



Banners Gate & Parklands Community & Neighbourhood Forum

183rd July 2024

bannersgateneighbourhoodforum.com

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The Tip Truck is back on Monday 5th August from 7.30am to 1pm at Avery Road.

We have quite a few new items including one for anagram fans on page 34. The answers will be in Gatepost next month with another anagram problem.

According to a forecast I read, we will be having more heat and more rain in the future. There must be some bright spark out there who can turn that into lower electricity/gas bills as, coincidentally, heat and water are what I need for my daily shower!



Rob Pocock:

SUTTON POLICE STATION – NEW RETAINED SITE APPROVED

I'm pleased to tell Gatepost readers that there has now been official

confirmation of the location for the Sutton Police Station which is being retained for the Town, despite longstanding rumours to the contrary.

A new, more modern, more efficient and upgraded Police Station will be retained on the rear section of the existing site, together with additional buildings fronting Anchorage Road. This should hopefully 'put to bed' all those unwarranted fears that Sutton would lose its police station and local officers. To be absolutely clear, we will retain our existing neighbourhood teams operating out of Sutton Coldfield, plus a response base still at the Sutton Police Station, and also an accessible public front desk as now.

The bulk of the existing building fronting onto Lichfield Road is vacant, unsuitable for modern policing and therefore unused, as I've explained before, and custody cells don't operate at police stations these days of course. The front end of the site is therefore being put up for sale – part of the proceeds of the sale will be used to upgrade and fit out the more modern and efficient premises to the rear. The surplus cash will add to the West Midlands Police mainstream funds, and the money saved on the more efficient running costs (over £300,000 a year) can be better used, for example in recruiting more actual police!

The sale of the front end will not be completed until the new upgraded premises are up and running, so officers can move across directly before the front end of the site is vacated. This makes sure there is no break in the continuity of police services in Sutton Coldfield.

This is a welcome decision of course, it is a long term solution and will hopefully put an end to anyone's worries about it all.

TIP TRUCK DATES

This month's popular City Council 'Tip Truck' visit is going to be located back in the Banners Gate and New Oscott area next **Monday 5th August, 7.30am to 1pm**. This time it's back at the foot of **Avery Road**, leading off Monmouth Drive where we always seem to get a lot of custom! As per my usual reminder, just drop me an email rob.pocock@birmingham.gov.uk and I'll add you to the 'Bins Bulletin' email list of the residents, that I notify directly by email prior to each visit.



Max Hatton:

Hello Gatepost readers! I hope you've all had an enjoyable start to the summer holidays, and we've finally got some decent weather! Growing up, for me the summer holidays were always a highlight of the year, for my family (and for many other Brummies') we took our annual camping trip to Shell Island, North Wales and we'd always stay on the same field, the one by the big sand dunes (if you know you know!) I went back to Shell Island a couple of years ago,

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first time in a long time, and the entire field had been covered by the sand dunes, there were still a couple brave campers pitched on the sand. If you're looking for a cheap holiday, or a day trip, Shell Island is about a 3-hour drive from Brum but by far the best campsite in the country, potentially Europe!

With the summer holidays, many of the big supermarkets and restaurants are offering free or discounted meals for children, always handy to know. Attached is a picture of establishments offering such discounts.

It's fantastic to see our cinema reopening, and what a refurbishment! The Royal Cinema opened to guests this week, and Suttonians have flocked to the opening, the foyer is grand again, refurbished to it's 1930s art deco splendour. This would not have happened if it were not for the hard work of local campaigners, the Future of Cinema in Sutton Coldfield and the new owners PDJ Cinemas. It's great to see this local landmark

restored to its former glory, and just in time for the new Deadpool film!

Local pub, The Beggars Bush has also recently re-opened after a few weeks' refurbishment. The new paint work on the outside looks great, and with further outdoor seating added it's another spot to soak up the sun!

There's plenty going on in the Town Centre this summer. Sunday the 28th July the Farmers Market returns to The Parade. There will also be an open day at Sutton Coldfield Fire Station 4th August 10am-4pm and the Kid's Carfest is coming to The Parade on August 10th, 10am-4pm. These events are run by Sutton Coldfield BID and are a hit for families!

I hope you all enjoy the rest of the Summer Holidays, until next month Gate Post readers, see you then!



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



moneysavingcentral.co.uk/kids-eat-free

LAS IGUANAS Join 'My Las Iguanas' via the App & Niños eat free with every adult main	MORRISONS Spend £4.49 and get one free kids meal all day, every day.
ASDA Kids eat for £1 All Day. Every Day at Asda cafes. With no adult spend required.	TESCO CAFES 1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales
SAMSBURYS CAFES Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.	GORDON RAMSEY RESTAURANTS Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants
PAUSA CAFE @ DUNELM Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm	YO! SUSHI From Monday 1st July - Friday 30th August 2024 kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).
THE REAL GREEK Kids under 12 eat FREE every Sunday for every £10 spent by an adult	WHITBREAD INNS Two kids under 16 eat for FREE with every adult breakfast purchased
TGI FRIDAYS Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)	BELLA ITALIA Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.
PUREZZA Children under the age of 10 get free pizza at Purezza with every adult meal purchased	COCONUT TREE One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.
TRAVELodge & PREMIER INN Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free	DOBBIES GARDEN CENTRES At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!
IKEA Kids get a meal from 95p daily from 11am	TABLE TABLE Two children under 16 can get a free breakfast every day with one paying adult!
SIZZLING PUBS Every Monday to Friday, 5 - 7pm, kids' mains are £1 with every adult meal.	SMOOTH HOUSE Kids eat for £1 on Mondays
BEEFEATER & BREWERS FAYRE Two children under 16 can get a free breakfast every day with one paying adult!	FUTURE INNS Under 5s eat for free with any adult meal.
PRETO Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms	

Copyright of MONEY SAVING CENTRAL

Message from the Head of School:

As we approach the end of the academic year, it is important to take a moment to reflect on the successes of school: there is much to celebrate!

- All pupils have enjoyed at least one curriculum enrichment trip during which they have shown exceptional behaviour and enthusiasm for their learning.
- Our school was visited by Ofsted and received a GOOD rating in all inspection areas.
- Year 6 completed their SATs papers; giving their all and striving for achievement.
- Parent workshops have been well-attended with many parents sharing positive feedback on how these events are supporting them to support their children at home.
- Progress for all pupils is evident in all curriculum areas.
- School fundraising has exceeded £2500 this year and has significantly improved enrichment opportunities for all year groups. Our SPARK PTA group has been established this year too and we are so grateful to the parents who have signed up to support school, giving their time so freely.
- 'The Sutton Park Way' is understood by all stakeholders and we are working hard to strive for success for everyone in school. Our school values (believe-inspire-achieve) are embedded and permeate school on a daily basis.

Mrs Middleton

- BELIEVE - INSPIRE - ACHIEVE -

Our 'best seat in the house' assembly happens weekly on Thursday mornings and invites parents/family members along to celebrate their child as 'star of the week'. So far this year we have celebrated 752 superstar awards!

OFSTED inspection report:

As a newly formed school in December 2019, Sutton Park Primary has previously not had its own Ofsted report. Many parents who visit or enquire about our school comment on this and want the reassurance from a national body that Sutton Park is a good school. After significant Covid delays, school finally received our first inspection visit from Ofsted in April. The report can be read in full here:

<http://suttonparkprimary.co.uk/images/keyinfo/ourschool/ofsted/sp-ofsted%20April%202024.pdf>



Reception admissions 2024:

We are FULL and have no remaining places for Reception this September. We do however have a waiting list building so if you would like to put your child's name down, please contact

enquiry@suttonparkprimary.co.uk

Mrs Jones and Mrs Dunning are looking forward to hosting welcome and transition events soon for parents of children joining us in EYFS this September. Invitations have been sent to all pupils with places.

Introducing Mrs Dunning:

After 5 fantastic years at Sutton Park, Mrs Middleton is moving onto a new Headteacher role in the northwest of England this September and so will be leaving school at the end of the summer term.

Mrs Dunning (current Deputy Head) will be taking over the role of Head of School from September and is excited to be leading school in its next chapter.

If you are interested in visiting school or considering a place for your child, she or a member of the senior leadership team will happily show you around. Please call 0121 4647355 and speak to Mrs Davis (office manager) who will be happy to assist you.



