

# *The Gatepost Supplement July 2024*



**Banners Gate & Parklands  
Community & Neighbourhood Forum**

**183<sup>rd</sup> July 2024**

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

If you want **Gatepost** emailed to you, including cartoons and puzzles, in full colour, wherever you live, **free of charge**, every month, please send an **email to [bgatepost@gmail.com](mailto:bgatepost@gmail.com)** with "Email Gatepost" in the subject line. You can cancel at any time by email with "Stop Gatepost" in the subject line.



This was Harold last month, on his way to a Buckingham Palace Garden Party. He may be going again soon because he was awarded a **British Empire Medal** in the King's Birthday Honours.





Harold went to ***The Armed Man: A Mass for Peace***, a Karl Jenkins concert in Birmingham Town Hall on Sunday, 7th July.

Before the interval, the conductor had previously asked Harold to read what is commonly called the Kohima epitaph:

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



Two of the fans who met Harold during the interval. They were both visitors from Russia.



Here's Harold, celebrating his 101st birthday, one of many, in St. Columba's Church Coffee Morning.





Anja Pawson

*Vice-Chair of Friends of Boldmere Spinney*

## Friends of Boldmere Spinney

Boldmere Spinney is a wonderful little woodland right at the heart of Boldmere and this Oak Coppice has existed for at least two centuries. It is treasured by locals for taking a leisurely stroll, walking the dog, taking children to school and providing an accessible environment in which children and adults can experience and enjoy nature on their doorstep. Boldmere Spinney also provides a wonderful haven for wildlife.

If you have never been, we would like to extend a warm welcome. You can enter the Spinney via Oakwood Road, Antrobus Road and Maxstoke Road. If it is your first time and travelling by car, we would recommend entering via the widest entrance which is located on Antrobus Road. Follow the postcode: B73 5EJ.

Our 'Friends' group came into existence in November 2021, when multiple residents reached out to Councillor Rob Pocock about litter and graffiti in the Spinney. Following his advice, we set up 'Friends of Boldmere Spinney' which has allowed us to formally apply for funding streams and hold clean-up events, with the help and guidance of the Sutton Park Rangers.

Here are some of the achievements we are most proud of:

- Multiple work parties to tidy up and manage the woodland
- Installing a noticeboard, funded by Birmingham City Council
- Running a Commonwealth Art Trail for families
- Repairing the path that leads down to Oakwood Road
- Screening of the substation thanks to National Grid
- Welcoming our MP Andrew Mitchell, Cllr Alison Jolley and Janet Cairns to celebrate the reinstated path
- Installing two litter bins, also funded by Birmingham City Council

If you also have a heart for Boldmere Spinney and wish to join our group, please get in touch via email at [boldmerespinney@gmail.com](mailto:boldmerespinney@gmail.com), or follow us for updates on Facebook by searching 'Friends of Boldmere Spinney'.







Fun Fitness With Aggy

Starts  
9th Sept  
2024

## Chair Exercise Class

For older adults and those less able to stand

**Mondays at 12:00**

St Columba's Church Hall, Banners Gate Road B73 6TX

Free Parking. Wheelchair friendly.

£5 per person per class. Accompanying carers free.

Advance booking welcome but not required.



Fully qualified & insured instructor. CIMSPA accredited.

Aggy Lewis - [funfitnesswithaggy@gmail.com](mailto:funfitnesswithaggy@gmail.com)

for more info



## Would you like to learn Authentic Argentine Tango?

Why not join us and learn about this captivating dance for all age groups. Meet new people, building a community of new friendships in a relaxed environment. Learn new skills towards this beautiful dance. Forget your troubles and dive into the magic of Tango. CONTACT: Julia 07790084216

# ARGENTINE



# TANGO



### WHERE TO FIND US :

*Banners Gate Community Hall, Reay Nadin Drive,*

*Sutton Coldfield B73 6UR*

**EVERY THURSDAY ... from 5<sup>th</sup> September @ 7.30pm – 9pm**

**4 Week Beginners Technique classes with practise time**



## Foot Health Care Clinic - Streetly

07379 119 365

Marie Bourgeois RFHP MCFH

Inside Francesco Hair Salon. 4 Burnett Road. B74 3EJ

Foot health routine maintenance

Diabetics welcome

Nail trimming

Thick nails

Corns, Callus and Hard skin removal

Verrucae, Fungal and Ingrown nails

**- Qualified - Registered - Insured - DBS Checked**

Registered Foot Health Practitioner - [footreg.org](http://footreg.org)

Find a practitioner - <https://cofh.org.uk/find-a-practitioner/>



To celebrate the best of the Royal Town, the Town Council invites photography enthusiasts to enter the 'Soul of Sutton' photo competition.

Open to both amateur and experienced photographers, people of all ages are invited to submit their favourite images that capture the essence and 'Soul' of Sutton Coldfield. Enter to be in with a chance of winning a **£100 One4all Gift Card!**

The competition is free to enter. Residents are encouraged to capture new, unique and exciting images that best represent Sutton Coldfield. Participants must be a resident of Sutton Coldfield to enter and can submit up to 6 images in total.



Residents are invited to enter under the following themes:

- Life and people in Sutton Coldfield
- Landmarks

Sutton through the seasons

The closing date for entries is Midnight on Wednesday 14 August 2024. Cllr John Perks, Mayor of the Royal Town of Sutton Coldfield will select the winning entries.

All entries can be sent via email to [enquiries@suttoncoldfieldtowncouncil.gov.uk](mailto:enquiries@suttoncoldfieldtowncouncil.gov.uk) or you could also direct message us on social media quoting 'Soul of Sutton' with your details and a short description.

We look forward to receiving your entries and please do share this with any of your contacts and across social media channels/newsletters .

<https://suttoncoldfieldtowncouncil.gov.uk/suttoncoldfieldtowncouncil-gov-uk-soul-of-sutton-photography-competition/>

## Useful Birmingham City Council phone numbers

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

## SignVideo BSL interpreting service for deaf people

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

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

## Next Generation Text

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

Dial 18001 before the full national phone number.



## Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

<b>Age Concern</b>	0121 362 3650
Information, advice, support, day care, community hubs & cafes <a href="https://ageconcernbirmingham.org.uk/">https://ageconcernbirmingham.org.uk/</a>	<a href="mailto:info@ageconcernbirmingham.org.uk">info@ageconcernbirmingham.org.uk</a>
<b>Age UK</b>	0121 437 0033
Information, advice, support, memory café, Carers Hub, local and national guides <a href="http://www.ageuk.org.uk/birmingham/">www.ageuk.org.uk/birmingham/</a>	<a href="mailto:contactus@ageukbirmingham.org.uk">contactus@ageukbirmingham.org.uk</a>
<b>Admiral Nurse Service</b>	0121 301 5830
Information advice & support in caring or supporting a person with dementia, groups, talks <a href="https://www.bsmhft.nhs.uk/our-services/services-a-to-z/">https://www.bsmhft.nhs.uk/our-services/services-a-to-z/</a>	<a href="mailto:bsmhft.admiralnursingservice@nhs.net">bsmhft.admiralnursingservice@nhs.net</a>
<b>Alzheimer's Society/Dementia Connect</b>	0333 150 3456
Information, advice, literature on all aspects of caring, Cafes, Carer Support, Singing for the Brain <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>	<a href="mailto:dementiasupport@alzheimers.org.uk">dementiasupport@alzheimers.org.uk</a>
<b>BSMHFT Customer Relations/PALS</b>	0800 953 0045 Text: 07985 883509
Advice, support, information on NHS and social services, put you in touch with other sources of help <a href="https://www.bsmhft.nhs.uk/service-users-and-carers/customer-relations/pals/">https://www.bsmhft.nhs.uk/service-users-and-carers/customer-relations/pals/</a>	<a href="mailto:bsmhft.customerrelations@nhs.net">bsmhft.customerrelations@nhs.net</a>
<b>Birmingham Healthy Minds</b>	0121 301 2525
Free psychological therapies service for people who are feeling anxious, low in mood or depressed <a href="http://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/">http://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/</a>	<a href="mailto:bsmhft.bhm@nhs.net">bsmhft.bhm@nhs.net</a>
<b>Citizen's Advice Bureau (Birmingham)</b>	08082787990 (local) or 0800 144 8848 Free, independent, confidential & impartial advice on rights, responsibilities, benefits <a href="https://www.bcabs.org.uk/">https://www.bcabs.org.uk/</a>
	<a href="mailto:enquiries@bcabs.cabnet.org.uk">enquiries@bcabs.cabnet.org.uk</a>
<b>Birmingham Carers HUB</b> (ran by Forward Carers)	0333 006 9711
Support, info, advice, financial/welfare benefit advice, carers assessments, groups, befriending <a href="https://birminghamcarershut.org.uk/about-us/">https://birminghamcarershut.org.uk/about-us/</a>	<a href="mailto:info@birminghamcarershut.org.uk">info@birminghamcarershut.org.uk</a>
<b>Birmingham Irish Association</b>	0121 604 6111
<a href="http://www.birminghamirish.org.uk/">www.birminghamirish.org.uk/</a>	<a href="http://www.birminghamirish.org.uk/contact-us">http://www.birminghamirish.org.uk/contact-us</a>
<b>CERS (Carer Emergency Response Service)</b>	0121 442 2960 Free emergency back up service to provide support to carers
<a href="https://birminghamcarershut.org.uk/carers-support/back-up-emergency-care/">https://birminghamcarershut.org.uk/carers-support/back-up-emergency-care/</a>	<a href="mailto:info@cers.org.uk">info@cers.org.uk</a>
<b>Mental Health: Urgent Help</b>	0121 262 3555 or 0800 915 9292
24 hour 7 days a week advise, information & support whether you have used services before or not <a href="https://www.bsmhft.nhs.uk/service-users-and-carers/how-to-get-urgent-mental-health-help/">https://www.bsmhft.nhs.uk/service-users-and-carers/how-to-get-urgent-mental-health-help/</a>	
<b>Samaritans</b> (also have local branch)	116 123 (free to call)
Offer safe place for you to talk any time you like, in your own way about whatever's getting to you <a href="http://www.samaritans.org/">http://www.samaritans.org/</a>	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<b>Social Care and Health</b>	0121 303 1234
Social care, community services, day care, respite, long term care, occupational therapy, safeguarding <a href="https://www.birmingham.gov.uk/health-social-care">https://www.birmingham.gov.uk/health-social-care</a>	<a href="mailto:acap@birmingham.gov.uk">acap@birmingham.gov.uk</a>
Social care, education, family services, info, advice: <a href="http://www.mycareinbirmingham.co.uk">www.mycareinbirmingham.co.uk</a>	
<b>The Waiting Room</b>	<a href="https://the-waitingroom.org/contact/">https://the-waitingroom.org/contact/</a>
Information about health and social care <a href="https://the-waitingroom.org/">https://the-waitingroom.org/</a>	

## Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham National and other Organisations

<b>Alzheimer's Research Trust</b> 5555 Research into dementia, information about dementia <a href="http://www.alzheimersresearchuk.org">http://www.alzheimersresearchuk.org</a> <a href="mailto:enquiries@alzheimersresearchuk.org">enquiries@alzheimersresearchuk.org</a>	0300 111
<b>Dementia Explained</b> Info for children about dementia <a href="https://kids.alzheimersresearchuk.org/">https://kids.alzheimersresearchuk.org/</a>	
<b>CQC: (Care Quality Commission)</b> Inspection reports, search for care & care homes, concerns about care services/providers <a href="http://www.cqc.org.uk/">http://www.cqc.org.uk/</a> <a href="mailto:enquiries@cqc.org.uk">enquiries@cqc.org.uk</a>	03000 616161
<b>Carers UK</b> Help, advise and support for Carers <a href="https://www.carersuk.org/">https://www.carersuk.org/</a>	
<b>Dementia UK (Admiral Nurses)</b> & Sun 9 am – 5 pm, Bank holidays 9 am – 5 pm except 25 Dec Support for families facing dementia, information about dementia, caring, information guides <a href="https://www.dementiauk.org/">https://www.dementiauk.org/</a> <a href="mailto:help-line@dementiauk.org">help-line@dementiauk.org</a>	0800 888 6678 Admiral Nurse Helpline Open Mon – Fri 9 am – 9pm, Sat
<b>Dementia Carers Count/Virtual Carers Centre</b> <a href="https://dementiacarers.org.uk/">https://dementiacarers.org.uk/</a> Free online Resources/Courses <a href="https://dementiacarers.org.uk/vcc/">https://dementiacarers.org.uk/vcc/</a>	<a href="https://dementiacarers.org.uk/">https://</a>
<b>Safe and Well Visit (West Midlands Fire Service)</b> Free home fire/safety check, tips, advise on reducing risks carried out by operational fire fighters <a href="https://www.wmfs.net/our-services/safe-and-well/">https://www.wmfs.net/our-services/safe-and-well/</a> <a href="mailto:homesafety CENTRE@wmfs.net">homesafety CENTRE@wmfs.net</a>	0800 389 5525
<b>Independent Age</b> topics for over older people <a href="https://www.independentage.org/">https://www.independentage.org/</a> <a href="mailto:advice@independentage.org">advice@independentage.org</a>	0800 319 6789 (free helpline) Advise, support, information guides around variety of
<b>MIND (Birmingham)</b> Mental Health information/advise, support Mental Health & Wellbeing Hubs <a href="https://birminghammind.org/">https://birminghammind.org/</a> <a href="mailto:help@birminghammind.org">help@birminghammind.org</a>	0121 262 3555
<b>NHS 111 service</b> people get the right advice and treatment when they urgently need it <a href="https://www.england.nhs.uk/ourwork/pe/nhs-111/">https://www.england.nhs.uk/ourwork/pe/nhs-111/</a>	111 (free from landlines and mobiles) Helps
<b>Healthcare at Home</b> 0591 Eye and Hearing Tests at Home <a href="https://www.outsideclinic.co.uk/">https://www.outsideclinic.co.uk/</a> <a href="mailto:info@outsideclinic.com">info@outsideclinic.com</a>	0808 239
<i>Please note other local &amp; high street retailers may also provide these services so please check this and any cost first</i>	
<b>The Silverline (Run by Age UK)</b> groups, resources, friendship, conversation and support to those over 55 <a href="https://www.thesilverline.org.uk/">https://www.thesilverline.org.uk/</a> <a href="mailto:info@thesilverline.org.uk">info@thesilverline.org.uk</a>	0800 4 70 80 90 (24 hours a day) Confidential helpline,
<b>Turn2us – benefits calculator, charitable grants &amp; support</b>	<a href="https://www.turn2us.org.uk">https://www.turn2us.org.uk</a>



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

## Grace Cares is a not-for-profit organisation

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

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

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

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



**BUY PRE-LOVED  
CARE EQUIPMENT**



**GET HELP &  
SUPPORT**



**DONATE OR GET  
INVOLVED**



### Let's work together





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



## Sutton Coldfield District Children's Centre

Activity Calendar from  
8th April - 24th May 2024



Birmingham Community Healthcare **NHS**  
NHS Foundation Trust



## April – June 2024

### Monday

**FREE  
BABY MASSAGE**  
Please call to  
register your  
interest



**EEE advice**  
Are you aware you  
could be eligible for  
free 15 hours for 2,  
3 and 4 year olds?  
For more  
information call your  
local Children's  
Centre

### Tuesday

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

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

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

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

### Wednesday

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

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

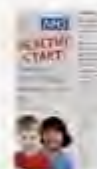
9.20-10.00am  
10.20-11.00am  
Story and Singing  
sessions  
**Walmley Library**



### Thursday

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

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



Pick these up from any  
children's centre



### Friday

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

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





## Bookable Services

### Baby Massage

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

### Preparing to Parenthood

Free course for expectant people  
Holland House

### Little Talkers

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



### Stepping Stones

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

This will take place at

Holland House

Thursday 1.30-2.30pm

### KID's Family Group

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

Thursday

9.30-11.30am

Holland House

### Family Support

Need some advice or support?  
Ring your local Children's Centre to ask to speak to one of our Family Support Workers

### Parenting

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

## Other Services

### Health Activities

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



### First Words Together

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

The programme will run

Tuesday

1.30-2.30pm

Holland House

### Adult Education and Employment Support

We offer a range of courses to support you such as:  
NHS Discovery Days  
First Aid  
Childcare and Working in Schools  
Arts and Crafts  
IT  
ESOL

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

### Domestic Abuse

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

## Addresses and Other Information

### Holland House Children's Centre

Holland Road, B72 1RE  
Telephone: 0121 752 1860

Open 8.30am - 4.30pm

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

### Holy Trinity Parish Church

Church Hill, Mill Street, B72 1TE

Car park spaces available

### Falcon Lodge Community Hub

Church Hill Road, B75 7LB

On street parking available

### Emmanuel Church

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

Parking available on car park opposite.

### Wainley Library

Wainley Road, Wainley, Birmingham.  
Sutton Coldfield, B76 1NP

Car park available at the rear of building.

### Mere Green Library

30A Mere Green Road, B75 5TB

On street parking available

### Boldmere Library

119 Boldmere Road, Birmingham,  
B73 5TL

### Health Visitor Hub

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



Instagram



Like us on Instagram and Facebook

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

### PLEASE NOTE

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

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

[www.nhs.uk/Find-nhs-number](http://www.nhs.uk/Find-nhs-number)

We look forward to meeting you.

**theWI**  
**INSPIRING WOMEN**



thewi



womensinstitute



womensinstitute



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

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

**Come and Find Out More  
First Wednesday of Every Month**

**7 -9pm**

**Newman Community Centre**

**13A Boldmere Road**

**Sutton Coldfield**

**B73 5UY**

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



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

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

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

[https://www.facebook.com/BOSFonline/?locale=en\\_GB](https://www.facebook.com/BOSFonline/?locale=en_GB)

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

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

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



# Poleurs

Poleurs is born in 1947 in Luxembourg and live as an engineer-technician retired at Gonderange.

In 1980 the young self-taught amateur cartoonist participates in his first competition "Cartoon'80" in Berlin, where he wins his first prize.

This happy event was for him the best motivation to create cartoons.

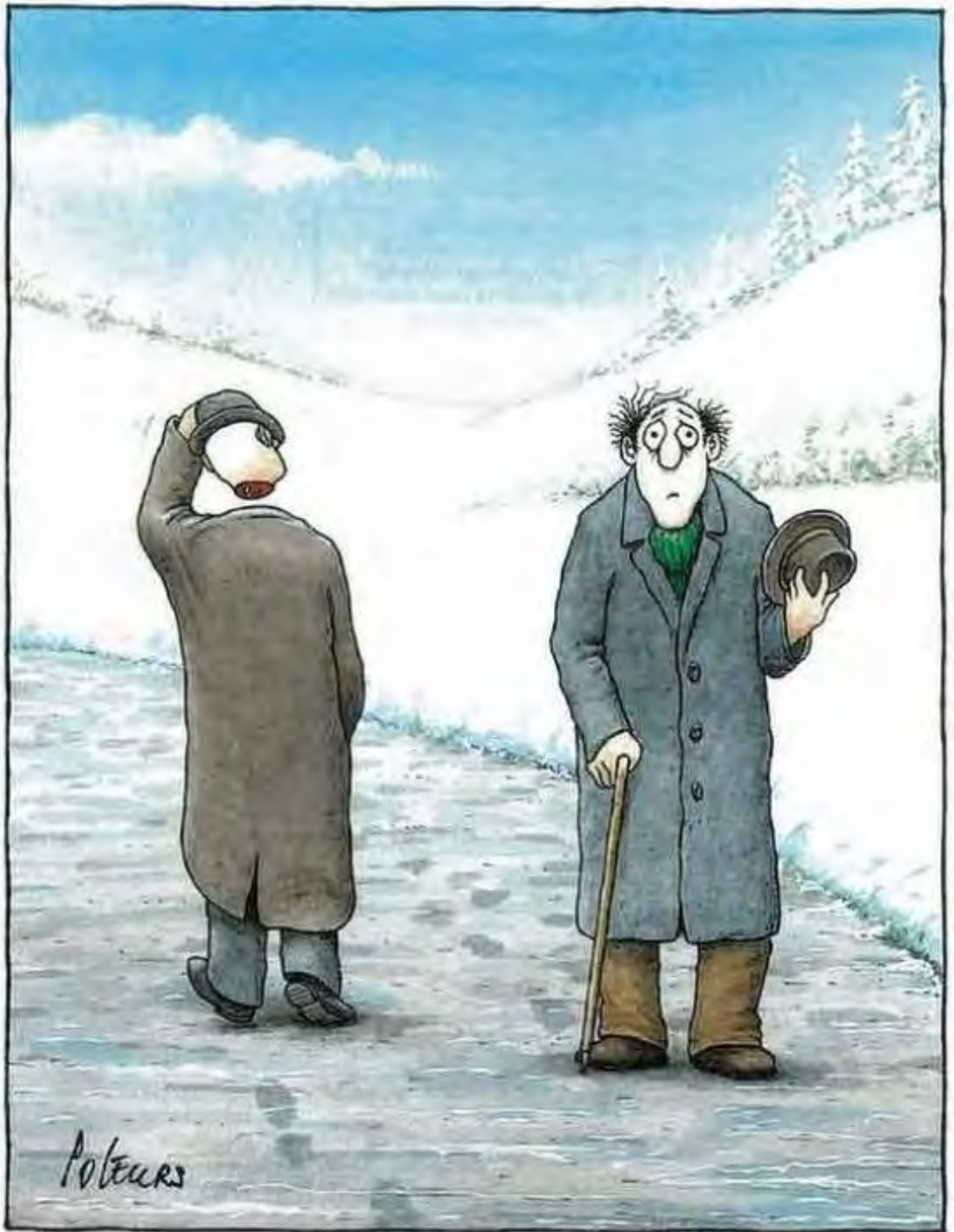
Since then, Poleurs has won 46 prizes at international competitions.



