

The Gatepost Supplement May 2024



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

182nd June 2024

bannersgateneighbourhoodforum.com

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



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

ANOSOGNOSIA

What is that??

Check out article below. It is interesting. The one item that jumped out at me is the percent of people in the world who live to be over 65!

If you are reading this e-mail, I guess you are one of the few fortunate people! Read below for all the details.

Earth's Population Statistics in Perspective

The population of Earth is around 7.8 billion.

For most people, it is a large figure However, if you condensed 7.8 billion into 100 persons, and then into various percentage statistics the resulting analysis is relatively much easier to comprehend.

Out of 100:

11 are in Europe

5 are in North America

9 are in South America

15 are in Africa

60 are in Asia

49 live in the countryside

51 live in cities

75 have mobile phones

25 do not.

30 have internet access

70 do not have the availability to go online

7 received university education

93 did not attend college.

83 can read

17 are illiterate.

33 are Christians

22 are Muslims

14 are Hindus

7 are Buddhists

12 are other religions

12 have no religious beliefs.

26 live less than 14 years

66 died between 15 - 64 years of age

8 are over 65 years old.

If you have your own home,
 Eat full meals & drink clean water,
 Have a mobile phone,
 Can surf the internet, and have gone to college,
 You are in the miniscule, privileged lot.
 (in the less than 7% category)

Amongst 100 persons in the world, only 8 live or exceed the age of 65!
 If you are over 65 years old, be content & grateful. Cherish life, grasp the moment.
 If you did not leave this world before the age of 64 like the 92 persons who have gone before you, you are already the blessed amongst mankind.
 Take good care of your own health. Cherish every remaining moment.
 If you think you are suffering memory loss.....

Anosognosia, very interesting...

In the following analysis the French Professor Bruno Dubois, Director of the Institute of Memory and Alzheimer's Disease (IMMA) at La Pitié-Salpêtrière - Paris Hospitals, addresses the subject in a rather reassuring way:

"If anyone is aware of their memory problems, they do not have Alzheimer's."

- forget the names of families.
- do not remember where I put some things.

It often happens in people 60 years and older that they complain that they lack memory. "The information is always in the brain, it is the "processor" that is lacking."

This is "Anosognosia" or temporary forgetfulness.

Half of people 60 and older have some symptoms that are due to age rather than disease. The most common cases are:

- forgetting the name of a person,
- going to a room in the house and not remembering why we were going there,
- a blank memory for a movie title or actor, an actress,
- a waste of time searching where we left our glasses or keys ...

After 60 years most people have such a difficulty, which indicates that it is not a disease but rather a characteristic due to the passage of years ...

Many people are concerned about these oversights hence the importance of the following statements:

1. "Those who are conscious of being forgetful have no serious problem of memory."
2. "Those who suffer from a memory illness or Alzheimer's, are not aware of what is happening."

Professor Bruno Dubois, Director of IMMA, reassures the majority of people concerned about their oversights:

"The more we complain about memory loss, the less likely we are to suffer from memory sickness."

Now for a little neurological test:

Only use your eyes!

Find the C in the table below!

```

OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO
OOOOOOOOOOOOOOOOOOOOOOOOOCOOOOOOOOOO
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OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO
OOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO

```

If you found the C, then find the 6 in the table below.

```

999999999999999999999999999999999999
999999999999999999999999999999999999
999999999999999999999999999999999999
699999999999999999999999999999999999
999999999999999999999999999999999999
999999999999999999999999999999999999

