



# Banners Gate & Parklands Community & Neighbourhood Forum

**182<sup>nd</sup> June 2024**

[bannersgateneighbourhoodforum.com](http://bannersgateneighbourhoodforum.com)

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There are new items from the police, here on pages 6, 7 and 8 and in the supplement on pages 5, 6 and 7. If you are interested in easily understood statistics then pages 2, 3 and 4 in the supplement are for you, especially with the test on page 4.

From Mike we have new French cartoons in the supplement, starting on page 14, thank you, Mike.

Just below, note the next Tip Truck, 3rd July, Welshman's Hill.

Thank you for your continuing support.



**Rob Pocock:**

## UPDATE ON FAILED WILDFLOWER SITE ON CHESTER RD NORTH

Last month I wrote about the derelict verge at the top end of Chester Road

North, the central reservation as you approach the 'Shell' island at Queslett Road East. For a couple of years the grass verge had been turned into a 'wildflower site' under a scheme run by the Sutton Town Council.

This looked good for a year or two. But for various reasons this site was not restored last autumn and has not been re-sown this year. As a result the waist-high dead overgrowth has just been left looking really unsightly, with litter gathering on the site for months.

I'm pleased that the site was cleared of litter a couple of weeks ago, and I have chased the wildflower contractors about the site. The end result is that the location is going to be returned to the original status of a grassed verge. It will be finally cleared and re-seeded with grass seed in the next week or so.

The main problem the wildflower contractors got into, was getting their planting and clearance kit onto the central reservation. I'm not sure why that is, but that's what they have said! In any event, the restoration of a grassed central reservation should at last return the site to a more presentable 'gateway' on the borders of Sutton Coldfield in future.

## 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 **Wednesday 3<sup>rd</sup> July, 7.30am to 1pm**. This time it's back on Welshman's Hill, off Honiley Drive which in turn is off Chester Road North. Surplus summer garden waste, shed clearance, loft tidy-ups, old furniture, all non-hazardous items will be accepted if you just turn up where the truck is parked up. The crewmen will actually help shift the stuff out of your car too.

Don't forget, if your friends and neighbours are interested, you can get early alerts of each monthly visit - just drop me an email [rob.pocock@birmingham.gov.uk](mailto: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 Gate Post readers! What a soggy then sizzling month we've had so far, June has been jam-packed with events around Sutton Coldfield, and it's kept my calendar busy! Earlier this month I attended the national Volunteers lunch at Bmet

Sutton Coldfield campus which was a day of thanks for our local community volunteers, the backbone of our neighbourhood. It was a great afternoon, and a beautiful lunch was provided for guests. We are very lucky to live in a town that has such a

strong sense of community, and with so many



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eager to get involved in volunteering. The same week the Sea Cadets held their annual Regatta at Powells Pool, Sutton Park which was another great day of activities for our town's youth, and fun for family and friends to watch! The weather may not have been on our side as many spectators ended more drenched than the Cadets! None the less, it was a fantastic day and well done to the Sutton Coldfield Sea Cadets for a brilliant event!

The fun doesn't stop there, last Friday (21<sup>st</sup>) I went to see Bonnie & Clyde the musical at the Sutton Arts Theatre, the performance was incredible, I've not been to many musicals so wasn't sure what to expect, but it was a fantastic show, amazing cast and I've had the songs stuck in my head since (better than anything I've seen on Netflix recently!) The Sutton Arts Theatre hold numerous shows throughout the year, with a local cast and fantastic production team, would highly

recommend a visit one time!

And finally the Boldmere Summer Festival returned on Sunday 23<sup>rd</sup>, the highlight of the summer! We had thousands of people come visit throughout the day, and glorious weather (although my arms ended up looking like drumstick lollies the day after, note to self- more sunscreen next time!) Big thanks to all the volunteers, stall holders, guests and Boldmere Futures CIC for each and every year making the festival so successful and bringing such a great boost to the moral of our community.

Our next Full Town Council meeting will be held on Wednesday 17<sup>th</sup> July from 7:00pm at the Trinity Centre, hope to see you there. Until next time Gate Post Readers, have a great month!



Volunteers at the Boldmere Summer Festival.



### 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](mailto: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](mailto: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](mailto: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](mailto: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 July, 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](http://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](http://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'**

- 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

**Own an Android? Set up 'Find my Device'**

- 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](http://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](http://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



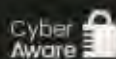
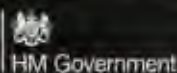
# Cyber Aware

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

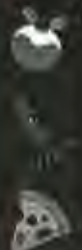
Passwords are the gateway to your online accounts. Here are three actions to ensure your passwords are working hard to protect your personal and financial information.

### 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.

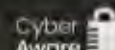
### 7 Report suspicious messages

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](mailto:report@phishing.gov.uk)
- Report scam websites to the NCSC by visiting [nsc.gov.uk/report-scam-website](https://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](https://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](https://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](http://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](http://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](http://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](http://YOGABODYBIRMINGHAM.CO.UK)

Yoga Body

## Annual health checks for those who are diagnosed with dementia


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

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

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

**What is an Annual Health check?**

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



**Why do you need an Annual Health Check?**

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

**How do you get an Annual Health Check?**


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

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

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

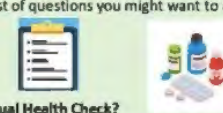
**How long does an Annual Health Appointment last?**

- 20-30 mins







**What help might you need?**

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



**What happens during the Annual Health Check?**

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





*Sunday Mornings  
at St Columba's*

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

The service lasts about an hour with tea, coffee and a chat in the hall afterwards. All are welcome: everything is explained as we go along and is on a big screen at the front. Come exactly as you are - full of questions, full of faith, full of doubts or completely empty and in need of an hour of peace.