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



YOGA CLASS

One hour of
stretching and
relaxation for
your body & mind

Banners Gate
Community
Centre

saturday 10.15 -
11.15

**Book
Now**

Email

classeswithgem@outlook.com

Friends First

Safe local spaces to make new friends

- ✓ Looking to get out more and meet like-minded people?
- ✓ Feeling bored and not sure how to fill your time?
- ✓ Does it feel like you don't talk to people a lot?

Our Friends First Community Groups are a great way to get out and socialise with other people.



Not feeling confident enough to go out and meet new people?

We can support you to start to build your confidence and social network:

- ✓ Finding local activities that match your interests.
- ✓ Support from a friendly volunteer; from telephone calls to accompanying you to groups and even just going for a walk around your neighbourhood.



If you would like to find out more about our groups for yourself or someone you know, please get in touch:

Call on 0121 362 3650 or email at info@ageconcernbirmingham.org.uk

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

Under the new Friends First Project, Age Concern Birmingham are now able to offer their Befriending Service across Birmingham city.

On an assessed basis, our Community Reconnectors can provide up to 10 weeks support to individuals who may be isolated/vulnerable or feeling unconfident about accessing/ engaging in the wider community. This project also offers new social experiences/encourages new friendships through our tailored support. Further support is also offered through our new friendship groups situated in Sutton Coldfield and across the city.

Please contact 0121 362 3650 for more information if:

*You are feeling isolated, or would welcome the chance to meet new people in your community.

*Maybe you already run a coffee morning/community group and would like to work with us to widen your reach.

*You would like to increase your social opportunities.

This page and the next two are items from the police cyber crime prevention event at HSBC, 27th June 10am - noon.

WM now | West Midlands Police **updates**



Get all the latest updates from your local police straight into your inbox

Sign up today for free at www.wmnow.co.uk

WMnow is a free email messaging service from West Midlands Police

Sign up to receive regular updates about crimes and incidents happening in your neighbourhood

Look out for our messages and reply back if you have any information which could help your local policing team

www.wmnow.co.uk



West Midlands **POLICE**

neighbourhood **ALERT**



Stolen phone?
Make its location known

Love it?
Look after it




NRV020919

Make sure your device can be found

Own an Apple? Set up 'Find my iPhone'	Own an Android? Set up 'Find my Device'
<ul style="list-style-type: none">• Start at your home screen• Tap Settings > [your name] > iCloud• Scroll to the bottom and tap Find My iPhone• Slide to turn on 'Find My iPhone' and 'Send Last Location'• Remember your Apple ID and password	<ul style="list-style-type: none">• Check you have the 'Find my Device' app• Turn on the app – settings > Security & locations > Find my Device > Turn on• Turn location on – Settings > Security & locations > Turn on• Turn on Google Play visibility – open play.google.com/settings > Under 'visibility', pick the device• Remember your Google account details

If your phone is stolen, we encourage you to report it and not track the phone yourself



WE DO NOT BUY OR SELL AT THE DOOR

You may need to make an appointment

You may have to wait outside while we check your identity



Preventing crime, protecting the public and helping those in need
www.west-midlands.police.uk

Display the front of this card so callers see it clearly

REMEMBER!
STOP•CHAIN•CHECK

- Always use your door chain or bar
- Ask for identity and check it
- If you are still not sure look up the number for the company on the internet or in a phone book and call it
- Do not trust telephone numbers given by the caller
- Remember - "The Water Board" does not exist
- Do not allow anyone into your home unless you are **ABSOLUTELY SURE**

**FOR POLICE NON EMERGENCIES CALL 101
IN AN EMERGENCY CALL 999**

NRV240113

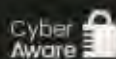
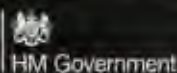
Cyber Aware

Advice on how to stay secure online.



Actions to improve your cyber security

Most of us are spending more time online. So it's important to secure the **personal information** we store on the internet, and the **devices** we use to access this information.



Add extra protection

Now you've got your passwords sorted, you're ready to take cyber security to the next level.

4 Turn on 2-step verification (2SV)

Turning on 2SV will stop criminals getting into your account, even if they know your password. 2SV (also known as **2-factor authentication**, or **multi-factor authentication**) simply means you'll be prompted for a second piece of information when signing into your account. This is usually a code which will be sent via text or email.



5 Update your devices

You should update your apps and your device's software when you're prompted. Updates include protection from viruses and will often include new features. Applying these updates is one of the most important (and quickest) things you can do to keep yourself safe online. You can make things even safer by turning on **automatic updates**.

Back up your photos, documents, and other personal data

Congratulations! If you've followed these actions, you're protected from the vast majority of cyber attacks. But if something does go wrong, **backing up** means you will always have access to your important data.

Improve your password security

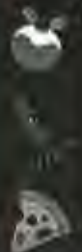
Passwords are the gateway to your online accounts. Here are three actions to ensure your passwords are working hard to protect your personal and financial information.

1 Create a unique password for your email account

If a cyber criminal accesses your email, they can use it to reset all your other account passwords (and get access to all your other accounts). This is why it's important to create a strong password for your email account, and make sure it's different to all your other online passwords.



2 Create strong passwords using three random words



Cyber criminals can easily guess weak, short passwords. You can quickly make a strong password by combining three random words to create a single password (for example **PuddingTorchPizza**). If you're asked to include special characters when creating a password, you can include them in your three random words (for example **PuddingTorchPizza!**).

3 Save passwords in your browser

Most web browsers (such as Chrome, Safari and Edge) will offer to save your passwords for you. It's safe for you to do this.

Letting your browser do this means you can use unique, strong passwords for **all** your important accounts (rather than using the same password for all of them, which you should never do).



6 Make sure your important data is backed up

A backup is a copy of your important data such as photos, documents, and other personal data stored on your IT equipment. Once you've made a backup, if you lose access to your original data, you can restore a copy of it from the backup.

If you use products from Apple, Google or Microsoft (such as Windows computers, Apple and Android phones and tablets), you'll be able to back up your data to the internet. Check your devices to see **what** is being backed up, **how** often, how much **data** you're allowed, and that **automatic backups** is switched on.

Report suspicious messages

By reporting suspicious messages, you'll be helping to prevent others becoming victims of cyber crime.

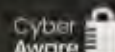
7 Report suspicious messages

If you've received a suspicious email or text message that doesn't feel right, or visited a scam website, don't panic.

- Forward suspicious texts to 7726
- Forward suspicious emails to report@phishing.gov.uk
- Report scam websites to the NCSC by visiting nsc.gov.uk/report-scam-website
- If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at actionfraud.police.uk or by calling 0300 123 2040
- If you live in Scotland, report all fraud (and any other financial crime) to Police by calling 101



For more information on how to get secure online visit cyberaware.gov.uk. If you're a sole trader or a small business you can also find bespoke advice there.



WhatsApp Message Two Pin Verification

This stops people logging into your phone should you lose it

- Go into settings
- Account
- Two step verification
- Add email if you forget your pin (optional) it will ask if you want to skip this
- Two step verification is on. At this point you can either turn it off or change your pin number

About registration and two-step verification

Copy link

When you create a WhatsApp account, you'll see two different screens:

- **Registration:** This screen appears when you're creating a new account or reregistering your existing account. To confirm that you own the phone number, you'll be prompted to enter a 6-digit registration code sent to you via SMS or phone call. Verifying your phone number with a registration code is the only way you can activate your account, and you must be able to receive the code on your phone.
- **Two-step verification:** This screen appears after you successfully register your phone number on WhatsApp. Two-step verification is an optional feature that adds more security to your WhatsApp account. When enabling this feature, you create and confirm a unique PIN that's required to access your account. The two-step verification **PIN** is different from the 6-digit registration code you receive via SMS or phone call. Yo

Remember: Never share your 6-digit registration code or two-step verification **PIN** with anyone.

If you didn't enable two-step verification, but are prompted to enter a PIN, the previous owner of the phone number might have enabled it. In this case, you'll need to wait 7 days before resetting the PIN to access your account

If you forgot your PIN and you've successfully registered your phone number on WhatsApp, tap **Forgot PIN? > Disable** to access your account.

Note: WhatsApp can only be used with one phone number on one device at a time. After you successfully register your phone number on WhatsApp, anyone who might be using your account is automatically logged out and your account is protected.