```

Now find the N in the table below. Attention, it's a little more difficult!

```

MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMNMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM
MMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMMM
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If you pass these three tests without problem:

- you can cancel your annual visit to the neurologist.
- your brain is in perfect shape!
- you are far from having any relationship with Alzheimer's.

We are truly blessed, So, share this with your over-55 friends, it can reassure them.

1/3

Did you know?

Fraud accounts for almost 40% of all crime. In just one year, 1 in 17 adults in England and Wales were victims of fraud. That's nearly 3 million of us.

1 in 5 businesses were also a victim of fraud over a 3-year period. In other words, fraud is rife and it can happen to anyone.

Think you're immune from fraud?

Fraudsters can use highly manipulative methods to get us when our defences are down. Nobody is immune from fraud. We can all be more alert to the risks, and we can all do more to protect ourselves.

4 ways to frustrate a fraudster



Q1. Do you stop to check who's really contacting you?

Fraudsters often call or message people, pretending to be from their bank, other well-known and trusted companies, or even someone they know. They can be very convincing, particularly if they've already managed to get hold of some personal information, for example by looking on social media. Having earned their victim's trust, they often ask them to hand over confidential information, make a payment or give them access to their phone or computer.

How to reduce your risk

Never take calls or messages like this at face value – always take time to stop, think and check if the caller or sender is who they say they are.

If you've received a suspicious call or message:

- Don't be rushed into a quick decision – think carefully before handing over money, personal details or access to your device
- If you have any doubts, hang up and do not call the number provided
- Be aware that fraudsters can spoof phone numbers, so the number that appears on your caller ID may not be proof of who they are
- Instead, check with the organisation directly using contact details you know are correct, such as those on a utility bill, official website, on the back of your card or by 159 for banks
- If you get a message from a family member asking you to send money, use known contact details to check if it's real



Q2. Do you automatically trust offers and click on links?

"Half-price tickets to a sold-out gig!" "Incredible savings on a last-minute holiday – hurry!" Fraudsters know most people love a bargain, so they use discounts, time pressure and FOMO (fear of missing out) to pressure them into paying out for non-existent deals. Or they urge people to click on links in phishing messages that can take them to a fake website, where the fraudster can steal cash and personal details, or infect the victim's device.

How to reduce your risk

If you see a tempting offer:

- Don't be rushed into a quick decision – always take time to stop, think and check if the message, offer or advert is genuine
- Don't automatically click a link, particularly in unexpected messages

- If you're not 100% sure, don't use the link to click through – go direct to the organisation's website
- Always stay on trusted websites and use the site's recommended payment methods
- Avoid paying by bank transfer or virtual currency
- Think carefully before you hand over any money or personal details

Q3. Do you use the same password for different accounts?

Lots of people use the same password for multiple accounts, such as email, bank account and social media accounts. Less to remember, right? But imagine if a fraudster gets hold of that password. Now they can access all of their victim's online accounts.

How to reduce your risk

Choose a different password for each account. Too difficult to remember them all? You can keep track of passwords using a [password manager](#), or by using [three random words](#) to make them more memorable.

You should:

- Never choose a password that features names, places and numbers that are personal to you
- Choose a different password for each account that is strong and hard to guess but if you can't change them all at once, prioritise your email account

Q4. Do you use 2-step verification?

Even if someone has chosen strong and unique passwords for their email and bank accounts, there's always a risk – however small – that a fraudster could get hold of them. If they do, there's nothing to stop them accessing those accounts to steal money and other personal details.

How to reduce your risk

[Setup 2-step verification](#) (2SV) on your most important accounts, such as email and social media. 2SV works by asking for more information to prove your identity when you're logging into an online account. It's one of the most effective ways to protect your online accounts from criminals.