*You are welcome.*

## St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

[st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)



**Slimming World**  
taste the freedom

FREE membership  
no joining fees  
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no diet and low weight!

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

[slimmingworld.co.uk](http://slimmingworld.co.uk)

*Slimming World*  
cutting down on fat



**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](mailto:info@hopefood.org.uk)

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

[sharedreading@foliosuttoncoldfield.org.uk](mailto:sharedreading@foliosuttoncoldfield.org.uk)

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



# Church@4

a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk



All are welcome - there is no charge for anything

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



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

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

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

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

## New Oscott Village Gym

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



Contact us for prices  
and more information:

Jackie.Taylor@extracare.org.uk



**ExtraCare**  
Charitable Trust



## 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





# Birmingham loves libraries

[www.birminghamloveslibraries.org](http://www.birminghamloveslibraries.org)



Fridays  
5.00pm to 6.50pm

@GeneralBlimey



@brumloveslibraries



@BrumLibraries

Petition: [www.change.org/p/save-birmingham-libraries](http://www.change.org/p/save-birmingham-libraries)



**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.**






## 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](http://www.suttoncoldfieldsocietyofartists.co.uk)

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

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





**I am writing to you as someone who uses the support and services from adult social care in Birmingham.** You may well be aware that we have undertaken a number of surveys and engagements recently and one of the subjects that has come up is how difficult it can be to find information about what we do and how to get advice and support as a citizen in the city.

We would very much like to hear more about this in detail from you about what are the issues you find and in relation to what services and also what you think we can do to make it better. Your views are really important – and if it's difficult for you to find information – then it will be difficult for others and that's not what we want!

We are therefore organising a face-to-face meeting to discuss the subject of 'Accessing information, advice and guidance from adult social care'. We are trying a new approach to making sure we get detailed information from you – this is highlighted below:

1. The first meeting will include smaller discussion groups that talk through the issue and listen to you as the citizens. You are the experts on the barriers you may face – we can only guess in some instances. This meeting is scheduled for 5<sup>th</sup> July 2024 from 10am -12noon at The Council Offices, 10 Woodcock Street, Birmingham B7 4BL (next to Aston University Campus).
2. This is then followed by a meeting with officers from adult social care to get their views. They will consider the same questions as citizens.
3. Finally – and if you are able to attend the first and a further meeting - we would like 8 or so Citizens to attend a meeting with officers to agree what solutions come be put in place to make it easier for citizens to access information going forward. The details of this meeting are: 10<sup>th</sup> July 2024 10am-12noon at the same venue, 10 Woodcock Street, Birmingham B7 4BL (next to Aston University Campus).

If you are able to help us, and sadly I am sorry that we cannot fund any travel expenses due to our council's financial position, please can we ask you to complete a short form to register your interest, so we capture all the details of where you live and what services you receive. We also have limited numbers, so if you can't attend the meetings this time around, there will be further opportunities in the future. The registration form is here: [Expression of interest form](#)

If you have any further queries, please contact via email [john.mcmahon@birmingham.gov.uk](mailto:john.mcmahon@birmingham.gov.uk)

Thank you once again for taking the time to read this email and hopefully register your interest.

Kind regards

John

**John McMahon, Engagement Manager, Quality & Improvement**

Adult Social Care Directorate

Birmingham City Council

10 Woodcock Street

Birmingham. B7 4BL

0773 408 4566 (7am-7pm)

Post Address: PO Box 15537, Birmingham, B2 2PQ

[John.mcmahon@birmingham.gov.uk](mailto:John.mcmahon@birmingham.gov.uk)





**ROYAL SUTTON COLDFIELD  
TOWN COUNCIL**

**Proposed Future Meeting Dates**

**Full Council**

**24<sup>th</sup> March 2024**

**Agenda Item 99**

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





The  
United  
Reformed  
Church



SUTTON COLDFIELD  
**NEIGHBOURHOOD  
NETWORK SCHEME**

# 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**



## Volunteers Wanted

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

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

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

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

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

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





# 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.



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

## WHAT WE DO :

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

Please email a bit about yourself to:

[tyler@squarepegactivities.org](mailto: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](mailto:tyler@squarepegactivities.org)

0121 824 0508  
07782 171954

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

[www.squarepegactivities.org](http://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](http://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/>

### *More Eric stories.*

Just returned from a holiday up in the northern lakes only five miles south of Carlisle. We had a wet weather plan for the walking and garden visits so, on the one indifferent day we had, we went on the local train to Carlisle. From Carlisle we took the wonderful scenic journey to Settle across the Westmorland and Yorkshire dales crossing the famous Ribbleshead viaduct completed in 1855, a marvel of Victorian engineering. On our return journey, a few stops from Carlisle, a throng of small children piled onto the train, all with backpacks, filling every carriage with a cacophony of excitement and sounds after a day out. They got off a stop before our destination, being Carlisle, the teachers made a clear announcement to them to make sure they did not leave any belongings on the seat and to take a good look around before getting off the train. On arrival at Carlisle station, we proceeded to cross the bridge to our platform, bound for our holiday retreat. I suddenly realised that I had left my mobile phone on the carriage table, so I charged back to the train with my wife in my wake. Fortunately, the train was not leaving for an hour, so clambering on board, I hurled down the carriages but to no avail, expensive iPhone gone. Full of grief for being so stupid even after being told by the teacher earlier, "Now children, don't leave anything behind." I glanced out of the carriage window to see my wife waving my phone at me. She had seen the train cleaner exiting the platform with the customary black plastic bag and asked her if she had, perchance, picked up a mobile phone.



My wife commented, "You are so careless and very lucky, worse than a small child. They certainly did not leave anything on the train."