Here are cartoons for your delight.. Thank you, Mike.

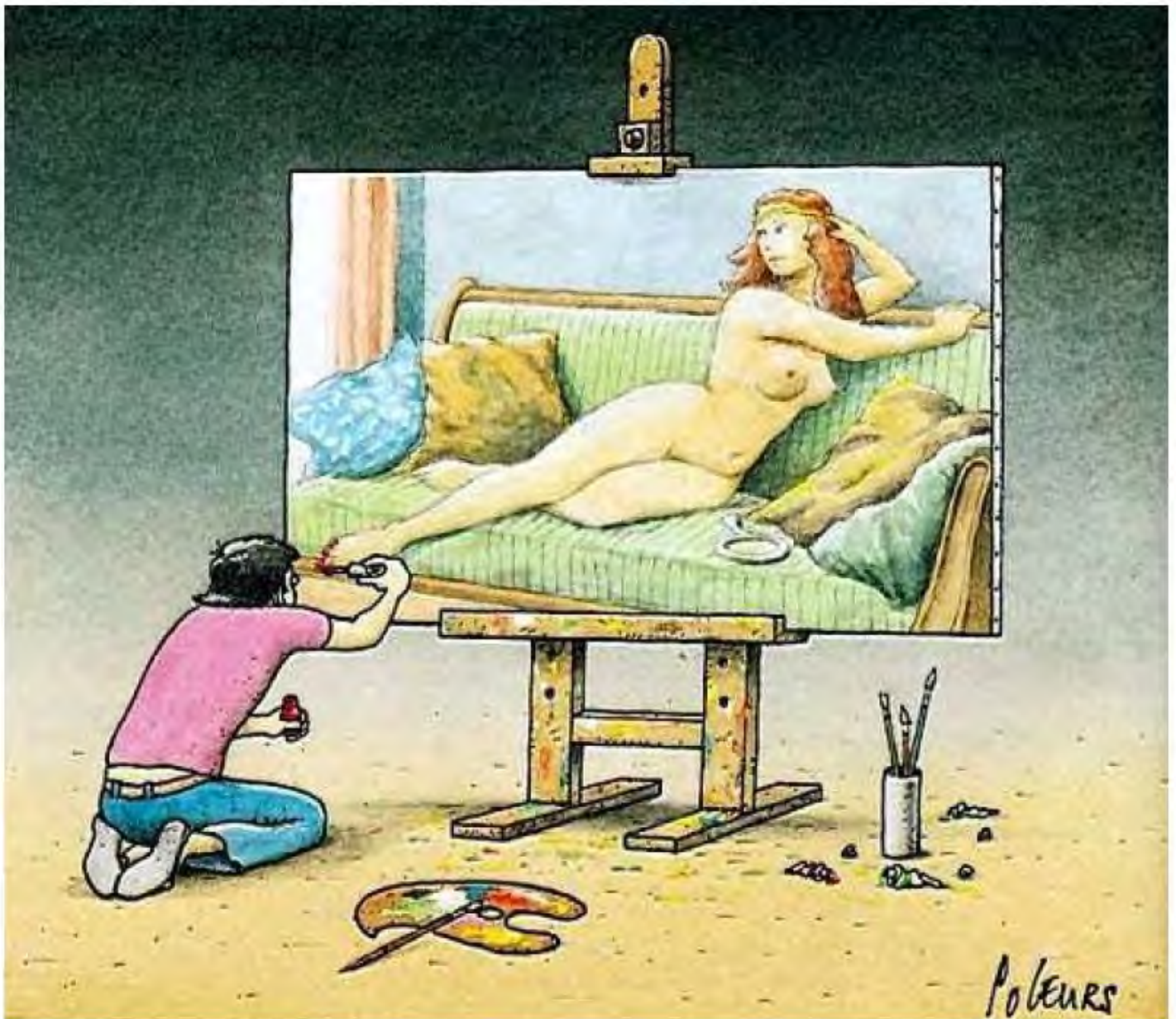
















*Alan's pictured on the famous Flying Scotsman, where he worked this trip as a fireman.*

## Alan Ledger

### MEET THE PHOTOGRAPHER

Alan Ledger is a lifetime steam train enthusiast, photographer & now a retired Train Driver.

After starting work as an apprentice fireman on the railways at age 15, he worked as a train driver right up until his retirement in 2009. In his lifelong career in the railway industry, he personally witnessed the end of steam rail in Britain and captured his unique perspective on these events through his photography collection.

His passion for all things steam, first ignited in his childhood and teenage years, has continued throughout his life, along with a passion for photography. The thrill of capturing that perfect shot, has sent him traveling throughout the world and throughout Britain to this day, taking pictures of engines. With his camera bag slung over his shoulder and his trusty step-ladder under his arm, Alan is known to go to great lengths to find the perfect position to get the right shot, often getting himself into some precarious positions in the pursuits of the perfect shot of a passing steam engine!

Alan is also an accomplished mountain climber, spending many years in reaching some of the tallest and most inaccessible summits in Scotland and the Scottish Isles. In 2012, he became one of the select club of climbers to complete all 285 Munro's in Scotland (**his name is listed in the official Munro compleators**).

In 2020, after suffering a cardiac arrest and spinal stroke, Alan became a paraplegic and thus a wheelchair user. Despite all his ongoing health and mobility challenges, he works hard to remain an active train photographer, still making trips to see and photograph steam engines whenever he can.

### ALAN'S BIOGRAPHY

"Trains have always been a significant part of my life and a passion that has been in my blood for as long as I can remember.

My dad's parents lived at Sonning beside the railway, so close to the railway in fact you could hear and feel the vibration of every passing train. For as long as I can remember I spent at least two weeks of my school holidays sitting trackside, down in the cutting watching the steam hauled trains pass by, taking the numbers as we did back then.

I remember taking packed lunch's my grandmother made for me and standing on a platform next to the track, sidelight down in the cutting by the A4 road bridge. Long happy days seeing many of the legendary named and unnamed Great Western engines and the Britannia's from Cardiff Canton. I knew then at the age of 5 or 6 that I wanted to be a train driver.

This dream did come to fruition and as an adult I was able to drive trains through the cutting at Sonning, en-route from Birmingham to London Paddington and Brighton, which never fails to bring back happy childhood memories that little boy train spotting.

I never wavered in my desire to be a train driver, much to the disappointment of my career officer who did all he could to dissuade me, citing poor pay and dirty work... all of which proved to be true of course!

So, age 15 years and 1 Month, I started my working life as a steam engine cleaner at Saltley, Birmingham. I would become very fortunate to be part of the Saltley depot in terms of the rich experiences, the variety of work and many of the colourful characters, all very different but united in their love of our place of work.

To qualify as driver in those days you had to be twenty three years of age before becoming fully competent. So for the next 8 years, I was cleaning and firing steam engines before their sudden demise at Saltley in 1967. Not surprisingly, I became very well acquainted with steam engines and it seemed a natural progression to want to capture them on film, hence my developing interest in photography during these years.

Unfortunately, steam traction finished all too quickly, and August 1968 saw the last working steam on the main lines of Britain. In order to pursue my interest in steam and photography now meant travelling abroad.

Fortunately I wasn't alone in my passion to see steam engines at work, so were several colleagues at work. So when Alan Tregenna, Dave Wright and Bob Pitman organised, just two months later, our first venture to Calais and Boulogne in France to see the last G and K class compound Pacific's at work, only months away from their retirement. When we embarked off the ferry at Calais we came across the Paris bound 'Golden Arrow' train and this was what we had come to see, with 231K16 at its head.

I can remember vividly the excitement of being there, and then it was all aboard to Boulogne. Our trip only lasted two days but in that period I took 30 or so pictures, in black and white with my dad's old German 120 camera. That camera lasted for another year before giving up the ghost and was replaced with a new Praktica 35 mm model.

So started many years photographing all over Europe with visits to South Africa and China, building my collection of photographs which spans all those years up until today."







We had travelled overnight from home by train and ferry via Harwich to the Hook of Holland and across Holland to Rheine in West Germany. Here on the Munster to Emden and Norddeich main line at Lathen it's mainly flat with pastureland and Forest all the way to the coast. Some two miles south of Lathen half way to Meppen is Rheine based 012-063 3 cylinder oil burning Pacific storming along at about 70 to 80 mph working the 15.09 Norddeich Cologne. This at the time was a very

busy line with a lot of freight going to the docks at Emden for export, hauled mainly by class 043 and 044 2-10-0s on the heavy trains, some times two engines double headed working the heavier coal trains, with an occasional class 042 2-8-2 thrown in. The 012 Pacific's working all the Passenger trains. You could expect to see up to 30 or so trains in 8 hours all steam hauled.

3 years after the end of steam traction in Britain it was still going strong in Germany. Friday 1st. October 1971.

A lucky shot of a class 77, 77-261. Pacific tank engine a rare machine with this wheel arrangement indeed as it passes by the depot at Vienna East. The engine is fitted with a Gisele ejector chimney which is very prominent in this side on view. For an Austrian machine it has very clean lines made possible with a very large water tank almost the full



length of the engine alongside the fire box, boiler and smoke box at the front. For those not in the know a Pacific arrangement is the layout of the wheels. In this case 4 small front bogey wheels, 6 large driving wheels and 2 more small truck wheels at the rear. making it a 4-6-2 wheel arrangement and a tank engine as it has no independent tender, a coal bunker being at the rear behind the cab. Quite a nice machine. There were not many of the class left but they all seemed to be working at the time.

30th June 1972.