For more information, please visit: <https://stopthinkfraud.campaign.gov.uk>

(If you found this information useful, please forward it to friends, family and colleagues)

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

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

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

Next Generation Text

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

Dial 18001 before the full national phone number.

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

Grace Cares is a not-for-profit organisation

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

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

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

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



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



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



Sutton Coldfield District Children's Centre

Activity Calendar from
8th April - 24th May 2024



Birmingham Community Healthcare **NHS**
NHS Foundation Trust



April – June 2024

Monday

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



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

Tuesday

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

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

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

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

Wednesday

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

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

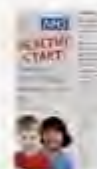
9.20-10.00am
10.20-11.00am
Story and Singing
sessions
Walmley Library



Thursday

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

www.startwellbirmingham.co.uk



Pick these up from any
children's centre



Friday

9.20-10.00am
10.20-11.00am
Story and singing
sessions
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

We look forward to meeting you.

theWI
INSPIRING WOMEN



thewi



womensinstitute



womensinstitute



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

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

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

7 -9pm

Newman Community Centre

13A Boldmere Road

Sutton Coldfield

B73 5UY

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

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

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

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

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

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

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

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



Poleurs

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

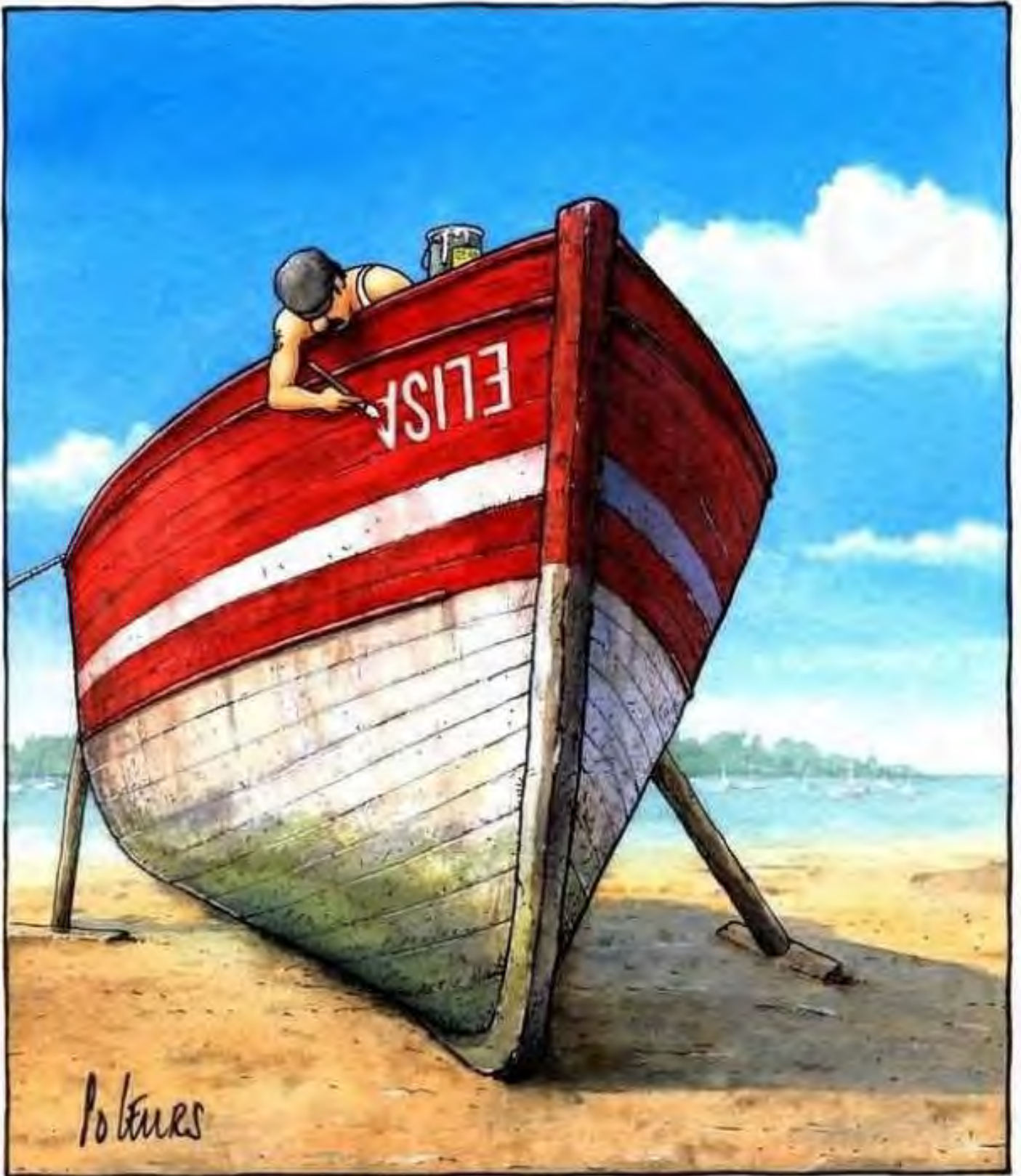
In 1980 the young self-taught amateur cartoonist participates in his first competition "Cartoon'80" in Berlin, where he wins his first prize.

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

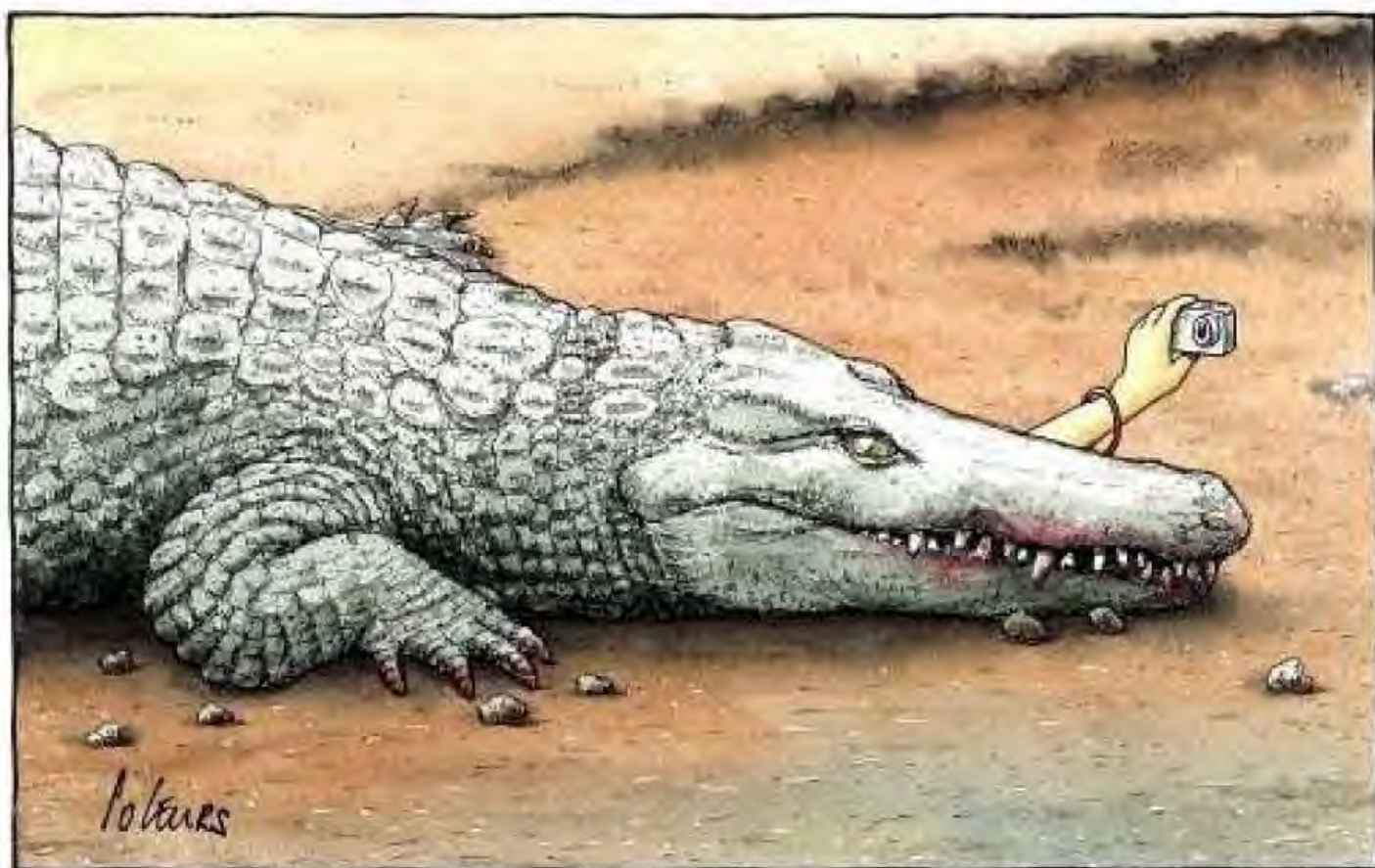
Since then, Poleurs has won 46 prizes at international competitions.



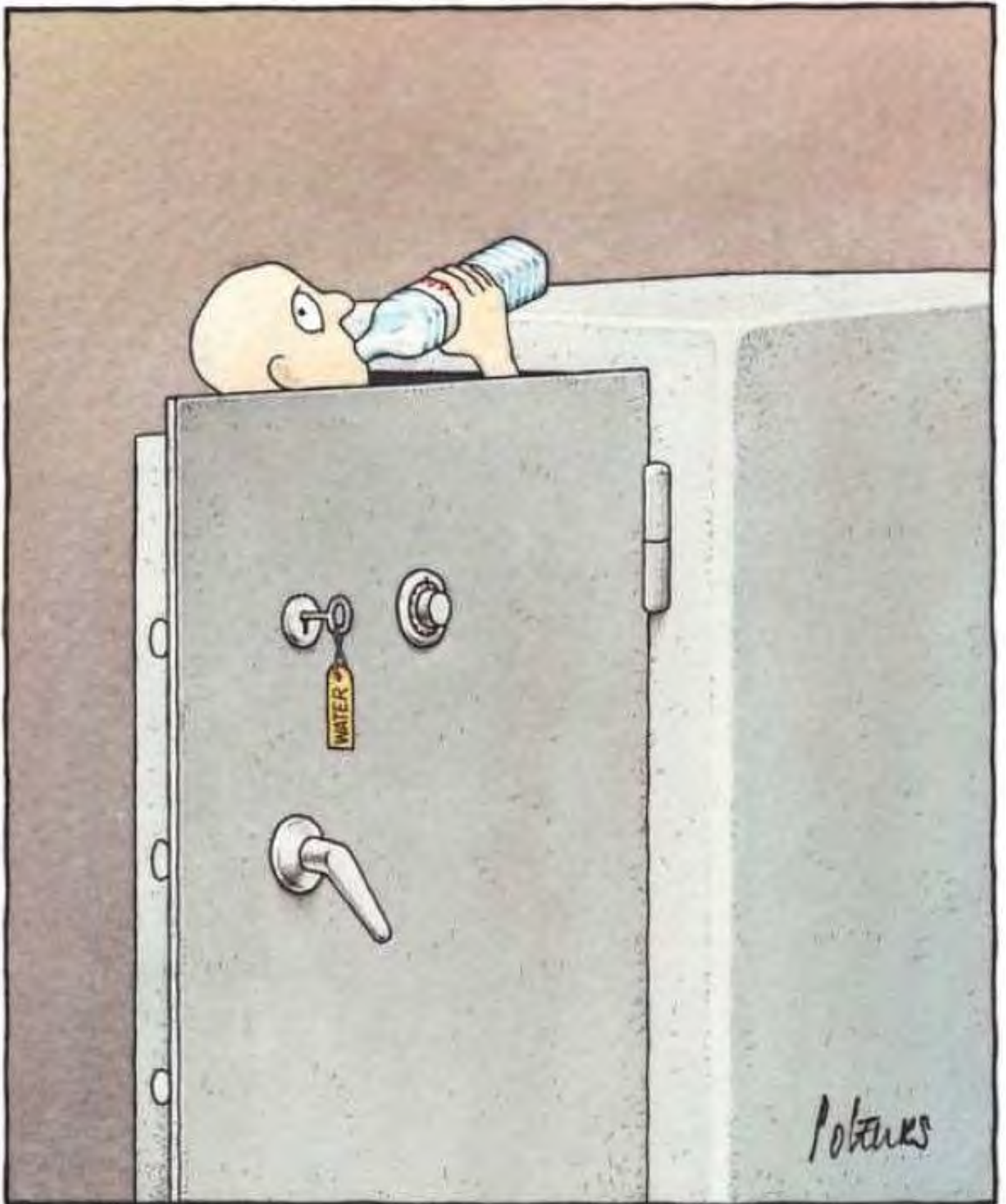
Here are cartoons for your delight.. Thank you, Mike.













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."





Hi all,
Two pictures
from last week
at Beddgelert.
First is of Ex
South African
Railways
Beyer Garratt
2-6-2 = 2-6-2
NG 143 in the
station.
Second
picture is of a
view taken
from the side
of the A498

about a mile south of Beddgelert Wales last week looking across the Afon Glaslyn, having dived with busy traffic along the twisting road to get to this spot.

NG143 is working the 15.40 "Aberglaslyn" from Beddgelert to Porthmadog. It's hard to believe that 51 years have passed by from when I saw them work in South Africa never thinking they would come here to work on the Welsh Highland Railway.

The livery of the four they own is green/black and blue, the fourth one is being restored. Let's hope it will be red.



Holiday
makers make
the best of the
rare sunshine
on offer by the
riverside.
Wednesday
29th May
2024.
Regards
Ledg.



CHOCOLATE WORKSHOPS

BIRTHDAY PARTIES
SCHOOLS
CORPORATE
TEAM BUILDING
CLUBS



PROSECCO NIGHTS
HEN/STAG
BABY SHOWERS
SOCIAL
AND MORE

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

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

  @NHSHealthyStart

What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Infant formula

✓ It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you collect them.

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

Or call us on 0300 330 7010

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



Follow us on Facebook and Twitter
@NHSHealthyStart

The 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