Recently an old black and white James Cagney 1945 film was on the Talking Pictures channel called *\*Blood on the Sun\**. The film plot was about Japanese war lords trying to silence an American reporter regarding political issues. I was reminded of a true family story my father had told me many years ago. He took my mother to see this film on its UK release at our local cinema. On their return home, my mother said to my father, "How can a small guy (Cagney) throw all these well-built Japanese men all over the place like that?" He responded, "It's all about weight transference and using the aggressor's attack momentum to your advantage." He stated, "We learned a lot of these moves during army training. Let me show you. Pretend to come at me with a knife." Which she did! He grabbed her wrist, did a half turn in the thrust direction lifting her off her feet. "There," he said, "If I had carried on you would have been thrown over my shoulder completely." Mother said, "Oh I see what you mean. Let me try with you." He was six foot plus tall and well-built. As he went through the stabbing motion, she, as quick as a flash, grabbed his wrist as he thrust at her, the weight transferred correctly at speed and he went flying, clearing the settee and spraining an ankle in the process.



He subsequently finished up with a week off work.

It was not Japanese language from my father but obviously not repeatable.

*Eric Jones June 2024*



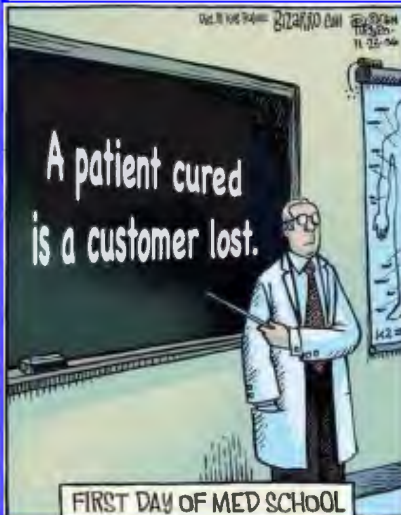
Here are a few cartoons from Eric with a touch of *over the pond*.

### HUSBAND:

I want you to have this bracelet. It belonged to my Grandmother.

### WIFE:

Why does it say, "Do not resuscitate?"



**SPURRED BY THE EVER-INCREASING PRICE OF LUMBER A NEW CURRENCY WAS INTRODUCED TODAY:**



"Some of the biggest cases of mistaken identity are among intellectuals who have trouble remembering that they are not God."

Sometimes

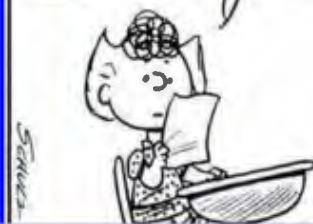


My greatest accomplishment is just keeping my mouth shut.



**IF YOU UNDERSTAND, YOU'RE OLD.**

ONLY IN MATH PROBLEMS CAN YOU BUY 60 CANTALOUPE\$ AND NO ONE ASKS WHAT THE HELL IS WRONG WITH YOU.



A Man asked a Fairy to make him desirable and irresistible to all Women.

She turned him into a credit card.

©Crawford's Funnies



**I'M NOT ADVOCATING THAT WOMEN ARE SMARTER THAN MEN**



**BUT ITS KINDA IRONIC THAT THERE'S SO FEW KNOWN WOMEN SERIAL KILLERS AND SO MANY UNSOLVED MURDERS.**

**Felt uncomfortable driving into the cemetery. The gps blurted out you have reached your final destination.**

**CAMPING:**  
where you spend a small fortune to live like a homeless person

We're looking for someone who can do the work of six men

That's a shame, I was looking for a full-time job!





Odd signs from around the world.







The following are from Ed in Encinitas, California.

### Truths

I too was once a male trapped in a female body...but then my mother gave birth.

If only vegetables smelled as good as bacon.

When I lost the fingers on my right hand in a freak accident, I asked the doctor if I would still be able to write with it. He said, "Possibly, but I wouldn't count on it.

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

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

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

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

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

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

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

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



# 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](mailto: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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MIDLANDS**  
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AND**



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SUPPORT YOU**

★ Trustpilot



☀ Motability



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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



## communittea 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  
communittea@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 Communittea 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**

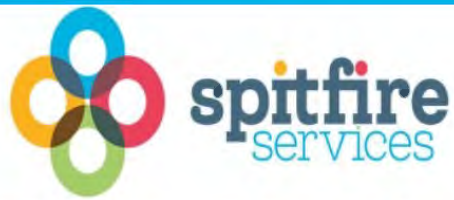
Enjoy our afternoon tea with friends or loved ones for just £10 per head. Booking essential as last event was sold out. Event will be monthly



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

1. Who played the title role in the 1965 film, "Dr. Who and the Daleks"?
2. In 2016, Paul Pogba rejoined Manchester United from which European club?
3. How many British monarchs reigned during the 20th century?
4. In 1957, what was the name of the first dog sent into space?
5. Which songs with "Gold" or "Golden" in the title were UK top twenty hits for the following artists, [a] Ash (1996), [b] The Klaxons (2007), [c] T Rex (1972), [d] Stone Roses (1989) and [e] Don Cherry (1956)?
6. In which country is the Tanami Desert?
7. Which author created the character Inspector George Gently?
8. In which city was Legionnaires Disease first identified?
9. Where is one most likely to find a gnomon?
10. Thimphu is the capital city of which country?
11. How many Brandenburg Concertos did J S Bach compose?
12. As at 2023, which TWO countries have won a record six Miss World titles?
13. In the movie "Oppenheimer" released in 2023, who played the part of Albert Einstein?
14. Harry Houdini was born in 1874 in which Central European city?
15. What is the fruit of the blackthorn called?
16. In which English county would you find the headquarters of the AA (Automobile Association)?
17. In the novel "Animal Farm" by George Orwell what type of animal was Benjamin?
18. Who, in 1975, became the first winners of the ICC cricket World Cup?
19. After the invasion of Poland, which was the next country to be invaded by the Germans in World War II?
20. Launched in 1980, what was the IBM5150?

