



Banners Gate & Parklands Community & Neighbourhood Forum

185th September 2024

bannersgateneighbourhoodforum.com

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Friends of King George V Playing Fields



The AGM of the **Friends of King George V Playing Fields** is on Thursday, 24th October at 7.30 p.m. in the Banners Gate Community Hall. Nominations for officers - Chair, Vice Chair, Treasurer, Secretary and Auditor - must be delivered to the Secretary (bgatepost@gmail.com) before the start of the AGM.



Rob Pocock:

NEW 'BOSS' ARRIVES TO HELP SORT OUT THE CITY COUNCIL

The City Council has just made yet another vital step forward in recovering from its recent problems. A new 'boss' has been appointed – a local government chief executive officer who wants to be known as the 'Managing Director'! She is Joanne Roney, who was brought up in the City's Shard End district and got her first job in the City Housing Department straight out of school aged 16. Joanne's career progressed across several Councils to the point when in 2017 she was made Chief Executive of Manchester City Council. She's now transferred to Birmingham as one of the very best Council chief administrators in the land, with radical new ideas for making the Council more efficient and effective. A transfer from Manchester to Birmingham – quite a spectacular new signing!

Joanne will work alongside those of us Councillors who are elected political representatives. I too have been promoted to a new job role in the Council Cabinet and it means I'll now be working very closely with Joanne and the Council Leader John Cotton, to focus on improving the City Council, rooting out inefficiencies and outdated work practices, and getting the basic services right. There's a lot more to do, but things are definitely getting back on track at last!

OFF-ROAD MOTORBIKE NUISANCE, THE GREENWAY

Trouble has been brewing over the summer on the Greenway public parkland, which leads off Banners Gate Road up to the Banners Walk in Kingstanding. There has been a spate of noisy nuisance motorbike riding around the area, and young people gathering beside a 'shrine' which they have set up in the name of one young man killed in the summer during a motorbike chase with Police. It's a complicated situation involving clashes between neighbours too, and disputes about how far people want the Police to pursue offenders. I'm intending to have a special open meeting during the autumn with Banners Gate residents affected by all this, to go through the actions now being carried out to try and quell the problem and calm things down for all concerned.

TIP TRUCK DATES

The next popular City Council 'Tip Truck' visit is coming on **Tuesday 22nd October, 7.30am to 1pm**. This time it's at the corner of **Littlecote Drive B23 5QZ, just off Beech Road which is in turn off Chester Road**. As per my usual reminder, just drop me an email rob.pocock@birmingham.gov.uk and I'll add you to the 'Bins Bulletin' email list of the residents, that I notify directly by email prior to each visit.



Max Hatton: Hello Gatepost readers! I hope you're all enjoying the start of autumn, the best time to walk around Sutton Park as the leaves change! September has been a busy month for the royal town, Sutton Coldfield

BID hosted a spectacular food festival on the 14th and 15th of September in the town centre. With

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com **Next deadline: October 31st**

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over 70 food stalls this was the largest food festival held in the town centre ever to my knowledge! It was great to see so many posts on social media from visitors, loads of positive reviews and hopefully this will be a regular event in the town centre, a massive well done to Sutton Coldfield BID and all traders for organising such a great event!

Unfortunately, I missed the festival myself as I was on a short trip to New York, my first time visiting the city and what a place it is! In the 4 days I was over there I managed to see all the main sights and had a good walk around Central Park (which was pretty cool, but I'll still always prefer Sutton Park, much more history!)

I had tickets to see Jeff Lynne's ELO on the 16th, the Brummie legend is currently on his Over and Out tour in North America, which looks set to be his last. It was a fantastic gig, at 76 he's still puts on a cracking show, and the set was amazing!

After a fun filled few days across the pond, it was great to be back in my hometown.

I'm not the only one who was feeling a nostalgia for Brum this week, as proud Brummie Joe Lycett launched the inaugural International Day of Birmingham on September 24th! Joe, the brilliant comedian he is, has been travelling to other cities/towns that share our name signing friendship agreements for an (entirely not serious) United States of Birmingham. Representatives from the 10 cities and towns Joe visited came together in Victoria Square to celebrate all things Birmingham, in a silly and loving celebration of our cities we saw cheerleaders, dhol drums, a Mr Egg and even an original 11 bus! This is set to be an annual event, what a great way to celebrate our city in such a Brummie way!



John Cooper: Royal Sutton Coldfield Town Councillor

Thank you to everyone who responded to the Town Councils recent consultation on its Strategic Plan for the next four years (2024-2027).

The Town Council received a fantastic response with over 1100 replies from residents keen to have their say on the Town Councils plans to help shape the future for the Royal Town of Sutton Coldfield.

Residents completed postal and online surveys and met with Town Council Officers and Councillors at public consultation events held in every Ward and the Town Centre during September.

The Town Council was established in 2016 and has kept the precept unchanged for eight years during this time. It has ambitious plans to make Sutton Coldfield an even better place to live and work in over the coming years as our local area faces growing challenges because of the financial

crisis at Birmingham City Council.

Since 2016 we were entitled to own and manage the ten allotments in the Town by transferring these from BCC to the Town, this has proven to be an extremely slow and frustrating exercise with only four allotments successfully transferred to date. Investment in these sites has been identified and the work has started to improve an important residential asset, appreciated by the plot holders on the sites which have been transferred to the Town, money spent for the first time in many years.

The Town Council has a list of 14 additional asset transfer requests covering green spaces throughout the Town, as well and separately, a proposal for the transfer of our beloved Sutton Park to a Trust involving the Town, BCC and National Bodies with the correct skills and abilities to manage such an important asset for its good.

Should you require further information please email:
john.cooper@suttoncoldfieldtowncouncil.gov.uk



Announcement and Agenda

Sutton Vesey Ward Forum - Public Meeting

Date: Thursday 3rd October 2024

Venue: Wylde Green URC Church Hall, corner of
Britwell Rd and Highbridge Rd, B73 5SW

Start Time : Start Time : 7.00pm (6.30pm 'Sow Vesey')

Agenda

6.30pm pre-meeting item 'Sow Easy – Sutton Vesey' project – green-up and planting scheme led by local resident and former Parks Manager John Porter – autumn plant-swap, briefing and update.

7.00pm Sutton Vesey City Council Ward Forum

- 1. Chairs Introductions** – Councillors Rob Pocock and Kath Scott
- 2. Notice of recording** – Meeting Chair to advise that the meeting is being held in public and a recording will be available for public future record.
- 3. Traffic and Highways** – Karl Randall, Local Highways Manager (invited), on schemes in progress for road safety and traffic management in Sutton Vesey.
- 4. Boldmere Library Plans** – Kath Scott will update the meeting on plans to retain the existing Library and add other community activities on the remaining days
- 5. Health and Social Care services in Sutton Vesey** – Updates from the local Neighbourhood Network Scheme which funds local healthcare projects
- 6. City and Town Council Finances** – Briefing from your local City and Town Councillors on the proposed budget plans for 2025-26
- 7. Community Updates** - Residents / Friends groups / Forums / Town Council etc
- 8. Any Urgent Business**
- 9. Future meetings** – Next one to be confirmed

If you wish to receive future Ward meeting dates and details by email please email
Mel Coton , Community Governance Manager, Tel: 0121 464 - 4194
E-mail: Mel.Coton@birmingham.gov.uk

**FIFTY +
FESTIVAL**
discover a healthier, happier you



HEALTH AND WELLBEING EVENT

Date: Tuesday 8th October 2024

Time: 10.30am-2.30pm

Location: at Royal Sutton Coldfield Town Hall

Join us for exciting activity sessions led by top health professionals and connect with wellbeing experts at Royal Sutton Coldfield Town Hall. With over 50 exhibitors, there's plenty to explore and discover to boost your health and fitness!

This event is free to attend and open to all, particularly older adults and those supporting them.

E: enquiries@suttoncoldfieldtowncouncil.gov.uk

T: 0121 663 1765

The Fifty+ Festival will run from the 7th – 20th October 2024. Aimed at residents aged 50+, the health and wellbeing event on the 8th October 2024 will be followed by a fortnight of health and wellbeing activities taking place across the town.

The festival is being organised in partnership with

AGEconcern
Birmingham



**ROYAL SUTTON COLDFIELD
TOWN COUNCIL**

**SUTTON COLDFIELD
NEIGHBOURHOOD
NETWORK SCHEME**



🔥 Going fast



Thursday, November 7

Together we can make a difference: meaningful interaction in dementia care

£80

[Get Tickets](#)

Come join us for a day of learning and sharing about connecting with those living with dementia in a meaningful way!



By **Dementia Services Development Centre (DSDC)** • 375 followers

3.7k attendees hosted

[Follow](#)

Date and time



Thursday, November 7 • 9:30am - 4:30pm GMT

Location



St Chads Church Hall, 41 Hollyfield Rd

41 Hollyfield Road Birmingham B75 7SN



Boldmere
Christmas
Festival 2024

**Sunday
17th November
1-6pm**

Children's rides
Over 70 Artisan Market Stalls
30 Street Food Stalls
Live Entertainment
Large range of alcoholic and non-alcoholic drinks

Suggested Donations

Adults	£2
Children	£1
Family (5)	£5

The festival is run by a dedicated group of volunteers. To be able to continue putting on festivals in the future we kindly ask that you would donate a nominal amount.

Full details of our festival at boldmere.org

Presented by:  **Funding from:** 

17th November 2024
Boldmere Christmas Festival

22nd June 2025
Boldmere Summer Festival

23rd November 2025
Boldmere Christmas Festival

boldmere.org/community-festivals/christmas-2024/



Beryl and Winnie, winners of the raffle at the Friday coffee morning. £67 was raised for Birmingham Children's Hospital. It's for Ward 18 and it will go towards the nice things for children to enjoy whilst in hospital.

AUTUMN CONCERT

Birmingham Male Voice Choir

Emmanuel Church,
Wylde Green, Sutton Coldfield,
B72 1DP

Saturday 19th October 2024 – 7:00pm

An evening of musical entertainment



Music director – Steve Roche

Instrumentalist - Jobe Baker Sullivan

Accompanist – Chris Walk

Guest Artiste – Lesley Delo

Percussionist – Clare Ray



Tickets £12.00 including refreshments.

Available from Meirion Bowen – 0121 358 1740 / 07766301677

Friends First

Safe local spaces to make new friends

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

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



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

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

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



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

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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

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


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

Please contact 0121 362 3650 for more information if:

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

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

*You would like to increase your social opportunities.



Just for Mum Yoga

Re-energise
Reconnect
Relax

Post-natal yoga
9:30am Saturday
St Columba's Church, B73 6TX

www.yogabodybirmingham.co.uk

Yoga Body




Mum & Little One Yoga

- Rebuild your strength and fitness
- Connect with other local mums
- Bring little one along too!

Tuesday mornings

St Columba's Church, B73 6TX

www.yogabodybirmingham.co.uk

Yoga Body



Pregnancy Yoga

7-8PM WEDNESDAY
BANNERS GATE COMMUNITY HALL,
B73 6UR

- Ease aches and pains
- Learn breathing techniques
- Learn relaxation techniques
- Improve sleep
- Shorten your labour
- Meet other mums-to-be

pay as you go or block book

All equipment provided

www.yogabodybirmingham.co.uk

Yoga Body



MOTHER'S CIRCLE

First Saturday of the month:
9:30-11:30am
at
St Columba's Church
B73 6TX

YOGABODYBIRMINGHAM.CO.UK

Yoga Body

Annual health checks for those who are diagnosed with dementia


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

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](#)



Birmingham and Solihull Integrated Care System
Caring about wellbeing, too



*Sunday Mornings
at St Columba's*

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

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

You are welcome.

St Columba's Church Hall

Hall letting for St Columba's Church.


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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



Slimming World
taste the freedom

FREE membership
when you lose a stone (14lb) or more

eat out and lose weight!

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

[slimmingworld.co.uk](https://www.slimmingworld.co.uk)

Feeding hearts, changing lives



Coffee Morning
every Friday 10:00 -12:00
St Columba's Church Hall
Banners Gate
(Sutton Park Corner)

Not on Friday 29th December

All welcome for Coffee, Tea, friendly chat, warm space

Church open for anyone who wants a peaceful moment or quiet chat

Classes at St Columba's Church

Monday	Brownies	6 o'clock
Tuesday	Brownies	6 o'clock
Thursday	Rainbows	
Friday	Coffee Morning, see above	
Sunday	Morning Worship	10 o'clock



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

T: 07869 822502 E: info@hopefood.org.uk

IF YOU WOULD LIKE TO SUPPORT OUR WORK PLEASE MAKE A DONATION USING [THIS LINK](https://www.justgiving.com/hopefoodnb):

<https://www.justgiving.com/hopefoodnb>

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

Church@4

a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk



All are welcome - there is no charge for anything.