Fill in the online application form



Receive your prepaid card in the post



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



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



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

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

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



Alzheimer's Society Dementia Support

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



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



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

Email us at enquires@alzheimers.org.uk

Or visit alzheimers.org.uk/get-support

Talk to someone who understands

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

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

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**

AGEconcern
Birmingham


**ROYAL SUTTON COLDFIELD
TOWN COUNCIL**

 **SUTTON COLDFIELD
NEIGHBOURHOOD
NETWORK SCHEME**



WELCOME TO OUR

June Newsletter



HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



TRAINING IN ACTION: OUR NEIGHBOURHOOD SUPPORT
BIRMINGHAM COMMUNITY MATTERS IN DELIVERING
TRAINING FOR LOCAL COMMUNITY GROUPS

Summer is almost upon us, and as we all look forward to the sunny weather, trips to Sutton Park and refreshing cold drinks, we also want to share the exciting opportunities and activities in our wonderful constituency throughout June, as well as celebrating the achievements of the past month. This includes our successful 'Active and Accessible Sutton Coldfield' event which took place at Wyndley Leisure Centre.

Sutton Coldfield NNS have also facilitated a range of exciting training opportunities for local groups and these will continue into June, with the chance for you to learn more about organisation structure, bid writing and other top tips for growing your local presence so get in touch to find out more!

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

THANK YOU!

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

SPREAD THE WORD

Over 50's Festival



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

AGE CONCERN BIRMINGHAM

There are exciting plans for Sutton Coldfield residents this October as Sutton Coldfield NNS are teaming up with the Royal Sutton Coldfield Town Council and Age Concern Birmingham to provide a Health and Wellbeing focused '50+ Festival'. More details and official promotional material will be released but for now SAVE THE DATE!

Versus Arthritis



VERSUS ARTHRITIS SELF MANAGEMENT PROGRAMME

DO YOU HAVE ARTHRITIS ON A LONG-TERM BASIS?
DO YOU WANT TO MANAGE YOUR CONDITION ALONGSIDE YOUR MEDICAL CARE?

Book now for our **FREE** programme to boost your knowledge and build a personal guide to help you live better with arthritis. Our guided support will inspire you to take control of your health from the lead UK arthritis charity. Self Management 5 week course will show you how to:

- Understand and manage your pain
- Set achievable goals to live better with your condition
- Break the myths around exercise and arthritis
- Enjoy peer support in a welcoming environment

Every Tuesday from: 4th June - 2nd July 2024
10:00am - 12:30 pm

Wyndley Leisure Centre, Clifton Road, Sutton Coldfield B73 6DA

To register, simply call us on 0300 790 0433 or email services@versusarthritis.org or scan the QR code using your mobile phone camera

Printed in Great Britain. For publication information visit www.versusarthritis.org

VERSUS ARTHRITIS

Sutton Coldfield NNS were delighted to fund Versus Arthritis as they support people living with Arthritis with informative sessions and fun activities at Wyndley Leisure Centre. Call them at **0300 790 0433** or email services@versusarthritis.org to find out how you can get involved.

SHARE YOUR THOUGHTS

DIVERSITY AND EQUALITY TRAINING

As has been highlighted in the last couple of newsletters, Sutton Coldfield NNS are working with training providers to meet the needs of our local community organisations. We have had a handful of people asking if it would be possible for us to commission some free diversity, equality and inclusion training for their organisation. This is definitely something we would love to look into should there be enough interest. If you would be interested in participating in then please get in touch with us to let us know at:

nns@ageconcernbirmingham.org.uk

SPREAD THE WORD

Walking Netball



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

**Walking Netball
Volunteers
Needed**

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

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

The NNS have funded England Netball's accessible and extremely popular 'Walking Netball' for people over 50 and now the team are looking for volunteers to support their sessions. If you are interested in this then get in contact with Hope on **07458 106980** or email her at:

hope.bourton@englandnetball.co.uk