Answers  
1 Peter Cushing. 2 Juventus. 3 Six. 4 Laika. 5 [a] "Gold Finger", reached no 5, [b] "Golden Skans", no 7, [c] "Solid Gold Easy Action", no 2, [d] "Fools Gold", no 8 and [e] "Band of Gold", no 6. Australia. 7 Alan Hunter. 8 Philadelphia. 9 On a sundial. 10 Bhutan. 11 Six. 12 India & Venezuela. 13 Tom Conti. 14 Budapest. 15 Sloes. 16 Hampshire. 17 Donkey. 18 West Indies. 19 Denmark. 20 The first personal



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"*

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### Benefits include:

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



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**FREE** collection





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

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



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

**To get involved please contact Claire:**

**Tel: 07930354885 or email [info@ageconcernbirmingham.org.uk](mailto: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





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](mailto: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](mailto: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](http://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 26<sup>TH</sup> 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](mailto:sutton.enquiries@cinnamoncc.com) to reserve your space.

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham, B72 1LY  
[www.cinnamoncc.com/suttonparkgrange](http://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](mailto: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](http://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](mailto: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](mailto: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  
Children's Book Trust

**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](mailto:sutton.coldfield.library@birmingham.gov.uk)

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

[www.twitter.com/SuttonLibrary](https://www.twitter.com/SuttonLibrary)

[www.instagram.com/suttoncoldfieldlibrary](https://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](mailto: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](http://www.birminghamsettlement.org.uk)  
Registered Charity: 517303

[www.birminghamsettlement.org.uk](http://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](mailto:shareshacks@theaws.org) or visit: [www.theaws.co.uk/shareshacks](http://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](mailto:foodbank@elimlifechurch.co.uk)  
**CALL:**  
 0121 360 1239  
**ONLINE FORMS:**  
[www.elimlifechurch.co.uk](http://www.elimlifechurch.co.uk)

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





Your free advertisement  
 could go here.

Email  
[bgatepost@gmail.com](mailto:bgatepost@gmail.com).

 **Benefits Advice**  
**Surgery**

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







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

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

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



## What's On at Streetly Community Library

### Spring/Summer 2024

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

2nd Wednesday of each month 10.30-12 Poetry Group

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

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

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

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

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

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

Every Saturday 12-1 Local Councillors' Surgery

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

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

Every other Saturday from 20th April 11-11.30 Saturday Stories

Saturday 27th April 11-12.30 Lego Fun

Saturday 25th May 11-12.30 Lego Fun

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

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

Saturday 22nd June 11-12.30 Lego Fun

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

01922 654864 [streetlylibrary@walsall.gov.uk](mailto: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!

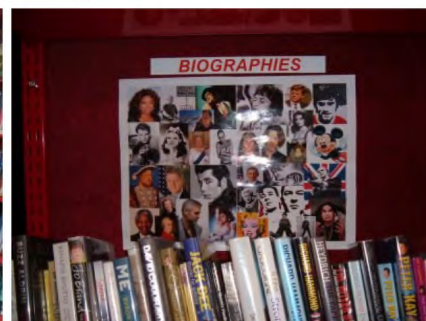
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171    Mobile: 07766 923344

Email: [mobile.library.service@birmingham.gov.uk](mailto:mobile.library.service@birmingham.gov.uk)

FaceBook: Mobile Library Service - Birmingham UK    Twitter: bhammobilelib

[www.birmingham.gov.uk/mobile-library](http://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](http://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](http://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](http://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](http://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](http://www.theprojectbirmingham.org)
- Citizens Advice Birmingham - Advice on benefits, debt, housing and more  
0344 477 1010 [www.bcabs.org.uk](http://www.bcabs.org.uk)
- Disability Resource Centre - Advice and advocacy services for disabled people  
03030 402 040 [www.disability.co.uk](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.birminghammind.org)

### Moneyhelper

Advice to help improve your finances.  
0800 138 7777 [www.moneyhelper.org.uk](http://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](http://www.stoploansharks.co.uk)

### Turn2Us

Information and financial support.  
0800 802 2000 [www.turn2us.org.uk](http://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](http://www.bsaid.org)

### Shelter

Housing advice 0800 800 4444 [england.shelter.org.uk](http://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](http://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](http://www.rmcentre.org.uk)

### Spitfire Services

Advice on money [www.spitfireservices.org.uk](http://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](http://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](http://www.suttoncoldfieldbc.co.uk)

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

email: [playbridge@ebu.co.uk](mailto:playbridge@ebu.co.uk)

[www.ebu.co.uk/playbridge](http://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](mailto: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



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

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





The poster is red with white text and graphics. At the top left, a megaphone icon is surrounded by the text "We need you!" and "your help means a lot!". At the top right is the "SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME" logo. In the center, the title "Walking Netball Volunteers Needed" is written in large, bold, white letters. Below the title, the text reads: "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+." At the bottom, contact information is provided: "Contact Hope Bourton - [hope.bourton@englandnetball.co.uk](mailto:hope.bourton@englandnetball.co.uk) 07458 106980". A white starburst graphic on the left contains the "EN" logo.