## CHOCOLATE WORKSHOPS

BIRTHDAY PARTIES  
**SCHOOLS**  
CORPORATE  
TEAM BUILDING  
**CLUBS**



PROSECCO NIGHTS  
**HEN/STAG**  
BABY SHOWERS  
**SOCIAL**  
**AND MORE**

[MILITARYCHEF.CO.UK](http://MILITARYCHEF.CO.UK)

VETERAN OWNED AND OPERATED





'These crafty ladies meet in Caffè Botanico every Wednesday 12-2pm. We're a friendly group, always looking for new members. Bring your knitting, crochet, or anything else you're working on. Or just bring yourselves.



# Love For Babies

## Fun Interactive Baby & Toddler Sessions

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

**Baby Sessions:**  
Tuesdays & Thursdays  
Beacon Church  
Pheasey

**Role Play Sessions:**  
Wednesdays  
St Columba's Church  
Banners Gate

Contact us for more information or to  
book your space

### Contact:

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



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

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

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

### Trio Of Love 4 Week Course

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

### Baby Massage & Spa 5 Week Course

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



### Love To Spa

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

### Love To Play

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



Here is a new class starting at St. Columba's Church. For details please call 07940547492 or go to  
www.loveforbabies.co.uk or email becky@loveforbabies.co.uk



## Boldmere Ballet School and Sutton Stage School

**Whether you are 2 or 72, we have a class for you!**

Pre-School Ballet and Dance - 4pm Fridays

Tap, Contemporary Jazz, Theatre Craft - Ages 4+  
Saturday mornings

Royal Academy Classical Ballet - Ages 4+  
Weekdays

Acrobatic Dance - Ages 5+ Fridays

Adult Classes in Ballet, Contemporary Jazz and Tap -  
Mondays, Thursdays and Saturdays

Established, family run, friendly school - all  
ages and abilities welcome. Classes  
available for the once a week student and  
those who wish to take their dancing further.

EXAMS - FESTIVALS - SHOWS

07932 065 949 jane@theatredance.co.uk  
www.theatredance.co.uk





### **Let Bridgewater Photography capture your special moments**

Bridgewater Photography is an award winning business that offers a professional and high quality photography and printing service, with a female photographer trained at a degree level in Photography and a qualified teacher in the subject.

Bridgewater Photography service covers:

- Products
- Marketing Photography
- Business Events
- Special Occasions
- Engagement Photo-shoots
- Weddings
- Family Photo-shoots
- Portraits
- Maternity, Newborn and Baby Photo-shoots

BRIDGEWATER  
PHOTOGRAPHY

**Call Donna on 079 1321 3299**

#### **Customer comments:**

*She was so kind and patient with my children. We all had a fantastic experience on our photo shoot. I would highly recommend Donna and I will certainly be booking her again - Claire*

*Donna is a dream to work with, she is very professional and her communication is fantastic - Laura*

**[www.facebook.com/BridgewaterPhotographyUK](http://www.facebook.com/BridgewaterPhotographyUK)**

**[www.bridgewater-photography.com](http://www.bridgewater-photography.com)**





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

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

  @NHSHealthyStart



## What can I buy?

### Fruit and vegetables

#### ✓ They can be:

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

#### ✗ They cannot:

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

### Plain cow's milk

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

#### ✗ It cannot be:

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

### Infant formula

#### ✓ It should be:

- suitable from birth
- made from cow's milk

### Healthy Start vitamins

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

If you live in England, find your nearest vitamin provider on the NHS Healthy Start website: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

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

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

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Or call us on 0300 330 7010

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



Follow us on Facebook and Twitter  
@NHSHealthyStart

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



## NHS Healthy Start

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



## What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



## Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

## How to apply



Visit  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



Fill in the online application form



Receive your prepaid card in the post



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



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



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

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

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





## Alzheimer's Society Dementia Support

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



**Alzheimer's  
Society**

Together we are help & hope  
for everyone living with dementia



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

Email us at [enquires@alzheimers.org.uk](mailto:enquires@alzheimers.org.uk)

Or visit [alzheimers.org.uk/get-support](https://alzheimers.org.uk/get-support)



## Talk to someone who understands

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

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

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

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

“

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

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

”

## Get the help and support you need

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

Call **0333 150 3456**

Or visit [alzheimers.org.uk/get-support](https://alzheimers.org.uk/get-support)

### Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.



Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645

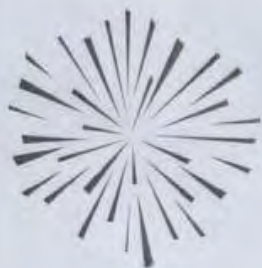
DSSU





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

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



# **SAVE THE DATE!**



**8TH OCTOBER 2024**

## **HEALTH AND WELLBEING FESTIVAL**

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

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

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

**FIND OUT MORE BY EMAILING:  
[NNS@AGECONCERNBIRMINGHAM.ORG.UK](mailto:NNS@AGECONCERNBIRMINGHAM.ORG.UK)**

**AGE**concern  
Birmingham

  
**ROYAL SUTTON COLDFIELD  
TOWN COUNCIL**

 **SUTTON COLDFIELD  
NEIGHBOURHOOD  
NETWORK SCHEME**



# WELCOME TO OUR July Newsletter

HELLO FROM SUTTON COLDFIELD NNS!  
 Welcome to our monthly Newsletter

Hello All!

It's been a busy month packed with training and visits to community groups. We were pleased to see how some recently funded projects have been getting on, including **bellboating at Minworth**, **walking netball the Newman Centre** and the wonderful **dementia friendly Sunshine Cafe** at St. Chads Church.

The team have also been involved in the early stage planning of a new **Fifty+ Festival**, a partnership between Sutton Coldfield NNS, Age Concern Birmingham and the Royal Sutton Coldfield Town Council. The festival will be happening during October 24 providing plenty of activities and events promoting ways in which you can **discover a healthier, happier you!**

Talking of festivals, we'd love to plug the very first **Birmingham Disability Festival** coordinated by Ways for Wellbeing UK, happening on **Saturday 6th July 12pm til 4pm** at Birmingham City University, Gopals Street B4 7RJ. For further information please have a read below, it looks really good!

If you have any relevant 'Spread the Word' snippets for our August newsletter, or would like to share an NNS 'Story of Difference' please get in touch at

[nns@ageconcerbirmingham.org.uk](mailto:nns@ageconcerbirmingham.org.uk)



**THANK YOU!**

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



## CAPACITY BUILDING

### Fifty+ Festival Sutton Coldfield



#### Would you like to be involved?

Do keep your eyes peeled for an upcoming email from Sutton Coldfield NNS, inviting local community groups and organisations to take part in the Fifty+ Festival.

**The Fifty+ Festival Sutton Coldfield is a fortnight of health and wellbeing activities taking place across our constituency during October 2024. The Festival is aimed at all local residents over the age of 50.**

The aim of our Fifty+ Festival is to raise awareness to local residents about health issues they may start to encounter in later life, reduce the risk of things like falls in older age, manage or even avoid long-term health conditions and just feel healthier and happier, for longer.

**The Fifty+ Festival will offer a wide range of local activities across Sutton Coldfield between Monday 7th - Sunday 20th October 2024. We are putting out an appeal to organisations and groups wishing to participate during the fortnight by running activities that meet the aims of the Festival.**

Please do email [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk) if you would like further information and haven't received our email.

The Fifty+ Festival Sutton Coldfield is being jointly organised by Age Concern Birmingham, Royal Sutton Coldfield Town Council and Sutton Coldfield Neighbourhood Network Scheme.

### Congratulations Walmley Internal Bowling Club!

Congratulations Walmley Internal Bowling Club who were awarded a Sutton Coldfield NNS micro grant last month! The grant will contribute towards room hire and refreshments, enabling regular bowling sessions for older adults to happen through out the Winter of 2024.

**Micro grants can provide funding up to £500 and are great for funding one-off events or a pilot for a new activity.**

If you would like to find out more, please drop us a line at [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)



## SPREAD THE WORD

### New Friendship Groups - Age Concern Birmingham

Sutton Coldfield NNS are pleased to fund a **new befriending project in Sutton Coldfield** brought to you by Age Concern Birmingham. The project will bring additional friendship groups to the town, creating safe spaces to make new friends in a supportive environment. Confidence and social networks will be nurtured; there will also be the opportunity to be matched with a dedicated volunteer.

The first groups have been established at the Communita Cafe, Boldmere and Sutton Methodist Church, South Parade.

**Do you know of any free venues in Sutton Coldfield who would benefit from a friendship group?**

**Do you know any citizens who would benefit from attending a friendship group?**

If so please let us know at  
[info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk)

## Befriending Service

### Safe local spaces to make new friends

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

Our Friendship Groups are a great way to get out and socialise with other people.



We can support you to start to build your confidence and social network or match activities of interested volunteers.

### New friendship group:

**Communita Cafe, Boldmere**  
 Wednesday 11am-12.30pm and **NEW** Friday 2-4pm  
**Sutton Methodist Church, South Parade**  
 Friday 10.30am-12.30pm

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

Call on 0121 361 3650 or email [info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk)



## Birmingham Disability Festival - 6th July 24

**Birmingham Disability Festival**

ALL INFORMATION & ACCESSIBILITY SERVICES PROVIDED

LIVE MUSIC - INFORMATION HUBS  
 HUMAN LIBRARY - FOOD STALLS  
 INTERACTIVE GAMES & ACTIVITIES

6 July 2024 | 12 PM - 4 PM  
 Birmingham City University, Curzon Building  
 Register your place at [www.birminghamdisabilityfestival24](http://www.birminghamdisabilityfestival24)

**Ways for Wellbeing UK are coordinating the very first Disability Festival here in Birmingham.**

Taking place on **Saturday 6th July 12pm til 4pm** at Birmingham City University, Gopson Street B4 7RJ.

This event is taking place during Disability Pride month (July) the month where all disabled people can celebrate, show off and show how proud they are of their disabilities.

The day will be packed with fun, activities and food! including: Blind Football, Wheelchair Basketball, Boccia, Curling, Archery, Parachutes, volleyball, and adapted trikes, Giant Jenga, Giant Connect 4, Art workshops, Dance, Poetry, music, choir and a comedian. We have Tai-Chi, gentle dance movements, African drumming and visiting Alpaca and Deaf Awareness workshops!