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



Birmingham and Solihull
Integrated Care System
Caring about health and lives

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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?


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

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

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



How long does an Annual Health Appointment last?

- 20-30 mins







What help might you need?

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

What happens during the Annual Health Check?

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



*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.



Slimming World
taste the freedom

FREE membership

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

slimmingworld.co.uk



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



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:](https://www.gofundme.com/this-link)
[sharedreading@foliosuttoncoldfield.org.uk](https://www.gofundme.com/this-link)

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

New Oscott Village **SPECIAL SUMMER OFFER!**

*Special offer for Banners Gate
forum subscribers*

*Get 7 months for the price of 6
or
14 months for the price of 12
Monthly memberships
also available*

Come and have a look around

START TRAINING TODAY



Why Choose Us?

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 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.



0121 377 5000

Jackie.Taylor@extracare.org.uk

New Oscott Village, Fosseyway Drive, Chester Road, B23 5LD



Hello from FOLIO

As you know, Birmingham City Council is consulting on proposals to change the library services. We wanted to remind you that the consultation ends at midday on Wednesday 17 July so you need to get your response in by then! Read on for more information.

Phase 1 Library Consultation Story So Far....

Phase 1 Consultation Engagement to Date*

Be Heard Questionnaire responses: 3771
In-person events attendance : 313
Online Consultation events attendance: 245
Consultation (Phase 1) closes: **17th July 2024**

*Data as of 21.6.24

How to have your say:

There is still time to get involved and be part of phase 1 of the consultation
Website: www.birminghambeheard.org.uk/adults-communities/lc24



Final Consultation Stage:

Commences late August– Closes 27th Sept 2024

In-person consultation at all Libraries between:
Mon 2nd Sept– Thur 26th Sept 2024

Information shared:

Summary of data collected in phase 1 of the consultation
Map of proposed provision and what the Library offer could look like for Birmingham from the data gathered



PAGE 1

RESET

RESHAPE

RESTART

The detail

[This](#) is the link to the page on the Be Heard website which includes the online survey. It also has some resources at the bottom of the page, including the answers to questions that were asked during the online consultation sessions.

Birmingham Loves Libraries has produced an unofficial guide to the consultation which you might find helpful when filling in the survey. It can be found [here](#).

If you find the survey too onerous, you can send an email with your main comments to the email address shown on the page (LibrariesPublicConsultation@birmingham.gov.uk).

If you would any other information, please let us know via liz@foliosuttoncoldfield.org.uk.

Continued on next page...

What happens next?

Birmingham City Council will be analysing the thousands of responses over the summer. They will provide a summary of the feedback and information that has been collected.

They will produce a map of the proposed provision of library services and information about what the library 'offer' could look like.

From late August until 27 September, they will be launching the final phase of the libraries consultation. There will be in-person consultation sessions for each library from 2-25 September. These will be drop in sessions and no booking is required. The dates for the Sutton Coldfield libraries are:

Boldmere Library - Thursday 12.09.24, 10:30am-12 noon
Mere Green Library - Monday 09.09.24, 3pm-4:30pm
Sutton Coldfield Library - Monday 09.09.24, 10:30am-12 noon
Walmley Library - Wednesday 25.09.24, 10:30am-12 noon

In the meantime

Don't forget that libraries are temporarily closing for an additional day a week from 22 July. The Sutton Coldfield libraries will be open from 9am to 1pm and 2pm to 5pm on the following days:

Boldmere Library - Thursday and Saturday
Mere Green Library - Monday, Tuesday, Thursday and Saturday
Sutton Coldfield Library - Monday, Tuesday, Thursday and Friday
Walmley Library - Monday and Wednesday

With best wishes from all at FOLIO

Noran, Liz and Jenny

JOIN THE MEN'S HEALTH & WELLBEING GROUP

Fourth Tuesday in the Month **7pm - 9pm**



Safe Space
Welcome "Safe Space" to meet, chat & discuss

Regular Meetings
Meeting regularly to discuss enhancing wellbeing

Men Networking
Networking personally & professionally

Guest Speakers
Specialist Guest Speakers

Physical Activities
Engaging in a variety of fun physical activities

£ No costs to attend

"Men's Health Is Their Wealth"

Visit our website

Highcroft Community Centre, 485 Blad Road, Erdington, Birmingham, West Midlands, B23 7JG

07493 397272

Info@menshealth-wellbeing.co.uk

www.menshealth-wellbeing.co.uk

Birmingham City Council

Sutton Social

Join us for a chance to socialise with other visually impaired adults!

£2 per session

Every Tuesday
10:30 am - 12:30 pm

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

If you'd like to know more, please contact
Hayley Phillips on **0121 281 5811**
or **0121 393 4849**

FOCUS
Birmingham



The United Reformed Church

Carers Support Group

SUTTON COLDFIELD UNITED REFORMED CHURCH

WE MEET 2ND AND 4TH TUESDAY EVERY MONTH 10.30-12.30

2 Course Hot Meal £2

Free Massages

All Welcome

1 Brassington Avenue, Sutton Coldfield, B73 6AA
cafe.oasis@scurc.org.uk



Free monthly activity sessions for people aged 75 and over



Please register in advance by calling 0800 716 543

Activity: Boccia/Indoor bowl
Starting: Monday 11th March
Date: Every second Monday of the month
Time: 10:30am - 12pm
Venue: Oasis United reformed church hub
1 Brassington Avenue Sutton Coldfield B73 6AA

Bringing generations together

Reengage

Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377)
visit www.reengage.org.uk for more information

As a friend of our Gatepost editor Tony Willis and Harold Jones BEM, I was delighted when they both wanted to come to my choir "Phoenix Singers Birmingham" summer concert at Birmingham Town Hall.

The main item was Karl Jenkins powerful "The Armed Man", a Mass for Peace* Harold, 101-years young! very bravely read out the immortal words,

*When you go home
Tell them of us and say
For your tomorrow
We gave our today. (Kohima epitaph)*

In Russia it is traditional to give flower to the conductor and this little Russian boy gave the choir's musical director and conductor, James Jones a bouquet of flowers just before the second half of the concert. He was so thrilled; James was so kind to him. He was returning to Russia with his mom the following week and they adored the concert.

This photo taken with Harold Jones BEM is a special memory for them .



The concert overall verdict:

"This concert was an outstanding and emotional experience, leaving the audience visibly moved and appreciative, culminating in standing ovations after "The Armed Man" and at the end of the concert. The performance has been praised for its power, emotional depth, and polish, featuring spine-tingling moments and hauntingly beautiful music that created a tangible sense of drama and emotion. The choirs were consistently amazing, delivering a powerful and moving rendition with outstanding professionalism" (A critique from an audience member)

The concert has now raised over £ 3,000 for the very worthy Médecins Sans Frontières (Doctors without Borders)

The just giving page is still open to end of July link below.



The choirs have raised more than £ 50,000 in the last twenty years for local charities Breast Cancer UK, West Midlands Kidney Appeal, St. Mary's Hospice, Conductive Education, Action for Children, MNDA, Lymphoma Association, The Phoenix Children's Foundation, Alzheimer's Society, Midland Freewheelers Blood Bikes, Birmingham Children's Hospital and Acorns Children's Hospice.

Our next joint concert will be our Christmas celebration on December 8th at Birmingham Town Hall

<https://www.phoenixsingersbham.org/events/the-armed-man>

Eric Jones July 2024

**Please Bring
Donations
to:**

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



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

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



Birmingham
Heritage
Week



in
Sutton
Coldfield



Visitors should read the full information on our website, even if there is no need to book for a particular event, so that they avoid a wasted journey to an event that is perhaps not suited to them.

EVENTS PROGRAMME



Scan or Click on the QR Code to access the SCHN website for full admission arrangements. Some events are ticketed only and others incur a charge.

Sutton Coldfield Heritage Network

SCHN is very grateful to Sutton Coldfield Heritage Trust for a grant to facilitate some of the events listed here. The grant will also enable preliminary events leading in 'SC300' celebrations in 2028, when we celebrate the Royal Town's Charter granted in 1588.



Disclaimer: Visitors and participants in any of these activities must ensure they are aware of access arrangements, the nature of some historic buildings, and the need to wear appropriate clothing and footwear.

Sutton Coldfield Heritage Network (SCHN) was formally constituted in 2023.