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



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

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

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

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

New Oscott Village Gym

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



Contact us for prices
and more information:

Jackie.Taylor@extracare.org.uk



ExtraCare
Charitable Trust



Anja Pawson

Vice-Chair of Friends of Boldmere Spinney

**BE BOLD
BE BIRMINGHAM**

Keeping Boldmere Spinney Clean



After numerous group and individual litter picks in the Spinney, we decided that it was essential to have our own community litter bins. Councillor Rob Pocock encouraged our group to apply for the 'Beyond Birmingham 2022 – Celebrating Communities Grant'.

This helped us to finance two beautiful litter bins for the woodland. Not only does it display the woodland's name in gold lettering, it also includes our leaf logo, designed by local artist Kathryn Sawbridge. We are grateful to BCC for funding this project!



We prepared the concrete bases that the bins are attached to and the Sutton Park Ranges finished off the installation.



Supported by
Birmingham
City Council



Adversity struck when after only two weeks (!) one of our beautifully designed bins was already vandalised by graffiti. We immediately reached out to our Royal Sutton Coldfield Town Council who sent the Town Rangers to clean this up within 48 hours. Thank you!



Our Town Council also provided members of our group with their own litter picking equipment.

This leaves me to finish off with a wonderful quote by John C. Maxwell:

'The truth is that teamwork is at the heart of great achievement.'

A Lesson In Management!

A company, feeling it is time for a shake-up, hires a new Managing Director. This new boss is determined to rid the company of all slackers. On a tour of the facilities, the MD notices a guy leaning on a wall. The room is full of workers and he wants to let them know he means business! The MD walks up to the guy and asks, "And how much money do you make a week?" Undaunted, the young fellow looks at him and replies, "I make £200 a week. The MD hands the guy £200 in cash and screams, "Here's a week's pay, now GET OUT and don't come back!" Feeling pretty good about his first firing, the MD looks around the room and asks, "Does anyone want to tell me what that slacker did here?" With a sheepish grin, one of the other workers mutters, "Pizza delivery guy from Domino's!"

TOMMY COOPER - COMIC GENIUS

1. Two blondes walk into a building..... you'd think at least one of them would have seen it.

2. Phone answering machine message - .If you want to buy marijuana, press the hash key...

3. A guy walks into the psychiatrist wearing only Clingfilm for shorts. The shrink says, Well, I can clearly see you're nuts.

4. I went to buy some camouflage trousers the other day but I couldn't find any.

5. I went to the butchers the other day and I bet him 50 quid that he couldn't reach the meat off the top shelf. He said, No, the steaks are too high.

6. My friend drowned in a bowl of muesli. A strong currant pulled him in.

7. A man came round in hospital after a serious accident. He shouted, Doctor, doctor, I can't feel my legs! The doctor replied, I know you can't, I've cut your arms off

8. I went to a seafood disco last week...and pulled a muscle.

9. Two Eskimos sitting in a kayak were chilly. They lit a fire in the craft, it sank. Proving once and for all that you can't have your kayak and heat it.

10. Our ice cream man was found lying on the floor of his van covered with hundreds and thousands. Police say that he topped himself.

11. Man goes to the doctor, with a strawberry growing out of his head. Doc says I'll give you some cream to put on it.

12. 'Doc I can't stop singing The Green, Green Grass of Home' That sounds like Tom Jones syndrome. ' Is it common? 'It's not unusual.

13. A man takes his Rottweiler to the vet. My dog's cross-eyed, is there anything you can do for him? Well, says the vet, let's have a look at him, So he picks the dog up and examines his eyes, then checks his teeth. Finally, he says, I'm going to have to put him down. What? Because he's cross-eyed? No, because he's really heavy.

14. Guy goes into the doctor's. Doc, I've got a cricket ball stuck up backside. How's that? Don't you start.

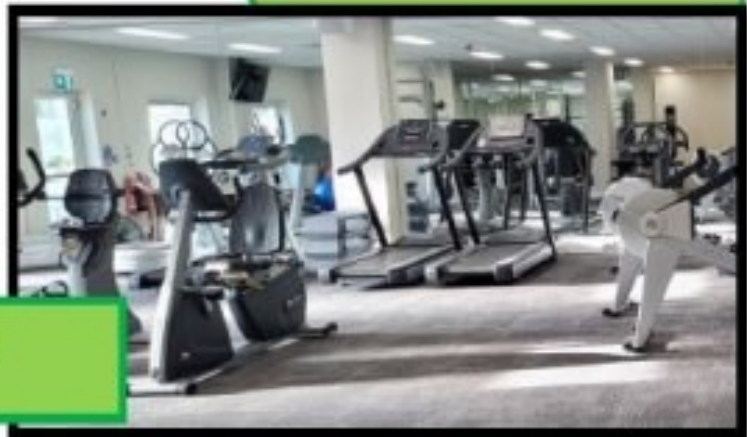
New Oscott Village **SPECIAL SUMMER OFFER!**

*Special offer for Banners Gate
forum subscribers*

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

Come and have a look around

START TRAINING TODAY



Why Choose Us?

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

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

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



0121 377 5000

Jackie.Taylor@extracare.org.uk

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

JOIN THE MEN'S HEALTH & WELLBEING GROUP

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



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

Regular Meetings
Meeting regularly to discuss enhancing wellbeing

Men Networking
Networking personally & professionally

Guest Speakers
Specialist Guest Speakers

Physical Activities
Engaging in a variety of fun physical activities

No costs to attend

"Men's Health Is Their Wealth"

Visit our website

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

07493 397272
info@menshealth-wellbeing.co.uk
www.menshealth-wellbeing.co.uk

Birmingham City Council

Sutton Social

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


£2 per session

Every Tuesday
10:30 am - 12:30 pm

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

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

FOCUS
Birmingham



The United Reformed Church

Carers Support Group

SUTTON COLDFIELD UNITED REFORMED CHURCH

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

2 Course Hot Meal £2

Free Massages

All Welcome

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



Free monthly activity sessions for people aged 75 and over



Please register in advance by calling 0800 716 543

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

Bringing generations together

Reengage

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

Eric Jones Sept 2024

A comical "WhatsApp" message I received recently:

"I have a doctor's appointment does anyone want to swap it for an Oasis concert ticket"

This did make me chuckle. You will no doubt recall all the furore in the press about exorbitant prices of tickets. Oasis fans who applied online were subject to a form of AI artificial intelligence where an algorithm determines the price of tickets by demand.

I came across this software algorithm about 12 years' ago, so nothing new; I had offered to book aircraft seats for my choir of sixty for a singing holiday in Europe.



About four months before the trip, I approached various airlines, believing they would give me a good price for sixty people, so far in advance. Not the case, they would not commit to any bookings for a large number. I was asked to leave it until a month before travelling.



So, how can I get around this, methinks. The following day I checked airlines' best price for 8 people. Whoopee! A good price so I booked them. The following day I enquired for 10 people and the price had increased, I tried a few days later and still the same increase. I am now worried and not sure what to do, so risk it and leave further bookings for a week or so and, guess what, a further increase! However, I must get all sixty on the same plane so had a few sleepless nights.

I do, eventually, recall fretting after I just had the last group to book which, most importantly, included our Musical Director and accompanist. I remember my VISA card was at maximum and had to use my wife's credit card for the last group.

Fortunately, when I actually totalled all the flight costs up and averaged them out amongst all the choir members it was close to the figure budgeted. Phew! Never volunteered again though.



"I programmed in a limiter to its power, but can you believe it, it's found a loophole."



"No wonder we could get tickets."

Please Bring Donations to:

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



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

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



Love cooking? Enjoy hosting?

Want to meet new people?

Join our volunteer team and help us provide hearty, cooked meals and great conversation to people in your community.

Volunteer with FoodCycle!



02077 292 775 | foodcycle.org.uk/volunteer/

We save food that is headed for the bin and turn it into tasty, vegetarian meals for anyone who might be feeling hungry or lonely.



“Everyone is very friendly and I’ve met loads of new people. I love the flexibility that FoodCycle offers. There’s no regular commitment, so it fits around my schedule.”



Whether you want to **collect food** from local shops, get **creative in the kitchen**, or provide a warm **welcome to our guests** - we’ve got the volunteering role for you!

Scan me to find your nearest location and sign up!



Connect with your community
Meet like-minded people
Gain new skills

We are an equal opportunity organisation and welcome volunteers with diverse abilities.

[Foodcycle.org.uk/volunteer/](https://foodcycle.org.uk/volunteer/)
Registered Charity Number 1134423

Location
Falcon Lodge Chapel, 265 Reddicap Heath Road, B75 7ES

When
Monday

Time
1:00 pm

Contact
falconlodge@foodcycle.org.uk

Family Friendly
Yes

Accessibility - Disabled Toilet
Yes

Accessibility - Disabled Parking
Yes

Accessibility - Flat
Yes

DANCE ARGENTINE TANGO



with Franco & Julia



Thursday

7.30pm-8.30pm

Banners Gate Community Hall.

Sutton Coldfield B73 6UR

***please wear non-rubber
sole shoes***

Contact: Julia 0779 008 4218

Your free advertisement
could go here.

Email
bgatepost@gmail.com.

Opening Hours:
10am-6pm

Enquiries:
Old Rectory
01926 843023

**art
barn**
old rectory



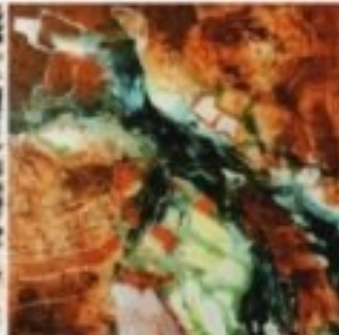
Artsphere

Sept 21 - Oct 6

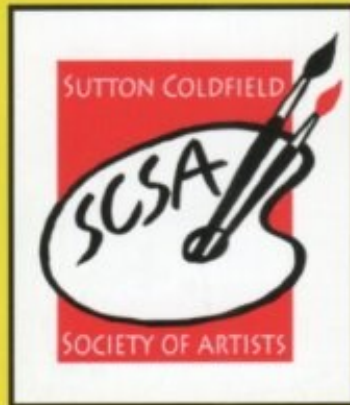
Preview: Friday 20 September, 6-9pm

**Paintings,
Ceramics and
Sculptures by**

Petra Rohr-Rouendaal
Kathryn Sawbridge
James Ware
Paula Hamilton
Anya Mansurova
Roger Griffiths
Lawrence Green
Helen Haywood-Willis



Old Rectory, Preston Bagot, Henley in Arden, Warwickshire B95 5EB
Email: helencarslake1705@outlook.com



ART EXHIBITION

**2nd — 6th November 2024
9 am to 5 pm (4 pm last day)**

TOWN HALL

Bedford Suite

Sutton Coldfield B73 6DA

Admission Free

www.suttoncoldfieldsocietyofartists.co.uk



Are you interested in Art?

The SCSA was set up over 70 years ago with the primary aim to promote and encourage art in Sutton Coldfield. We hold regular meetings from demonstrations and practical art sessions, to sketching days out in the summer, as well as exhibitions twice a year.

We are always delighted to welcome new artists of all abilities, from beginners to the more experienced and if you are interested in joining us, more information can be found on our website:

www.suttoncoldfieldsocietyofartists.co.uk

www.suttoncoldfieldsocietyofartists.co.uk

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



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

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

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

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



ROYAL SUTTON COLDFIELD
TOWN COUNCIL

Proposed Future Meeting Dates

Full Council

24th March 2024

Agenda Item 99

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

Volunteers Needed!



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



WHAT WE DO :

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

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

Please email a bit about
yourself to:

tyler@squarepegactivities.org


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



Tyler Shaw (She / Her)


Delivery and Outreach Coordinator

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

 tyler@squarepegactivities.org

 0121 824 0508
07782 171 954

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

 www.squarepegactivities.org

   @squarepegcharity

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



Funded by



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

Working in conjunction with



LEAP -

The Energy and Money Saving Service

FREE
FOR LOCAL
RESIDENTS

We are offering local residents a completely **FREE OF CHARGE** service called **LEAP** (Local Energy Advice Partnership). **LEAP** can reduce your energy usage and keep you warm and cosy.

HOW IT WORKS:

If you are eligible, we will book you an appointment with one of our friendly, qualified advisers. LEAP can:

Check your energy bills to ensure you are not paying too much for your energy

Provide FREE, simple energy saving measures which can save the average household £30 on their energy bills a year.

Give you day-to-day energy efficiency hints and tips and ensure your heating system is set up to keep you warm and save money.

Arrange a FREE telephone advice service to help with benefits, debt and other money problems.