## SPREAD THE WORD

### Free Bellboating- Community Environmental Trust



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

**There is currently a bellboating session on Mondays 1-2.15pm and Friday mornings, 10am and 11.15am at The Boat Inn, Old Kingsbury Road, Minworth B76 9AE.**

Please email [stuart@environmentaltrust.org.uk](mailto:stuart@environmentaltrust.org.uk) or call 07570 241759 to book

Sutton Coldfield NNS would love to support more activities within the ward of Minworth for older and disabled adults. Are you a community group looking for a new area to expand to? Or, are you thinking of setting up a new community group in Minworth? Please do get in touch, we can help! Email [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

## CAPACITY BUILDING

### Safeguarding Awareness Training

**If you are interested in free safeguarding awareness training it's not too late!**

We have an in person safeguarding awareness training session coming up at Our Place Support, Farthing Lane, Sutton Coldfield B72 1RN on the **12th July 24, 10am-1.30pm** in person at Our Place hub in Sutton Coldfield.

Booking is essential, for more information on how to book please contact [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

## CAPACITY BUILDING

### DISE Workshop Business and Financial Planning - Making the numbers work

This workshop on the **17th July 24** will provide you with the tools to **enable you to develop a strong project or business plan and articulate them simply and effectively.**

This workshop will: enable you to understand full costs, improve confidence to develop budgets and financial forecasts, understand your market, competitors/ collaborators, provide useful tools, templates, and resources to make planning simple.

For more information on how to book please contact [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)



## Sutton Coldfield NNS Story of Difference



Over the last few months England Netball have been delivering inclusive netball sessions held in three different indoor venues across Sutton Coldfield. They have adapted the netball game to make positive sessions for all different abilities in community spaces; creatively conceiving new ideas for activities that have helped new beginners flourish in Walking Netball.

The sessions have brought together three different groups of ladies who have never met before, the addition

of a WhatsApp group has enabled the group to socialise outside netball, reducing social isolation. The sessions have also given the participants the confidence that they are still able to participate in physical activity, encouraging them to take part in more activity outside walking netball.

'I thoroughly enjoy Walking Netball. Its reminded me to keep as fit as I can physically, mentally and socially. The activities strengthen all aspects of the person, and we have fun too'.

'Having stopped work at the end of January this year, mainly due to stress, I was looking and indeed needing to find something to do. Netball has been a lifeline both mentally and physically. I look forward to both the sessions I attend and have met some lovely ladies. The sessions are both fun and at times energetic and certainly gets the heart racing! I hope it will continue.'

**Walking netball volunteers needed!** England Netball are looking for volunteers to become qualified Walking Netball Hosts within Sutton Coldfield. Would you like to support the fantastic groups that have been developed over the last few months by becoming a host? If so, please email

[hope.bourton@englandnetball.co.uk](mailto:hope.bourton@englandnetball.co.uk) or call 07458 106980



## CAPACITY BUILDING

Funding available to run your own Carers group



### Funding Available to Run Your Own Carers Group



What would you fund?



Apply for funding (from £50 to £500) to run fun group activities for unpaid Carers in Birmingham.

Forward Carers is excited to announce the launch of a new Grant Fund – Small Grants for Unpaid Carer Groups in Birmingham! This grant fund empowers Unpaid Carer groups to organise activities that promote wellbeing and social connections.

If you're an unpaid Carer in Birmingham, aged 18 or older, and registered with Birmingham Carers Hub, you're eligible to apply. You can apply as part of an existing Carers group or gather at least three other unpaid carers and apply for funding ranging from £50 to £500 for group activities. Your planned activities should positively impact Carer wellbeing and meet at least two of the outlined criteria, including providing fun and social activities, responding to local needs, or offering opportunities for Carers from LGBTQ+ backgrounds.


Head over to our [online application portal](#) and register for an account. Once submitted, your application will be reviewed by your local Neighbourhood Network Scheme, who will assess its eligibility and feasibility.


Need assistance with your application? Your local Neighbourhood Network Scheme is here to support you. Find their contact details [here](#). For any additional questions or concerns, feel free to reach out to Georgina Koceli at Forward Carers via email at [georgina.koceli@forwardCarers.org.uk](mailto:georgina.koceli@forwardCarers.org.uk)

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

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

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

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

 0121 362 3650



[nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)



Sutton Coldfield NNS

AGEconcern  
Birmingham

Compass Support  
The Housing Group



GET INVOLVED

## OUR PLACE SUPPORT SAFEGUARDING TRAINING:

### Online Session:

Focuses on acting effectively and appropriately in response to the safeguarding and protection of children, young people and adults. The session is on **Wednesday 19th June**. NNS will fund two places per community group, strictly for Sutton Coldfield based **not-for-profit** assets and excluding businesses and statutory organisations (though these can fund your own places direct to Our Place). To get the code to book places for free on Eventbrite, please email: [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk) with the header Safeguarding Awareness Training.


### In Person Session:


Similar training will be held at the Our Place Support Hub on Farthing Lane, B72 1RN on Friday 12th July. The same rules apply so to book your place then email the Sutton Coldfield NNS to find out more.


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


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

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

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

 0121 362 3650

 [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

 [Sutton Coldfield NNS](#)

GET INVOLVED

## READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

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



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


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


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

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

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

 0121 362 3650

 [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

 Sutton Coldfield NNS



We are celebrating our  
100th anniversary  
and we'd love you to join us!



We're throwing open our doors so you  
can have a look around, see some fun  
performances and try your hand at  
behind-the-scenes activities  
from **10:30am to 5pm on Sunday 1 Sept 2024**  
at Highbury Theatre, Sheffield Road, B73 5HD

0121 373 2761

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



# HIGHBURY PLAYERS

## PLAYS FOR 2024/25 SEASON



### The King's Speech

By David Seidler  
**10 – 21 Sept 2024**  
*Let courage reign*



### SHEILA'S ISLAND

By Tim Firth  
**15 – 26 Oct 2024**  
*A comedy in thick fog*



### Notes from a SMALL ISLAND

By Bill Bryson & Tim Whitnall  
**26 Nov – 7 Dec 2024**  
*Based on the best-selling book*



### Home, I'm Darling

By Laura Wade  
**21 Jan – 1 Feb 2025**  
*Nostalgia ain't what it used to be*



### the father

By Florian Zeller  
**25 Feb – 8 Mar 2025**  
*Anthony's mind is fading; his daughter is challenged*



### LITTLE WARS

By Steven Carl McCasland  
**10 – 15 Mar 2025**  
*Everyone has a confession. Someone has a secret*



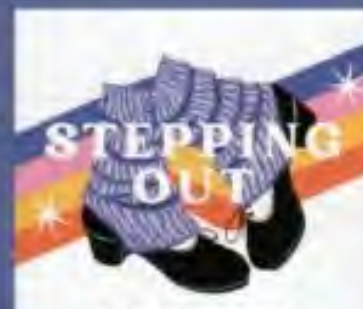
### The heartless princess

By Franklyn Black  
**8 – 19 April 2025**  
*Who has stolen the princess's heart?*



### HANSARD

By Simon Woods  
**19 – 24 May 2025**  
*Politics & marriage. Bitingly funny, ultimately shocking*



### STEPPING OUT

By Richard Harris  
**10 – 21 June 2025**  
*A comedy with two left feet*

Highbury Players' plays are performed Tuesday to Saturday over two weeks, with studio plays being performed Monday to Saturday. Performances all start at 7:30pm.

Highbury Players' plays are amateur productions presented by arrangement with the relevant licence holder as identified on each play's marketing materials. We reserve the right to amend the season if circumstances change.



0121 373 2761

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





# HIGHBURY CINEMA

## FIRST FILMS FOR 2024/25 SEASON



**Sun 15 Sep 2024**

*Sometimes you must just  
make a break for it*



**Sun 20 Oct 2024**

*One love, one heart*



**Sat 16 Nov 2024**

*Complex, moving,  
thought provoking*



**2:30pm, Fri 27 Dec 2024**

*Music, adventure, comedy  
and chocolate*

**Films all start at 7pm unless otherwise stated.**  
Films for the remainder of the season will be  
shown in 2025 on the following dates:

**Sun 5 January**

**Sun 26 January**

**Sun 16 February**

**Sun 2 March**

**Sun 13 April**

**Sun 11 May**

**Sun 22 June**

### How to book tickets

**Online** through TicketSource, either via our  
website or by using the QR code opposite.

**Box Office** in person or by phone on  
**0121 373 2761**. Open:

Monday 7:30pm to 9pm

Wednesday 10am to 12 noon

Performance nights 7:30pm to 9pm

**Leave a message** on our answering machine,  
also on telephone number **0121 373 2761**.

Please clearly leave your name and  
telephone number and we will ring you back  
the next time the Box Office is open.

Tickets for plays: **£12**

Tickets for films: **£5**

In both cases, **add £2** if you are not  
already a Highbury Centre / Audience /  
Player member for the 2024/25 season.



### Follow us on social media



/HighburyTheatre



@highburytheatre



@highburytheatrecentre

#thehighburyplayers

#discoverhighbury

@highburyplayers

#highburycinema

**Highbury Theatre, Sheffield Road, B73 5HD**

**0121 373 2761**

**[highburytheatre.co.uk](http://highburytheatre.co.uk)**





0121 296 9543

What's On: [suttoncoldfieldtownhall.com/events/](http://suttoncoldfieldtownhall.com/events/)  
[enquiries@suttoncoldfieldtownhall.com](mailto:enquiries@suttoncoldfieldtownhall.com)



**THE BAND of the WEST MIDLANDS FIRE SERVICE - Fabulous At Forte**  
 SATURDAY 6<sup>th</sup> JUNE TICKETS £15



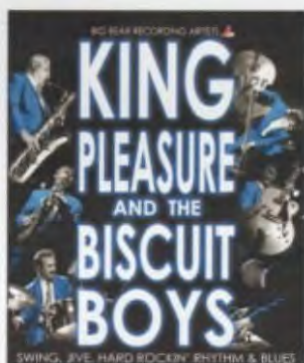
**THE SUMMER VARIETY SHOW**  
 TUE 9<sup>th</sup> - SAT 11<sup>th</sup> JULY TICKETS £25.50



**CHEESY BINGO PARTY**  
 FRIDAY 12<sup>th</sup> JULY TICKETS FROM £16.50



**THE SPONGEBOB MUSICAL youth edition**  
 SAT 20<sup>th</sup> - 21<sup>st</sup> JULY TICKETS FROM £8



**KING PLEASURE AND THE BISCUIT BOYS**  
 FRIDAY 26<sup>th</sup> JULY TICKETS FROM £18



**GO YOUR OWN WAY - THE FLEETWOOD MAC LEGACY**  
 6<sup>th</sup> & 7<sup>th</sup> SEPTEMBER TICKETS £26.50



**LIVE AT THE TOWN HALL FUNNY & COMEDY NIGHT**  
 6<sup>th</sup> & 7<sup>th</sup> SEPTEMBER TICKETS £26.50

## BOX OFFICE OPENING HOURS:

10am - 4pm Mon - Fri

0121 296 9543 or in person.