The current committee members are:
Marian Baxter, Claire Bridges, Benjamin Parker, Stella Thebridge (Secretary), Zoe Toft (Treasurer)

SCHN is a gathering of heritage and historical societies, venues and individuals including:

- Birmingham Ramblers
- Friends of Chester Road Station
- Friends of Sutton Park Association (FOSA)
- Friends of Wyde Green Station
- Holy Trinity Parish Church
- New Hall Hotel
- New Hall Mill
- Nos 46 and 52 High Street
- Royal Cinemas in Sutton Coldfield
- St. Mary's College, Oscott
- St. Peter's Church, Maney
- Sutton Coldfield Archaeological Society
- Sutton Coldfield Civic Society
- Sutton Coldfield Community Town Hall Trust
- Sutton Coldfield Local History Research Group
- Sutton Coldfield Masjid
- Sutton Coldfield Masonic Hall
- Sutton Coldfield Movie Makers



Routes Networks Connections



In the 10th anniversary year of Heritage Open Days we are delighted that the "European" wide theme is encouraging us all to celebrate what connects us – be that ideas or actual transport routes!

We look forward to hearing your stories and encourage you to make the most of the incredible Festival community network. If you haven't before, make this the year you reach out and chat with someone else that takes part in Heritage Open Days.

*SCCT Heritage Open Days is part of European Heritage Days

Friday 6th September

NEW HALL HOTEL 11am & 2pm
Tours around the grounds of the historic New Hall Hotel

RYKFIELD STREET AND GETTING AROUND IN ROMAN WEST MIDLANDS 2pm
A talk by Dr Mike Hodder at Holy Trinity Church

Saturday 7th September

ST. PETERS (CofE) OPEN DAY 10am-4pm



HISTORY AND ARCHAEOLOGY TASK FORCE IN SUTTON PARK 11am-4pm
(Meet at the Visitors Centre Town Gate)

NEW HALL VALLEY WALK WITH BIRMINGHAM RAMBLERS 10.30am
(Distance 5-6 miles)

HISTORIES OF LOCAL TRAIN STATIONS AND THEIR VICTORIAN MASTERS 11am-3pm
Sutton Coldfield Train Station Booking Office

Sunday 8th September

MEMORIES OF THE CROWN SHOPS AND CROWN PUB, FOUR OAKS
The Crown Pub, Wallall Road 2pm-4pm

Monday 9th September

SOUNDS HISTORICAL - A CONCERT
Bishop Vesey's Grammar School 7.30-9pm

Tuesday 10th September

SUTTON PARK ARCHAEOLOGY WALK
Friends of Sutton Park Association
11am - 1pm Start at Barriers Gate B73 6JX

Tuesday 10th September

A TOUR OF THE OLD SMITHY
Driffield Gallery, Maney B72 1QR
Tours at 11am & 1pm

Wednesday 11th September

ST MARY'S COLLEGE, OSCOTT
Tour at 9.30 - 11.30am

No. 46 & 52 HIGH STREET, SUTTON COLDFIELD
Tours at 1.45pm & 3pm

THE OLD CHESTER ROAD & BALDWOOD - THE LAKE THAT VANISHED
An illustrated talk by Penny Jennings at Chester Road Baptist Church 7.15-9pm

Thursday 12th September

EBROOK - FROM SOURCE TO THE SEA
An illustrated talk by Marian Baxter for Sutton Coldfield Civic Society
8-9.30pm - see the website for further info
Civic Society admission charges apply

Saturday 14th September

MASONIC HALL 10am-2pm

TOWN HALL VENUE 10am-4pm

HOLY TRINITY (CofE) 11am-3pm

MASJID 11am-3pm Tours on the hour at 11, 12, 1 and 2pm

Sunday 15th September

NEW HALL WATER MILL 10am-4pm



Scan or Click on the QR Code to access the SCHN website for full admission arrangements. Some events are ticketed only and others incur a charge.

SUTTON COLDFIELD ROYAL VARIETY: 500 YEARS IN THE MAKING

Plans are underway for a Royal Sutton Coldfield Variety Concert, celebrating the talent and diversity of creative and performing arts that enrich Sutton, here and now - the heritage of the future!

If you would like to be involved, please contact suttoncoldfieldroyalvariety@gmail.com

Are you a fan of film?

You'll not want to miss our special showings of 80 years of cinefilm featuring Sutton Coldfield, in collaboration with Sutton Coldfield Movie Makers.

You'll also love the fascinating talk we have planned, in collaboration with FoCIS (Future of Cinema in Sutton Coldfield), about the art deco gem in the centre of our town that we're all eagerly waiting to see spring back to life - The Royal Cinema. Look out for full details on our website!

FREE SCHOOL RESOURCES

Ahead of 500th anniversary celebrations of the Town charter in 2028, we have been piloting a package for teachers to use with students, mainly in KS2 to Year 7. To gather ideas for both activities during the year and also for legacy projects. The package will be available from the autumn and schools will be able to sign up free of charge to download the resources for assemblies and classroom engagement. Email us at suttoncoldfieldheritagenetwork@gmail.com with your details to get more information.



DONEGAL ROAD ALLOTMENTS

Donegal Road B74 2AA



Open Day

Saturday 17th August 2024

11.30am - 3.30pm

Tombola

BBQ

Jigsaws

**Stained Glass Ornaments
Vintage Cars - Spitfire Aeroplanes
Small Trinkets**

**Drinks &
Cakes**

**Vegetables,
Fruit & Flowers**

Bric a Brac

**Admission Free
All Welcome**



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

www.suttoncoldfieldsocietyofartists.co.uk

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



If you are of a different bent, you may be interested in the two links below, sent in by John S.

<http://messybeast.com/dragonqueen/real-haynes.htm>

Also, I'm going to assume you've heard this but just in case:

<https://www.airliners.net/forum/viewtopic.php?t=1113747>



**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

WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council



BIRMINGHAM TO HOST 2027 INVICTUS GAMES



Birmingham to host another world class event

Birmingham has won the bid to host the 2027 Invictus Games, beating off competition from Washington DC.

The event sees injured military personnel and veterans from around the world compete in a range of sports and will be staged at the National Exhibition Centre (NEC).

The funding for the Games is provided by the UK Government through the Office Of Veteran Affairs with no financial obligation to the council.

Birmingham is still open for business, and we can't wait to welcome the Invictus Games and the opportunities it will bring for all our residents, the athletes taking part and visitors.

Banners Gaters and Friends of the Gates

Three weeks ago Banners Gaters, a group of volunteers run by Sutton Park rangers, we're told they could not continue due to the ranger service being effectively withdrawn from the park, so unable to oversee our work. Refusing to give up, the group has joined Friends of the Gates, which has appropriate insurance and is therefore able to work, in a limited capacity, without direct supervision. We shall shortly be given a list of approved tasks but, in the meantime, we've been busy litter picking. This is what we collected on 8th July.

More members are always welcome.



Volunteers Needed!



Are you looking to expand your CV, gain experience working with disabled people or just do some good? If so then volunteering with us could be just what you need. All our users, mostly children are disabled or the sibling of a disabled child. Our activities are all play based.



WHAT WE DO :

- We'll provide a DBS check if you don't have one already.
- Safeguarding training provided
- Autism Awareness training provided

SESSIONS:
DAY TIME AND AFTER SCHOOL
CLUBS IN TERM TIME AND
ALSO DURING THE HOLIDAYS

Please email a bit about
yourself to:

tyler@squarepegactivities.org


37-39 Gate Lane, Sutton Coldfield, B73 5TR.




Tyler Shaw (She / Her)

Delivery and Outreach Coordinator




Square Peg Activities is a leisure space for children and adults with disabilities and their families in the West Midlands and surrounding areas.

 tyler@squarepegactivities.org

 0121 824 0508
07782 171954

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

 www.squarepegactivities.org

   @squarepegcharity

Square Peg Activities Ltd is registered with the Independent Commissioners Office (ICO) and Fundraising Regulator.



Funded by



Edward Gosling, Barbara Ward Children's Charity & Happy Days

Working in conjunction with



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/>

Here are a few cartoons from Eric with a touch of *over the pond*.



BEHIND EVERY ANGRY WOMAN, STANDS A MAN WHO HAS ABSOLUTELY NO IDEA WHAT HE DID WRONG!