Refer you for further funded energy efficiency improvements, such as insulation and efficient heating systems.

Call us now on 0800 060 7567*

(Freephone) to book your appointment, or apply online:

www.applyforleap.org.uk

  LeapService *8:45am-5:30pm Monday to Friday

ARE YOU ELIGIBLE?

You may be eligible for the LEAP service if one of the below apply. If you:

- have a low income
- receive tax credits
- receive Housing Benefit
- receive an income or disability related benefit





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

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

Imagine we lived in a world where all cars were EVs, and then along comes a new invention, the "Internal Combustion Engine"! Think how well they would sell: A vehicle half the weight, half the price that will almost quarter the damage done to the road. A vehicle that can be refuelled in 1/10th of the time and has a range of up to 4 times the distance in all weather conditions. It does not rely on the environmentally damaging use of non-renewable rare earth elements to power it, and use far less steel and other materials.

Just think how excited people would be for such technology, it would sell like hot cakes!

Every time we try to eat healthy, along comes Christmas, Easter, summer, Friday or Tuesday and ruins it for us.

Finally the fourth ape!
He is the sum of the first three: He sees nobody, hears nobody and speaks to nobody.



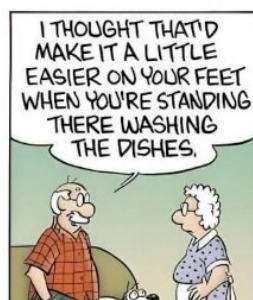
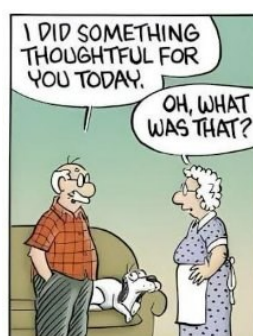
PEOPLE ARE ALWAYS AMAZED AT THE SKILLED TATTOO ARTISTS IN SPAIN



NO ONE EXPECTS THE SPANISH INK PRECISION.

I think I've got an urge to get up and clean the house.
wait...no.

FALSE ALARM



Just seen a dyslexic Yorkshireman wearing a cat flap



Every time we try to eat healthy, along comes Christmas, Easter, summer, Friday or Tuesday and ruins it for us.

Odd signs from around the world.





These are the last from Ed in Encinitas, California.

Truths

Dear paranoid people who check behind their shower curtains for murderers.

If you do find one, what's your plan?

The older I get, the more I understand why roosters scream to start their day.

Being popular on Facebook is like sitting at the 'cool table' in the cafeteria of a mental hospital.

You know you're over 50 when you have 'upstairs ibuprofen' and 'downstairs ibuprofen'.

How did doctors come to the conclusion that exercise prolongs life, when...

the rabbit is always jumping but only lives for around two years, and...

the turtle that doesn't exercise at all lives over 200 years.

So, rest, chill, eat, drink, and enjoy life!

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

If only vegetables smelled as good as bacon.

When I lost the fingers on my right hand in a freak accident, I asked the doctor

if I would still be able to write with it. He said, "Possibly, but I wouldn't count on it."



BSWA

UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello Sutton Coldfield Community!

As the vibrant energy of spring fills the air, we're excited to share a few updates from the BSWA charity shop, nestled in the heart of Boldmere. As usual our dedicated team of volunteers keep the shop bustling with activity, offering an extensive selection of quality items and clothing, with fantastic bargains awaiting discovery. We're proud to be part of the vibrant charity community in Boldmere, with our shop offering an extensive selection of women's and men's clothing, bric-a-brac, books, toys and more. Whether you're searching for unique treasures or everyday essentials, you'll find it at our lovely shop.

So what's new?

Earlier in the year we hosted a delightful 'Coffee and Cake Volunteer Morning,' where we welcomed guests to learn about our volunteering opportunities while indulging in some delicious treats!

Our Easter celebrations were a great success, with a lucky raffle winner taking home fantastic prizes, including gifts handknitted by BSWA volunteers, as well as a huge chocolate egg! A big thank you to everyone who participated and supported our Easter raffle.

We are also delighted to announce that we are now open on Sundays, even more opportunity for you to shop for a cause!

Supporting Birmingham and Solihull Women's Aid, we're dedicated to tackling domestic abuse and empowering survivors in our community. With every purchase and donation, you're contributing to this important cause. Pop in and say hello, and look out for our upcoming events and sale

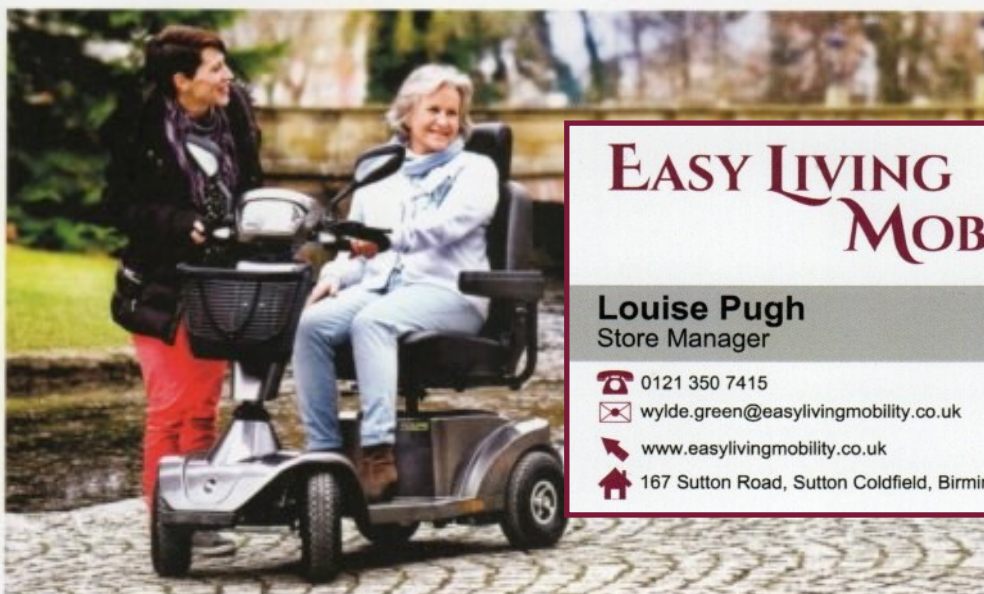


Are you a woman passionate about making a difference in your community? Whether you're a seasoned volunteer or new to the world of charity work, we welcome you to join us. Pop in or reach out to volunteering@bswaid.org to learn more about our volunteering roles. Whether you're donating, volunteering or shopping, your contribution makes a meaningful impact.



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✉ wylde.green@easylivingmobility.co.uk

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MIDLANDS**

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PER WEEK

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AND**



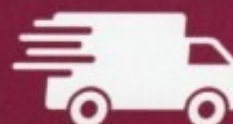
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SUPPORT YOU**



Trustpilot



Motability



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ON ORDERS
OVER £100

JOIN US!

Take a walk around Boldmere

Start and finish
at the
Communita
Cafe



Get some
fresh air and
exercise

When: Every Monday morning

Time: 10:30am-11:30am

Who can come: Everyone is welcome

Where: Boldmere Communita Cafe,
Sutton Coldfield, B73 5TJ

For more information call or text 07852 577262

communita cafe

What's On September 2024

Opening Times

Monday to Saturday 8:30am - 4pm



76/78 Boldmere Road, Boldmere, B73 5TJ

Call us on 0121 630 2462 or email us

communita@ageconcernbirmingham.org.uk

Monday

Carers Hub drop-in: 9.30am - 12pm - 2nd only

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

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

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

Walking Group - weekly from 10:30am

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

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

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

Tuesday

Allotment Group: 10am until 12pm - weekly

Talk all things gardening with the Communita Allotment group, you will find us at the allotment if the weather is nice.

Dementia Carers drop-in: 10am until 12pm 3rd Only

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

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

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

Stroke Support Group: 3rd & 17th Only

Bringing together friends and families who have experienced the impact of stroke through our supportive group.

Wednesday

Community Police drop-in: 11am until 12pm- 4th and 18th Only

Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

One of our friendly Advice and Information will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

Cafe Friends: 11am - 12:30pm - weekly

Group to build friendships, hobbies and meet like minded people

Digital Inclusion 3pm until 4pm - weekly

Joe will be in the cafe lending a hand for all your tech needs!

Thursday

Parkinson's UK: 10am until 12pm - 5th & 19th

A group welcoming those with Parkinson's and their families and carers.

Social Worker drop-in: 10am until 1pm - weekly

Come along to meet and chat to a social worker - ask us anything

Knit and Natter: 2pm until 3:30pm - weekly

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

Bereavement and Anxiety Group Meet and Greet - 5th and 19th

Living with a loss or anxiety? Join us for this new group.

Friday

Art Group: 10am until 11.30pm - weekly

A friendly art group working with various mediums from charcoal and acrylic paints to lino printing. We create artwork in a relaxed positive environment.

Advice Cafe: 11am until 3pm

One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

Chatty Cafe: 2pm until 4pm - weekly

Come down for a chat and a cuppa - everyone welcome!

Saturday

Afternoon Tea: from 2:30pm 14th September only FULLY BOOKED

Next date 26th October, Enjoy our afternoon tea with friends or loved ones for just £12 per head. Booking essential

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

1. After which explorer is Venice airport named?
2. In the "Star Wars" series of films what is the name of Han Solo's Wookie co-pilot?
3. In scientific terms what does DNA stand for?
4. What is the name of Miley Cyrus's father?
5. On which Caribbean island can you find Montego Bay and the Blue Mountains?
6. What nut does a "frangipane" filling contain?
7. Which English Premier League team is nicknamed "The Red Devils"?
8. Which American playwright was Marilyn Monroe's second husband?
9. How many feet are there in a fathom?
10. Who plays the Prime Minister in the movie "Love Actually"?
11. How many colours are there in a rainbow?
12. The Statue of Liberty was a gift to the USA from which country?
13. On a standard dartboard, which number lies between 9 and 11?
14. In which children's book did a spider called Charlotte and a pig called Wilbur appear?
15. Tulip flowers are normally associated with which European country?
16. Who collaborated with Karl Marx to produce The Communist Manifesto?
17. A silver medal is traditionally awarded for which place in a race or competition?
18. Who replaced Pope Benedict XVI in 2013?
19. What is the name of the highest mountain in Canada?
- In which country were the "Lord of the Rings" movies filmed?

Answers 1. Marco Polo. 2. Chewbacca. 3. Deoxyribonucleic acid. 4. Billy Ray Cyrus. 5. Jamaica. 6. Almonds. 7. Manchester United. 8. Arthur Miller. 9. Six. 10. Hugh Grant. 11. Seven. 12. France. 13. 14. 14. Charlotte's Web. 15. The Netherlands. 16. Friedrich Engels. 17. Second. 18. Pope Francis. 19. Mount Logan. 20. New Zealand.

From last month

The Eyes –They see. George Bush—He bugs Gore. Morse Code—Here come dots. Dormitory—Dirty Room

SLOT MACHINES:

When you rearrange the letters:

ANIMOSITY:

When you rearrange the letters:

ELECTION RESULTS:

When you rearrange the letters:

SNOOZE ALARMS:

When you rearrange the letters:

Thank you, Mike



Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

Please contact Lorraine on: 0121 747 5932 or 07939—320—363.

We can help with Benefits, Debts, Housing Benefit, Council Tax Support and Benefit Tribunal Representation



REFLEXOLOGY FOOT MASSAGE

"We are living in uncomfortable, crazy times"

*The most productive thing you can do is
"RELAX"*

Switch off for a while - Feel good and reconnect

Benefits include:

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

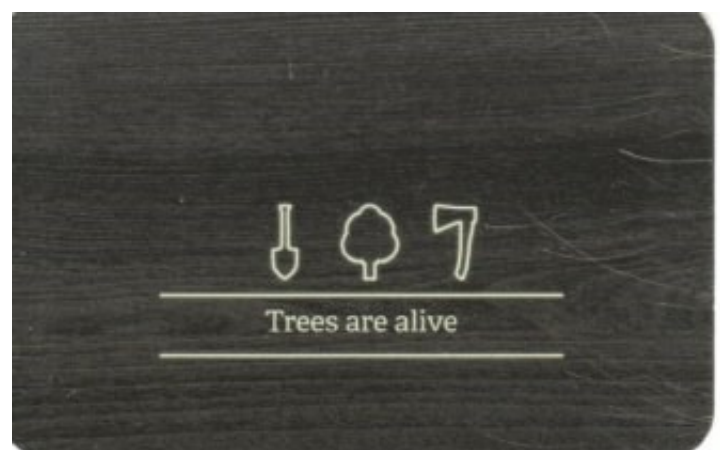


Be kind to yourself
or someone you love

Call Hayley G
07946 740910

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


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



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

To get involved please contact Claire:

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

Age Concern Birmingham particularly encourages marginalised groups to participate :
 **LGBTQI+ VETERANS DISABILITIES BLACK AND MINORITY COMMUNITIES**



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

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

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

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



WE NEED YOU!