SHARE YOUR THOUGHTS

ASSET TRANSFER TRAINING

In addition to the initial interest we have had in commissioning Equality and Diversity training, we are also aware of the benefits of Asset Transfer training. With recent developments with regards to Birmingham City Council, there is potential that some buildings may become available under assets transfer. Such training may then be relevant for groups looking for new premises. Again, if there is enough interest in such a topic, Sutton Coldfield NNS would be happy to commission such training. If this is something you would like to find out more about then please get in touch with us:

nns@ageconcernbirmingham.org.uk

Training

THERE IS STILL TIME TO GET INVOLVED WITH THESE
HELPFUL TRAINING SESSIONS

BIRMINGHAM COMMUNITY MATTERS BID WRITING WORKSHOP

What is it? Support with meeting the requirements of a funder.

Who is it for? Small voluntary groups who need confidence and support in applying for grants.

Why should I go? Learning how to effectively meet requirements and capturing impact is something that funders value highly. Mastering these skills improves your organisations' chances of success in future applications.

When is it? Wednesday 19th June 2024 (10am - 1pm).

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

BIRMINGHAM COMMUNITY MATTERS DROP-IN

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

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

Why should I go? The BCM team can dispel your concerns and set you on your way to applying for funding, recruiting volunteers and promoting your work.

When is it? Wednesday 26th June 2024 (11am - 1pm) with further dates to follow.

Where is it? Falcon Lodge Community Hub, Churchill Road, B75 7JY

DEVELOPMENT IN SOCIAL ENTERPRISE

What is it? Learn more about important topics to enhance your organisation with a session on measuring impact followed by one on financial planning. Bespoke one-to-one training is also available to groups that sign up.

Who is it for? Any sized not-for-profit group (excluding charities) who want to know more about measuring impact and planning for the future.

Why should I go? This training gives you the confidence and knowledge to operate successfully as a social enterprise.

When is it? The next session is Wednesday 12th June 2024 (9.30am - 1pm) with the final one to be scheduled after.

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

EMAIL US TO BOOK YOUR PLACE:

nns@ageconcernbirmingham.org.uk

Sutton Coldfield NNS Story of Difference



THROWING SHAPES: LOOVE RESIDENTS TAKE
PART IN THE WME FUNDED WHEELCHAIR
BASKETBALLS GAMES & ACTIVITIES

This month, Sutton Coldfield NNS want to celebrate the success of our 'Accessible and Active' event that was organised by our close partners at Inspire Activity. Dennis Kennedy and his team of helpers worked their magic to produce a day of community spirit and activity at Wyndley Leisure Centre.

Over the course of a beautiful May afternoon around 100 local citizens visited 20 activity and information providers and took part in a range of fun taster activities, including Tai-chi, Boccia, Walking Football and Wheelchair Basketball.

With such a great turn out of local residents and community providers, many people found out about new activities in the area. Much like last month's Volunteer Fair, we have decided to celebrate the success of the event by assembling a quote and some context from an attendee who benefitted from the sporting showcase:

A lady in her early 30's who has been looking for social and physical activities in the area came along and told us of her joy at finding a number of groups that she had not heard of before. When asked whether she enjoyed the day, the lady told us "I have had a great day, I will definitely go along to some of these things." She told us that she had registered a particular interest in Square Peg Activities 'Adult and Carer Arts and Crafts Group' and Wheelchair Basketball's 'Accessible Sports Hub' for people with disabilities. She had come along with two family members who told us that "we love these events, keep them coming." The young lady admitted to struggling to find fun, accessible sociable activities in Sutton Coldfield and these sort of events really helped her to connect with the brilliant activity providers in our region. We thank her and all the other attendees, as well as Dennis and his team and all the providers that came along!

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

GAPS IN SUTTON

OUR PRIORITIES

In Sutton Coldfield, we are constantly looking at the gaps in provision which need filling. Whether this be through our own mapping and analysis, feedback from citizens, dialogue with social workers or facts and figures from sources such as Public Health England, we have identified a number of priorities in our constituency for the upcoming year. To receive NNS funding, it will be increasingly important to show that your activity meets one of the following priorities:

