The Gatepost Supplement August 2024



Banners Gate & Parklands

Community & Neighbourhood Forum

184th August 2024

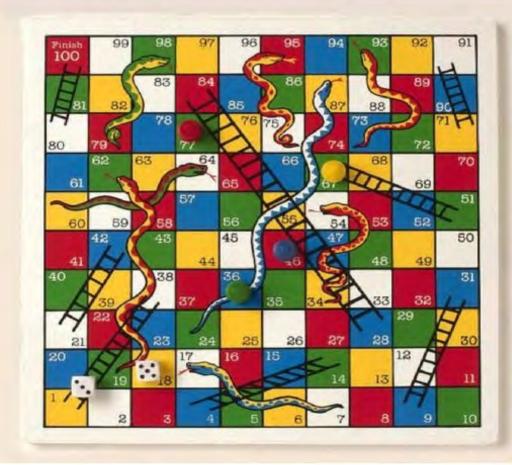
bannersgateneighbourhoodforum.com

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

Here's a few memories of the 50s from Mike, thanks Mike.







The Ultimate 50's Playlist

1. All Shook Up - Elvis Presley

Blue Suede Shoes - Elvis Presley
 Do You Love Me - The Contours

4. Don't be Cruel - Elvis Presley

5. Good Golly Miss Molly - Little Richard

6. Great Balls of Fire - Jerry Lee Lewis

Heartbreak Hotel - Elvis Presley
 Hound Dog - Elvis Presley

9. I Walk the Line - Johnny Cash

10. My Girl - The Temptations

11. Tequila - The Champs

12. Tutti-Frutti - Little Richard

13. Whole Lotta Shakin Going On - Jerry Lee Lewis

14. Stand By Me - Ben E. King

- 15. That'll Be the Day Buddy Holly 16. Johnny B. Goode - Chuck Berry
- 17. Roll Over Beethoven Chuck Berry

18. Long Tall Sally - Little Richard

19. Love is Strange - Mickey & Sylvia 20. Shout - Otis Day and the Knights

21. Louie Louie - Otis Day and the Knights

Let's Have a Party - Wanda Jackson
 Summertime Blues - Eddie Cochran

24. Rock Around the Clock - Bill Haley & His Comets

25. A Teenager in Love - Dion & the Belmonts

Chantilly Lace - The Big Bopper
 Oh What a Night - The Dells

28. At the Hop - Dannie and the Juniors

29. Beyond the Sea - Bobby Darin

30. All I Have to Do is Dream - The Everly Brothers

31. In the Still of the Night - The Five Satins

Bo Diddley - Bo Diddley

33. Shake, Rattle and Roll - Big Joe Turner

34. Yakety Yak - The Coasters

35. Let the Good Times Roll - Shirley & Lee

36. Susie Q - Dale Hawkins 37. La Bamba - Ritchie Valens

38. Wake Up Little Susie - The Everly Brothers

39. Why do Fools Fall In Love - Frankie Lymon and the Teenagers



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



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.

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.



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!

Connect with your community

Meet like-minded people

Gain new skills

your nearest location and sign up!



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

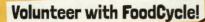
foodcycle.org.uk/volunteer/



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.





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



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



Fun Fitness With Aggy



Chair Exercise Class

For older adults and those less able to stand

Mondays at 12:00

St Columba's Church Hall, Banners Gate Road B73 6TX Free Parking. Wheelchair friendly.

£5 per person per class. Accompanying carers free. Advance booking welcome but not required.



Fully qualified & insured instructor. CIMSPA accredited.

Aggy Lewis - funfitnesswithaggy@gmail.com

for more info

Would you like to learn Authentic Argentine Tango?

Why not join us and learn about this captivating dance for all age groups. Meet new people, building a community of new friendships in a relaxed environment. Learn new skills towards this beautiful dance. Forget you troubles and dive into the magic of Tango. CONTACT: Julia 07790084218

ARGENTINE







WHERE TO FIND US:

EVERY THURSDAY ... from 5th September @ 7.30pm - 9pm

4 Week Beginners Technique classes with practise time

PILATES CLASS

By Bootique Fitness and Wellbeing

Thursdays 10:15 am - 11:15 am

Sutton Coldfield Methodist Church, 16 South Parade. B72 1QY

- Improve posture
 Strengthen back
- Improve flexibility
 Reduce stress levels

£7 per session

Contact Madge Reynolds for further details









Foot Health Care Clinic - Streetly 07379 119 365 Marie Bourgeois RFHP MCFH

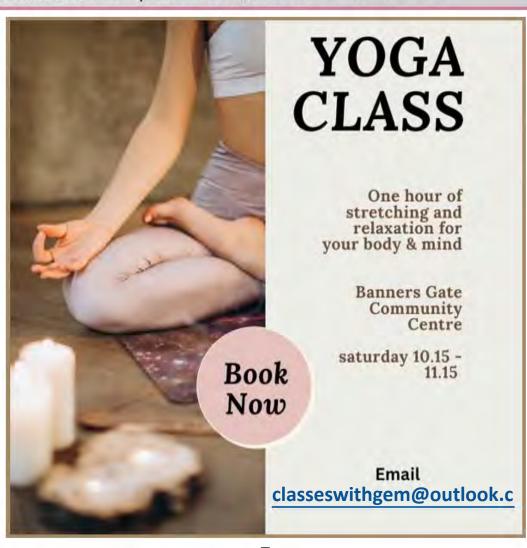
Inside Francesco Hair Salon. 4 Burnett Road. B74 3EJ

Foot health routine maintenance
Diabetics welcome
Nail trimming
Thick nails
Corns, Callus and Hard skin removal
Verrucae, Fungal and Ingrown nails

- Qualified - Registered - Insured - DBS Checked

Registered Foot Health Practitioner - footreg.org
Find a practitioner - https://cofh.org.uk/find-a-practitioner/





Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

Read about how you can use <u>SignVideo BSL interpreting service for deaf people</u> to contact Birmingham City Council.

