and Asian descent, as well as establishing a new canon of ballet repertoire that resonates with audiences around the world.



LOVE + REBELLION FESTIVAL

Fri 5 – Sun 21 July

***When anger fuels rebellion,
is love ever enough?***

Following the success of last year's *Order & Chaos Festival*, our Young Rep companies are **BACK!**

With over 15 performances showcasing the best of Birmingham's young talent, **Love + Rebellion** will take audiences through an empowering season of plays about the power of unity in the face of adversity.

***This group of young people
are a credit to young actors
in Birmingham and the talent
we have to showcase across
the city” ★★★★★ Redbrick
on The Trails – part of The
Order & Chaos Festival***

EMMANUEL

THE PARISH CHURCH OF WYLDE GREEN



FRIDAY ORGAN RECITAL SERIES 2023/24

First Friday of the Month at 1.00pm

APRIL 5th

Angela Sones (Lichfield)

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

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

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

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

MAY 3rd

Timara Easter (Harpenden)

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

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

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

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

Majesté du Christ demandant sa gloire à son Père

Étoile du Soir - Louis Vierne (1870-1937)

Litanies - Jehan Alain (1911-1940)

JUNE 7th

David Hardie (Head of Music Birmingham Cathedral)

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

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

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

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

Pastorale - César Franck (1822-1890)

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

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

JULY 5th

Peter Dyke (Hereford Cathedral)

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

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

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

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



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

Information and Advice

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

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

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

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

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



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



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

Information and Advice

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

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



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

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

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



Information Guides

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

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

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

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

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



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

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

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

☎ 0121 437 0033

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

Occupational Therapy Clinics

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

No need to book.

For more information about
clinic venues visit:

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



**Birmingham
City Council**

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

ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

Jordanne Francis
Health and Wellbeing
Officer

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

WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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





Join us for
our next
event


**Mercia Grange care home,
Sutton Coldfield**

Coffee, cake & friendship cafe

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

Come along to our coffee, cake and friendship cafe! Meet Alzheimer's Society Dementia Advisors and gain valuable support and advice. Join like-minded members of the community, make new friends and enjoy a selection of home-baked treats in our warm 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 PARK
GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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



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



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

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



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





British Sign Language (Birmingham)

Classes on:

Banners Gate Community Centre, Sutton Coldfield B73 6UR

The Great Barr Community Hub

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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



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

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

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

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

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

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell
sheilapennell@talktalk.net

Calling all cat lovers ..

Can you help? Can you adopt? Can you foster?



Lucy



Terence



Polly



Jo Jo

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

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

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

Annual health checks for those who are diagnosed with dementia

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


Birmingham and Solihull Integrated Care System
Caring about healthcare

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 an health check, you can take a member of your family or someone that knows you well
- Maybe write down a list of questions you might want to ask the Health Care Professional

What happens during the Annual Health Check?

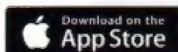
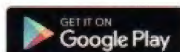
- The Health Care Professional will ask all about you and how things are at home
- Review medication/weight/height and carry out blood tests
- Identify any changes in behaviour and offer some solutions
- Review planning for the future conversations by identifying a person's wishes and preferences
- Offer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

Can you help us save more food?

OLIO

The Food Sharing App



Yes you can!

It's easy to give back to the OLIO community



Spread the word

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



Add to OLIO

Your neighbours will
love your spare food or
household items.



Volunteer

Feel great
& do good
at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO

@OLIOex @OLIO_ex

It's okay...

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



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



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



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -

NHS

LivingWell
UK

 **mind**
the national charity for mental health
Birmingham



COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker
07565542976
gap.huboffice@gmail.com



gap.huboffice@gmail.com



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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

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

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

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB













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

(Ian – Sutton Coldfield)



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

(Derek – Sutton Coldfield)

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

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

SCCT
Sutton Coldfield Chamber of Trade

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



Our regular Monthly Litter Picks for 2024

Starting on Sunday 11th Feb at 2pm.

Meet in The Church Tavern Car Park.

B42 2LA

Please wear suitable clothing and foot ware.

All equipment provided

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

Weather permitting .

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

photo courtesy of Dave Hurley

SandNats 2024



For further information please contact:
Membership Secretary

membership@sandnats.org.uk

Website: sandnats.org.uk

Being involved with several different community groups May has been extremely busy. These have included FOPPs litter pick on May 5th when we had 7 new volunteers join us which included 7 children with their parents. On this date between us we collected about 20 bags of rubbish. Photo 1. With 2 Of Fopps members.

On the 8th May was the 3Bs committee meeting which was to discuss the Garden in Bloom competition due to be held over the summer if you live in the B42 area of Perry Barr sign up now. The categories are Best Front Garden, Best Micro Garden, Best Community garden and Best Community Project. Entries accepted now until the end of August, judging will take place in September. More info on the 3Bs FB page.



Valerie Edkins (Val.)



Valerie Edkins (Val.)