MEN SAY WOMEN SHOULD COME WITH INSTRUCTIONS...WHAT'S THE POINT OF THAT? HAVE YOU EVER SEEN A MAN ACTUALLY READ THE INSTRUCTIONS?

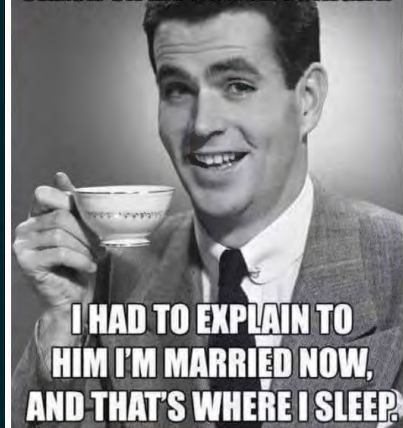


My neighbors complained about me groaning too loud having sex in the morning....if they only knew I'm just trying to put my socks on...



**I told my wife she should embrace her mistakes...
She hugged me.**

MY BUDDY ASKED IF HE COULD CRASH ON MY COUCH TONIGHT.



YOU KNOW YOU'RE GETTING OLD WHEN YOU BARELY DO ANYTHING ALL DAY, BUT STILL NEED TO HAVE A NAP TO CONTINUE TO DO BARELY ANYTHING.



Odd signs from around the world.





The following are from Ed in Encinitas, California.

Truths

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

We celebrated last night with a couple of adult beverages Metamucil and Ensure.

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

Weight loss goal: To be able to clip my toenails and breathe at the same time.

After watching how some people wore their masks, I understand why contraception fails.

Some of my friends exercise every day.
Meanwhile I am watching a show I don't like because the remote fell on the floor.

For those of you that don't want Alexa or Siri listening in on your conversation,
they are making a male version, it doesn't listen to anything.

I just got a present labeled, 'From Mom and Dad,'
and I know darn well that Dad has no idea what's inside.

Now that Covid has everyone washing their hands correctly
...next week...Turn Signals.

Someone said, "Nothing rhymes with orange."
I said, "No, it doesn't."

The pessimist complains about the wind.
The optimist expects it to change. The realist adjusts his sails.



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.



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Louise Pugh
Store Manager

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✉ 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

Friday Advice Cafes July Dates

Friday 5th July 11am – 3pm
12th July 1.15pm – 4pm
19th July 11am – 2pm
26th July 1.15pm – 4pm



AGE Concern
Birmingham



communitea cafe

What's On July 2024

Open

8:30am – 4pm

Monday to Saturday

We will be open later on Thursdays

From Thursday 18th

8:30am – 7pm (Food until 6:15pm)

HELL
Summer

76/78 Boldmere Road, Boldmere, B73 5TJ

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

Monday

Carers Hub drop-in: 9.30am – 12pm – 1st only

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

Warm Welcome: 9.30am until 12pm – weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm – weekly

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

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

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

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

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

Tuesday

Allotment Group 10am until 12pm – weekly (if the weather is nice, the group meets at the allotment)

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

Dementia Carers drop-in: 10am until 12pm 2nd Only

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm – weekly

Come and join us in our cosy cafe!

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

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

Stroke Support Group – 9th & 23rd Only

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 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

Group to build friendships, hobbies and meet like minded people

Thursday

Parkinson's UK: 10am until 12pm – 11th and 25th

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 positive environment.

Advice Cafe: 11am until 3pm – see overleaf for more info...

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!

Saturday

Afternoon Tea: from 2:30pm 20th only

Enjoy our afternoon tea with friends or loved ones for just £10 per head. Booking essential as last event was sold out. Event will be monthly

Here's the quiz. Some easy, some WOW.

1. In Education, what does OFSTED stand for?
2. Which 1985 Steven Spielberg film was nominated for 11 Academy Awards, but won none?
3. In Shakespeare's "Twelfth Night" what is the name of Sebastian's twin sister?
4. What was the surname of the London gangster known as "Jack the Hat"?
5. Which songs with "Song" in the title were UK top twenty hits for the following artists, [a] Elton John (1971), [b] One Direction (2013), [c] Rachel Platten (2015), [d] Michael Jackson (1995) and [e] SISQO (2000)?
6. Who provided the voice for Rocky Rhodes in the 2000 film, "Chicken Run"?
7. Which two New York boroughs are located on Long Island?
8. Which famous author was a cousin of Prime Minister Stanley Baldwin?
9. What is the state capital of Kansas?
10. Who is the Patron Saint of lost causes?
11. The Schick test is a skin test developed to determine susceptibility to which disease?
12. What was the anti-art movement post World War One called?
13. What relation was Queen Victoria to King William IV?
14. Which German won the Wimbledon men's singles in 1991?
15. Which series of children's books and TV shows are set in the Fictional Island of Sodor?
16. In which English county was the Boy Scout movement founded in 1907?
17. Who played Dr. Ryan Stone in the 2013 film, "Gravity"?
18. What type of garment is a fustanella?
19. The Punic Wars were contested by Ancient Rome and which city state?
20. Who is the famous father of singer Norah Jones?

Answers

1. The Office for Standards in Education. 2. The Colour Purple. 3. Viola. 4. McVitie. 5. [a] "Your Song", reached no 4, [b] "Best Song Ever", no 2, [c] "Fight Song", no 1, [d] "Earth Song", no 1 and [e] "Thong Song", no 3. 6. Mel Gibson. 7. Brooklyn & Queens. 8. Rudyard Kipling. 9. Topeka. 10. St Jude. 11. Diphtheria. 12. Dadaism. 13. Niece. 14. Michael Stich. 15. Thomas the Tank Engine. 16. (Brownsea Island) Dorset. 17. Sandra Bullock. 18. Skirt (Kilt). 19. Carthage. 20. Ravi Shankar.

This has got to be one of the most
clever
E-mails I've received in a while.
Someone out there
must be "deadly" at *Scrabble*.

PRESBYTERIAN:

When you rearrange the letters:

BEST IN PRAYER

Now you do the next two.
Answers and more next
month.

ASTRONOMER:

When you rearrange the letters:

DESPERATION:

When you rearrange the letters:



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

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

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



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

To get involved please contact Claire:

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

Age Concern Birmingham particularly encourages marginalised groups to participate :



LGBTQ+ VETERANS DISABILITIES BLACK AND MINORITY COMMUNITIES



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

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

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

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



WE NEED YOU!

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

Did you serve?
Do you know someone who served?

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

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

AGE CONCERN Birmingham | THE ARMED FORCES COVENANT TRUST FUND

no men.... just pause

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

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

Menopause

Call Claire on 07930354885 for more information



What are your police and crime priorities? asks PCC

The West Midlands Police and Crime Commissioner, Simon Foster, wants to know what matters most to you and what you want him and the force to prioritise, to prevent and tackle crime in the region.

The three-month consultation will enable him to write his Police and Crime Plan that helps set the strategic direction for West Midlands Police.



The Police and Crime Commissioner has said publicly he wants to focus on a number of key areas, including rebuilding community policing, tackling violence with a particular focus on knife crime, making our roads safer and reducing neighbourhood crimes like burglary and car theft. However, his Police and Crime Plan will be much more wide ranging.

[You can complete the consultation online.](#)

The consultation is available in other languages if preferred. Please email wmpcc@westmidlands.police.uk or call 0121 626 6060.



Message Sent By

Billy Corrigan

(West Mids Police, Communications Manager, Corporate Communications)



32 Million suspicious emails reported by the public

Over 32 million suspicious emails have been reported to the Suspicious Email Reporting Service (SERS), with more than a third of all emails reported in the last year, new figures reveal.

The reports have led to more than **329,000 websites addresses being removed** by the National Cyber Security Centre. Action Fraud, the national fraud and cybercrime reporting service, launched a national phishing awareness campaign on 24 June 2024, as reporting reached its highest level since SERS launched. New data shows a rise of 44% year-on-year, with almost 11,611,400 reports made to SERS in 2023, up from 8,074,200 reports in 2022.

Alongside emails, there has also been a huge number of text messages reported to 7726. In March 2024, **more than 60,000 malicious websites were removed as a result of being reported using 7726**. This is a free service, offered by mobile network providers, allowing customers to report suspicious text messages in order to prevent other people from receiving them too.