Calling all Ex Service Men and Women
Across Birmingham and Sandwell

Did you serve?
Do you know someone who served?

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

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

AGE concern Birmingham THE ARMED FORCES COVENANT FUND TRUST

no men.... just pause

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

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

Ring Claire on 07930 354 885 for more information.

MENOPAUSE



Register your CCTV cameras to help us keep your area safe

Your CCTV helps us to solve real crimes. That's why we're asking you to register home or business CCTV and doorbell cameras on our new database.

It takes just 60 seconds to add your details to our secure police system and within minutes, you could be helping us solve serious crimes. You'll just add your name, address, email and the number of cameras you control.

How it works in three steps:

- Register your cameras securely in 60 seconds
- You will receive a text or email when a crime happens near your home or business and our officers believe your CCTV may have recorded the incident
- Upload the images via the secure link contained in the message

Privacy:

- Your name, address, camera details or any other personal information will not be publicly available on the secure site
- Investigating officers will only be able to see cameras plotted on a digital map and held on a secure police system with strictly controlled access
- We will not have access to your cameras or stored images – you decide what images you share with us
- We will only contact you if we believe you may have recorded the incident or suspects
- Sharing your recording with us does not mean you will have to attend court
- You can unsubscribe at any time

Continued on next page...

...continued from last page



Register your CCTV or doorbell cameras at: [CCTV Registry | West Midlands Police](#)

We have already had 1348 cameras register. These include home CCTV systems, Ring camera devices and Video Doorbells, which are all great ways of protecting your property.

Please share this with your friends and family so we can build an even stronger database.



Message Sent By
Corporate Communications



30 e-bikes seized in Birmingham in city wide crackdown

Officers in Birmingham have seized more than 30 illegal e-bikes in the last two weeks as part of a city-wide crackdown.

Over the last few months, we have seen an increase in illegal e-bikes being used and businesses have reported an increase of anti-social behaviour caused by these bikes in public places.

Some of the e-bikes seized have been modified to increase their power and speed. Legal e-bikes are not permitted to exceed speeds of 15.5mph with the motor cutting out if the maximum speed is hit.

In the city centre, we have received reports of these illegal bikes doing up to 60mph.

Temporary Sergeant John Carroll from Birmingham city centre team, said: "We have seen an increase in illegal e-bikes being used in the city centre and in just two weeks have seized more than 30. They will now be destroyed as there is no way of getting these illegally modified vehicles registered and insured for legal use.

"We are committed to reducing anti-social behaviour so that people who visit, work and live in the city can go about their day without these bikes causing a nuisance. We carry out regular operations and in just two weeks have seen great results.

"We will take action against those using illegal e-bikes to commit crime or anti-social behaviour. We will not tolerate the illegal use of these bikes in our city."



Message Sent By

Anthony Wilkes

(West Midlands Police, Engagement and Consultation Officer, West Midlands)



Weather warning advice



Community safety advice from West Midlands Fire Service



AMBER WARNING FOR RAIN

The Met Office has issued an amber warning for heavy rain across large parts of the West Midlands this evening (Thurs 26 September) from 6pm until 6am tomorrow.

Please take extra care while commuting, either on public transport or driving. If you're using public transport, check ahead for any impact on your travel arrangements.

Don't be tempted to enter flood water by vehicle, or on foot. It could be much deeper and faster moving than it appears, with hidden dangers and debris beneath the surface.

Read our flooding safety guidance here: <https://wmfs.link/4e8LLCQ>

Check the latest weather warning info on the [Met Office website](#).

Stay safe,

West Midlands Fire Service



Message Sent By

West Midlands Fire Service



Alexander Stadium Legacy Programme Update

Dear Stakeholder

The Alexander Stadium Legacy Capital Programme has continued to move forwards and we are pleased to confirm that planning has now been granted for the High-Performance Centre works that will be mobilised at the end of the month.

The Landscape Practice Group has also secured a contractor to deliver the first phase of works around the stadium and park, and they have already begun to reinstate areas of the park that required stone picking. You should soon see previously fenced off areas of the park being reinstated and reopened to the community.


We do appreciate your patience with the capital programme, which is now in its final stages of organisation, ahead of the works delivery programme. As the delivery will include several different contractors working on site concurrently, we would like to re-introduce the monthly tenant and stakeholder capital programme updates, so that these works can be communicated effectively to different user groups around the site, for safety and information purposes.


These update sessions will be held on Teams starting at **5pm on Wednesday 2nd October** and will run monthly on the first Wednesday of every month thereafter until the capital works are completed in Spring 2025.




To secure your space at the Teams capital update, please register your interest by submitting your email address to stadiuminfo@birmingham.gov.uk along with the subject title 'register for capital updates'. We will then issue you with a link to the Teams invite which will start at 5pm on the 2nd October.

There will be an opportunity at the end of the update to send in questions to the team to respond to during and/or after the session, depending on time. Sessions will be no longer than 30 mins.

We look forward to engaging with you again soon.

 **Birmingham**
City Council



Council House, Victoria Square, Birmingham, B1 1BB

You can [manage your email preferences or unsubscribe](#) at any time.



WMFS Monthly Newsletter

Your monthly newsletter from West Midlands Fire Service

Welcome to September's edition of our monthly newsletter. We hope you enjoyed a pleasant summer. Now, with Autumn fast approaching, we've got lots of things to share this month!

[View our September newsletter.](#)

Here's what's included:

- join our new WhatsApp channel
- garden bonfires
- karaoke microphone recall
- chimney safety
- gas safety week
- Emergency Services Day 2024
- Breathing Apparatus Challenge
- 50th anniversary open days
- Grenfell Inquiry Phase 2 report released
- Annual Service of Remembrance and Wreath-Laying Ceremony



Message Sent By
West Midlands Fire Service



Your donations **save lives**

Help fund life saving research by
donating your preloved items to us.

We particularly need good quality:

Clothes and Shoes

☐

Bags and Accessories

☐

Books, CDs and DVDs

☐

Homewares

☐

Toys and Games

☐

Drop your donations direct to your local
shop or call to book a FREE home collection.

Units 6-7 Red Rose Centre, Sutton Coldfield,
West Midlands, B72 1XX

0121 355 5848

For furniture collections
visit: bhf.org.uk/collection

giftaid it

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BHDS372



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SUTTON PARK GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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

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

CINEMA TICKET

TOP 20 CARE HOME GROUP

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

TAKE A PERSONALISED TOUR BOOK TODAY

TOP 20 CARE HOME GROUP



Join us for our next event

Mercia Grange care home, Sutton Coldfield

Coffee, cake & friendship cafe

First Tuesday of every month
2pm - 4pm

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

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

Trusted to care. 

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

care UK 



SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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

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

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



October

FOR FAMILIES

Every Monday

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

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

Every Tuesday (Term Time only)

Home Ed Lego and Boardgames—9:30am—12:30pm - A relaxed, friendly session for home educated families. Drop in session.

Every Friday

Pre-School Story Time 10 - 10.30am - Bring your children aged 0-5 along to enjoy some stories, rhymes & musical instruments.

Ukrainian Conversation Classes 10 - 11.30am - Come along to our friendly Ukrainian conversational class.

FOR EVERYONE

Everyday

Warm Welcome - Help yourself to a free hot drink, available every day, in the soft seating area of the library.

See separate publicity for events during the October Half-Term Holiday.



FOR ADULTS

Friday 4th October

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

Thursday 3rd October

Royal Sutton Coldfield Town Council Advice Surgery 2-4pm - Monthly advice surgery with Councillor Pears

Every Tuesday

IT Help from FOLIO volunteer Geoff 2 - 4pm - Geoff is available to help with how to use a desktop computer or laptop to smart phones and tablets / iPads. To book a place please ask at the Information Desk

Sutton Coldfield Local History Research Group 2 - 4.30pm - SCLHRG meet weekly in the library. For more information visit their website: <https://sclhrg.org.uk>

Thursday 17th October

Elderberries 10am-12.30pm - in a change from the normal meeting everyone is welcomed to come and listen to a singer and enjoy some refreshments as provided by FOLIO Sutton Coldfield. More publicity will be available separately.

Thursday 10th & 24th October

Shared Reading Group 2.15 - 3.45pm - if you enjoy discussing all types of literature join our small group that meet on alternate Thursday afternoons.

1st, 2nd & 3rd Thursday of the month

Craft & Chat Group 10am -1pm - if you enjoy knitting, or any other type of needlecraft or crafting, or would like to get started come and visit our friendly group based in the library. Normally situated in the soft seating area. No booking necessary.

Contact Us

0121 464 2274

sutton.coldfield.library@birmingham.gov.uk

www.facebook.com/SuttonColdfieldLibrary

www.twitter.com/SuttonLibrary

www.instagram.com/suttoncoldfieldlibrary



Sutton Coldfield Library

Opening hours:

Monday: 9.00am-1pm & 2pm-5pm

Tuesday: 9.00am-1pm & 2pm-5pm

Wednesday: CLOSED

Thursday: 9.00am-1pm & 2pm-5pm

Friday: 9.00am-1pm & 2pm-5pm

Saturday: CLOSED

Sunday: CLOSED

Kingstanding Library

birmingham settlement
developing communities, changing lives

Employability and Digital Skills Programme

We provide an effective programme of support offering specialist advice to help you find a job and develop useful career skills, taking place at our centres in Aston and Kingstanding.

If you would like to have a chat or book a place, please contact Nasar on 07885 210 369, or email nasar.mahmood@bsettlement.org.uk

Are you unemployed and looking for work?
We can help!



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:

**Birmingham Settlement
Aston Centre,**
359-361 Witton Road,
Birmingham,
B6 6NS

**Birmingham Settlement
Kingstanding Centre,**
610 Kingstanding Road,
Birmingham,
B44 9SH



Like us on Facebook at **Birmingham Settlement**
Follow us on Twitter at **@BSettlement**

www.birminghamsettlement.org.uk
Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



OPEN ALTERNATE TUESDAYS
(from 18 April 2023)
10.15AM – 12.30PM



If you need help and support with any issues, such as benefits, housing, debt, isolation, etc., a Community Network Support Officer will be available to provide information and signposting.

If your family is struggling financially and you would like some help with a food parcel, this can also be arranged.

OR CONTACT ELIZABETH: 07597 012 598

It's Free!

Free

Bring proof of address for first loan



Pop-up Share Shack



Wednesday 11am - 1pm



**610 Community Centre,
610 Kingstanding Road,
B44 9SH**

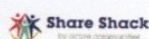
Come and visit us where you can:

- Borrow items for free (proof of address required for first loan)
- Take part in activities at the 610 Community Centre

Borrow items, share ideas, skills and more at your local Share Shack - for free!




For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7030, email: shareshacks@theaws.org or visit: www.theaws.co.uk/share-shacks



See next page

**ELIM LIFE CHURCH
FOODBANK**
Are here to help You!



COVERING:
•KINGSTANDING
•WYRLEY BIRCH
•PHEASEY
P.T.O

**ELIM LIFE CHURCH
COMMUNITY HUB**
ELC 28 ROMNEY WAY
PHEASEY B43 7TL

OPEN WEDNESDAYS

Referrals:
WEDNESDAYS IN BY 12NOON

Parcel Collection:
WEDNESDAYS 12NOON-2PM
*Also available from ELC Kingstanding | B44 8QD

Donations:
WEDNESDAYS 9.30AM-2.30PM

EMAIL:
foodbank@elimlifechurch.co.uk
CALL:
0121 360 1239
ONLINE FORMS:
www.elimlifechurch.co.uk



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


Your free advertisement
could go here.

Email
bgatepost@gmail.com.

new hope
GLOBAL

**Benefits Advice
Surgery**

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





FREE!