Contact Birmingham City Council using <u>SignVideo BSL interpreting service for deaf</u> <u>people</u>

Next Generation Text

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

Dial 18001 before the full national phone number.

Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

Age Concern 0121 362 3650

Information, advice, support, day care, community hubs & cafes https://

ageconcernbirmingham.org.uk/ info@ageconcernbirmingham.org.uk

Age UK 0121 437 0033

Information, advice, support, memory café, Carers Hub, local and national guides www.ageuk.org.uk/ birmingham/ contactus@ageukbirmingham.org.uk

Admiral Nurse Service

0121 301 5830

Information advice & support in caring or supporting a person with dementia, groups, talks https://www.bsmhft.nhs.uk/our-services/services-a-to-z/ bsmhft.admiralnursingservice@nhs.net

Alzheimer's Society/Dementia Connect

0333 150 3456

Information, advice, literature on all aspects of caring, Cafes, Carer Support, Singing for the Brain www.alzheimers.org.uk dementiasupport@alzheimers.org.uk

BSMHFT Customer Relations/PALS

0800 953 0045 Text: 07985 883509

Advice, support, information on NHS and social services, put you in touch with other sources of help https://www.bsmhft.nhs.uk/service-users-and-carers/customer-relations/pals/

bsmhft.customerrelations@nhs.net

Birmingham Healthy Minds

0121 301 2525

Free psychological therapies service for people who are feeling anxious, low in mood or depressed http://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/ bsmhft.bhm@nhs.net

Citizen's Advice Bureau (Birmingham) 08082787990 (local) or 0800 144 8848 Free, independent, confidential & impartial advice on rights, responsibilities, benefits https://www.bcabs.org.uk/ enquiries@bcabs.cabnet.org.uk

Birmingham Carers HUB (ran by Forward Carers)

0333 006 9711

Support, info, advice, financial/welfare benefit advice, carers assessments, groups, befriending https://birminghamcarershub.org.uk/about-us/ info@birminghamcarershub.org.uk

Birmingham Irish Association

0121 604 6111

www.birminghamirish.org.uk/ http://www.birminghamirish.org.uk/contact-us

CERS (Carer Emergency Response Service)

0121

442 2960 Free emergency back up service to provide sup-

port to carers

https://birminghamcarershub.org.uk/carer-support/back-up-emergency-care/ info@cers.org.uk

Mental Health: Urgent Help

0121 262 3555 or 0800 915 9292

24 hour 7 days a week advise, information & support whether you have used services before or not https://www.bsmhft.nhs.uk/service-users-and-carers/how-to-get-urgent-mental-health-help/

Samaritans (also have local branch)

116 123 (free to call)

Offer safe place for you to talk any time you like, in your own way about whatever's getting to you http://www.samaritans.org/ jo@samaritans.org

Social Care and Health

0121 303 1234

Social care, community services, day care, respite, long term care, occupational therapy, safeguarding https://www.birmingham.gov.uk/health-social-care acap@birmingham.gov.uk

Social care, education, family services, info, advice: www.mycareinbirmingham.co.uk

The Waiting Room

https://the-waitingroom.org/

contact/ Information about health and social care

https://the-waitingroom.org/

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

Alzheimer's Research Trust

0300 111

5555 Research into dementia, information about dementia

http://www.alzheimersresearchuk.org enquiries@alzheimersresearchuk.org

Dementia Explained

Info for children about dementia https://kids.alzheimersresearchuk.org/

CQC: (Care Quality Commission) 03000 616161

Inspection reports, search for care& care homes, concerns about care services/providers http://www.cqc.org.uk/ enquiries@cqc.org.uk

Carers UK

Help, advise and support for Carers https://www.carersuk.org/

Dementia UK (Admiral Nurses) 0800 888 6678 Admiral Nurse Helpline Open Mon – Fri 9 am – 9pm, Sat & Sun 9 am – 5 pm, Bank holidays 9 am – 5 pm except 25 Dec Support for families facing dementia, information about dementia, caring, information guides https://www.dementiauk.org/
help-line@dementiauk.org/

Dementia Carers Count/Virtual Carers Centre https://

dementiacarers.org.uk/ Free online Resources/Courses https://

dementiacarers.org.uk/vcc/

Safe and Well Visit (West Midlands Fire Service) 0800 389 5525

Free home fire/safety check, tips, advise on reducing risks carried out by operational fire fighters https://www.wmfs.net/our-services/safe-and-well/ homesafety.centre@wmfs.net

Independent Age 0800 319 6789 (free helpline) Advise, support, information guides around variety of topics for over older people https://www.independentage.org/advice@independentage.org

MIND (Birmingham)

0121 262 3555

Mental Health information/advise, support Mental Health & Wellbeing

Hubs

https://birminghammind.org/

help@birminghammind.org

NHS 111 service

111 (free from landlines and mobiles) Helps

people get the right advice and treatment when they urgently need it https://www.england.nhs.uk/ ourwork/pe/nhs-111/

Healthcare at Home

0808 239

0591 Eye and Hearing Tests at Home

https://www.outsideclinic.co.uk/ info@outsideclinic.com

Please note other local & high street retailers may also provide these services so please check this and any cost first

The Silverline (Run by Age UK) 0800 4 70 80 90 (24 hours a day) Confidential helpline, groups, resources, friendship, conversation and support to those over 55 https://www.thesilverline.org.uk info@thesilverline.org.uk

Turn2us – benefits calculator, charitable grants & support

https://www.turn2us.org.uk

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

Grace Cares is a not-for-profit organisation

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

We collect, donate and sell pred പ്രശ്നേദ്യ ഒപ്പെട്ടിന്റെ ഉപ്പെട്ടും പ്രവാദ്യം ക്രമ്പ്രം പ്രവാദ്യം പ്രവാദ

and leave a better planet for future generations.