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](mailto: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 26<sup>th</sup> February to 18<sup>th</sup> 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](mailto:advice@ourplacesupport.org)  
[www.ourplacesupport.org](http://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	Health 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](mailto: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](mailto:healandtransform@yahoo.com)  
Website: [www.healandtransform.co.uk](http://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](mailto:shareshacks@theaws.org) or visit: [www.theaws.co.uk/share-shacks](http://www.theaws.co.uk/share-shacks)

Share Shack | SPORT ENGLAND | active communities | Active Wellbeing



**The United Reformed Church** | **Parish Nursing Ministries UK**

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



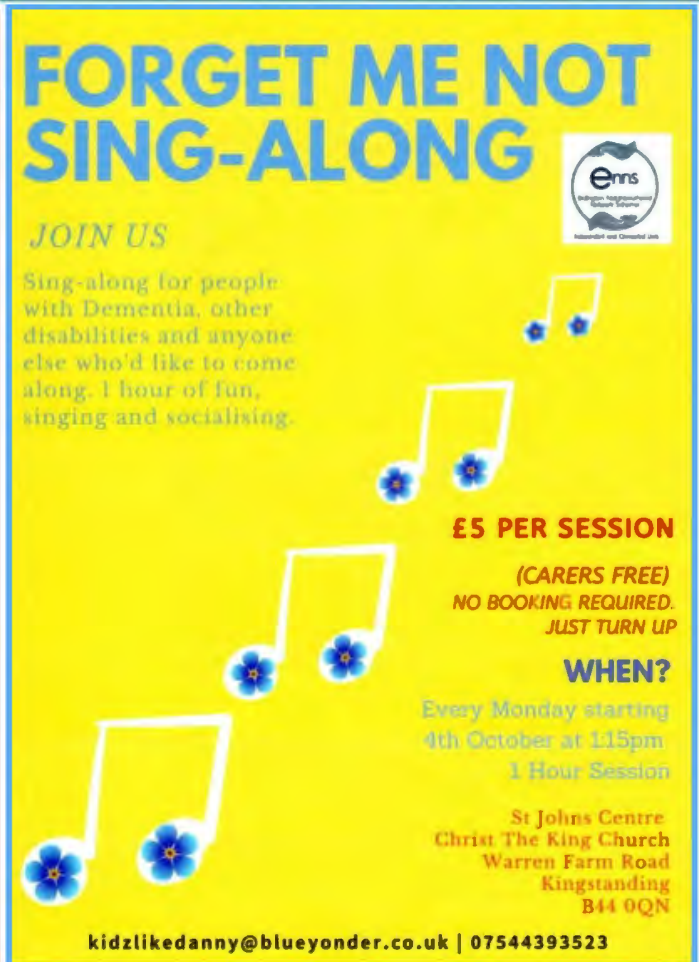

**Home visiting Podiatrist**



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

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



**FORGET ME NOT SING-ALONG**

**JOIN US**

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

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

**WHEN?**  
Every Monday starting  
4th October at 115pm  
1 Hour Session

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

[kidzlikedanny@blueyonder.co.uk](mailto:kidzlikedanny@blueyonder.co.uk) | 07544393523

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

## Swift Awareness Week

Join Swift walks, talks and more between 29 June and 7 July.

[Find an event](#)

With a little over a week to go before the UK General Election, we're taking a look at each party's manifesto, to see how they plan to address the nature and climate crisis. Whichever party is elected to power on 4 July, we need to see an ambitious vision, backed up by funding and action, to ensure nature's recovery. Thank you to every one of you joining us on the **Restore Nature Now march** this weekend, helping to ensure that nature's voice is heard in the heart of our democracy.

We're also excited to be celebrating Swift Awareness Week on 29 June – 7 July. To mark the occasion, we get to know some inspirational volunteers who work tirelessly to protect these summer visitors. Plus, you're invited to join a series of **Swift Awareness Week events** – from guided walks to Swift-watching sessions, you won't want to miss them!

Lastly, if you watched BBC *Springwatch* over the last month, you might remember a pair of Peregrines with an unconventional choice of nesting site. We loved watching them raise their brood, so we're taking a closer look at this falcon family and their journey to fledging success.

Whatever you do, have a wonderful wildlife-filled time!



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?

## **Scammers exploiting the election**

The general election – taking place on 4 July – presents a particular risk of cybercrime for UK voters, politicians and electoral officials.

A June investigation by the Bureau of Investigative Journalism (TBI) found more than 8,000 ads on Facebook featuring AI-manipulated videos and false information about politicians. From deepfakes of the prime minister to dodgy websites, [here's what to watch out for this election season](#).

## **5 signs your loved one is a money mule**

Money mules are a crucial link in the fraud chain – and, while they are criminals in the eyes of the law, many are completely unaware of their involvement. It can be quite complicated but simply put, a money mule lets someone else use their bank account to transfer illicit cash.

Nearly two thirds of bank accounts indicating mule behaviour in 2023 belonged to people aged under 30, according to fraud prevention agency Cifas. Find out more about money mules, plus [what are the 5 warning signs that someone you care about has been recruited?](#)

## **Shoppers complain of subscription traps**

Dodgy adverts on Facebook promoting free samples of health products lead to sneaky monthly payments of nearly £50. If you've been signed up for a subscription you didn't want, you have a 14-day cooling off period, which is extended to 12 months if you weren't informed of your right to cancel.

But it might not always be that simple. [Find out about how to get your money back](#) if you're the victim of an unauthorised subscription.

## **[Scam sharer tool](#)**

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





## Change of venue



**Sing Me Sunshine is my lovely singing group for all!**

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



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

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

**£5**  
PER PERSON

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

For more information, please contact Helen on  
**07981 957061** or email [helenwilliamsmusic@gmail.com](mailto:helenwilliamsmusic@gmail.com)

Your free advertisement could go here.

Email  
[bgatepost@gmail.com](mailto:bgatepost@gmail.com).