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

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

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

What's On at Streetly Community Library Autumn 2024

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

2nd Wednesday of each month 10.30-12 Poetry Group

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

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

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

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

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

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

3rd Saturday of each month 9.30-11.30 and other Saturdays 11-1 Local Councillors' Surgery

3rd Tuesday of each month 2-4 Resilient Communities Advice Surgery for Voluntary & Community Organisations - *no appointment needed*

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

Every other Tuesday from 30th September 9.30-1 Citizens' Advice drop-in bus on the library car park - *no appointment needed*

Every other Saturday from 5th October 11-11.30 Saturday Story Time

Saturday 28th September 11-12.30 Lego Fun

New programme of Beginners' ICT courses starts Friday 4th October—*ask at the counter or pick up a booklet for more details*

Saturday 5th October 10.30-12.30 MacMillan Coffee Morning—*hosted by Friends of Streetly Library*

Saturday 19th October 10-12 Mental Health Drop-in

Saturday 26th October 11-12.30 Lego Fun

Saturday 23rd November 10-12 Mental Health Drop-in

Saturday 23rd November 11-12.30 Lego Fun

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

01922 654864 streetlylibrary@walsall.gov.uk



Walsall Council

Walsall Community Libraries



Story & Rhyme Time

Every Friday in Term Time 10.30-11am

and

Saturday Story Time

Every other Saturday from

5th October at 11am

at Streetly Community Library

Blackwood Road, Streetly, B74 3PL

01922 654864 streetlylibrary@walsall.gov.uk

**MacMillan Coffee Morning
at Streetly Community Library**

Saturday 5th October

10.30-12.30



Blackwood Road, Streetly, B74 3PL

01922 654864

streetlylibrary@walsall.gov.uk

Hosted by Friends of Streetly Library

Birmingham's Mobile Library Service

For over 30 years the Mobile Library has taken library services out into many diverse communities across the city.

Everyone is welcome to join the Mobile Library. You can register with us, or you can use your existing Birmingham library card on the vehicle. You can borrow a maximum of 10 items at any one time (including items borrowed from our other libraries). The Mobile Library vehicle carries over 3,500 items of stock for adults, young people and children of all ages. The stock is changed frequently, and new items are added regularly.

The Mobile Library has access to the full library catalogue. It operates a free reservation service for any items you may wish to order. You can return items from other Birmingham libraries at any Mobile Library stop too. The Mobile Library vehicle is also fitted with a lift allowing for easy access.

Did you know that the service comes into the heart of our community?

It currently operates **every Tuesday between 10.00 – 11.00 parked** outside Sutton Park Academy on Coppice View Road, B73 6UE.

Go along and see what's on board. Use it – Or lose it!

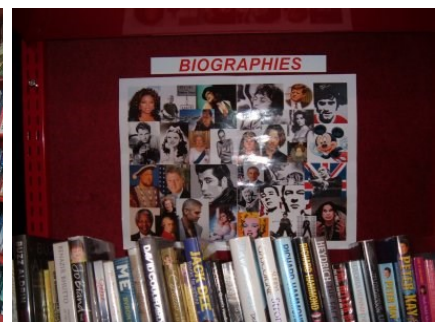
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171 Mobile: 07766 923344

Email: mobile.library.service@birmingham.gov.uk

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library





Town Gate,
Sutton Park

Cattle near
Bracebridge
at Sutton
Park, 1890s-
1900s





HelpinBrum

Find Help In Brum Are you concerned about the rise in cost of living?

Find some helpful contact details for advice and support.

Birmingham City Council and partners are working to support and offer guidance to our residents during the cost of living crisis in the UK.

We want to support as many of our residents as possible across key areas which are outlined in this leaflet.

Warm Welcome:

We are working with the local community and a partnership of voluntary and community sector organisations to expand a network of warm spaces. These spaces will be available for people to use and visit during the winter period and beyond.

There are several existing Warm Welcome Spaces within local communities across the city. Warm Welcome Spaces are:

- inclusive and non-judgmental
- heated and free to access

The services at each space will vary but may include:

- information on further support and available guidance
- opportunities to participate in activities and learn new things
- free internet access, computers and charging points
- a friendly environment to connect with others within the community

You can find details of our current Birmingham Warm Welcome Spaces at

www.birmingham.gov.uk/warmwelcome

Keeping checking back online as more spaces will be launched weekly.

Benefits and Money Advice:

During the cost of living crisis, it is also important to ensure you have access to the right benefits and money advice for you. There are several information portals below which can help.

To find out what benefits you are entitled to, it is best to use the Benefits Calculator provided by the Government. Find out more by using this link

www.gov.uk/check-benefits-financial-support

Birmingham City Council has also developed several support factsheets which provide useful information on a range of debt related issues. You can view and download Information on

www.birmingham.gov.uk/debtadviceteam

If you are struggling with debt and need advice and support you can also visit www.birmingham.gov.uk/helpinbrum which can help direct you to the right information.

There are also other services who offer free and confidential advice:

- The Project - Benefit, debt and housing advice
0121 453 0606 | www.theprojectbirmingham.org
- Citizens Advice Birmingham - Advice on benefits, debt, housing and more
0344 477 1010 | www.bcabs.org.uk
- Disability Resource Centre - Advice and advocacy services for disabled people
03030 402 040 | www.disability.co.uk

Energy Efficiency:

As energy costs rise we are committed to reducing energy bills and helping everyone to keep warm as we head into the winter months.

There are several schemes already available for residents, with full information and guidance available at

www.birmingham.gov.uk/energyhelp

There has been a significant rise in energy scams linked to the cost of living crisis.

There is some helpful support on the Birmingham City Council website to avoid these scams.

www.birmingham.gov.uk/energyscam

Food Support:

The cost of living crisis has made it much more difficult for many people to afford food. If this is something you are experiencing, there are several information points below which can help.

Foodbanks:

We know that accessing a foodbank or other projects for the first time can be daunting. However, the volunteers do their utmost to make visitors feel welcome.

With one visitor saying "It was just a small personal touch that made you feel welcome and on the occasions where I was on a tiny budget, it also felt like somebody did care that times were tough."

To find a foodbank or other food support please visit

<http://www.birmingham.gov.uk/foodhelp>

Healthy Start card

If you are 10 weeks pregnant or more, have a child under four years old, or you or your family get certain benefits, you may be able to qualify for a Healthy Start card.

The card has money on it to be used in shops to buy: plain liquid cow's milk; fresh, frozen, and tinned fruit and vegetables; fresh, dried, and tinned pulses; and infant formula milk based on cow's milk. You can also get free vitamins.

To find out more and way to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

You can also check if your child can get free school meals, visit www.birmingham.gov.uk/school-meals to see if you are eligible. (This will also automatically register you for the Holidays, Activities and Food Programme.)

Other Support Available

There is also a lot of support at a local and national level. Here are some key contacts if you need information or guidance:

Age UK Birmingham

Information, advice and helpline services for older people (50+), their families and carers
0121 437 0479 | www.ageuk.org.uk/birmingham

Birmingham Mind

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

Moneyhelper

Advice to help improve your finances
0800 138 7777 | www.moneyhelper.org.uk

Stop Loan Sharks

Investigates and prosecutes illegal money lenders and provides support for borrowers
0300 555 2222 | www.stoploansharks.co.uk

Turn2Us

Information and financial support
0808 802 2000 | www.turn2us.org.uk

Birmingham and Solihull Women's Aid

Support for women and children affected by domestic violence and abuse
0800 800 0028 | www.bsaid.org

Shelter

Housing advice 0808 800 4444 | england.shelter.org.uk

The Active Wellbeing Society

Listen and Connect support people to feel heard, connect with others, be active, live well and access information
0121 728 7030 | www.theaws.co.uk/listen-connect

The Refugee and Migrant Centre

Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship
0121 374 0140 | www.rmcentre.org.uk

Spitfire Services

Advice on money, benefits, housing and employment issues
0121 747 5932 | www.spitfireservices.org.uk

More Information Available

Even more information is available on the Birmingham City Council website www.birmingham.gov.uk/helpinbrum which can guide you to various organisations depending on the help you may require. Alternatively, phone 0121 303 9944 and one of our customer service team will be able to help you.

**St John
Ambulance**



Young Responders

Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

**"Make a difference
today!"**

**Hands-on first aid
sessions for 14 - 25s**



**FREE first aid sessions
in your local area**

For more information
visit www.sja.org.uk



Play Bridge




Join us - Bridge is for everyone!



Sutton Coldfield Bridge Club
BEGINNERS BRIDGE LESSONS

A new course of Bridge Lessons for complete Beginners and those wishing to refresh their Bridge knowledge is starting on
16th May 2023 Tuesday Evening 7:00 pm until 10:00 pm.

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

160 Walmley Road, Sutton Coldfield See our website for more information at www.suttoncoldfieldbc.co.uk

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

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge



Pawpounders
Doggy Daycare Centre

Awarded

5 ★ ★ ★ ★ ★
by DEFRA

& Lichfield District Council

Puppy Socialisation and Training Classes
now available.

FOR PUPPIES FROM 2 TO 6 MONTHS

LIMITED SPACES AVAILABLE

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

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




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



Line Dancing
 Absolute Beginners Class
 to be held at
 Banners Gate Community Hall
 Tuesdays 5 - 6 pm
 Everyone welcome
 Please phone Diane
 On 07711 048 215
 For further information





CREATIVE PLANTS

A friendly unique plant nursery specialising in stunning Italian and Mediterranean plants



PREGO
Cafe

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

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



We need you!



your help means a lot!

**Walking Netball
Volunteers
Needed**

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

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





Do you like to sing?

Challenge yourself to learn a new song in 4 weeks and perform it in front of your family and friends, by joining our **FREE** singing course each **Monday 26th February to 18th March 2024** with Second City Sound, a female four part harmony acapella (unaccompanied) chorus.

We meet at Grove Vale Primary School, Monksfield Avenue, Great Barr, B43 6AL.

Telephone Elaine on 0121 384 4729 for more details.

OUR PLACE
Your Place for Support

Advice Service

FREE ADVICE ON:

- BENEFITS
- HOUSING
- EMPLOYMENT SUPPORT



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

- DEBT ADVICE
- LEGAL ADVICE

For more information contact us on: 0121 354 4080
Email: advice@ourplacesupport.org
www.ourplacesupport.org
Facebook, Twitter, Instagram @OurPlaceSupport



Supported By 

EHPSC
Early Help Partnership Sutton Coldfield



Early Help is a network of local organisations, here to ensure services are accessible for families who need support. Use the QR code to access our **Early Connect Form**. Fill in your details and what support you're looking for, and we will be in touch.

No longer available due to funding change

Food & Energy	Youth Support	Domestic Abuse	Emergency Funding	Money & Debt Advice
Data & IT	Under 5's Support	School Uniforms & Clothing	Parenting	Special Needs & Disabilities
Bereavement	Housing	Substance Use	Mental Health	Day

If you need more information, or support filling out the form, contact your Community Connectors, Danielle & Louise danielle.louise@ourplacesupport.org

 **OUR PLACE** 
Your Place for Support

Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach









In the last 24 hours have you paused, taken a break and allowed your mind, body and soul to be relaxed and calm?

Have you set aside some time to be still, to reflect on your life and its direction?

Are you looking to make positive changes to your life but don't know how?

Are you struggling to find a meaning or purpose to your life?

Are you struggling with feeling stuck and unable to move forward?

Do you need guidance to a problem you are facing?

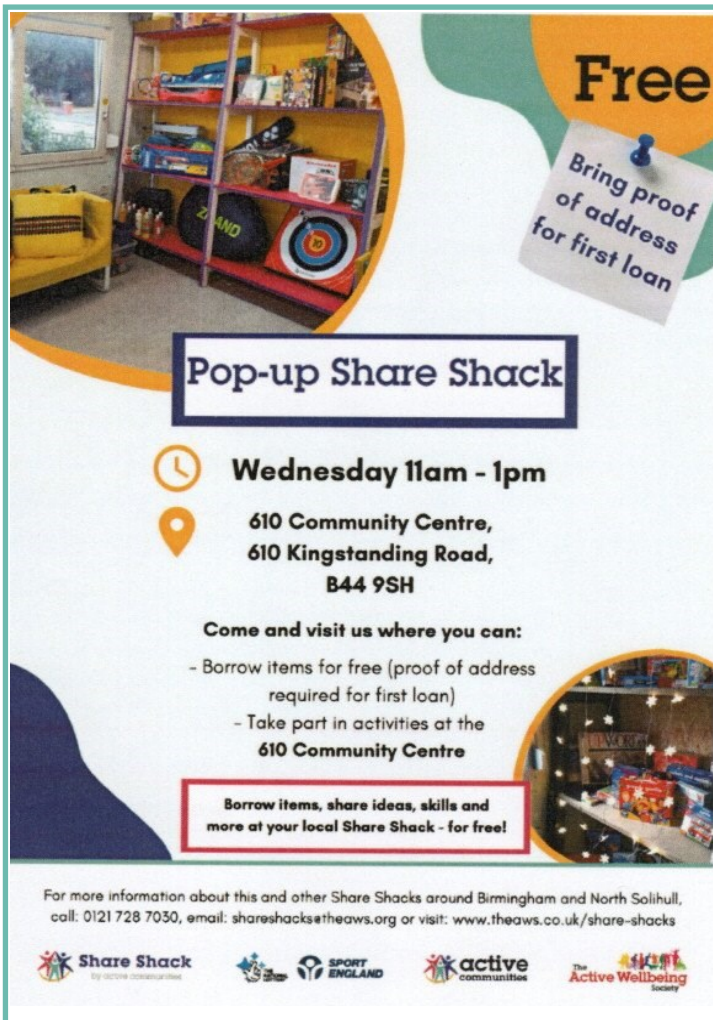
Would you like help to identify and set life goals?