Claire Webb, Deputy Head of Action Fraud, said:

“When fraudsters go phishing for valuable information, anyone could be a target. They will hook an unknowing victim with a genuine-looking email, in a bid to get them to share personal information, or bank details.

“Year on year, the amount of people reporting phishing emails and texts is growing. Action Fraud is urging everyone to be extra vigilant of suspicious-looking emails landing in their inbox, which could contain malicious links leading to unknown websites.

“Remember, if you think you have received a phishing email or text message, make sure you report it. You can forward emails to report@phishing.gov.uk, or forward spam text messages to 7726.”

SERS was launched by the National Cyber Security Centre (NCSC) and the City of London Police in April 2020, ~~to enable the public to forward~~ suspicious emails and report any malicious website links. Since its launch, more than 32 million reports have been made to the service.

Continued on next page

What is phishing?

'Phishing', 'quishing' or 'smishing' is when criminals use scam emails, text messages, QR codes, or phone calls to trick victims. Whether it's an email asking you to "verify" your bank account details, or a text message claiming you've missed a delivery and are required to pay a redelivery fee, the goal is usually the same - to trick you into revealing personal and financial information.

In 2023, a doctor from London lost more than £150 to a fake email claiming to be from TV Licensing. The email claimed that they needed to renew her TV licence as soon as possible. What made the phishing email so believable was that the victim's TV licence had recently expired and the link in the email led to a fake TV Licensing website that replicated the real one.

Here's some practical advice you can follow when it comes to dealing with suspicious messages and calls:

- If you have any doubts about a message, contact the organisation directly using the contact details on their official website.
 - Do not use the number or web address in the message. Your bank, or any other official source, will not ask you to provide sensitive information by email.
- Received an email that doesn't feel right? STOP! Report suspicious emails by forwarding them to: report@phishing.gov.uk Send emails to this address that feel suspicious, even if you're not certain they're a scam – they will be checked.
- Always report suspicious text messages or scam call numbers, free of charge, to 7726. Your provider can find out where the text came from and block or ban the sender.
 - To report a scam text, forward it to 7726 and then send the sender's number when prompted.
 - To report a scam call, simply text 7726 with the word 'Call' followed by the scam caller's number.
- If you've lost money or provided financial information as a result of a phishing scam, notify your bank immediately and report it to Action Fraud at [actionfraud.police.uk](https://www.actionfraud.police.uk) or by calling 0300 123 2040. In Scotland, call Police Scotland on 101.

(If you found this information useful, please share it)



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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BHDS372



**British Heart
Foundation**

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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>



FOR FAMILIES

Every Monday

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

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

After-school Lego Club - 3.15 - 4.30pm - Come and play with our Duplo and Lego blocks. Term Time Only.

Tuesdays (Term Time Only)

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

FOR EVERYONE

Every Day

Warm Welcome - Come along for a free cuppa or squash, with puzzles, word searches and colouring sheets. Board games and lego available upon request.

Please see our separate Summer Programme of Events for children's sessions during the summer holidays.



Summer Reading Challenge 2024
Launched by the Department of Education

**Marvellous
Makers**



Launches on 6th July. See staff for more details!



FOR ADULTS

Saturday 6th July

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

Saturday 6th July

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

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://sclhrg.org.uk>

Thursday 25th July

Elderberries 10am-12pm - Over 50s social group - come for a chat and a cuppa with Noran from FOLIO Sutton Coldfield

Thursday 4th & 18th July

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.

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

Please note that from week beginning 22nd July 2024 there will be a temporary reduction in our opening hours. This library will be closed on Saturdays.

Contact Us

sutton.coldfield.library@birmingham.gov.uk

www.facebook.com/SuttonColdfieldLibrary

www.twitter.com/SuttonLibrary

www.instagram.com/suttoncoldfieldlibrary

0121 464 2274



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

*** Please note that from week beginning 22nd July 2024 there will be a temporary reduction in our opening hours. This library will be closed on Saturdays.**

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)





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 **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 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

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*

3rd Saturday of each month 9.30-11.30 and other Saturdays 11-1 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/Grief Support- *ask at counter/see flyer for more information*

Every other Saturday from 20th April 11-11.30 Saturday Story Time

Saturday 17th August 10-12 Mental Health Drop-in

Saturday 17th August 12-1 'Drawing Dogs' workshop with illustrator Sara Ogilvie -
fully booked

Wednesday 21st August 10.30-11.30 Seaside stories, make your own beach-in-a-jar and help colour our giant pirate ship - *£1 per child, please book at the counter*

Tuesday 27th August 10.30-11.30 Rainbow Rhymes live music session for preschool children -
free, please book at the counter

Saturday 31st August 11-12.30 Lego Fun

Take-home crafts each week throughout the summer holidays - while stocks last

Summer Reading Challenge launches Saturday 6th July and runs throughout the holiday!

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

01922 654864 streetlylibrary@walsall.gov.uk

Get Set for Summer at Streetly Community Library!

***Marvellous Makers Summer Reading Challenge launches
Saturday 6th July and runs throughout the holidays***

Saturday 17th August 12-1

**'Drawing Dogs' Workshop for children and adults
with illustrator Sara Ogilvie - **Fully booked****

Tuesday 27th August 10.30-11.30

**Rainbow Rhyme for preschool children
Free, please book at the counter**

Wednesday 21st August 10.30-11.30

**Beside the Seaside - listen to seaside stories, make your own
beach-in-a-jar and help colour our giant pirate ship!
£1 per child, please book at the counter**

Saturday 31st August 11-12.30 Lego Fun

A different take-home craft each week - while stocks last

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 - Benefits, 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



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 Early Help to Access our Early Connect Form. Fill in your details and what support you are looking for, and we will be in touch.

No longer available due to funding change

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

If you need more information, or support filling out the form, contact your Community Connectors, Danielle & Louise on 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**   



**Parish Nursing
Ministries UK**

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



Home visiting Podiatrist



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

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

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

FORGET ME NOT SING-ALONG



JOIN US

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

£5 PER SESSION

(CARERS FREE)
NO BOOKING REQUIRED.
JUST TURN UP

WHEN?

Every Monday starting
4th October at 11.30pm
1 Hour Session

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

kidzlikedanny@blueyonder.co.uk | 07544393523

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

Your best start to the summer – visit **Birds: Brilliant and Bizarre**

[Get your ticket](#)

“A summer spectacular for all ages” The Guardian.

Make the most of your summer break with a trip to the Natural History Museum exhibition *Birds: Brilliant and Bizarre!*

The exhibition, in affiliation with the RSPB, explores the incredible story of birds – from surviving the mass extinction event that wiped out the dinosaurs, to how they diversified into an incredible 11,000 distinct species: including familiar Robins, Starlings, and Blue Tits. Look out for some 47-million-year-old bird fossils, how a stork with a spear in its back helped uncover the secrets of migration, and how the work of one inspiring woman saved the unusual-looking Greater Adjutant Stork.

Also, as the UK weather is a little unpredictable, the Natural History Museum gives you the option to both shelter from the sun, and escape the rain this summer, too!

As an RSPB member, you'll get 20% off tickets to the exhibition – so don't forget your membership card!

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

Feeling hot, hot, hot!

How do birds keep their cool in summer and what can you do to help them beat the heat?

[Seven ways to keep cool](#)



In this edition, discover seven fascinating ways birds stay cool in summer, including panting, pooing (yes, really), and splashing in water. Speaking of splashing, enjoy a stunning short film on one of the UK's most-beloved seabirds – the Puffin. Follow RSPB staff and volunteers as they work tirelessly to protect and preserve the Puffin habitat on Scottish island, Fidra.

We're also celebrating Wild Haweswater's recent sustainability award, which honours over a decade of remarkable restoration efforts, and unveiling our ambitious project with Ella's Kitchen to restore 30 million square feet of wildflower meadows.

With National Picnic Month in full swing, it's the perfect time to enjoy a picnic with a view, so pack your favourite nibbles and visit an RSPB reserve!

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?

Scam Alerts

We're updating the technology we use to send our Scam Alerts. This means in the coming weeks our Scam Alerts will be sent from info@mail.which.co.uk. Make sure to add this email address to your safe sender list so you never miss out on them. Now, here are the latest scams to look out for.

Celebrity deepfakes

A deepfake video is when artificial intelligence is used to create videos of people saying or doing things that never happened. There was a 3,000% increase in the use of deepfake attempts and identity fraud in 2023, according to the identity verification company Onfido.