24/7 via [www.suttoncoldfieldtownhall.com](http://www.suttoncoldfieldtownhall.com)

Prices, times and information contained in this brochure are correct at time of print and may be subject to change. Please visit our website for most up to date information.



## SUPPORT US

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





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

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

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

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



# ALEXANDRA THEATRE BIRMINGHAM

30 Jun



Beyond Broadway

Starts 02 Jul 2024



101 Dalmatians

07 Jul



Hello Again – The Neil  
Diamond Songbook

Starts 10 Jul 2024



Player Kings

Starts 15 Jul 2024



Grease

22 Jul



Birmingham Jazz Festival:  
The Swing Cats

Starts 23 Jul 2024



Cluedo 2 - The Next  
Chapter

Starts 31 Jul 2024



Peppa Pig's Fun Day Out

Starts 15 Aug 2024



The Sound of Music - Stage  
Experience

Starts 20 Aug 2024



Pretty Woman The Musical

06 Sep



Danny Beard

07 Sep



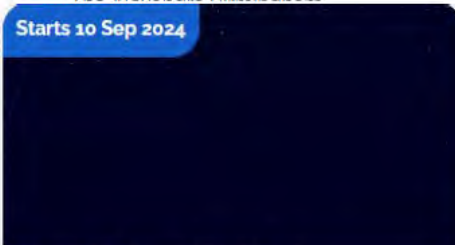
An Evening of Classic  
Reggae

08 Sep



Simon Brodikin: Screwed Up

Starts 10 Sep 2024



Here You Come Again - The  
New Dolly Parton Musical

Starts 17 Sep 2024



Blue Man Group:  
Bluevolution World Tour





### UB40 - The Legacy

Main Auditorium, Wednesday 26th June 2024 - 7.30pm

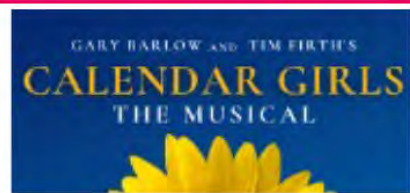
[MORE](#) | [BOOK](#)



### The Importance of Being... Earnest?

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

[MORE](#) | [BOOK](#)



### Calendar Girls (Lichfield Operatic Soc...)

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

[MORE](#) | [BOOK](#)



### Young Garrick Workshops

Lichfield Garrick Venue, Saturday 6th July 2024

[MORE](#) | [BOOK](#)



### Young Garrick - Young Creatives Meetin...

Lichfield Garrick Venue, Monday 8th July 2024 - 7.30pm

[MORE](#) | [BOOK](#)



### The Opposite Sex - Lichfield Players

Studio, Wednesday 17th - Saturday 20th July 2024

[MORE](#) | [BOOK](#)



### Masters of Deception

Main Auditorium, Saturday 31st August 2024 - 7.30pm

[MORE](#) | [BOOK](#)



### Sister Act - Walsall Operatic Society

Main Auditorium, Tuesday 3rd - Saturday 7th September 2024

[MORE](#) | [BOOK](#)



### Arrival: The Hits of ABBA

Main Auditorium, Sunday 8th September 2024 - 7.30pm

[MORE](#) | [BOOK](#)



### Jenny Ryan: Out Of The Box

Main Auditorium, Wednesday 11th September 2024 - 7.30pm



### Solve-Along-A-Murder-She-Wrote

Studio, Wednesday 11th - Friday 13th September 2024 - 7.45pm



### The Glam Rock Show (formerly Get It On...)

Main Auditorium, Thursday 12th September 2024 - 7.30pm





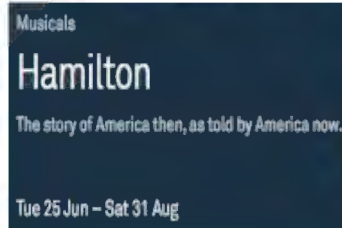
Winter 2021/22

Welcome back,  
Birmingham

birminghamhippodrome.com  
0844 338 5000\*

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

Hamilton is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and helped shape the very foundations of the America we know today. The score blends hip-hop, jazz, blues, rap, R&B and Broadway – the story of America then, as told by America now. Hamilton has book, music and lyrics by Lin-Manuel Miranda, is directed by Thomas Kail, with choreography by Andy Blankenbuehler and musical supervision and orchestrations by Alex Lacamoire and is based on Ron Chernow's biography of Alexander Hamilton. Winner of 11 Tony Awards including Best Musical, 7 Olivier Awards, the 2016 Pulitzer Prize for Drama and the 2016 Grammy Award for Best Musical Theatre Album.



Dreamland (or a musical riff on Shakespeare's Midsummer Night's Dream set during the declassification of Area 51) is exactly what the title says it is, or is it? [Hippodrome Musicals Youth Theatre](#) is a group of incredible young people aged between 7-16 years.



Written and performed by Rob Madge and directed by Luke Sheppard, the award-winning *My Son's a Queer, (But what can you do?)* is back for 2024. When Rob was 12, they attempted to stage a full-blown Disney parade in their house for their Grandma. As Rob donned a wig and played Mary Poppins, Ariel, Mickey Mouse and Belle, their Dad doubled as Stage Manager, Sound Technician and Goofy. Unfortunately, Dad missed all his cues and pushed all the floats in the wrong direction. Mum mistook Aladdin for Ursula. The costumes went awry and Ariel's bubble gun didn't work properly. Grandma had a nice time though.

*My Son's a Queer, (But what can you do?)* celebrates the joy and chaos of raising a queer child and is testament to the power of unconditional familial love. Once a cult sensation, Madge's show has grown to become WhatsOnStage Award winning and Olivier Award nominated and now due to public demand is set to embark on a brand new national tour visiting seven brand new venues.

Originating at the Turbine Theatre in 2021, it had a sold-out season at the Edinburgh Festival in 2022, followed by a national tour and then two West End runs. Three years on, join social-media sensation Rob Madge as they set out to recreate that parade – and this time, nobody, no, NOBODY is gonna rain on it!



**Unbound** is a bewitching new musical by **British Youth Music Theatre** in partnership with **Birmingham Hippodrome** with an 80's fuelled pop-rock score.

Home-schooled Iris has finally convinced her mother to let her attend Black Lake High. Ready for an 'ordinary' life of friends, parties and school spirit. Iris' world is turned upside down when she unknowingly frees an ancient witch and finds herself part of the coven.

Will Iris' newfound powers help her win over her new classmates, or spell disaster?



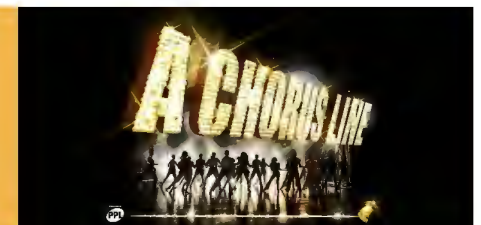
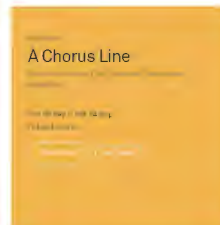
New York City. 1975. On an empty Broadway stage, seventeen performers are put through their paces in the final, gruelling audition for a new Broadway musical. Only eight will make the cut.

**A Chorus Line** is a musical masterpiece that revolutionised Broadway, with creator Michael Bennett using real-life testimonies from late-night recording sessions with dancers. Celebrate the lives of theatre's unsung heroes, as they tell searing stories of ambition, shattered hopes, and what it really costs to follow your dreams.

Originally produced at Curve and Directed by Nikolai Foster, with a book by James Kirkwood and Nicholas Dante, music by Marvin Hamlisch and lyrics by Edward Kleban, *A Chorus Line* features iconic songs including *One, I Hope I Get It, Nothing and the hit ballad What I Did For Love*.

The legendary **Adam Cooper** (*Singin' in the Rain*, *Matthew Bourne's Swan Lake*) and **Carly Mercedes Dyer** (*The Drifters* *Girl Tour*, *Anything Goes*, *Barbican Theatre*, *Dreamgirls*, *Savoy Theatre*) are reprising their roles as Zach and Cassie which they played to great critical acclaim at Curve in 2021.

Join us this September for sensational choreography, heart-wrenching personal stories and musical theatre's most unforgettable finale.



THE BIG, BOLD and BEAUTIFUL MUSICAL – **HAIRSPRAY** is BACK ON TOUR!

Starring Strictly Come Dancing's **Joanne Clifton** (*Shrek the Musical*, *The Addams Family*) as the fierce yet fabulous Velma von Tussle. Making her directorial debut is Hairspray royalty **Brenda Edwards** (*Hairspray*, *We Will Rock You*) who will bring new energy from behind the scenes.

Hairspray took Broadway by storm, winning 8 Tony awards. The production went on to win 4 Olivier awards in the West End, and multiple awards worldwide. This feel-good classic is back.

Featuring some of musical theatre's biggest hit songs, *Welcome to the 60s*, *You Can't Stop the Beat*, *Good Morning Baltimore* and many more. Hairspray is the hilarious, joyous, and inspiring musical for all!

Join big hearted Tracy Turnblad and her new friends the spirited Seaweed and his sister Little Nezz, heartthrob Link Larkin and the resolute Motormouth Maybelle as they strive to change the world. Hairspray has wowed audiences in the West End and on Broadway and still packs a punch with its message of tolerance and the fight against racial discrimination.

This fun-filled show is bursting with show-stopping numbers and dizzying dance routines, come and join the beat because just to sit still would be a crime!



Prepare to be dazzled and entranced as Botown transports you to a realm where the spirit of Bollywood meets the soul of funk, creating an unforgettable fusion of music, culture, and pure entertainment. Acclaimed by *The Daily Express*, "Botown infuses Bollywood's classics with a 'Shaft' treatment" and seamlessly blends the allure of Bollywood with the irresistible charm of soul music.



Lise has a choice to make.

Loaded country bumpkin or penniless, hunky farmhand? Of course, there's no contest, but her mum has other ideas. Heels are dug in and sparks fly, as a mother-daughter battle ensues.

Mixing spectacular classical ballet with slick comedy, a clog-dancing dame, and a super-cute pony, as well as live music by the Royal Ballet Sinfonia, this is sure to be fantastic entertainment for you, your friends, and all your family!