If these questions resonate with how you are feeling, Heal and Transform can offer you a number of services to help support and guide you to reach your goals.

Heal and Transform is a place where the focus is on you and what you need. It's your time to focus on making positive changes in your life. Whether you are stressed or just looking to recharge, Heal & Transform can help.

To find out more please get in touch.

Telephone: 07773845454
Email: healandtransform@yahoo.com
Website: www.healandtransform.co.uk



Free

Bring proof of address for first loan

Pop-up Share Shack

Wednesday 11am - 1pm

**610 Community Centre,
610 Kingstanding Road,
B44 9SH**

Come and visit us where you can:

- Borrow items for free (proof of address required for first loan)
- Take part in activities at the 610 Community Centre

Borrow items, share ideas, skills and more at your local Share Shack - for free!

For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7030, email: shareshacks@theaws.org or visit: www.theaws.co.uk/share-shacks

Share Shack by active communities

SPORT ENGLAND

active communities

The Active Wellbeing Society



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



Home visiting Podiatrist



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

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

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

FORGET ME NOT SING-ALONG



JOIN US

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

£5 PER SESSION

(CARERS FREE)
NO BOOKING REQUIRED.
JUST TURN UP

WHEN?

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

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

kidzlikedanny@blueyonder.co.uk | 07544393523

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

Time to enjoy autumn's rich harvest

Discover the birds, from Blackbirds to Blackcaps, feasting on nature's bounty. Meet the UK's most colourful corvid, the Jay, coming to an oak tree near you! Or watch as thousands of wading birds take to skies.

[How to see a wild wonder](#)

September is a season of riches and spectacle, with experts predicting that tree colours will be more glorious than ever this year. It's the perfect time to enjoy nature and we've pulled together some September highlights to inspire you.

It's also busier in many of our wetlands as ducks, geese and wading birds head here from colder climes. Watch our film to see a whirling wader spectacular. Or get closer to nature with a visit to one of our nature reserves. These are some of the best places to see wildlife in the UK – made possible thanks to the support of RSPB members.

Have a wonderful wildlife-filled week.



Sian Duncan
Notes on Nature editor

Seven birds you won't want to miss

Eyes to the skies as the last of our summer visitors fly off, and a whole host of new birds fly in – and possibly a head-twisting woodpecker!

[Birds to look out for](#)



Wryneck

At this time of year, it's all change in the skies above as the changing seasons means birds are on the move. Read our migration special to see who's flying in and who's flying out.

You'll also discover a curious member of the woodpecker family that can twist its neck in a snake-like fashion. The remarkable Wryneck passes through the UK on its migratory journey – and if you're lucky, you could see one.

Take a look now for where to watch for this season's movers and shakers. Whatever you see, have a wonderful wildlife-filled month.



Sian Duncan
Notes on Nature editor

Which?

Avoid this copycat parking scam

A convincing new scam text about an unpaid parking fine is circulating and leads to a copycat government website.

The text from a random number tells you: 'an unpaid parking fine was found on your vehicle,' and that you need to 'pay immediately.' [Check out the new scam and get clued up on how to spot and report it.](#)

Fraud protection to be watered down

A new mandatory scheme to protect fraud victims will launch next month, but a last-minute change to reduce the reimbursement limit on claims from £415,000 to £85,000 has been proposed, which could mean that victims of high-value frauds, such as conveyancing scams, will lose out.

Make sure you understand the new rules and [find out what you can do](#) if you think your bank hasn't handled your claim correctly.

4 ways to spot a rental scam

As the new academic year begins, large numbers of students looking for accommodation could be at risk from rental scams, Action Fraud warns.

But it's not just younger people who should be vigilant. Anyone who rents through the private sector could also fall victim of this type of scam. [Discover the warning signs to avoid](#)

[Scam sharer tool](#)

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

Stay safe,

Which? Scam Alert Team

P.S. Please share this information with your friends, family and neighbours – anyone who may find it helpful. Alternatively, they can [sign up here](#) to receive this directly to their inbox.

Which?

Scam Alerts

ID theft on the rise

Identity theft is when your personal details are stolen and used to obtain goods and services in your name – and new data shows that cases have soared this year.

Over 127,000 cases were recorded in the first half of 2024 – we take a closer look at the data and explain [how you can protect yourself](#)

The most convincing HMRC scam yet?

An incredibly convincing scam letter is doing the rounds, purporting to be from HMRC. However, there's one tell-tale sign that gives it away.

Find out what to look out for and what you should do [if you suspect a letter you've received is an HMRC scam](#)

Latest delivery scam tactics

Evri and UPS are the latest companies being impersonated in scam texts and emails. These messages attempt to con victims with claims of 'missing address information' and requests to 'reschedule' a delivery.

Discover the latest tactics being used in this type of scam [so you know what to watch out for](#)

[Scam sharer tool](#)

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

Which?

Fake antivirus scam emails return

We've seen a resurgence in fake AVG and McAfee antivirus emails trying to trick people into 'renewing' antivirus software. The fake emails ask you to review an agreement before ringing a number to authorise payment, and sure enough, a scammer is at the end of the line to steal your details.

[Here's what they look like](#) so you know how to act. Never click a link or ring a rogue phone number.

Scammers hijack student loan payments

In a truly nasty scam, we've seen reports of fraudsters hacking Student Finance accounts and replacing the proper recipient's bank details with their own. This is nothing short of theft, and it all starts when scammers ring, text or email an unwitting student.

[Find out what's involved and what the Student Loans Company told us about staying safe.](#)

Could you spot a copycat website?

They look and feel the same as official government websites, but with some crucial differences. If you need to renew an official document, such as a driving licence or a passport, [take these steps](#) to make sure you're in the right place.

Scam sharer tool

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



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

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

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



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

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

Which?

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

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

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



Talking Space

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

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

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

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

In Partnership with
creative SUPPORT
Forward Thinking Birmingham



Talking Space

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

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

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

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

In Partnership with
creative SUPPORT
Forward Thinking Birmingham



Sing Me Sunshine

Sing Me Sunshine is my lovely singing group for all!

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

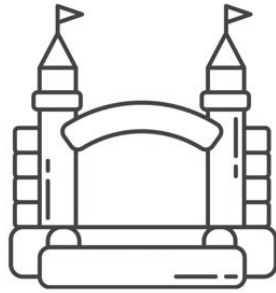
Tuesdays 2 - 3pm | **Thursdays 2 - 3pm**

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

£5
PER PERSON

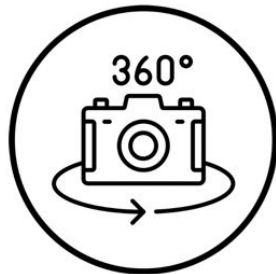
If you are looking to do something new, feeling a bit lonely or living with health issues, I'd love you to come along and let Sing Me Sunshine brighten your day.
Make new friends, feel positive and have some fun!
Come on your own, bring a friend, family member or caregiver.

For more information, please contact Helen on
07981 957061 or email helenwilliamsmusic@gmail.com



G & T
party hire

AVAILABLE FOR ALL
OCCASIONS



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

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

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

Facebook: Gandt party-hire

Instagram: gandt_partyhire

Email: Gandtpartyhire@hotmail.com



Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes,

Grant & Natasha



Pawpounders

Doggy Daycare Centre

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

Puppy Socialisation and Training Classes now available.

FOR PUPPIES FROM 2 TO 6 MONTHS

LIMITED SPACES AVAILABLE

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

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




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



RDS



BRAND NEW DANCE CLASSES IN YOUR AREA!

REPERTOIRE DANCE STUDIO COMES TO SUTTON COLDFIELD IN 2023!

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

MORE INFORMATION


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

PRICE
£5
PER
CHILD

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

WHERE?
BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105
07796 546172

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

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



@PuterTutor

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

Microsoft
CERTIFIED
Professional

Occupational Therapy

Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team ?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



Empowering you to live your life to its fullest by supporting your health and wellbeing.

Your journey with the Learning Disabilities Enablement Team:



Our team is made up of occupational therapists (OT), enablement assistants and enablement officers.

An OT will:

- Contact you and arrange to meet you to talk to you about what you want/need to do more independently at home or when outside in your local community
- Talk to you about how you can work together to achieve your goals
- Design a step by step plan with you to achieve your goals
- See if you need equipment or home adaptations to make you safe
- and any further support you may need

The enablement team will:

- Introduce you to a weekly enablement assistant, who is the same person each week who will work with you on your goals for up to 6 months
- Each week your enablement assistant will visit you at home normally at the same time and day, to work on your goals using your step by step

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



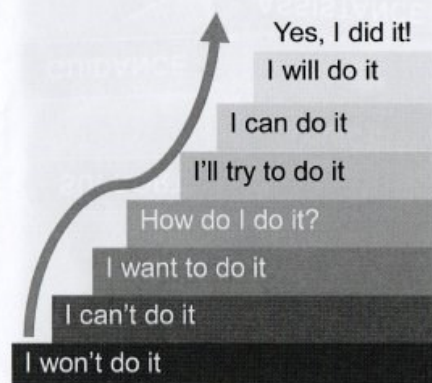
Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

We realise that everyone is at different steps to feeling empowered, but working together we will support you through your journey



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

birmingham settlement

developing communities, changing lives



Are you
unemployed
and looking
for work?

We can
help!

Employability and Digital Skills Programme

We provide an effective programme of support offering specialist advice to help you find a job and develop useful career skills, taking place at our centres in Aston and Kingstanding.

If you would like to have a chat or book a place, please contact Nasar on 07885 210 369, or email nasar.mahmood@bsettlement.org.uk



Scan to learn more
about our services:



www.birminghamsettlement.org.uk

Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding

birmingham
settlement
developing communities, changing lives

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

www.birminghamsettlement.org.uk

Registered Charity: 517303



THE WALKING GROUP IS BACK!

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

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

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



The Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

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



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

www.suttoncancersupport.org

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

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



100% of money donated goes to the cause

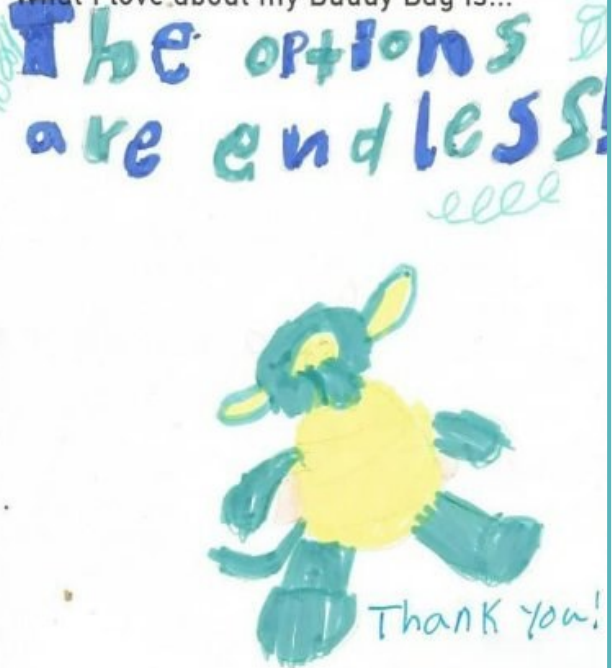
E25 supplies a child entering emergency accommodation with their own Buddy Bag.

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

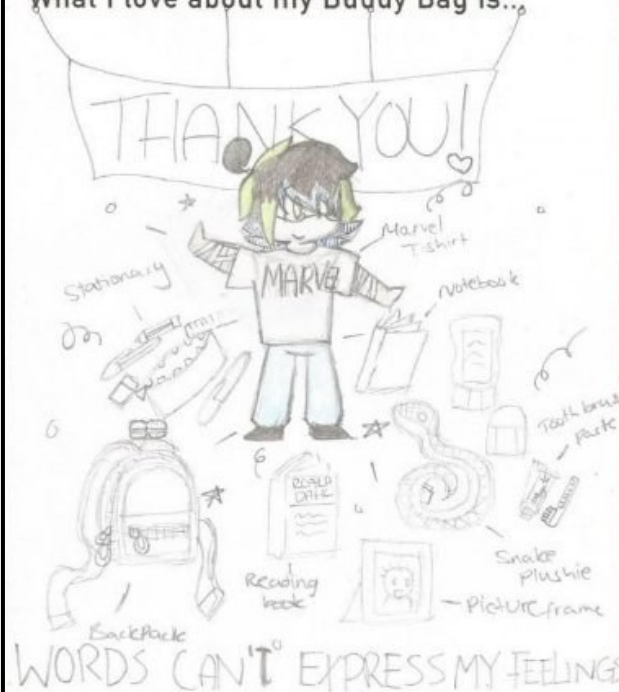
What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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



Four Oaks Financial Services Ltd, 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 0NX

Tel: 0121 323 2070 www.fouroaksfs.com

Please note that all our telephone calls are recorded for compliance and training purposes.