Which of the following people do you think topped the list of most impersonated celebrities?

[Taylor Swift](#)
[Holly Willoughby](#)

[Elon Musk](#)
[Martin Lewis](#)

We've examined several deepfake videos that impersonated celebrities. [Read our advice and watch our video](#) to see the telltale clues to watch out for.

AI scams

More fake customer service agents uncovered on X

We've uncovered scammers on X (formerly Twitter) posing as real customer service agents for a number of well-known brands over the past few months. **Most recently, we found 37 fake Zara accounts** that were replying to customers' genuine queries on X in a bid to steal their personal data.

[Read our investigation](#) to find out how the Zara scam works and how to spot fake social media posts.

[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.



Six-in-10 motorists off to Europe this summer don't know which number to call in an emergency

With Brits set to take millions of car trips across the Channel this summer*, new RAC research has found six-in-10 (62%) don't know the right number to call to get help in an emergency.

Just 38% of those surveyed by [RAC Europe](#) knew they should call 112 in the event of an emergency in the European Union. Among the others, a third (32%) worryingly have absolutely no idea which number to call if they found themselves in need of urgent help on the continent, while one-in-10 (12%) say they would dial 999 – the UK's three-digit emergency services' number. A similar proportion (11%) think the correct number to dial for help is 111 – the NHS non-emergency line.



Four per cent mistakenly believe the number to call is 101, which is the non-emergency line for UK police forces, and three per cent think they should dial 911, the emergency number in the United States and Canada.

Phone number	What it's for	Where it works
112	Emergency assistance	All of the European Union plus many other European countries, including Switzerland, Turkey and the UK
999	Emergency assistance	United Kingdom
911	Emergency assistance	All of North America
101	Police non-emergency assistance	United Kingdom
111	NHS non-emergency assistance	England, Scotland and Wales

Which?

As millions of us gear up to travel abroad this summer, poor customer service and the UK's weak passenger protections risk consumers having to foot the bill for airlines' bad behaviour. **If things go wrong, would you know your flight rights?**

Frequent flight cancellations and disregard for passenger rights on refunds, rerouting and compensation have become the norm for some airlines. And with too many companies falling far short of the mark with customer service, passengers can be left struggling to access support when things go wrong.

Until airlines take action to raise their standards, stay better prepared with our free [flight advice guides](#). **And if you've been impacted by a delayed or cancelled flight, you can use our free flight delay tool to check your eligibility and [claim compensation](#).**



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



Sing Me Sunshine

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
St Columba's Church hall
Banners Gate Road/
Chester Road North
Sutton Coldfield B73 6TX

Thursdays 2 - 3pm
All Saints' Church Centre
Belwell Lane, Four Oaks,
Sutton Coldfield B74 4TR

£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

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

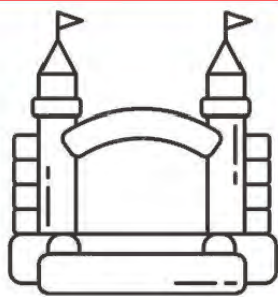
Healthy Start

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

Birmingham City Council

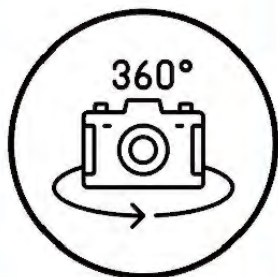
HEALTHY START NHS

rachel.mackay@careuk.com



G & T
party hire

AVAILABLE FOR ALL
OCCASIONS



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

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

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

Facebook: Gandt party-hire

Instagram: gandt_partyhire

Email: Gandtpartyhire@hotmail.com



Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes,

Grant & Natasha



Pawpounders
Doggy Daycare Centre

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

Puppy Socialisation and Training Classes
now available.

FOR PUPPIES FROM 2 TO 6 MONTHS

LIMITED SPACES AVAILABLE

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

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




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



RDS



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

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

MORE INFORMATION


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

PRICE
£5
PER CHILD

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

WHERE?
BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !



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

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105
07796 546172

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

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...Your tech problems solved

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



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

birmingham settlement
Developing ourselves, changing lives

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

www.birminghamsettlement.org.uk

Registered Charity: 517303



The
Cancer
Support
Centre



THE WALKING GROUP IS BACK!

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

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

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



The
Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

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



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

www.suttoncancersupport.org

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

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



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

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

What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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

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.

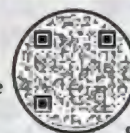


We meet on Friday evenings

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

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



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

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:

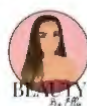
Trinity Centre,
Church Hill, (off Mill Street),
Sutton Coldfield.
B72 1TF

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

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



Come and join us at our new venue.

We meet monthly 2nd Tuesday - 2.15 pm.

All Saints Parish Church Hall, Foley Rd East, B74 3EX,



We'd be delighted to welcome you and friends - our next meeting Tuesday 13th August, demo with Andrew Key "May to September".



Bringing Flowers and People together

For further details Chris Reeves - 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.

And still it rains!! Gardeners are renowned for never being happy with the weather, but 2024 is proving to be very soggy!! Our show is now almost upon us, date for your diary August 10th!! So, we really need some warm and sunny weather to bring out the blooms. I am always confident that our members will pull plants out of a hat come show day, so all we need is for the public to come along and see what we do. There are 25 classes to view, the first 17 are all fuchsia based, but these will range from bush plants, standards, baskets and bonsais to novelty classes, growing fuchsias in unusual containers, and displays of a plant with items that depict its name. These are often very popular with the public and show off the imagination and artistic flair of the exhibitor.



The final eight classes are general gardening, with a class for Hostas, succulents, house plants, roses, dahlias, flower arranging and patio pots. So, there is really something for everyone. We are very fortunate as a society to be well supported by local garden centres with raffle prizes, and this year Hall's Garden Centre have again been very generous in donating a wonderful companion seat with a retail value of over £200 as our main raffle prize.! This will be delivered to the lucky winner home in the week following the show. There are many other beautiful prizes, and along with a table of delicious cakes to enjoy alongside a cuppa, it's a lovely way to spend a couple of hours on a Saturday afternoon. Saturday 10th August, at Banners Gate Community Church, Westwood Road, B73 6UH. Doors open at 1.00p.m. until 3.30p.m. Entrance to non-members is £1, with any accompanied children free. Please come along and see what we get up to, we are a friendly bunch, and you will be made very welcome.



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

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

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

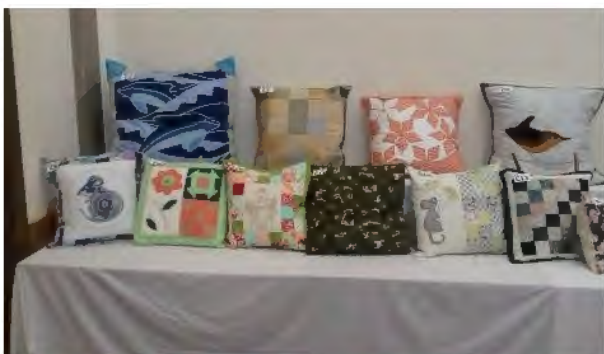
Our new programme commenced on 12 September 2023 and we have a good mix of speakers, workshops, sit and sew sessions.

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

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

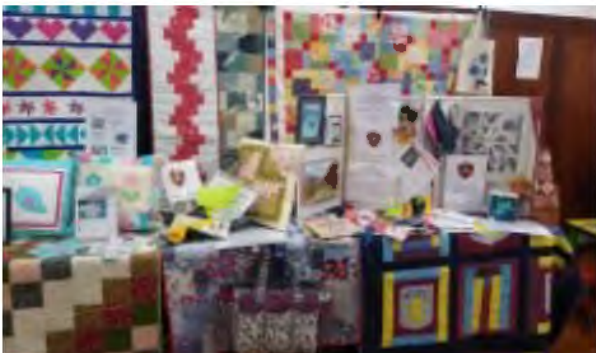
HOW MUCH WILL IT COST? Members pay an annual subscription of £20, due in September (or £10 from January), plus £4 for each meeting attended. Visitors are welcome and pay £5 per meeting attended.