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

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









Let's work together



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



Sutton Coldfield District Children's Centre

Activity Calendar from 8th April - 24th May 2024



Birmingham Community Healthcare WHS NHS Foundation Trust





April - June 2024

Monday

FREE

BABY MASSAGE

Please call to register your interest



EEE advice

Are you aware you could be eligible for free 15 hours for 2, 3 and 4 year olds?

For more information call your local Children's Centre

11.00am-12.30pm

Play and Leam under 2's -Healthy Lifestyles

Holy Trinity Parish Church Centre

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

9.20-10.00am

10.20-11.00am

Story and Singing sessions

Boldmere Library

1.30-2.30pm

First Words Together

1-2 years

Holland House

Tuesday Wednesday

9.45 - 11.15 am

Play and Learn

0-5's Healthy Lifestyles

Emmanuel

Church

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

9.20-10.00am

10.20-11.00am

Story and Singing sessions

Walmley Library



Thursday

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

www.startwellbirmingham.co.uk



Pick these up from any children's centre



Friday

9.20-10.00am 10.20-11.00am

Story and singing sessions

Mere Green Library

9.45 - 11.15am

Step by Step Play and Learn 0-5's In conjunction with **DLP North Cluster**

Falcon Lodge Community Hub



amy.millichope@birmingham.gov.uk

Bookable Services

Baby Massage

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

Preparing to Parenthood

Free course for expectant people Holland House

Little Talkers

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



Stepping Stones

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

This will take place at

Holland House

Thursday 1.30-2.30pm

KID's Family Group

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

Thursday

9.30-11.30am Holland House

Family Support

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

Parenting

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

Other Services

Health Activities

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



First Words Together

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

The programme will run:

Tuesday

1.30-2.30pm

Holland House

Adult Education and Employment Support

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

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

Domestic Abuse

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

Addresses and Other Information

Holland House Children's Centre

Holland Road, B72 1RE Telephone: 0121 752 1860

Open 8,30am - 4.30pm

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

Emmanuel Church

Corner of Little Green Lane and Birmingham Road, B72 1YG Parking available on car park opposite.

Boldmere Library

119 Boldmere Road, Birmingham, B73 5TU

Health Visitor Hub

If you would like to speak to a Health Visitor please call them on 0121 683 2330

Holy Trinity Parish Church Church Hill, Mill Street, B72 1TE

Car park spaces available

Walmley Library

Walmley Road, Walmley, Birmingham, Sutton Coldfield, B76 1NP

Car park available at the rear of building.



Instagram

Like us on Instagram and Facebook

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

Falcon Lodge Community Hub

Church Hill Road, B75 7LB

On street parking available

Mere Green Library

30A Mere Green Road, B75 5TB On street parking evallable.

PLEASE NOTE

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

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

www.nhs.uk/find-nhs-rumper

We look forward to meeting you.

amy.millichope@birmingham.gov.uk











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

We Are Opening a New
WI Group in Boldmere
Come and Find Out More
First Wednesday of Every Month

7 -9pm

Newman Community Centre
13A Boldmere Road
Sutton Coldfield
B73 5UY

For More Information Email; cathmarsh73@icloud.com

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

BOSF is a local charity that brings together all the community groups in



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

https://bosf.org.uk/

https://www.facebook.com/ BOSFonline/?locale=en GB

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

Everyone found the tour of Wylde Green

Station very interesting. A big thank you to Dawn and Nikki for organising the tour.



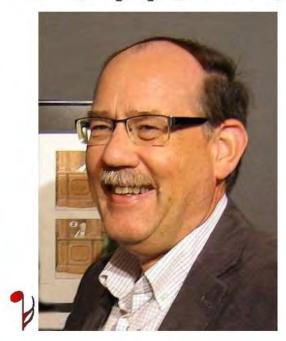
BOSF's next networking Coffee Morning is being hosted by the Quinton Meadows group in June. Full details can be found on their website. Poleurs is born in 1947 in Luxembourg and live as an engineer-technician retired at Gonderange.