**Talking Space**

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

**Low Mood** **Struggling to Cope**

**Mental Health Crisis** **Suicidal Thoughts**

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

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

In Partnership with  
**creative SUPPORT**  
Forward Thinking Birmingham



**Talking Space**

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

**Low Mood** **Struggling to Cope**

**Mental Health Crisis** **Suicidal Thoughts**

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

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

In Partnership with  
**creative SUPPORT**  
Forward Thinking Birmingham



**CHESTER ROAD Baptist Church**

**CAFE TOTS**

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

**Chester Road, Sutton Coldfield B73 5HU**

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

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

**WELCOME to CAFE TOTS!**

**P** **WiFi**

**ROYAL SUTTON COLDFIELD**

*\*a value drink*



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# 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

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**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](http://www.healthystart.nhs.uk)  
or telephone 0345 607 6823

**Healthy Start**

**Birmingham City Council**

**HEALTHY START NHS**

[rachel.mackay@careuk.com](mailto: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](mailto: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
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- Lead Walking

TO BOOK YOUR PLACE PLEASE  
EMAIL ERICA at  
[Ecd23@icloud.com](mailto:Ecd23@icloud.com) or call  
07704523733.




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

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

**PRICE £5 PER CHILD**


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

**WHERE?**  
BANNERS GATE  
COMMUNITY HALL  
SUTTON  
COLDFIELD  
B73 6UR

**MORE INFORMATION**

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

**CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !**



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

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

[double-u.co.uk](http://double-u.co.uk)

**Caroline Howell** MSc PGCE MCP

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07796 546172

[caroline@putertutor.co.uk](mailto:caroline@putertutor.co.uk)  
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# Occupational Therapy

## Who will come to visit me?

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

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

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

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



## What is the Learning Disability Enablement Team ?

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



## Your visiting OTs

### Please contact:

ASC 0121 303 1234

[CSAdultSocialCare@birmingham.gov.uk](mailto: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](mailto: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](mailto:nasar.mahmood@bsettlement.org.uk)



Scan to learn more  
about our services:



[www.birminghamsettlement.org.uk](http://www.birminghamsettlement.org.uk)

Registered Charity: 517303



## Our Employability and Digital Skills Programme offers support in:

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

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

# 610 Kingstanding



SUN	MON	TUE	WED	THU	FRI	SAT
	<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 &amp; 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 &amp; 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 &amp; 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](http://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](mailto: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](http://www.suttoncancersupport.org)

Telephone : 0300 012 0245 email : [info@suttoncancersupport.org](mailto: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](http://www.suttoncancersupport.org)

Telephone : 0300 012 0245 email : [info@suttoncancersupport.org](mailto: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](http://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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Registered Address: 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 0NX.

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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](mailto:parkcycles@yahoo.co.uk)



*Pizza · Pasta · Steak · Fish*



**Bistro/Cafe Verona**



**Boldmere**

## SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

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

## SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

Live Music, Bar, Parking, & Socialising

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



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

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

Or Contact: Sandra on 07932-395158





Your free advertisement  
could go here.

Email  
[bgatepost@gmail.com](mailto: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](http://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](http://www.Trinity-photography-group.com)



[www.facebook.com/groups/TrinityPhotographicGroup/](https://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.

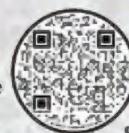


**We meet on Friday evenings**

**from September to April at:**

**South Parade Methodist Centre**

**Sutton Coldfield B72 1RB**



Contact us at

[mail@suttonphoto.club](mailto:mail@suttonphoto.club)

Find us at

[www.suttonphoto.club](http://www.suttonphoto.club)

or scan the Flowcode here

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



## North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



**We invite you to free taster sessions:**

Bridge for beginners

Bridge for improvers

A regular bridge session

Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538



## North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

## CYCLE WITH US

Quiet lanes, Non-competitive, Very sociable.

Wednesday leave 1.30pm, back about 4.30pm

Saturday leave 10.00am, back about 1.00pm

20 to 25 miles, 10 mph. Café stop

Enquiries John Bedford 0121 353 5136

## BRAND NEW BABY AND TODDLER CLASS TEDDY TIME

At Banners Gate Community Church  
Mondays 1.30 - 2.30pm



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



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



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





## BIRMINGHAM COMPUTERS & COMPONENTS

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

Check our web site for details of our services and products. We supply Desktops, Laptops – both new & high quality refurbished - Gaming Computers, Accessories, Web Design.

0121 270 6180

[www.birminghamcomputershop.co.uk](http://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](http://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](mailto:sutton.piano.teacher@gmail.com)





## STREETLY FLOWER ARRANGERS' CLUB



We are moving!!

We meet monthly - 2nd Tuesday  
2.15pm All Saints Church Hall,  
(opposite Community Centre).  
Foley Rd East, Streetly B74 3EX.

Why not join us at our new  
venue - Tuesday 9th July 2.15  
pm for Demonstration with the  
popular, very talented Lee Berrill  
' Summer Daze ' - raffle of  
arrangements / plant sales.



Visitors  
always  
very  
welcome.

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](http://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.

At the June meeting, our attention turned to "Putting on a Show". As gardeners, we are well aware of the year ticking by, often far too quickly! It is just two months till we put on our annual show, and many fingers are now crossed that we will get some sunshine to bring out the blooms.

Fuchsias are such reliable plants to pump out the flowers, whatever the weather throws at them, but the skill lies in getting the plants at their peak on show day! So, this month we looked at the full schedule, encouraging the members to take part. It can be a little daunting the first time you enter a plant into a show, but it's always far more rewarding to be involved.

Over the years, the general public are always so complementary when they walk around the show, seeing the huge range of fuchsias, plus all our open classes, including flower arrangements, succulent displays, roses and dahlias.