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



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

WE LOOK FORWARD TO SEEING YOU SOON!



communittea cafe AGE concern Birmingham

**Groups are back at the
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

no men.... just pause

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

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

MENOPAUSE

Call 0121 362 3650 for more information.



COMMUNITTEA CAFÉ ALLOTMENT TUESDAYS 10 TILL 12

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

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the café

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzu Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



www.militarychef.co.uk



Unit 10 Market village
65 south parade
Sutton Coldfield
B72 1QU

Info@militarychef.co.uk
Trade@militarychef.co.uk

Angel beads ltd



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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 3 4

Other Support

Stop Loan 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.uk
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

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07765 135497



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Wed 5-545pm 7-9yrs
Wed 6-7pm 10yrs +
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www.chishiki.co.uk



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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 you job. From builders to plumbers and electricians all of our tradespeople are vetted, DBS checked and working to current guidelines.

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

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

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



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

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

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

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

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

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

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

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

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

Phone no. 0121 386 2639

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

Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

Instagram: [onlyrosiescakes](https://www.instagram.com/onlyrosiescakes)

Email: rosie_p25@hotmail.co.uk



Norbury Maintenance

Handyman Services, Gardening,
Patio/Driveway Cleaning
Insured - Affordable - Reliable

T: Dave Edwards 07305931199

E: norburymaintenance@gmail.com



Home
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To us, it's personal

Memory Cafes

Do you know someone living with memory loss?

Every Monday

10am—12noon

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

Every Monday

"Musical Memories"

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Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

*All attendees must show proof
of both covid vaccinations*

Every Thursday

10am - 12noon

Streetly Methodist Church

Thornhill Road

Streetly, B74 3EH

"Friends on Fridays"

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Supported by

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South Parade, B72 1QY

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

sue.bevington@suttoncoldfield.homeinstead.co.uk

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- Universal Credit (with a family take-home pay of £408 or less per month).

You also qualify if you are
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the above benefits.

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Healthy Start

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

Birmingham
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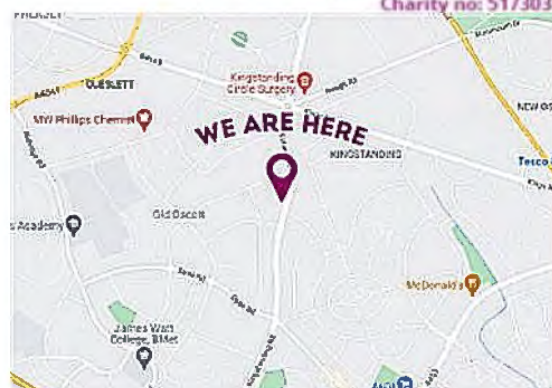
HEALTHY
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FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- Starting Monday 7th March 2022, 12.30pm – 2.00pm
- Come along for conversation and fitness: meet new friends and build your confidence.
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- 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

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Cafe Oasis

Monday, Tuesday,
Thursday & Friday.

10.00am - 2:30pm

Drinks, snacks and sandwiches.
Hot meals from 12:00 - 2:00pm.

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

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Adults & Juniors: 7.00pm—8.30pm

Adults: 7.00pm—8.30pm

Thursday

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Kids: 6.00pm—7.00pm

Adults: 7.00pm—8.30pm

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Pregnancy YogaLates Class



5K YOUR WAY MOVE AGAINST CANCER

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

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

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

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

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

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

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



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Call or email me for any questions or appointments on;
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Please look for the Beacon Room – Everyone welcome

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Contact Details: 0756562762
loveworldsuttoncoldfield@gmail.com

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

CREATE at the Gate with K & S

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

Banners Gate Community Hall Coffee Mornings.
The next is on 20th August and will be from 9.30 a.m. to noon - note new times.

Hall's Gardens

Garden Maintenance Services

Gary Hall

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

garyhall7@blueyonder.co.uk



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site www.newhorizonscounselling.org.

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

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

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

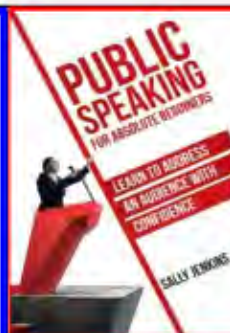
The Jarrett room is approx. 13' x 8' (4m x 2.5m)

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

The building is step-free.

For further booking information go to:

www.bannersgatecommunityassociation.org



Public Speaking for Absolute Beginners
by Sally Jenkins

Tips on constructing and presenting all types of speeches.

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sallysjenkins@btinternet.com 0121

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Banners Gate

Community Hall,

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Lee.nugent1@virginmedia.com



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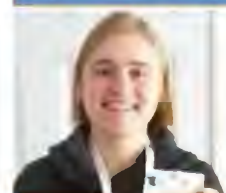
E: kilrfitness@outlook.com

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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.
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1st & 3rd Saturday of the Month
Plus scan here for a full list of additional dates..
Redditch Kingfisher Centre
2nd Saturday of the Month
Tamworth Ankerside
4th Saturday of the Month



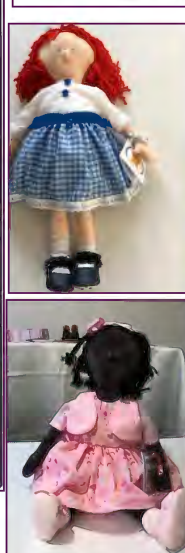
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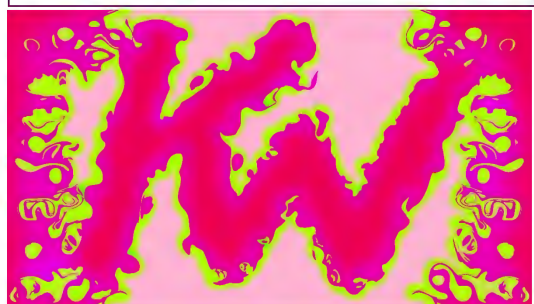
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st.columbahall@yahoo.com

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 20th August - at 9.30 to noon, please note new times.

DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (1st) 10.30 – 2.30 pm 10.00 am 10.30 am (fortnightly) 11.00 am 7.30 – 8.30 pm	Create at Gate with K & S Family Communion Sunday Gathering Chikara Karate Kai Soul Yoga -1st Sunday	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston Nigel Willis Paul Murphy 07837 Cath Hussey	628 6651 354 5873 353 0230 39 57 89
For details see website at www.stcolumbasbannersgate.co.uk www.bannersgatechurch.com				
Mon 6.00 – 7.00 11am to 12.00 pm 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 9.15 - 1.15 pm. 3rd Tues 9.15 - 12.00 pm 11.45 am - 12.45 pm 8.00 – 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 6.30 – 7.30 7.00 pm	Baby Sensory Guide Dog Training Pregnancy Yoga SlimmingWorld	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 5.00 - 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
1st Saturday	Yoga and Pilates	Community Hall		

BOOKING SECRETARIES:
Community Hall mobile: 075 65 54 68 21
Banners Gate CC - Nigel Willis 07711 284562
St. Columba's - Alison Jolley st.columbahall@yahoo.com
Scout Hall - A & R Talliss 353 8166

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

Useful telephone numbers

Sutton and Kingstanding

Police: 101

Good Hope: 424 2000

Outpatients: 424 2000

NHS Health helpline:

Call 111 it's 24/7


Citizens Advice

03444 111 444

BANNERS GATE COUNSELLING CENTRE

Accessible and Affordable
Counselling to Adults in the
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
20th August,
starting at 9.30a.m.
until noon, please
note new times.**



The Townswomen's Guild

Patron HRH The Princess Royal GCVO

NO MEETING IN AUGUST

19th September—Scam Awareness

Our vibrant Guild meets on the 3rd
Thursday of the month, 7.00 - 10.00 in
the Westwood Hall,
Banners Gate Community Church.
Contact Sue Nation on 353 4114

Banners Gate Community Church
Westwood Road. B73 6UH

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

To find out more visit our website at
www.bannersgatechurch.com.

**St Columba's
Church**

Coffee Morning

**Every Friday of
the month**

10.00 - Noon

All Welcome

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

33rd Sutton Coldfield Scout Group,
H.Q. Coppice View Road

Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years

Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

Contact 0121 353 5203
Email: margaretdrummond1@btinternet.com



Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100
Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure
girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides.
There are also places available in both Brownie units in September for girls aged 7 or 8.
For more information contact Carol Gardner on 350 7191.

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