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

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

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

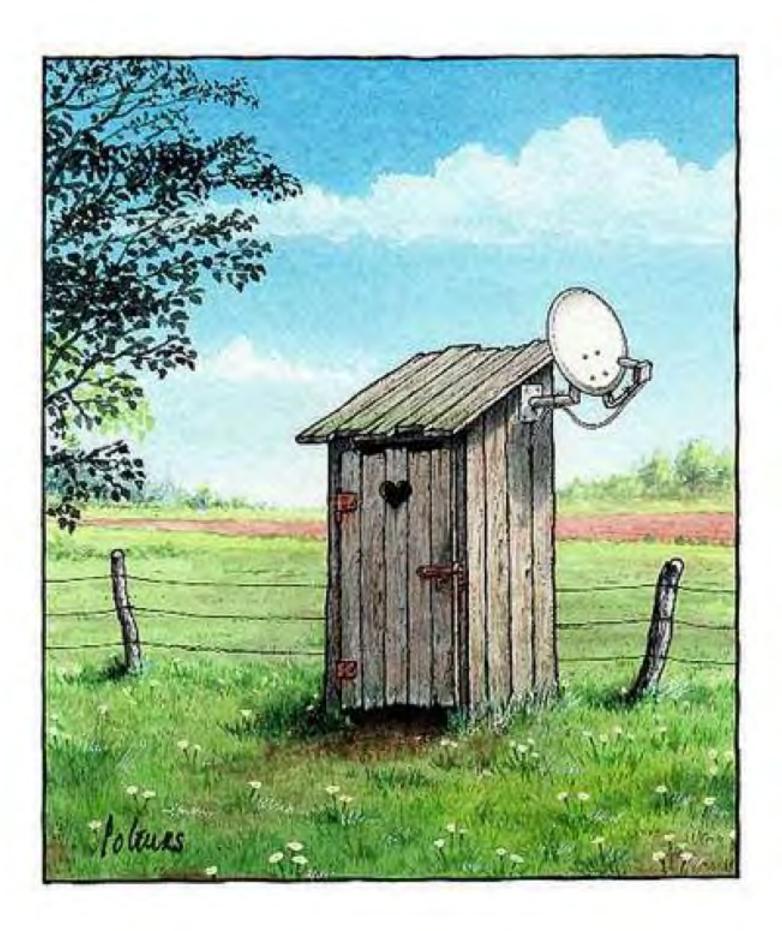
Poleurs





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





4 of 4





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

Alan Ledger MEET THE PHOTOGRAPHER

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

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

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

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

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

ALAN'S BIOGRAPHY

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

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

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

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

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

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



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

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

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

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

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

Hi all,

After three weeks on holiday, I'm back.

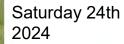
So last Saturday I went to see ex Southern Region 35028 Merchant Navy class "Clan Line" after overhaul. Seen here arriving at Worcester Shrub Hill with the 08.15 from





London Victoria

In the second picture the engine is propelling it support coach down across the River Severn to Henwick to turn on the triangle at Worcester for the return journey. It turned out to be a very nice day after a wet beginning and people are out and about enjoying the river side.







CHOCOLATE WORKSHOPS

BIRTHDAY PARTIES
SCHOOLS
CORPORATE
TEAM BUILDING
CLUBS



PROSECCO NIGHTS
HEN/STAG
BABY SHOWERS
SOCIAL
AND MORE

MILITARYCHEF.CO.UK

VETERAN OWNED AND OPERATED



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

Fun Interactive Baby & Toddler Sessions

Baby Sessions:



Contact:



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

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

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

Trio Of Love 4 Week Course

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

> Baby Massage & Spa 5 Week Course

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





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

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

opportunity



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



Boldmere Ballet School and Sutton Stage School

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

Pre-School Ballet and Dance - 4pm Fridays

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

Royal Academy Classical Ballet - Ages 4+ Weekdays

Acrobatic Dance - Ages 5+ Fridays

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

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

EXAMS - FESTIVALS - SHOWS

07932 065 949 jane@theatredance.co.uk

www.theatredance.co.uk







Let Bridgewater Photography capture your special moments

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

Bridgewater Photography service covers:

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

Call Donna on 079 1321 3299

Customer comments:

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

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

www.facebook.com/BridgewaterPhotographyUK www.bridgewater-photography.com

BRIDGEWATE



You could get help to buy:

Plain cow's milk Fresh, frozen or tinned fruit and vegetables Fresh, dried, and tinned pulses Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk



@NHSHealthyStart

What can I buy?

Fruit and vegetables



They can be:

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

(X) They cannot:

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

Plain cow's milk



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



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

Infant formula



It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you

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

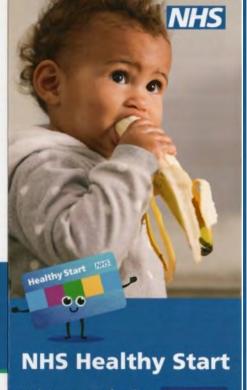
Or call us on 0300 330 7010 Our contact centre is open Monday - Friday, 8am - 6pm (except public holidays)





Follow us on Facebook and Twitter **@NHSHealthyStart**

The allpay prepaid card is issued by allpay Ltd pursuant to license by Mastercard International Incorporated, allpay Ltd is a company regulated by the Financial Conduct Authority (RRI 900539) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whitestone Business Park, Hereford, HRT 35E (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.



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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

In addition, you must be receiving any of the

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

You will also be eligible for NHS Healthy Start if:

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

How to apply



www.healthystart.nhs.uk



Fill in the online application



Receive your prepaid card in the post



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



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



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

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

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



Alzheimer's Society Dementia Support

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

Alzheimer's Society

Together we are help & hope for everyone living with dementia

Page 2/4



If you need help call 0333 150 3456
Email us at enquires@alzheimers.org.uk
Or visit alzheimers.org.uk/get-support

Talk to someone who understands

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

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

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

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



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

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



Get the help and support you need

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

Call 0333 150 3456

Or visit alzheimers.org.uk/get-support

Dementia Support Line opening times

Monday to Wednesday: 9:00am - 8:00pm

Thursday and Friday: 9:00am - 5:00pm

Saturday and Sunday: 10:00am - 4:00pm

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

Calls charged at the standard local rate.





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

DSSU

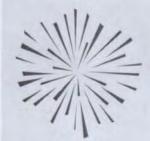




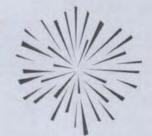


https://www.facebook.com/profile.php?id=100086596932293

https://birmingham.connecttosupport.org/



SAVE THE DATE!



8TH OCTOBER 2024

HEALTH AND WELLBEING FESTIVAL

FOR PEOPLE AGE 50+ IN SUTTON
COLDFIELD

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

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

FIND OUT MORE BY EMAILING: NNS@AGECONCERNBIRMINGHAM.ORG.UK

AGE CONCERN Birmingham







AUGUST 2024



August Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



Hello All!