It's not too late to be involved for this year, come along and join us. We meet

once a month, on the second Thursday at Banners Gate Community Church in Westwood Rd. Doors open at 7.30p.m. meeting kicks off at 8.00 and ends at 9.45.

If you would like any more information, please look at our Facebook page, website, or give our secretary Gail a call on 07307857440.

We are a growing, friendly group, and a warm welcome is guaranteed.





**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).

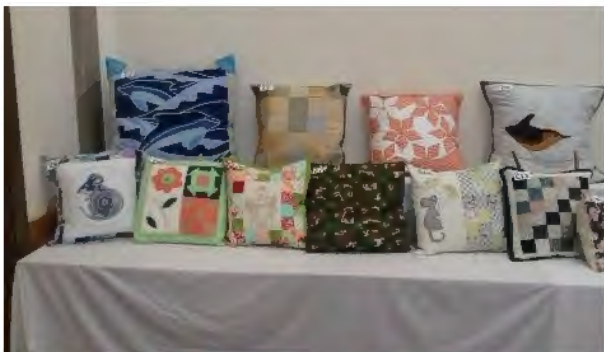
Our new programme commenced on 12 September 2023 and we have a good mix of speakers, workshops, sit and sew sessions.

**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](mailto:cmorden42@gmail.com), I'm always pleased to talk to people who are interested in the art of patchwork and quilting. You can also find out about us on Facebook - Sutton Coldfield Trinity Quilters.

**WE LOOK FORWARD TO SEEING YOU SOON!**



**Groups are back at the  
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

**no men.... just pause**

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

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

**MENOPAUSE**

Call 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 cafe

Sunnybank Road  
Allotments,  
Boldmere

Meet our  
Neighbourhood  
Networker

**CONTACT**

Suzy Summerfield

07940 709 314

Email: [s.summerfield@ageconcernbirmingham.org.uk](mailto:s.summerfield@ageconcernbirmingham.org.uk)



[www.militarychef.co.uk](http://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**



**Melanie Wright**

07490133151

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Instagram: angelbeadsltd

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email:- [gillian@odonatastudios.co.uk](mailto:gillian@odonatastudios.co.uk)

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[www.odonatastudios.co.uk](http://www.odonatastudios.co.uk)



18 Beeches Drive, Birmingham B24 0DU  
[redogihandmade@gmail.com](mailto: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](http://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](http://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](http://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  
03000 402 040 | droc@disability.co.uk  
www.disability.co.uk

Help with options: 1 2 3 4

### CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty  
0800 326 0006  
www.capuk.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 Loans Sharks**  
Investigates and prosecutes illegal money lenders and provides support for borrowers  
0300 555 2222 | www.stoploansharks.co.uk  
reportaloanshark@stoploansharks.co.uk

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

**Age UK Birmingham**  
Information, advice and helpline services for older people (50+), their families and carers  
0121 437 0479 | info@ageukbirmingham.org  
www.ageuk.org.uk/birmingham

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



# nostalgic

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



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



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

T: 07869 822502 E: [info@hopefood.org.uk](mailto:info@hopefood.org.uk)

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

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

[tipScheme=TipJar2.1&reference=givingcheckout\\_tj21](https://link.justgiving.com/v1/charity/donate/charityId/3143929?tipScheme=TipJar2.1&reference=givingcheckout_tj21)

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

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



FREE LOCAL DELIVERY OR COLLECTION



From Banners Gate Road



@lisamarieflowersandtherapy

Contact  
Lisa Marie on  
07765 135497





Lottie Lea Photography



Lottie Lea PHOTOGRAPHY  
Newborn and Family Photographer



Www.LottieLea.Com  
Facebook:  
[www.facebook.com/LottieLea](https://www.facebook.com/LottieLea)  
Instagram:  
[@LottieLea.BabyPhotographer](https://www.instagram.com/LottieLea.BabyPhotographer)

KIDS & ADULTS

## KARATE

Mon 6-7pm 10yr +  
Wed 5-545pm 7-9yrs  
Wed 6-7pm 10yrs +  
Booking Required  
07886089473  
[www.chishiki.co.uk](http://www.chishiki.co.uk)



Manor Crafts



Decorative Arts and Crafts for All Occasions

0779 439 3477

[www.manor-crafts.co.uk](http://www.manor-crafts.co.uk)







## Floral Design Classes

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



Contact number above if interested.

Banners Gate C.C Westwood Rd B73

Made with PosterMyWall.com

Age concern no longer have their: **Our Trusted Tradesperson Scheme** has the right trade, whatever 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](mailto: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.

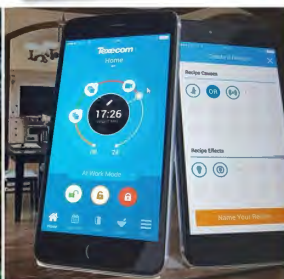
We offer a Dementia Specialist person-centred service, supporting Carers who provide care to someone with dementia. Our advisors understand the challenges of caring for people with dementia and are here to guide and support you throughout your caring journey. We are part of a wider partnership of organisations 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](mailto:dementiacarers@birminghamcarershub.org.uk)



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Email: [info@cw-sec.co.uk](mailto:info@cw-sec.co.uk) Website: [www.cw-sec.co.uk](http://www.cw-sec.co.uk)

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10am—12noon

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**Every Monday**

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist  
Church

South Parade, B72 1QY

**Every Tuesday**

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

*All attendees must show proof  
of both covid vaccinations*

**Every Thursday**

10am - 12noon

Streetly Methodist Church

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Streetly, B74 3EH

**"Friends on Fridays"**

10.30am - 12.30pm

Supported by

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To book your place at any of our cafes or  
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- 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  
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Sign up today [www.healthystart.nhs.uk](http://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**