Proud to support our nominated charity



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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

Last Thursday of month, 1.00 to 3.30pm. £3.00

SUTTON COLDFIELD TOWN HALL

For further details contact John Bedford
0121 353 5136 or parkcycles@yahoo.co.uk



Pizza · Pasta · Steak · Fish

Bistro/Cafe Verona

SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

Live Music, Bar, Parking, & Socialising

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



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

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

Or Contact: Sandra on 07932-395158








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 - **07458 106980**
hope.bourton@englandnetball.co.uk






Sutton Coldfield

Sutton Coldfield u3a

<https://scu3a.org.uk/>



Who do you think you are?

*At a **U3A Genealogy/Family History Group** you will get lots of advice to help you start on your path to discover your family's past...*

Family History can be a lonely activity and you may prefer the companionship of others on the trail of their ancestors' past. If that's the case, our **U3A Genealogy Group** is a great place to share tips, find help and get advice!

Why not contact:

Sutton Coldfield U3A Genealogy Group
 we meet the third Tuesday of the month
 at the United Reformed Church Centre,
 Brassington Avenue in Sutton at 2.00pm

For more information go to: www.scu3a.org.uk



Trinity Photography Group

Do You Want To...

- Improve your pictures?
- Go on photography walks?
- Attend Social events?
- Learn about studio photography?
- Develop your camera skills?
- Learn about editing software?

If so... come and join us.

"TPG welcomes photographers of all ages and levels, from beginners to advanced. We encourage and support those who are new to photography.

We provide: Theme night & practical workshops, speakers, activities, competitions and social events. Above all we want to make photography enjoyable and fun"

**We meet 8-10pm every Monday at
The Royal British Legion on Rectory Road,
Sutton Coldfield, B75 7AL.**

We do have a small fee: member's £2.50/visit, non-member's £3.50/visit



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

Affiliated to the Photographic Alliance of Great Britain through the Midland Counties Photographic Federation.



Sutton Coldfield Photography Club



The friendly club

All visitors and new members welcome at any level of experience.

We have a varied programme of talks, competitions and activities.



We meet on Friday evenings

from September to April at:

South Parade Methodist Centre

Sutton Coldfield B72 1RB



Contact us at

mail@suttonphoto.club

Find us at

www.suttonphoto.club

or scan the Flowcode here

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



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

Bridge for beginners

Bridge for improvers

A regular bridge session

Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

CYCLE WITH US

Quiet lanes, Non-competitive, Very sociable.
Wednesday leave 1.30pm, back about 4.30pm
Saturday leave 10.00am, back about 1.00pm
20 to 25 miles, 10 mph. Café stop

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



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



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

MORE INFO:

For all preschool age children.
No booking required.
Call Beth on
07951 857 450
for further details.



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

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

0121 270 6180

www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

Do drop in. **Open to all.** Arrive in the 1st hour to socialise with friends.



By car: the church centre is approached from Upper Holland Road (Plantsbrook School) and using postcode B72 1RB in SatNavs. There is parking (incl. disabled spaces) around church.

By bus or by train: it is just a short walk across the ring road, from the town centre.

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

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



We meet at 7.30, on the first Thursday of every month at:

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

•BIAB Gel nails

•Gel toes

•Manicures&pedicures

•Gel extensions



Based at...

The Luna Lounge

Sutton Coldfield

B74 4EU

To book in, message me

Instagram

on...

Facebook

_beauty_by_ella 07825001242 Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



Something Special:

Tuesday 8th October 2.15 pm - Streetly Community Centre, Foley Rd East B74 3 HR.

Demonstration by Master Florist, Nafas National Demonstrator & Chelsea Gold Medalist

Julie Pearson "Afternoon Tea at the V&A".

Come and join us for a wonderful afternoon - all flower designs raffled at the end of demonstration.

Further details: Chris Reeves - tel: 0121 354 6264.



Do you love plants? Enjoy looking at gardens?
Spending time with like-minded people?

Come and join us at
**"The Royal Sutton Coldfield Fuchsia & Gardening
Guild"**



We have speakers each month on all aspects of gardening & wildlife, often bringing plants for sale. Fuchsias are always available including varieties not widely available.

Have a look at our Facebook page and website 'www.suttonfuchsia.co.uk' or telephone our secretary Gail on 0121 353 3373 for more information.

We meet on the 2nd Thursday of each month (excluding January)
at

**Banners Gate Community
Church, Westwood Rd, B73
6UH**

Doors open at 7:30pm for an
8:00pm kick off.

Refreshments available.



We are a growing society, please come and join us!

The Sutton Coldfield Fuchsia Society & Gardening Guild.

At our September meeting, one of our members took us through the steps of overwintering our fuchsias. Any hardy varieties that are growing in the ground can be left alone until spring. Leave the top growth as this will help to protect the plants during the winter. Any hardy varieties in patio pots may need protection if the weather is harsh, but pulling them close to the house wall, and giving added protection of fleece will usually suffice.

Half-hardy varieties, often referred to as basket or patio plants can be easily overwintered. Cut the top growth back by at least a third. Remove all the leaves, and the top centimetre of soil. Add a little fresh compost, and place in a tray or box. This allows you to be able to cover the plants with fleece when the temperature drops, and almost creates mini greenhouses. Place the box in the greenhouse, but if you don't

own one, a shed will do, as the plants will be dormant and will not require light. During the winter months, keep the plants damp, but not wet. Do not allow them to dry out. The biggest threat is the vine weevil!

These black beasts will lay their eggs in the compost, and it's the grubs that feed on the roots of the plants and kill them. You can buy chemical or natural nematodes to treat the compost, which will see off the grubs, but if you should spot them in the compost, put the white maggot looking creature on the bird table and they will be quickly enjoyed.

At our October meeting we look forward to welcoming local Bea keepers, Brummie Honey. They will be telling us all about what they do and will be bringing lots of goodies for us to do some early Christmas shopping!! Please come and join us. We meet at Banners Gate Community Church in

Westwood Rd
B73 6UH on
the second
Thursday of
each month.
Doors open at
7.30 for an
8.00 start. If
you want any
more
information,
please give our
secretary Gail
a call on
07307857440



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

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

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

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

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

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

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

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



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

WE LOOK FORWARD TO SEEING YOU SOON!



**Groups are back at the
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

no men.... just pause

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



You might be feeling overwhelmed? and not yourself? Its OK! So... #letstalk about you!

MENOPAUSE

Ring Claire on 07930 354 885 for more information.



COMMUNITTEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

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

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

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18 Beeches Drive, Birmingham B24 0DU
redogihandmade@gmail.com
07305 564 108



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: 5)

See options 1 2 6

My money doesn't stretch far enough

- Deciding between food, fuel, and mobile credit
- Low income
- Zero hours contract
- Statutory Sick Pay too low
- Facing redundancy
- Not sure if eligible for support
- Change of circumstance

See option 1 2

I have debt

- Rent or Council Tax
- Gas and electricity
- Payday loans
- Owe friends or family
- Benefit repayments

See option 3

I am waiting on a benefit payment or advance

- New claim for benefit
- Payment delayed
- Waiting for decision

See options 1 4

Other Support

Birmingham and Solihull Women's Aid
Support for women and children affected by domestic violence and abuse
0800 800 0028 | www.bswaid.org

Shelter
Housing advice
0808 800 4444 | england.shelter.org.uk

MoneyHelper
Advice to help improve your finances
0800 138 7777
07701 342 744 (WhatsApp)
www.moneyhelper.org.uk

Step Change
Debt charity offering debt advice and money management
0800 138 1111 | www.stepchange.org

Turn2Us
Information and financial support
0808 802 2000 | www.turn2us.org.uk
benefits-calculator-2.turn2us.org.uk

The Active Wellbeing Society
Listen and Connect support people to feel heard, connect with others, be active, live well and access information
0121 728 7030
listenandconnect@theaws.org
www.theaws.co.uk/listen-connect

Healthy Start Vouchers
To help buy fruit, vegetables and milk if you're on a low income and pregnant or have a child under 4.

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

Central England Law Centre
Accredited immigration and asylum advice. Legal advice to access services and financial support
0121 227 6540
enquiries@centrallenglandlc.org.uk
www.centrallenglandlc.org.uk

ASIRT
Advice on immigration and support options for people facing destitution because of the precarity of their immigration status
0121 213 5893 | www.asirt.org.uk

Migrant Help
Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK
Asylum helpline: 0808 8010 503
ASCorrespondence@migranthehelpuk.org
www.migranthehelpuk.org (Webchat available)

The Refugee and Migrant Centre
Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship
0121 374 0140 | info@rmcentre.org.uk
www.rmcentre.org.uk

About this leaflet

This leaflet is based on learning from Scotland's A Menu for Change project and has been developed with support from the organisations below. You can access the 'Worrying About Money?' leaflets online at www.foodaidnetwork.org.uk/cash-first-leaflets. The information on this leaflet was last updated on 06/12/21.

Feedback? What did you find useful about this guide? www.bit.ly/moneyadvicefeedback



Step 2: What are some options?

1 Council Support Schemes

People on low incomes may be eligible for **Housing Benefit**, **Council Tax Support** and **Discretionary Housing Payment** from the council. This will depend on your current circumstances. You may also be eligible for a **Council Tax Discretionary Hardship Payment**, **Crisis Grant** or **Community Support Grant** Payment.

Find out more at: www.birmingham.gov.uk/benefits

2 Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice. A benefit check can ensure that you are receiving all the money you're entitled to, especially if your circumstances have changed recently. Speaking to an advisor could also help you find cheaper deals on things like gas and electricity and make sure you're not missing out on things like school clothing grants or free school meals.

3 Debt Advice

Debt can happen to anyone. Free advice and support can help you find ways to manage your debts and reduce how much you pay each month.

4 Benefit Advance

If you have made a new claim for benefit and are in financial hardship while you wait for your first payment, you may be able to get an advance to afford things like rent or food. It's important to get advice before taking out an advance. Benefit advances must be paid back, and the money will be taken from your future benefit payments (a loan).

5 Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always paid immediately, and they're not available to everyone. Hardship payments of Universal Credit need to be paid back (a loan), but hardship payments of Job Seekers Allowance or Employment Support Allowance do not (not a loan).

6 Challenge a Decision

You can challenge a benefit decision if your benefit has been stopped / sanctioned / reduced / refused or you have been overpaid. Most benefit decisions need to be challenged within one month.

Step 3: Where can I get help? Each of these services offer free and confidential advice

BIRMINGHAM CITY COUNCIL

Neighbourhood Advice Service
Advice on benefits, debt, housing and other money-related issues
0121 216 3030

Help with options: 1 2 3 6

CITIZENS ADVICE BIRMINGHAM

Advice on benefits, debt, housing and more
0344 477 1010
enquiries@bcabs.cabnet.org.uk
www.bcabs.org.uk

Help with options: 1 2 3 4 5 6

THE PROJECT

Benefit, debt and housing advice
0121 453 0606
www.theprojectbirmingham.org

Help with options: 1 2 3 4 5 6

BIRMINGHAM SETTLEMENT

(West Birmingham) Advice service on benefits, debt and managing your money
0121 250 0765
money.advice@bsettlement.org.uk
www.birminghamsettlement.org.uk

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

Advice on money, benefit, housing and employment issues
0121 747 5932 | info@castlevalle.org.uk
www.spitfireservices.org.uk

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support
0121 227 6540
enquiries@centrallenglandlc.org.uk
www.centrallenglandlc.org.uk

Help with options: 6

DISABILITY RESOURCE CENTRE

Advice and advocacy services for disabled people
03030 402 040 | drc@disability.co.uk
www.disability.co.uk

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty
0800 328 0006
www.capus.org

Help with options: 3

WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home
0808 196 8298 (option 1)
www.warmerhomesWM.org.uk

Help with options: 1 2 4 6

Other Support

Stop Loan Sharks
Investigates and prosecutes illegal money lenders and provides support for borrowers
0300 555 2222 | www.stoploansharks.co.uk
reportloanshark@stoploansharks.co.uk

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

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

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

nostalgic

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



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



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

T: 07869 822502 E: info@hopefood.org.uk

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

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

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

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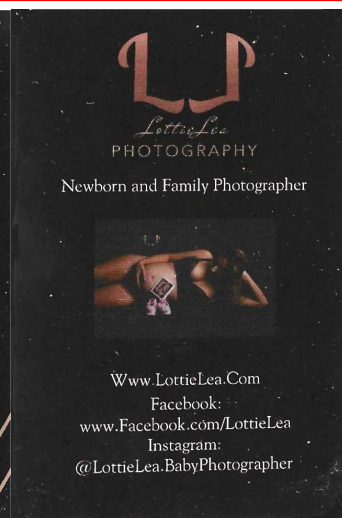
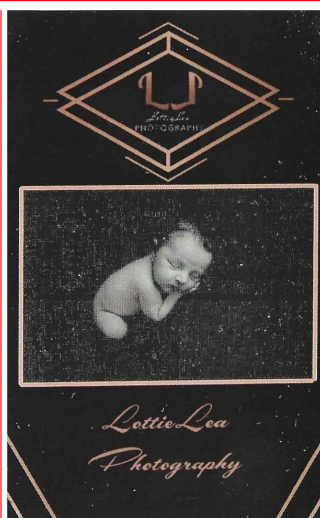
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07765 135497



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Contact number above if interested.