On the 9th and 21st May. With CRT litter was collected from out of the Tame Valley Canal using the litter boat we collected a two full boat load of rubbish including front and rear car bumpers, broken black dustbin, several bin bags of general litter, a childs plastic basket ball frame, a kids plastic sledge and about half a tree from different branches which had broken of the trees during the strong winds we had during April. Photo 2.

12th May
Sandwell
Naturalists
attended
Oak House
Museum
Green Man
Day in
West
Bromwich,
This was a



Valerie Edkins (Val.)



Valerie Edkins (Val.)

free fun day for families with Maypole and Morris Dancing, the Green Man leading a procession of the attending public welcoming in the Spring/Summer flowers, birds and butterflies. Photo 3 & 4.

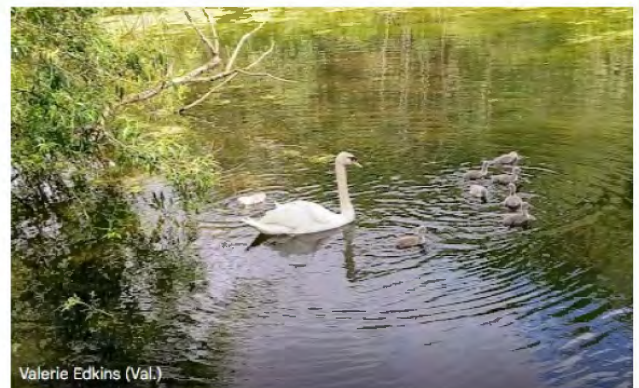
23rd was a second Canal litter pick this time only along the towpath past Alexander stadium down to the Aldridge Rd Bridge only 3 bags this time but they were quite heavy. Photo 5.



25th May as a Birmingham Tree Urban Forester on this day we were conducting a Tree Survey of new planted trees in part of Perry Barr. This is to ascertain how well they are growing and if any remedial work needs to be done. There were eight members in total including myself in two shifts

during the day. Photo 6.

During our park walk on Monday 27th we saw a swan and cygnets on Perry Park Lake. Photo 7.



Coming up in June 1st June SandNats are holding a Bird Watch and Social at the RSPB in Great Barr from 4pm until 10pm. Will give review next month.

9th June FOPPs Big Help Out litter pick in Perry Park. Everyone is welcome to join in to show we care about our green spaces. Photo 8.

30th June Lightwoods House Adkins Lane, Bearwood, B67 5DP HandMade Fair and heritage open day in the Long Room. Between 11am - 3pm.



Love For Babies

Fun Interactive Baby & Toddler Sessions

Baby Massage - Baby Yoga - Baby Signing
Baby Spa - Pre School Role Play Sessions

Baby Sessions: Tuesdays & Thursdays Beacon Church Pheasey	Role Play Sessions: Wednesdays St Columba's Church Banners Gate
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Contact us for more information or to book your space

Contact: 07940547492
 becky@loveforbabies.co.uk
 Love for babies f
 www.loveforbabies.co.uk



*Introducing Love For Babies selection of high quality sessions
Something suitable for all ages*

Benefits of our Baby Massage, Baby Yoga & Baby Signing 4 week courses for parents/caregivers & babies:

- Learning simple signs can reduce frustration & develop speech
- A great bonding experience
- Explore music, props & sensory play
- Helps prevent colic & constipation
- Improves sleep routine
- Relaxation Techniques
- Enhances emotional wellbeing
- Aids physical development

Love To Spa
Join in a full sensory spa experience, a calming intimate environment, encouraging positive touch & creating a special bonding experience for parents & babies to share. Babies can enjoy a whirlpool jacuzzi bath, followed by a guided baby massage & sensory play. Finishing the session by capturing those precious memories with a photo opportunity

Trio Of Love 4 Week Course
Combines Massage, Yoga & Signing through a holistic approach. Supporting all areas of your babies development

Baby Massage & Spa 5 Week Course
4 sessions of baby massage followed by a full relaxing baby spa experience to complete your course

Love To Play
Provides children with a fun filled environment to explore a selection of role play areas. Sessions are specifically planned with focus activities for children to explore and learn through play. Encouraging an interactive end to the session with singing, story time & use of musical props