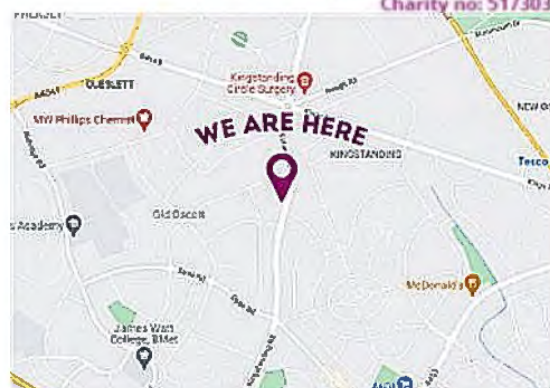




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- Come along for conversation and fitness: meet new friends and build your confidence.
- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
- Refreshments and creche provided for 0-5years – limited spaces, will be booked on first come first served basis.
- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450

www.birminghamsettlement.org.uk  
Charity no: 517303



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Cafe Oasis is supported by the Volunteers and Staff at Sutton Coldfield United Reformed Church. Registered charity No. 1131424



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Find us in Sutton Coldfield United Reformed Church  
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1 hour session £40	1.5 hour session £45 (£30 per hour)	2 hour session £55 (£27.5 per hour)

\*5% discount for advance payment of five or more sessions  
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WS1 2ND

Kids: 6.00pm—7.00pm

Monday & Wednesday

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Kids: 6.00pm—7.00pm

Adults & Juniors:  
7.00pm—8.30pm

Wednesday

Sutton Girls' School  
(Dance Studio at the Back)

Adults & Juniors:  
7.00pm—8.30pm

Thursday

All Saints' Church Hall  
Kids: 6.00pm—7.00pm

Adults: 7.00pm—8.30pm

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& YOGA STUDIO



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Register now

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## Pregnancy YogaLates Class



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

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

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

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

**Ambassador:** Anne Kelsall, Sarah Hinkley & Jane Ford

**It's Free!**

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

Don't forget to register with us here:  
[www.5kyourway.org/register](http://www.5kyourway.org/register)  
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See front page



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Please look for the Beacon Room – Everyone welcome

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Contact Details: 0756652762  
[loveworldsuttoncoldfield@gmail.com](mailto:loveworldsuttoncoldfield@gmail.com)

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

## CREATE at the Gate with K & S

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

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

## Hall's Gardens

Garden Maintenance Services

Gary Hall

54,  
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Sutton Coldfield, B73 6UF  
07833720015

[garyhall7@blueyonder.co.uk](mailto:garyhall7@blueyonder.co.uk)



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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](http://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)**

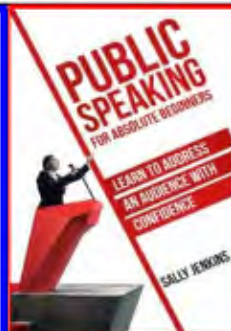
**The kitchen is approx. 11' x 7' (3.4m x 2.2m)**

**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](http://www.bannersgatecommunityassociation.org)



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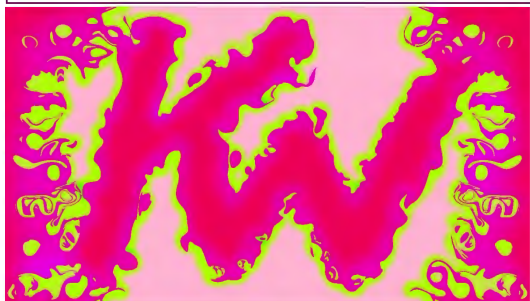
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### **St Columba's Church Hall**

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

[st.columbahall@yahoo.com](mailto:st.columbahall@yahoo.com)

### **Banners Gate Community Church - Events**

**Monday, Thursday, Friday** - Baby Phonics

Contact email: [Jenna@robotreg.co.uk](mailto:Jenna@robotreg.co.uk) for times and availability

**Tuesday and Wednesday** - Baby Sensory

Contact Tracy at email: [suttoncoldfield@babysensory.co.uk](mailto:suttoncoldfield@babysensory.co.uk) for times and availability

Please visit our website at

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

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

### **Tai Chi Class**

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

**01543 480151**





# Banners Gate Community Association

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

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

## Welcome to Banners Gate Community Hall & Association

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

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

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

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

If you need any information please message on 07964 213 229

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

**The next is on 16th July - 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 – 8.30pm	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 <a href="http://www.stcolumbasbannersgate.co.uk">www.stcolumbasbannersgate.co.uk</a> <a href="http://www.bannersgatechurch.com">www.bannersgatechurch.com</a>				
Mon 6.00 – 7.00 11am to 12.00pm 1.00 – 2.00 5.45 – 6.45 7.30 – 9.00 pm	Self Defence & Fitness Sign Language Classes Sign Language Classes Sign Language Classes Line Dancing	Community Hall Community Hall Community Hall Community Hall Community Hall	Adam Claxton 07376 Shakila Kosar 07825 Shakila Kosar 07825 Shakila Kosar 07825 Diane Pursall	27 90 15 255042 255042 255042 747 4659
Tues 9.15 - 1.15pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 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](mailto: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



**The Townswomen's Guild**  
Patron HRH The Princess Royal GCVO  
Thurs. 18th July - Local Writer Sally Jenkins  
**NO MEETING IN AUGUST**  
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](http://www.bannersgatechurch.com).

**St Columba's Church**  
**Coffee Morning**  
**Every Friday of the month**  
**10.00 - Noon**  
**All Welcome**

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

**33<sup>rd</sup> 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](mailto:margaretdrummond1@btinternet.com)



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

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