FALLS AND FRAILTIES
SOCIAL OPPORTUNITIES FOR DISABLED ADULTS
LONELINESS AND ISOLATION
COST OF LIVING SUPPORT
PREVENTATIVE HEALTH AND WELLBEING ACTIVITIES
DEMENTIA SUPPORT

We also would love to see some more activities in the following words:

SUTTON REDDICAP
SUTTON ROUGHLEY
SUTTON WALMLEY AND MINWORTH
SUTTON WYLDE GREEN

As always, if you can support with any of these priorities then please get in touch with us to find out more about our application process and see if you are eligible for an NNS grant.

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 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

 [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

 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

noda

SCRIPT YOUTH
Musical Theatre Company

WE WILL ROCK YOU

young@part®

Music and Lyrics by QUEEN

Story and Script by BEN ELTON

Young@Part Edition adapted by Marc Tumminelli
and originally workshop at Broadway Workshop in NYC

3RD - 6TH JULY 2024

WED 3RD - SAT 6TH 7.30PM | SAT 6TH MATINEE 2.30PM

HIGHBURY THEATRE

SHEFFIELD ROAD, SUTTON COLDFIELD B73 5HD

We Will Rock You is presented through special arrangements with and all authorised performance materials are supplied by Theatrical Rights Worldwide (TRW), 122-124 Regent Street, 5th Floor, London W1B 5SA www.theatricalrights.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



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



0121 296 9543

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



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



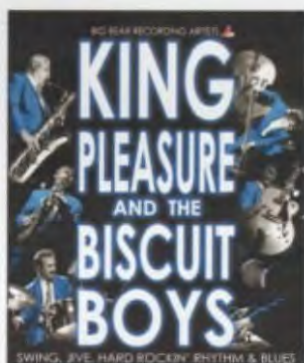
THE SUMMER VARIETY SHOW
 TUE 9th - SAT 11th JULY TICKETS £25.50



CHEESY BINGO PARTY
 FRIDAY 12th JULY TICKETS FROM £16.50



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



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



GO YOUR OWN WAY - THE FLEETWOOD MAC LEGACY
 6th & 7th SEPTEMBER TICKETS £26.50



LIVE AT THE TOWN HALL FUNNY & COMEDY NIGHT
 6th & 7th SEPTEMBER TICKETS £26.50

BOX OFFICE OPENING HOURS:

10am - 4pm Mon - Fri

0121 296 9543 or in person.

24/7 via 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...

PRODUCERS OF THE D-DAY DARLINGS PRESENTS

SHOWTIME

BRAND NEW DAYTIME SHOWS

THE SUMMER VARIETY SHOW



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

£25.50

includes
Lunch
& Quiz

FEATURING

MUSICAL MERRY MAKER ANDY EASTWOOD

SINGERS FROM THE-D-DAY DARLINGS

VOCAL TALENTS OF RICH SWINGS



Sutton Coldfield
TOWN HALL

Box Office: 0121 296 9543
www.suttoncoldfieldtownhall.com



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



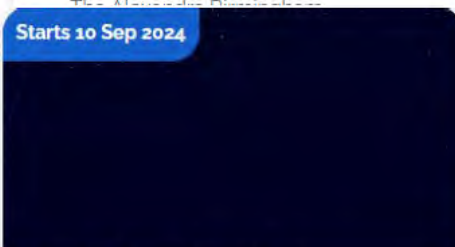
An Evening of Classic
Reggae

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

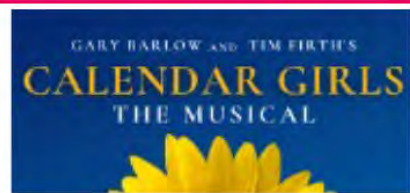
[MORE](#) | [BOOK](#)



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

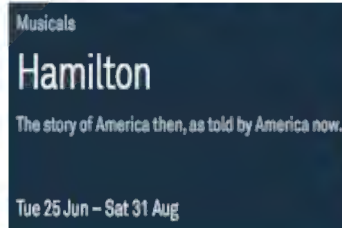


The Glam Rock Show (formerly Get It On...)

Main Auditorium, Thursday 12th September 2024 - 7.30pm

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 in stature 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?



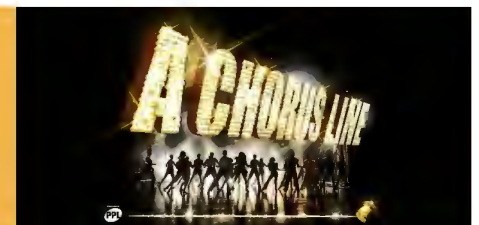
New York City. 1975. On an empty Broadway stage, seventeen performers are put through their paces in the final, gruelling audition for a new Broadway musical. Only eight will make the cut.

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!





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

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!

SCRIPT YOUTH
Musical Theatre Company

LAUNCH NIGHT



Tuesday 9TH JULY

7PM-9PM Mere Green Community Center

Email: scriptyouth@outlook.com

Contact: 07931 360 995

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First Friday of the Month at 1.00pm

SUTTON COLDFIELD JOINS THE BIRMINGHAM

Jazz & Blues FESTIVAL

19-28
JULY

FRIDAY 19

The Duke Inn - 8pm

SATURDAY 20

Simpson's Gin Bar - 7pm

SUNDAY 21

The Patty Freaks - 1pm

MONDAY 22

Coffee #1 - 1pm

Heavenly Desserts - 4pm

The Three Tuns - 7.30pm

TUESDAY 23

Tokin Tea - 1pm

Brewhouse & Kitchen - 8pm

WEDNESDAY 24

The Gate - 7.30pm

THURSDAY 25

Eleon Restaurant - 7pm

FRIDAY 26

Caffe Botanico, House of Fraser - 1pm

Brewhouse & Kitchen - 3pm

SUNDAY 28

The Patty Freaks - 1pm

The Station Pub - 7pm

FREE EVENT

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A few items collected at the Festival



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Asian "Yellow Legged" Hornet



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

British Beekeeping Association
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



Android



iPhone

A few more items collected at the Festival



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- ✓ 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.