We hope you are all enjoying the Summer holiday period and have found some sunshine wherever you are!

Within team Sutton Coldfield NNS, last month we welcomed a large group to discover all about Business and Financial Planning training, a useful session delivered by DISE. We also congratulated Square Peg Activities and VI Social who were awarded funding at our latest panel. Bold Billy was also welcomed to the Communitea Cafe, along with other elephant friends as part of the St. Giles 'March of the Elephants' trail. Have you come and said hello to him yet?

Have a brilliant Summer and don't forget - if you have any relevant 'Spread the Word' snippets for our September newsletter, or would like to share an NNS 'Story of Difference' please get in touch at nns@ageconcerbirmingham.org.uk

THANK YOU!

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

Calling all Carer Group leader/organisers!

Would you like to advertise your Carers group on the **Birmingham Carers Hub What's On** website page? You are welcome to submit a listing which has a short approval process. You can view the What's On page **here** and apply **here**. For further information please email georgina.koceli@forwardcarers.org.uk



14th August 2024

CAPACITY BUILDING

Fifty+ Festival Would you like to get involved?

The Fifty+ Festival will be a fortnight of health and wellbeing activities taking place across Sutton Coldfield during 7th - 20th October 2024.

The Festival is being organised in partnership between Age Concern Birmingham, Royal Sutton Coldfield Town Council and Sutton Coldfield Neighbourhood Network Scheme.

Aimed at all local citizens over the age of 50, the Fifty+ Festival is designed to raise awareness amongst local residents about health issues they may encounter in later life, reduce the risk of things like falls in older age, manage or even avoid long-term health conditions and provide support so that people can feel healthier and happier, for longer.

We are inviting local groups and services to take part in the Fifty+

Festival by welcoming expressions of interest to help run a support session or a health and wellbeing activity within Sutton Coldfield.

To find out more please click here or

nns@ageconcernbirmingham.org.uk



Would you like to get involved?

The Fifty+ Festival will be a fortnight of health and wellbeing activities taking place across Sutton Coldfield during October 24.

We are inviting local groups and services to take part in the Fifty+ Festival by running a support session or health and weilbeing activity at a local venue in Sutton Coldfield.

If you would like to get involved please email navageconcembinningham orgule







Congratulations Square Peg and VI Social!

Congratulations to Square Peg and VI Social who were awarded funding last month...

Square Peg Activities work with a range of people with disabilities and their support network, providing advice, guidance and a range of fun activities from their accessible hub. The funding will support a new twice weekly group for young disabled adults of a transitional age (18-30) and their carers to have a regular activity and support session in Boldmere.

VI Social have been awarded funding to increase the accessibility of their monthly advice and guidance meetings and regular social activities. The group provide a social opportunity for people with a visual impairment and take part in regular fun activities, such as bowling, as well as meetings to share experiences and offer support and tips to others.

CAPACITY BUILDING

Has your community group previously been funded by NNS? We need your help!

Measuring Impact for NNS Funded Projects

Please respond by 14th August

Birmingham City Council is keen to see the tangible impacts that you also make make on the citizens of Birmingham. Please help us by completing this survey about projects that have been funded by NNSs If you have been sent this by multiple NNS teams you only need to complete it once.

Birmingham's Public Health Directorate are now providing some of the funding for Neighbourhood Network Scheme grants. They are very keen to see the tangible impacts that your amazing work has on the citizens of Birmingham and so, in the future will be asking for more information about this. Any changes and new requirements are not retrospective – they will only apply to some of the future grants. Also any answers you give will not impact any future funding decisions.

We also think that if we can find more ways for projects in Birmingham to be able to evidence the work you do, it can help secure future funding, so we want to be able to share good ideas.

BVSC is gathering this information to share with Birmingham City Council (Adult Social Care and Public Health teams) and the Neighbourhood Network Scheme teams. Your individual names / contact details will not be shared.

If you have any queries about the research or want to share some information with us (like questionnaires you think are really effective) please email <u>benitaw@bvsc.org</u>

We would appreciate it if you could respond by 14th August – let us know if you need more time as a key team member is on leave.

The form takes 3 minutes to complete, please click here

THANK YOU!

SPREAD THE WORD

March of the Elephants - Have you seen Bold Billy?



LICHFIELD = TAMWORTH + SUTTON COLDITIELD

Can you find 70+ elephants around Lichfield, Tamworth and Setton Coldfield including Boldmere?

A great FREE for act https://www.marchoftheelephants.co.uk/app bolidays weekends. Walk, cycle or jog around the towns and collect rewards as you go using the March of the Elephants app downloadable from https://www.coarchoftheelephants.co.uk/app/

Find Where's Ellie in Boldmere and you can collect your FREE pactord from one of the local shops and download a free colouring sheet. See if you can find all the twins on Where's Ellie and can you spot the set of triplets?







March of the Elephants is a trail of over 70 elephants around Lichfield, Tamworth and Sutton Coldfield. Trail maps are available for £1 in the Communitea Cafe, you can also explore the March of the Elephants app, which you can download here

Age Concern Birmingham have contributed to the trail in the form of Bold Billy - Always Seen Never Forgotten. Bold Billy takes inspiration from the charity aim - to make a positive difference to the lives of older people and others in need. Billy represents all those who need to be seen and



SPREAD THE WORD

NEW! Over 50's Coffee Morning



Our Place Support have a new coffee morning for the over 50's on the last Thursday of every month, 10am-12pm at Our Place Community Hub,

Farthing Lane, B72 IRN. For more information please call Ranjan 0121 354 4080

A community navigator will be in attendance so you discover what support is available.