Adapted from **Terry Ronald**'s best-selling novel – be one of the very first to catch the UK premiere of new musical ***Becoming Nancy***!

This eagerly anticipated coming-of-age story is directed and choreographed by two-time Tony Award-winner **Jerry Mitchell**, legendary director of blockbuster musicals including *Legally Blonde*, *Kinky Boots*, *The Devil Wears Prada*, *Hairspray*, *Pretty Woman: The Musical* and many more.

"A choreographer and director who seems to have the Midas touch."

The Guardian on Jerry Mitchell

It's 1979 and David Starr is unquestionably one of the smartest, most talented sixth-formers in East Dulwich – he's got a wild imagination, a vocal range to die for, and a bedroom plastered with posters of his beloved pop idols: Blondie, Sting, and Kate Bush. But being clever, with a great taste in music may not be enough to get him through secondary school, where, to his great surprise, he's just been given the female lead in the school play, *Oliver*... The unconventional casting sends shockwaves through David's small town, first with David, and then with his parents, his aunt, and his classmates.

Before long, it seems like everybody has an opinion on whether David should go on with the show, inspiring him to turn to his no-nonsense best friend Frances and his unlikely co-star Maxie, the enigmatic captain of the football team.

With smash-hit songs by **George Stiles** and **Anthony Drewe**, ***Becoming Nancy*** is the feel good, nostalgic, new musical that weaves a story of family and first loves, with the courage it takes to find your own spotlight.

See it first in the UK at The Rep this Autumn!



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

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

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

This group of young people are a credit to young actors in Birmingham and the talent we have to showcase across the city"

????? Redbrick on The Trails – part of The Order & Chaos Festival



# EMMANUEL

THE PARISH CHURCH OF WYLDE GREEN



**FRIDAY ORGAN RECITAL SERIES 2023/24**

First Friday of the Month at 1.00pm



## A few items collected at the Festival



[www.brummiehoney.com](http://www.brummiehoney.com)  
[facebook.com/brummiehoney](https://facebook.com/brummiehoney)  
[instagram.com/brummiehoney](https://instagram.com/brummiehoney)  
[faith@brummiehoney.com](mailto:faith@brummiehoney.com)



  
**FLORAL JAZZ**  
 • FLORISTRY •  
 GIFTS • WEDDINGS • WORKSHOPS • EVENTS • FUNERALS  
 0121 817 0088 - 07799 238 085  
 HELLO@FLORALJAZZ.ONLINE - FLORALJAZZ.ONLINE  
 102 ANTROBUS ROAD, B73 5EL  
 @FLORAL.JAZZ @FLORALJAZZ.ONLINE

### Asian "Yellow Legged" Hornet



Asian Hornet abdomen is almost entirely dark except for 4th abdominal segment

British Beekeeping Association  
[www.bbka.org.uk](http://www.bbka.org.uk)



Please help us if you think you've spotted an **Asian Hornet**  
 Download the **Asian Hornet Watch App** on your mobile and use it to send in the photo  
 Not got your mobile?  
 Email a photo to :  
[alertnornative@ceh.ac.uk](mailto:alertnornative@ceh.ac.uk)



Android



iPhone

## A few more items collected at the Festival



# HAPPY MUMS CLUB

Pregnancy Yoga  
Mum & Little One Yoga  
Just for Mum Postnatal Yoga  
Hypnobirthing

Yoga Body

Sutton Coldfield and Online  
See website for details and timetable

07438 231545 - [yogabodybirmingham.co.uk](http://yogabodybirmingham.co.uk)

The poster features three circular images: a pregnant woman in a yoga pose, two women with a child in a yoga class, and a group of women performing a yoga pose. The background is a light teal color with black lines connecting the circles.





# 100% Free Food 100% convenient 100% delicious!

With Slimming World Kitchen, we take care of the thinking, the planning and the shopping – so on your busiest days, you know dinner's in the bag... and you'll be on track for a great weight loss. Choose from 15 delicious, generously portioned dishes each week – all 100% Free Food and delivered straight to your door!

- ✓ Choose from meat and fish, vegetarian and vegan recipes – all including at least one-third Speed Free Food.
- ✓ Take your pick of traditional, family-friendly dishes or more adventurous recipes – all in generous portions and ready in around half an hour.
- ✓ Order on the Slimming World Kitchen website for delivery when it suits you.
- ✓ A free mini magazine with each box includes all 15 recipes for that week (not just the ones you ordered) – even more inspiration for when you have more time to shop.
- ✓ Skip a box, pause or cancel any time – you're in control.



order your first box today at  
[slimmingworldkitchen.co.uk](http://slimmingworldkitchen.co.uk)

*Slimming*<sup>®</sup>  
WORLD

touching hearts, changing lives





# STUDIO27

## TIMETABLE

ALL CLASSES ARE 45 MINS  
UNLESS SPECIFIED

### MONDAY

Circuit 9:30am

BoxFit 10:30am

Pilates 5:15pm  
(1st class 13th May)

Zumba 7:45pm

### TUESDAY

Pilates 9:15am

Adult Dance 11am

Yoga 12:15am

Kids Yoga 4:30pm

Yoga 5:15pm

BoxFit 6:15pm

BoxFit 7:15pm

### WEDNESDAY

Circuit 9:15am

Meditation & Mindfulness 10-10:45am

Parent & Toddler/Baby Dance 11:00-12:00pm

Under 12 Dance 5pm

Adult Dance 6:15pm

Zumba 7:15pm

### THURSDAY

Circuit 9:15am

### FRIDAY

Zumba 9:30am

### SATURDAY

Circuit 7:15am

BoxFit 8:00am

Under 5 Dance 9am





Under 8 Dance 9:45am

Over 12 Dance 10:30am

Street Dance 11:15am

[www.studio27wellbeinghub.co.uk](http://www.studio27wellbeinghub.co.uk)

**Additional wellbeing offerings here at Studio27 Wellbeing hub**

 Personal Training
  1-2-1 Wellbeing Support
  Nutritional Guidance
 

## - Membership & Pricing -

Basic	Standard	Premium	Unlimited
£25 month	£45 month	£60 month	£99 month
4 classes per 4 weeks	8 classes per 4 weeks	12 classes per 4 weeks	Unlimited classes
Youth	Under 12	Under 8	Under 5
£37 month	£35 month	£30 month	£20 month

Kindly enquire or visit our website to discover the inclusions of our Kids' memberships

*Pay as you go*

Current prices ~~Price from 1st July 2024~~

Adult £7 ~~Adult £8.50~~

Child £6 ~~Child £7.50~~

To book and pay for a membership or class, please visit our website  
[www.studio27wellbeinghub.co.uk](http://www.studio27wellbeinghub.co.uk)



# Information and Advice

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

**Call 0121 437 0033**

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

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



## Useful Numbers

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

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

## Local services

### Birmingham Sandwell

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



**0121 437 0033**

[info@ageukbirmingham.org.uk](mailto:info@ageukbirmingham.org.uk)

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



[info@ageuksandwell.org.uk](mailto:info@ageuksandwell.org.uk)

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



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



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

## **Information and Advice**

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

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



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

## Opening Hours

Our phone lines are open:

**Monday – Friday**

**9:30am – 3:30pm**

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



## Information Guides

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

[www.ageuk.org.uk/services/information-advice/guides-and-factsheets/](http://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/)

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

**Or through pre-booked appointments at:**

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

**Kenrick centre - Every Tuesday 9.30 - 3.30**

**Oscott Community centre - Every Wednesday 9.30 - 3.30**



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

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



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

✉ [dementiacarerhub@ageukbirmingham.org.uk](mailto:dementiacarerhub@ageukbirmingham.org.uk)

🌐 [www.ageukbirmingham.org.uk](http://www.ageukbirmingham.org.uk)

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

☎ 0121 437 0033





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](mailto:cafe.oasis@scurc.org.uk)**



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

# Occupational Therapy Clinics

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

No need to book.

For more information about  
clinic venues visit:

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



Birmingham  
City Council

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

## ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

**Jordanne Francis**  
Health and Wellbeing  
Officer

T: 0121 320 1930  
T: 0121 827 6295  
M: 07458 130587  
E: [Jordanne.francis@wittonlodge.org.uk](mailto:Jordanne.francis@wittonlodge.org.uk)  
W: [www.wittonlodge.org.uk](http://www.wittonlodge.org.uk)

## WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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





Join us for  
our next  
event


**Mercia Grange care home,  
Sutton Coldfield**

## Coffee, cake & friendship cafe

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

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

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

Trusted to care. 

To attend please call  
**01214 682 684** or email  
[rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com)

**care UK** 





Join us for  
our next  
event

**Mercia Grange care home,  
Sutton Coldfield**

**Adjusting to a diagnosis  
of Dementia**

**Wednesday 7th August 2024  
2pm - 4pm**

Join us to hear dementia specialist  
Barbara Stephens share advice on the  
emotional and practical challenges  
that lie ahead and insights on how to  
live positively with dementia.

Trusted to care.



To book please call  
**0121 314 5513** or email  
[rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com)

**care UK**





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 personalisation of their care plans, the careful selection of the décor in their room, their dining experience, hobbies or personal preferences...

**At Sutton Park Grange, people will always come first**

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







## ***British Sign Language (Birmingham)***

Classes on:

**Banners Gate Community Centre, Sutton Coldfield B73 6UR**

**The Great Barr Community Hub**

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

***10-week courses delivered by experienced Tutors***

***Topics such as***

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



Contact 07825255042

Email [bslsilver2022@gmail.com](mailto:bslsilver2022@gmail.com)

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



## North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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





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

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

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

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

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

### **Direct rehoming – helping owners, potential adopters – and cats**

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

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


Sheila Pennell  
[sheilapennell@talktalk.net](mailto:sheilapennell@talktalk.net)





**Lucy**

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



**Terence**



**Polly**

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

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

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



**Jo Jo**

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

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

  
 Birmingham and Solihull  
 Integrated Care System  
 Caring about healthier lives

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

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

### What is an Annual Health check?

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



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

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

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

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

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

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

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

- 20-30 mins



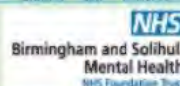
### What help might you need?

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



### What happens during the Annual Health Check?

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





# Can you help us save more food?

## OLIO

The Food Sharing App



## Yes you can!

It's easy to give back to the OLIO community



### Spread the word

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



### Add to OLIO

Your neighbours will love your spare food or household items.



### Volunteer

Feel great & do good at the same time.