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Age concern no longer have their: **Our Trusted Tradesperson Scheme** has the right trade, whatever you job. From builders to plumbers and electricians all of our tradespeople are vetted, DBS checked and working to current guidelines.

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

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

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



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

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

Age Concern Birmingham run the Carer's Contact Centre as part of the Birmingham Carers Hub partnership. Our advisors are available to help carers with help, advice and information, we register carers and also offer a Statutory Carer's Assessment, wellbeing payments if eligible and information on a wide range of wellbeing services. We also provide advice on welfare benefits and can link carers to information about grants, legal advice on wills and power of attorney and other one to one support.

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

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

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

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

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Phone no. 0121 386 2639

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

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E: norburymaintenance@gmail.com



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10am—12noon

Wylde Green URC

Britwell Road

Sutton Coldfield, B73 5SW

Every Monday

"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

*All attendees must show proof
of both covid vaccinations*

Every Thursday

10am - 12noon

Streethy Methodist Church

Thornhill Road

Streethy, B74 3EH

"Friends on Fridays"

10.30am - 12.30pm

Supported by

Sutton Coldfield Methodist
Church,

South Parade, B72 1QY

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

07422 406168

sue.bevington@suttoncoldfield.homeinstead.co.uk

Home Instead
2nd Floor,
Plantsbrook House
94 The Parade,
Sutton Coldfield
B72 1PH

0121 323 4200

Pregnant? Children under four?

Don't miss out on **HEALTHY START**
food and vitamin vouchers worth
over £900 per child*

FREE

fruit, veg, milk
and vitamins for
you and your family.
Worth up to

£8.50
per week**

You may qualify for Healthy Start vouchers if
you're **at least 10 weeks pregnant** or have
a child under four years old. Your family
must also receive one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month).

You also qualify if you are
under 18 and pregnant, even
if you don't get any of
the above benefits.

Sign up today www.healthystart.nhs.uk
or telephone **0345 607 6823**

Healthy Start

Give your family a Healthy Start

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

Birmingham
City Council

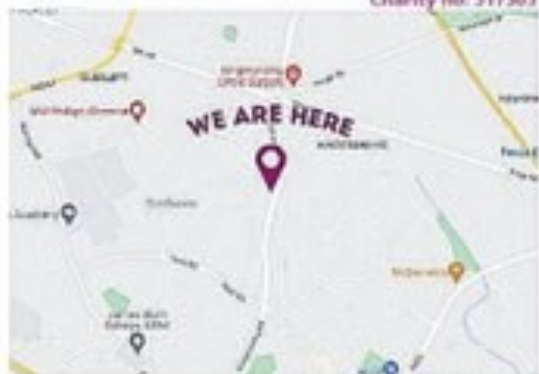
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- Come along for conversation and fitness: meet new friends and build your confidence.
- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
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- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450

www.birminghamsettlement.org.uk
Charity no: 517303



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Call: 07713 970096 Email: cafe.oasis@scurc.org.uk
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or email: chong.fouroaks@gmail.com



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Pregnancy YogaLates Class



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

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

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

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

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

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




Sutton Park Surgery

0121 353 2586

See front page

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Call or email me for any questions or appointments on:
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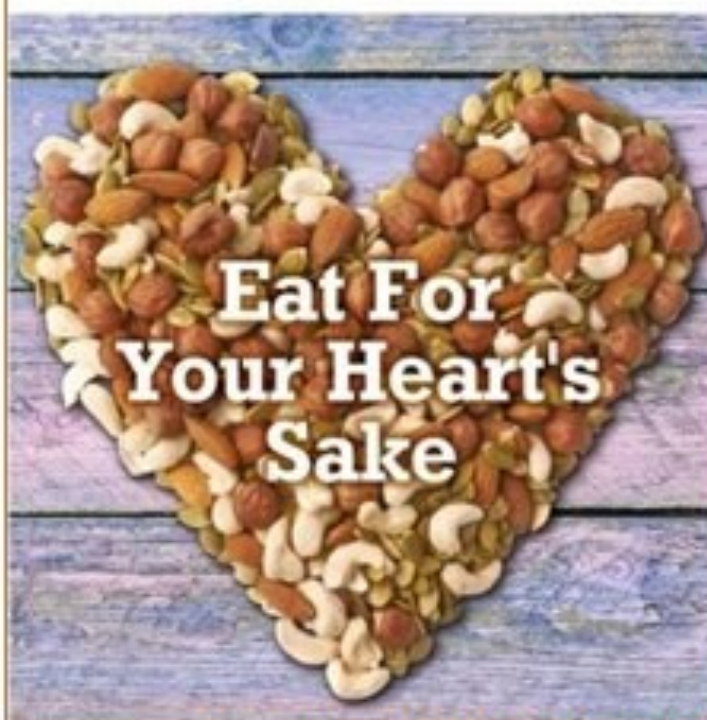
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Sunday 10:00am

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Please look for the Beacon Room - Everyone welcome

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

CREATE at the Gate with K & S

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

**Banners Gate Community
Hall Coffee Mornings.**
The next is on 15th October
and will be from 9.30 a.m.
to noon - note new times.

Hall's Gardens

Garden Maintenance Services

Gary Hall

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

garyhall7@blueyonder.co.uk



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site www.newhorizonscounselling.org.

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

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

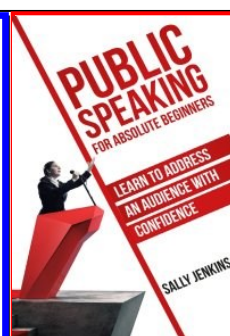
**The kitchen is approx. 11' x 7'
(3.4m x 2.2m)**

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

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

The building is step-free.

**For further booking information go to:
www.bannersgatecommunityassociation.org**



**Public Speaking for Absolute
Beginners
by Sally Jenkins**

**Tips on constructing and presenting
all types of speeches.**

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the author:**

sallysjenkins@btinternet.com 0121

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Childrens Entertainment
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HATHA YOGA

Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



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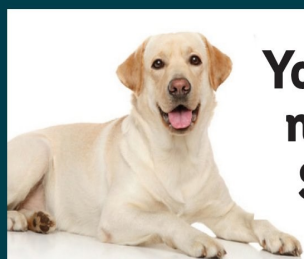
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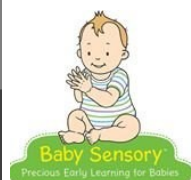


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Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

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Lee Nugent

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Lee.nugent1@virginmedia.com



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E: kiltrfitness@outlook.com

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BERT & GERT'S
We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.
The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.
Our aim is to support, encourage & promote small local businesses.
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WWW.MARYSCUPCAKES.CO.UK
Or visit us at our weekly Markets
Sutton Coldfield The Parade
1st & 3rd Saturday of the Month
Plus scan here for a full list of additional dates..
Redditch Kingfisher Centre
2nd Saturday of the Month
Tamworth Ankerside
4th Saturday of the Month



Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



Calebs Rainbows is the dream of Rosemary Ferrell a great grandmother with a passion for making beautiful dolls with a story. "Every doll is different". Rosemary loves all things creative, be it sewing, knitting, drawing, or baking and she has, having been to college, decided to turn her hobby into a business as there is a demand for her products.

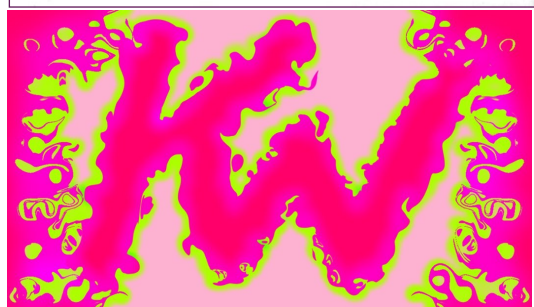
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St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

Contact email: Jenna@robotreg.co.uk for times and availability

Tuesday and Wednesday - Baby Sensory

Contact Tracy at email: suttoncoldfield@babysensory.co.uk for times and availability

Please visit our website at

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

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



Banners Gate Community Association

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

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

Welcome to Banners Gate Community Hall & Association

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

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

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

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

If you need any information please message on 07964 213 229

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

The next is on 15th October - at 9.30 to noon, please note new times.

DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (1st) 10.30 – 2.30 pm 10.00 am 10.30 am (fortnightly) 11.00 am 7.30 – 8.30pm	Create at Gate with K & S Family Communion Sunday Gathering Chikara Karate Kai Soul Yoga -1st Sunday	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston Nigel Willis Paul Murphy 07837 Cath Hussey	628 6651 354 5873 353 0230 39 57 89
For details see website at www.stcolumbasbannersgate.co.uk www.bannersgatechurch.com				
Mon 6.00 – 7.00 11am to 12.00pm 1.00 – 2.00 5.45 – 6.45 7.30 – 9.00 pm	Self Defence & Fitness Sign Language Classes Sign Language Classes Sign Language Classes Line Dancing	Community Hall Community Hall Community Hall Community Hall Community Hall	Adam Claxton 07376 Shakila Kosar 07825 Shakila Kosar 07825 Shakila Kosar 07825 Diane Pursall	27 90 15 255042 255042 255042 747 4659
Tues 9.15 - 1.15pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 8.00 – 9.00 7.45 pm	Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89
Wed 9.30, 11.00 & 12 10.30 - 12.30 6.30 – 7.30 7.00 pm	Baby Sensory Guide Dog Training Pregnancy Yoga SlimmingWorld	Banners Gate CC Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89
Thurs 10.00 – 11.00 am 12 - 2.00 6.30 – 9.45 pm (3rd of each month) 7.00 pm	Yoga Home Education W Mids Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Pauls & Kelly 07891 Warren 01902 Sue Nation	40 39 43 82 63 80 897 900 353 4114
Fri 9.30 - 11.15 5.00-6.30 7.00 - 8.00 pm 5.00 - 6.30	The Creation Station Repertoire Dance Studio Sign Language Classes Amalia's Dance Academy	Community Hall Community Hall Community Hall Community Hall	Avne Wilson 07793 Chloe Lloyd 07729 Shakila Kosar 07825 Amalia 07535	54 26 48 47 79 46 25 50 42 60 40 44
1st Saturday	Yoga and Pilates	Community Hall		

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

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

Useful telephone numbers

Sutton and Kingstanding

Police: 101

Good Hope: 424 2000

Outpatients: 424 2000

NHS Health helpline:

Call 111 it's 24/7

Citizens Advice

03444 111 444

BANNERS GATE COUNSELLING CENTRE

Accessible and Affordable
Counselling to Adults in the
Community. The Upper Room
St. Michael's House
198 Boldmere Road
Sutton Coldfield
Tel : 0121 354 6544
For information or an
appointment please ring after
10 a.m. daily, except
Wednesday

**Banners Gate
Community hall
Coffee Mornings**
**The next is on
15th October,
starting at 9.30a.m.
until noon, please
note new times.**



17th October - Wild Side Preserves

Thurs. 21st November - Quiz Night

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

Banners Gate Community Church

Westwood Road. B73 6UH

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

To find out more visit our website at

www.bannersgatechurch.com.

St Columba's Church

Coffee Morning

**Every Friday of
the month**

10.00 - Noon

All Welcome

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

33rd Sutton Coldfield Scout Group,
H.Q. Coppice View Road
Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years
Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Contact 0121 353 5203
Email: margaretdrummond1@btinternet.com



Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100

Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides.

There are also places available in both Brownie units in September for girls aged 7 or 8.

For more information contact Carol Gardner on 350 7191.



Girlguiding UK

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