touchlearn Baby Massage Teacher

hands onbabies

touchlearn Baby Signing Teacher

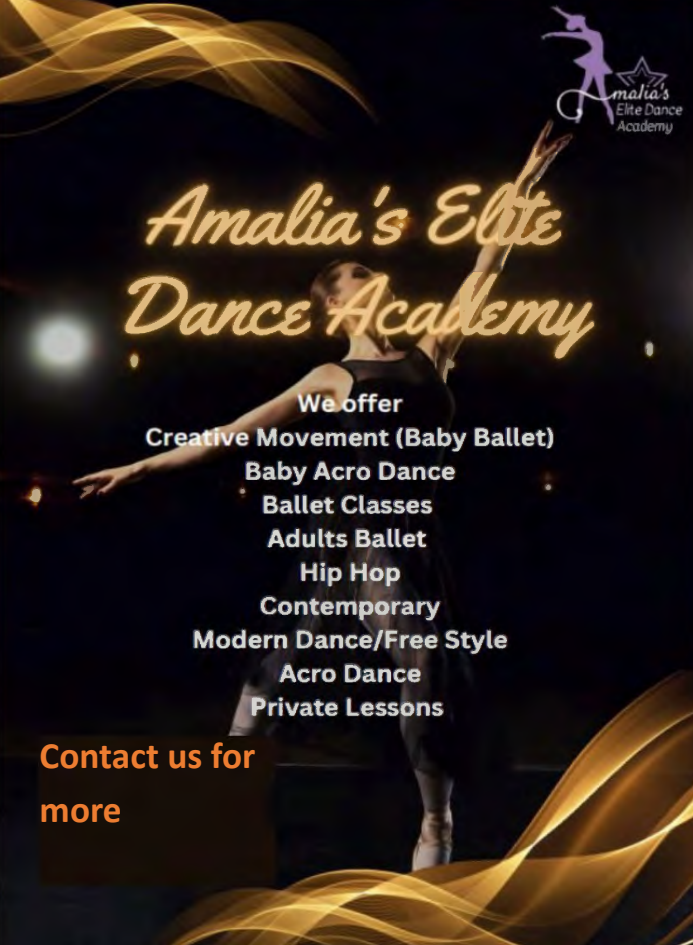


Amalia's Elite Dance Academy

We offer

- Creative Movement (Baby Ballet)
- Baby Acro Dance
- Ballet Classes
- Adults Ballet
- Hip Hop
- Contemporary
- Modern Dance/Free Style
- Acro Dance
- Private Lessons

Contact us for more



You could be here for
free next month.

Email
bgatepost@gmail.com
for details.



Trustpilot

pyjama
drama

Teaching life skills through drama and imaginative play



Pyjama Drama
Sutton Coldfield &
South Tamworth

Fun classes that develop life skills in babies & young children

'DEWDROPS' (AGE 6 MONTHS - 2 YEARS)

10:00am - 10:30am

followed by a 30-minute stay & play

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

11:00am - 11:40am

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

Get school-ready!

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



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

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



Book now!

pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



Prince's Trust

**START
SOMETHING**



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

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

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



INTERESTED?

Contact us for more information

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

wcg.ac.uk

| 0300 456 0049 |

info@wcg.ac.uk


standeazy

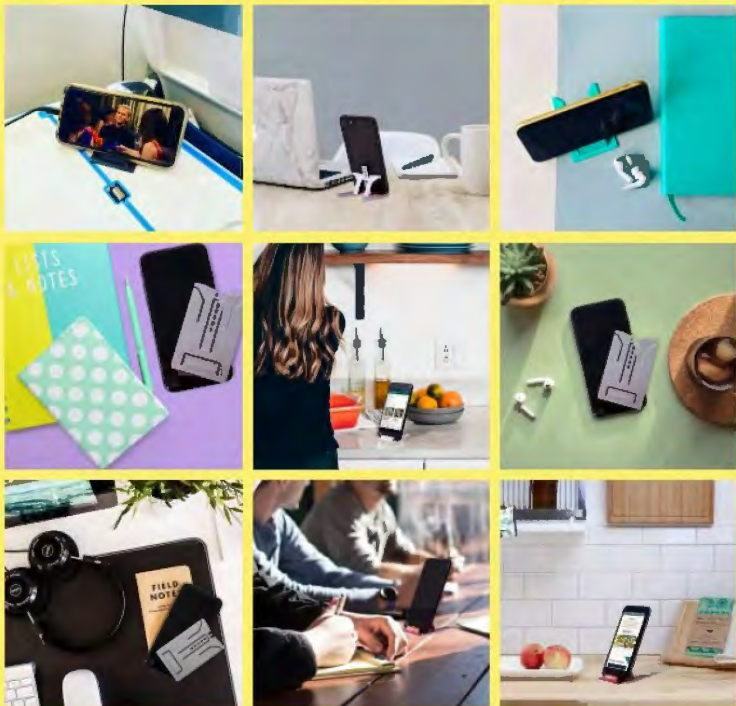
THE STAND FOR LIFE

Travel. Work. Play. Relax.

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Made with  in the West Midlands.



SCAN ME

for more info on how
and where to use it

standeazy.com

THE PERFECT STOCKING FILLER!

Get 10% off the Standeazy Ultra or the Original
when you order online with code **Stocking23**



Banners Gate Neighbourhood Forum Meetings

There will be a meeting of the Banners Gate Neighbourhood Forum on the last Thursday of every month, starting in January, so Thursday 30th May at 7.30 p.m. Then July 25th, September 26th and November 28th. Hot drinks and biscuits will be provided. Come and tell us of any problems you have with the area and we will try to get them fixed. If you need any more information please call 0121 605 4947 or 07976 550 420

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

If you need any information please message on 07964 213 229