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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

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

Information and Advice

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

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

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

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

Local services

Birmingham Sandwell

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



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



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

Information and Advice

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

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



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

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

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



Information Guides

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

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

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

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

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



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

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

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

☎ 0121 437 0033



The
United
Reformed
Church



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**

Carers Support Group

**SUTTON COLDFIELD UNITED
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Drop-in clinics are running daily
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No need to book.

For more information about
clinic venues visit:

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



Birmingham
City Council

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

ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

Jordanne Francis
Health and Wellbeing
Officer

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

WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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





Join us for
our next
event


**Mercia Grange care home,
Sutton Coldfield**

Coffee, cake & friendship cafe

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

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

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

Trusted to care. 

To attend please call
01214 682 684 or email
rachel.mackay@careuk.com

care UK 



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

care UK



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GRANGE
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Dementia Friendly CINEMA

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

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

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

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



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



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

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



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





British Sign Language (Birmingham)

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The Great Barr Community Hub

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- Transport
- Jobs
- Colours
- Family
- And more



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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



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

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

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

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

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

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell
sheilapennell@talktalk.net





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




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

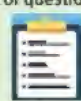

How long does an Annual Health Appointment last?

- 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](#)

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It's okay...

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



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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

Get in touch today

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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



gap.huboffice@gmail.com



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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

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

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

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

(Ian - Sutton Coldfield)



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

(Derek - Sutton Coldfield)

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