CAPACITY BUILDING

Birmingham Community Matters/ Sutton Coldfield Charitable Trust

Birmingham Community Matters (BCM) is delighted to be working with SCCT to boost the confidence, networks and success of the small community groups in Sutton Coldfield.

A variety of workshops will be available over the next couple of months for small community groups including:

- Bid writing workshop: for small community organisations
- Meet the funder: Severn Trent Community
 Fund
- Monitoring and reporting on your project

To find out more, please click here

Sutton Coldfield NNS Story of Difference



The team enjoyed hearing all about the Misfits Music Foundation use of a micro grant over the last couple of months. Misfits Music Foundation brings people together through high quality group music making opportunities to reduce loneliness/isolation and improve mental wellbeing. They have a particular focus on providing opportunities for adults, older adults, adults with experience of mental ill health and adults with

learning disabilities, autism and/or brain damage in Birmingham and Sandwell.

The grant enabled Misfits Music to pilot two accessible 1.5-hour rock music workshops for those aged 50+ in Sutton Coldfield at the Trinity Centre. Sessions were open to people that sing or play any instrument, and were also welcoming to those with no prior experience of music. During the session they learnt one song as a group, then had a break to allow time for chatting, then learnt a second song to round the session off. The focus was on learning easy rock songs that are well known to lots of people using the aid of lyric/chord sheets.

The sessions were popular involving over 20 participants!

'Barry' came to the first workshop after feeling really nervous about interacting with others. He loved the session and got some advice from our session leaders to attend the second session too. He couldn't make it to the second one, but ended up taking up a free ticket to our Brum Rocks final event which is happening this Sunday. This has given Barry some new confidence and he has told us he will seek out further opportunities to make music with others.

NNS £500 microgrants are a really useful resource to trial a new idea, do get in touch at nns@ageconcernbirmingham.org.uk to find out more!

SPREAD THE WORD

Square Peg FREE Summer Activities for Disabled Adults



This summer, Square Peg Activities are offering two FREE sessions for adults with disabilities & their carers. Square Peg have gardens, a sensory room & youth den open for use as well as the planned activities. They also have ramp accessibility and changing facilities. Staff will be there to facilitate; however, parents/carers are responsible, but carers are more than welcome to mingle with a cuppa and have some time to relax! To book please email tyler@squarepegactivities.org

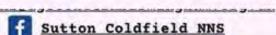
Do you offer activities for older people or adults with disabilties?

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

To find outhttps://suttoncoldfieldhns.blogspot.com/u can visit https://suttoncoldfieldhns.blogspot.com/

nns@ageconcernbirmingham.org.uk





AGE CONCERN Birmingham



GET INVOLVED

OUR PLACE SUPPORT SAFEGUARDING TRAINING:

Online Session:

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

nns@ageconcernbirmingham.org.uk
with the header Safeguarding Awareness Training.

In Person Session:

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

Do you offer activities for older people or adults with disabilties?

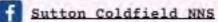
Please get in touch to discover how we can support your local community group or organisation!

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

the https://suttoncoldfieldnns.blogspot.com/

60121 362 3650

nns@ageconcernbirmingham.org.uk







GET INVOLVED

READ OUR NEW VOLUNTEER HANDBOOK

https://www.calameo.com/read/000675467e8ca2443dd9b WY VOLUNTEERING HANDBOOK THE GUIDE TO VOLUNTEERING IN SUTTON COLDFIELD 2024/25

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

Do you offer activities for older people or adults with disabilties?

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

To find out more about the Sutton Coldfield NNS you can visit this://suttoncoldfieldnns.blogspot.com/

© 0121 362 3650

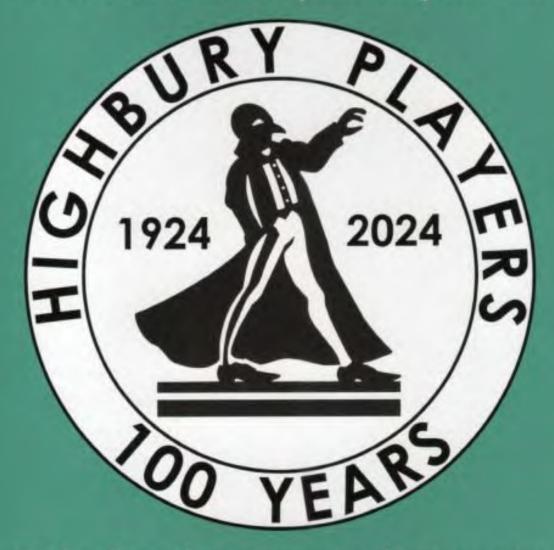
nns@ageconcernbirmingham.org.uk

Sutton Coldfield NNS





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



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

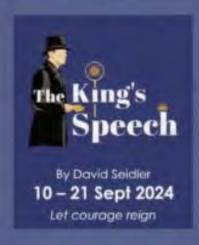
at Highbury Theatre, Sheffield Road, B73 5HD

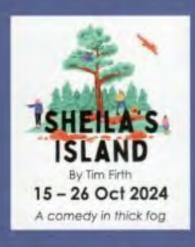
0121 373 2761

highburytheatre.co.uk



HIGHBURY PLAYERS PLAYS FOR 2024/25 SEASON

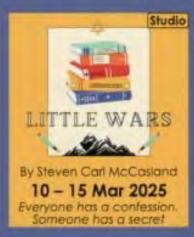


















Highbury Players' plays are performed Tuesday to Saturday over two weeks. with studio plays being performed Monday to Saturday. Performances all start at 7:30pm.