Learn more at

[OLIOex.com/get-involved](https://OLIOex.com/get-involved)

Together we can make a difference!

OLIO

f @OLIOex    @OLIO\_ex

# It's okay...

---

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



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



Talk to us online via Live Chat (10am-9pm):  
[birminghammind.org](https://www.birminghammind.org)



Email us anytime on:  
[help@birminghammind.org](mailto:help@birminghammind.org)

*Get in touch today*

**- We're here to help you -**

**NHS**

**LivingWell**  
UK

 **mind**  
Our voices. Our lives. Our freedom.  
**Birmingham**





## COULD YOU VOLUNTEER?

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

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

### CONTACT US

Senior youth worker  
07565542976  
[gap.huboffice@gmail.com](mailto:gap.huboffice@gmail.com)



[gap.huboffice@gmail.com](mailto:gap.huboffice@gmail.com)



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

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



@thegapsuttoncoldfield



the gap\* Sutton Coldfield



SUTTON COLDFIELD

## NEIGHBOURHOOD NETWORK SCHEME

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

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



## SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

(Ian - Sutton Coldfield)



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

(Derek - Sutton Coldfield)

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

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





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

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



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

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

See our programme on our website:

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





## **Our regular Monthly Litter Picks for 2024**

**Starting on Sunday 11<sup>th</sup> Feb at 2pm.**

**Meet in The Church Tavern Car Park.**

**B42 2LA**

**Please wear suitable clothing and foot ware.**

**All equipment provided**

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

**Weather permitting .**

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

photo courtesy of Dave Hurley



# SandNats 2024



For further information please contact:  
Membership Secretary

[membership@sandnats.org.uk](mailto:membership@sandnats.org.uk)

Website: [sandnats.org.uk](http://sandnats.org.uk)

Friends of Perry Park July 2024

Not too busy this month.

Our next litter pick: Poster (1)) attached will be on Sunday 11th August at 2pm meeting in Perry Park carpark at the junction of Walsall Rd/Church Rd next Walsall Road Allotments.



Attended a River Fly survey the first of one per month in Sutton Park. Of the two streams we sampled the 1st one had several midge fly larva and other small invertebrates the second stream had even less. The most interesting was Bull Head fish fry and a freshwater limpet which was so small you would have mistaken it for algae stuck to a pebble. Hope to have more info in the future. No photos sorry.

On the 20th we did a pond survey in Sandwell valley with some photos attached. We caught two smooth newt babies (efts), Photo (2 and 3) two beetles, one known as the Cherry Stone beetle Photo (4) due to its bright red colour and a black and yellow Longhorn Beetle. (photo 5)

As a member of a choir situated in Perry Barr we did our third event for this year in the Church Tavern. This was our best yet and was well attended. Photo attached. We restart on Tuesday 8th September meeting in St John the Evangelist in Church Rd, Perry Barr at 7-30pm. We are a friendly group and anyone who would like to join please do come along. No charge, just fun with free cake and refreshments afterwards.

The other good news is that the Canal River Trust has been awarded a Green Flag for the Tame Valley Canal, one of three for various canals within the Birmingham Area.

Saw an interesting what I thought was a large wasp in the garden. Which turned out to be the European Hornet, which is native to Britain and Europe. Photo attached this is not dangerous so long as you don't attack it and is a useful predator of aphids and caterpillars. So just watch it working on your flowers from a distance. Photo (6 and 7)

News flash: Love Parks Week starts 26th July to the 4th August. So, try to get out and enjoy your local park or green space.

Hopefully I will have more to report next month.

Valerie Edkins.

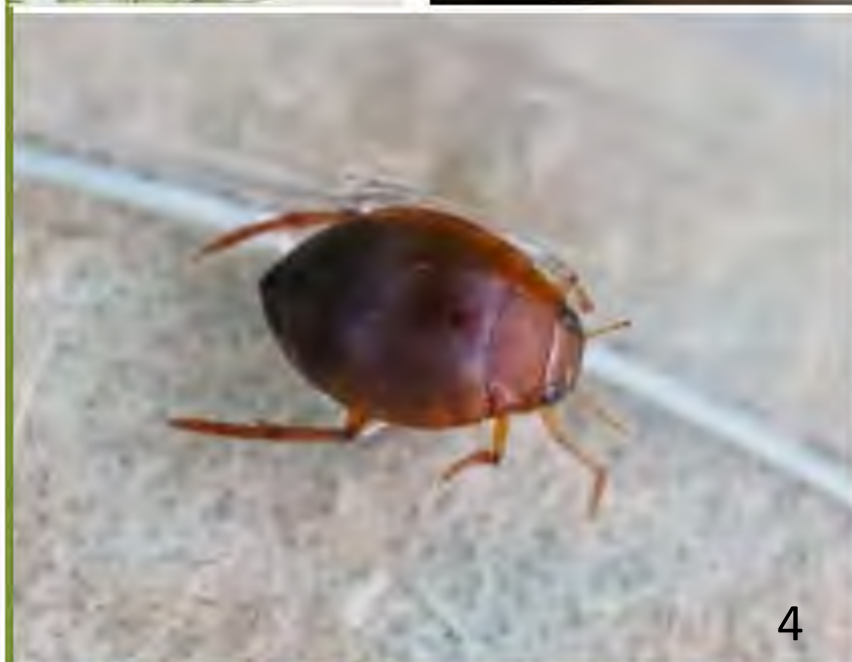
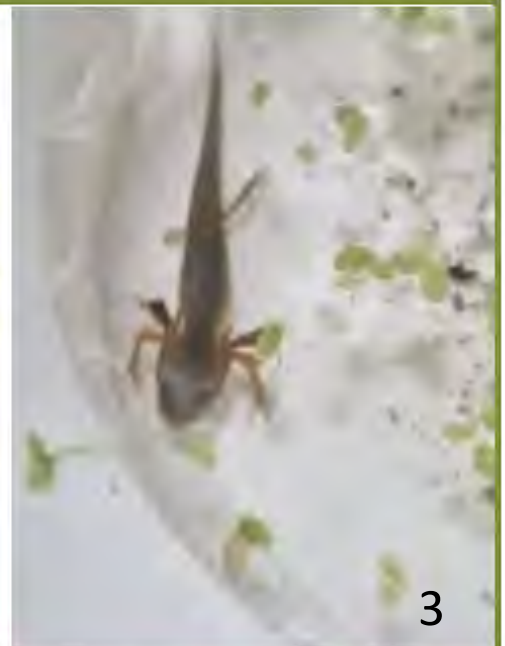
Photos on next page....



 Sunday 11th August 2024  
Join our Late Summer  
Litter Pick in Perry Park.  
Meet 2pm in the carpark  
Walsall Rd/Church Rd  
Junction.  
All equipment supplied,  
children welcome

Weather permitting  
Please wear suitable shoes  
and clothing

1







# Love For Babies

**Fun Interactive Baby & Toddler Sessions**

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

<b>Baby Sessions:</b> Tuesdays & Thursdays Beacon Church Pheasey	<b>Role Play Sessions:</b> Wednesdays St Columba's Church Banners Gate
---	---

Contact us for more information or to book your space

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



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

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

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

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

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

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

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






**touchlearn** Baby Massage Teacher

**hands onbabies**

**touchlearn** Baby Signing Teacher




# Amalia's Elite Dance Academy

We offer

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

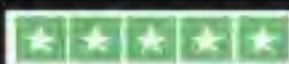
**Contact us for more**



You could be here for  
free next month.

Email  
 bgatepost@gmail.com  
 for details.





★ Trustpilot

pyjama  
drama

Teaching life skills through drama and imaginative play



Pyjama Drama  
Sutton Coldfield &  
South Tamiworth

## Fun classes that develop life skills in babies & young children

**'DEWDROPS' (AGE 6 MONTHS - 2 YEARS)**

**10:00am - 10:30am**

**followed by a 30-minute stay & play**

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

**11:00am - 11:40am**

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

**Get school-ready!**

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



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

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



**Book now!**

**pyjamadrama.com**

or contact [sinead@pyjamadrama.com](mailto:sinead@pyjamadrama.com) / 07581 236823





Prince's Trust

**START  
SOMETHING**



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

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

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



**INTERESTED?**

**Contact us for more information**

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

[wcg.ac.uk](http://wcg.ac.uk)

0300 456 0049

[info@wcg.ac.uk](mailto:info@wcg.ac.uk)




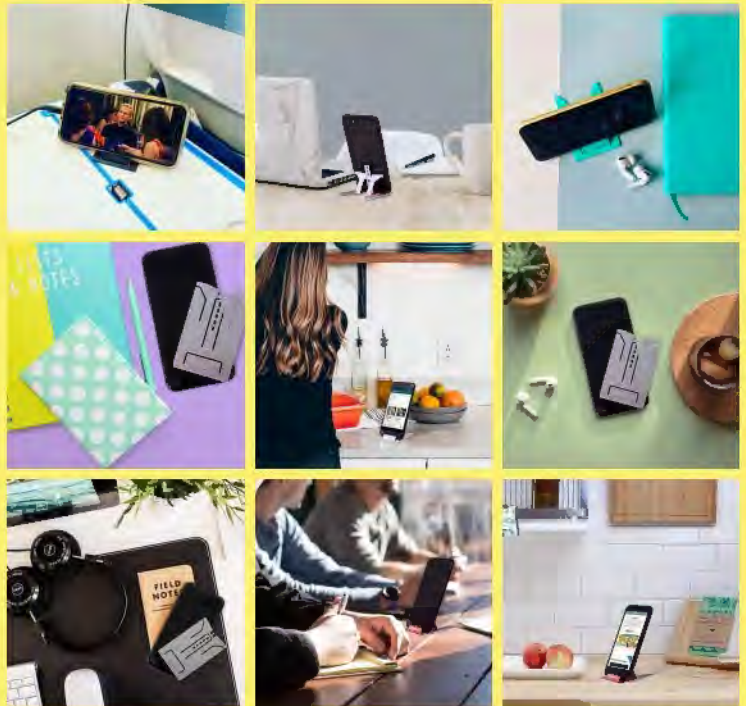
**standeazy**  
THE STAND FOR LIFE

**Travel. Work. Play. Relax.**

Hands-free with Standeazy, the clever credit card sized phone stand that folds flat and goes everywhere you go! Two materials. Countless uses.



Made with  in the West Midlands.



**SCAN ME**

for more info on how  
and where to use it

**standeazy.com**

**THE PERFECT STOCKING FILLER!**

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



## **Banners Gate Neighbourhood Forum Meetings**

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

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

If you need any information please message on 07964 213 229