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



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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



Our regular Monthly Litter Picks for 2024

Starting on Sunday 11th Feb at 2pm.

Meet in The Church Tavern Car Park.

B42 2LA

Please wear suitable clothing and foot ware.

All equipment provided

Everyone is welcome. So come along get outside and check out your park

Weather permitting .

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

photo courtesy of Dave Hurley

SandNats 2024



For further information please contact:
Membership Secretary

membership@sandnats.org.uk

Website: sandnats.org.uk

June 2024 has been hectic.



FOPPs took part in The Big Help Out, in Perry Park and along the Tame Valley Canal and CRT at the beginning of the month. We collected in total nine bags of general litter 6 in the park and 3 from the tow path. See photos 1&2

June 12th attended a Birmingham Tree People Meeting in the Exchange with information on how to get help with funding. Then we visited the Central Libraries roof garden. See photos 3,4 & 5

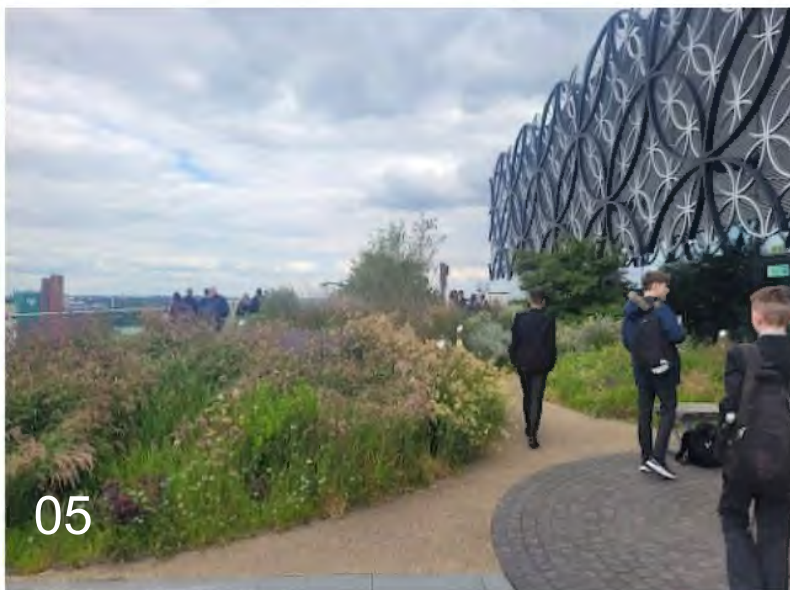
June 14th Online meeting with the Future Parks online chat discussing No Mow May and what happens next. Interesting we await more info. 6

15th June. SandNats visit to SaltWells Nature Reserve in Dudley. This was fascinating the area was once a quarry owned by Royal Doulton and known as Doultons Claypit. The geology of this site is amazing containing Sandstone, Clay and Coal. Load Dartmouth mined out the coal. After the railways were introduced he had a separate rail line built on the embankment to carry the coal to the main railway line. Prior to this the coal was pulled by hand to the nearby canal. After all of the useable materials were mined out, the area became a National Nature Reserve in 2020 as a part of the Black Country Geo Site. The area had been earmarked to become a land fill site but public pressure prevented this due to the unusual varieties of rare plants that had grown on the site since mining had ceased. All the trees are young having grown since the quarry was closed in the 1940s. See photos. 7 to 14. For more info visit

blackcountrygeopark.dudley.gov.uk

26th June University of Birmingham held an update on the legacy of the Common Wealth Games and how it has affected the residents of Perry Park and Perry Barr in general. Overall the meeting started off well saying that the CWG had put Brum on the world stage. Though when it came to how the local community felt the mood was very angry. Especially regarding the park, that promises made before the games had not been kept. Large areas are still fenced off the children's playground has not been replaced and the transport mall will be there until 2026. We have been told that some funding has been obtained and the playground will be returned but not until next year. The most upsetting statement was that only the area of the park nearest the stadium is included in this update not the lower section of the park next to the BMX track and the skateboard park. So we shall have to wait and see what happens. I have been promised a copy of all the photos and notes produced during the event. If so I will share them with you next month.

Our next community **Litter Pick in Perry Park is on July 14th at 12pm. Check social media for meeting place.**





10



11



12



14



13



Love For Babies

Fun Interactive Baby & Toddler Sessions

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

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

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



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

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

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

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

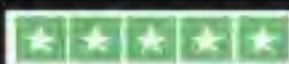
- Creative Movement (Baby Ballet)
- Baby Acro Dance
- Ballet Classes
- Adults Ballet
- Hip Hop
- Contemporary
- Modern Dance/Free Style
- Acro Dance
- Private Lessons

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,
literacy skills, and learn
how to make
friends



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

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



Book now!

pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



Prince's Trust

**START
SOMETHING**



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

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

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



INTERESTED?

Contact us for more information

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

wcg.ac.uk

0300 456 0049


info@wcg.ac.uk

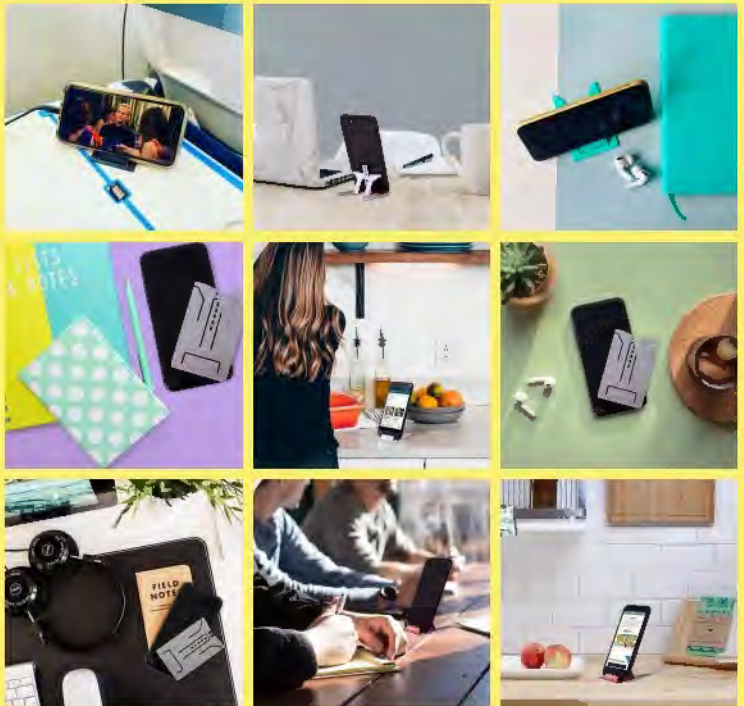
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when you order online with code **Stocking23**



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