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

highburytheatre.co.uk

0121 373 2761



HIGHBURY CINEMA FIRST FILMS FOR 2024/25 SEASON



Sun 15 Sep 2024 Sometimes you must just make a break for it



Sun 20 Oct 2024 One love, one heart



Sat 16 Nov 2024 Complex, moving, thought provoking



2:30pm, Fri 27 Dec 2024 Music, adventure, comedy and chocolate

Films all start at 7pm unless otherwise stated.

Films for the remainder of the season will be shown in 2025 on the following dates:

Sun 5 January Sun 26 January Sun 16 February Sun 2 March Sun 13 April Sun 11 May Sun 22 June

How to book tickets

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

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

Monday 7:30pm to 9pm Wednesday 10am to 12 noon Performance nights 7:30pm to 9pm

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

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

Highbury Theatre, Sheffield Road, B73 5HD

Tickets for plays, £12 Tickets for films, £5

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



Follow us on social media



/HighburyTheatre



@highburytheatre



highburytheatrecentre# Thehighburyplayers# discoverhighbury

©highburyplayers #highburycinema

0121 373 2761

highburytheatre.co.uk





What's on next?

Highbury Players present

The King's Speech

10-21 Sept 2024 at 7.30pm

by David Seidler directed by Ken Agnew

Set against abdication and impending war, The King's

Speech tells the story of the reluctant King George VI's struggle to overcome his paralysing speech impediment and of the remarkable Australian who helped him to regain his voice and to believe he could be King.

Highbury Cinema presents

The Great Escaper

7pm on 15 Sept 2024

Director Oliver Parker Released 2022 Duration 1hr 36m Certificate 12A

A war film, a love story and an escape flick, all rolled in to one man's journey to get to France for the 70th anniversary of the D-Day landings.



Tickets available from
Box Office, Highbury Theatre,
Sheffield Road, B73 5HD
Tel: 0121 373 2761 or book online
via highburytheatre.co.uk





What's on next?

Neil Coley Big Band presents

Neil Coley Big Band

8pm on 23 Sept 2024

The 17 piece band was formed in 1998 and boasts a varied musical mixture of well-loved tunes and exciting new arrangements.

Together with nationally acclaimed singer Rich "Rich Swings" Hazlewood, the band promises a fantastic evening of quality jazz from its talented players and exceptional soloists.

Highbury Players present

Sheila's Island

15-26 Oct 2024 at 7.30pm

by Tim Firth directed by Phil Astle

Comedy drama in the fog. Four women stranded on a Lake District island during a team building exercise. Questions are asked; truths are told; dirty washing is aired and gets wet again! Is it possible to build an adequate night shelter with a prom dress? And weapons out of a bra or spatula?.



Tickets available from
Box Office, Highbury Theatre,
Sheffield Road, B73 5HD
Tel: 0121 373 2761 or book online
via highburytheatre.co.uk

Sutton Coldfield TOWN HALL

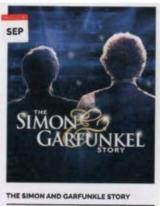
J 0121 296 9543

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

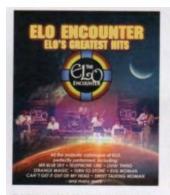


WE AT THE TOWN HALL
UNNY ** COMEDY NIGHT

** 7" SEPTEMBER TICKETS 626.50



SUNDAY 15" SEPTEMBER TICKETS £32

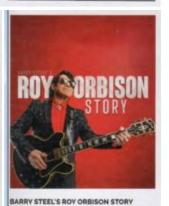


ELO ENCOUNTER: ELO'S GREATEST HITS

FRIDAY 20" SEPTEMBER TICKETS £25

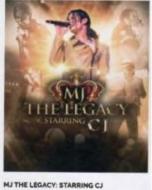


MADE IN TENNESSEE
SAT 21° SEPTEMBER TICKETS FROM £22



TICKETS £31

FRIDAY 27" SEPTEMBER



SAT 21"SEPTEMBER TICKETS £24

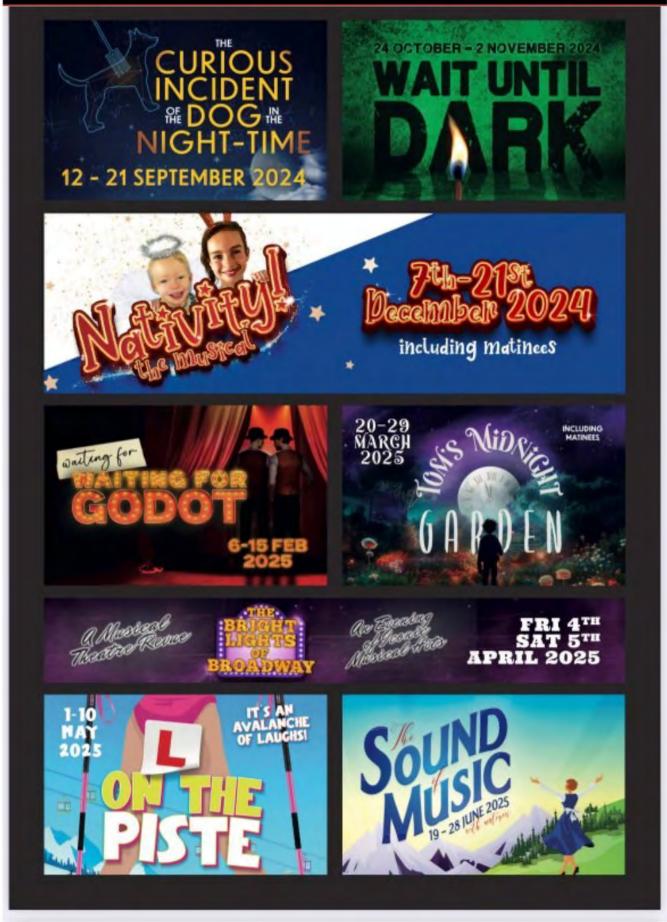




SUPPORT US

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



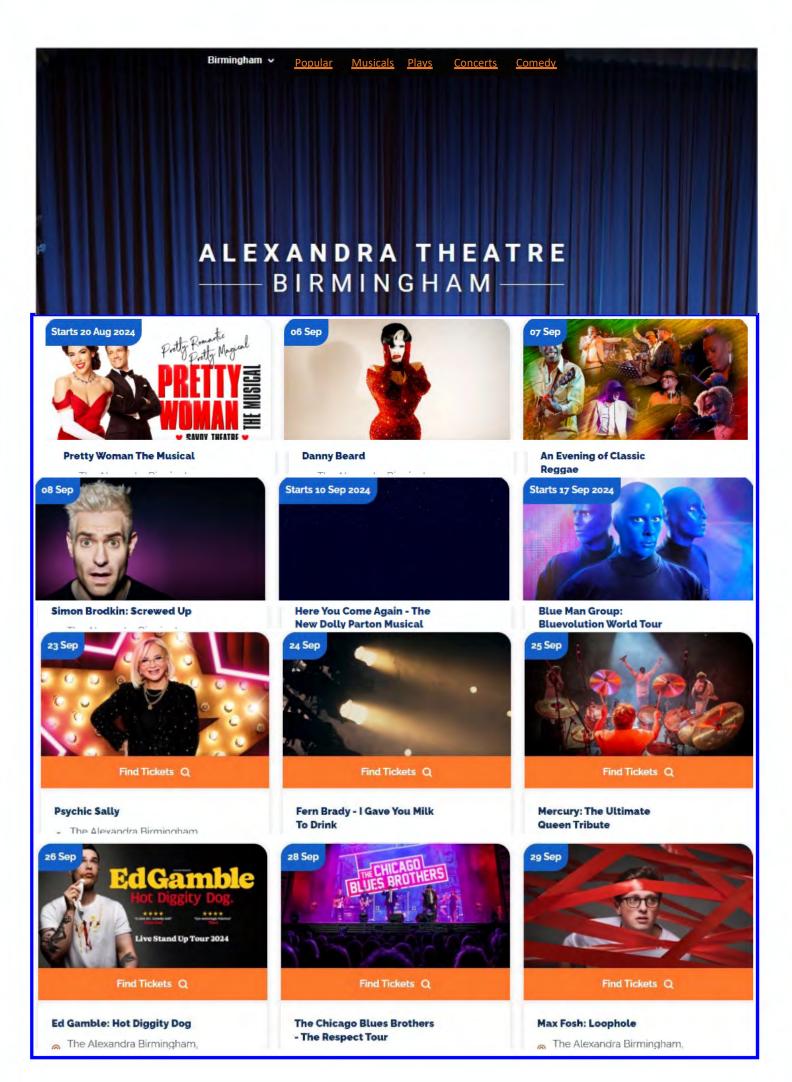


DO YOU KNOW THAT FOR EACH PRODUCTION WE DO IT TAKES A MINIMUM OF

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

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

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





Box Office 01543 412121 WHAT'S ON I CINEMA SUPPORT US GET INVOLVED ABOUT US COVID-19 ACCESSIBILITY



Masters of Deception

Main Auditorium, Saturday 31st August 2024 - 7.30pm

MORE | BOOK



Sister Act - Walsall Operatic Society

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



Arrival: The Hits of ABBA

Main Auditorium, Sunday 8th September 2024 - 7.30pm MORE | BOOK



Jenny Ryan: Out Of The Box

Main Auditorium, Wednesday 11th September 2024 - 7.30pm



Solve-Along-A-Murder-She-Wrote

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



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

Main Auditorium, Thursday 12th September 2024 - 7.30pm



An Evening Without Kate Bush

Main Auditorium, Friday 13th September 2024 - 7.30pm MORE | BOOK



Karen Macpherson School of Dance prese...

Main Auditorium, Saturday 14th September 2024 - 6.30pm MORE | BOOK



RB&O: The Marriage Of Figaro (Live Rec...

Studio, Sunday 15th September 2024 -2pm MORE | BOOK



Chicago - Lichfield Musical Youth Thea...

Main Auditorium, Tuesday 17th -Saturday 21st September 2024 MORE | BOOK



NTLive: Prima Facie (Live Recording)

Studio, Tuesday 17th September 2024 -7.45pm MORE | BOOK



Top Hat Spoken Word Open Mic Night

Lichfield Garrick Venue, Wednesday 18th September 2024 - 7pm MORE | BOOK



Box Office 01543 412121 WHAT'S ON I CINEMA SUPPORT US GET INVOLVED

ABOUT US COVID-19



Sam Rabone's Big Bostin' Variety Show...

Main Auditorium, Sunday 22nd September 2024 - 7pm MORE | BOOK



The Gruffalo

Main Auditorium, Tuesday 24th & Wednesday 25th September 2024

MORE | BOOK



Edward Scissorhands: Matthew Bourne's...



Studio, Wednesday 25th September 2024 - 6.30pm MORE | BOOK



90s Live

Main Auditorium, Thursday 26th September 2024 - 7.30pm

MORE | BOOK



The UK Rock Show 2024

Main Auditorium, Friday 27th September 2024 - 7.30pm MORE | BOOK



Alfie Moore: A Face For Radio

Main Auditorium, Saturday 28th September 2024 - 7.30pm MORE | BOOK

JUNIOR

Young Garrick Lichfield - Junior (Age...

Lichfield Garrick Venue, Sessions every Sunday from Sun 29th September,

10am

MORE | BOOK



Young Garrick Lichfield

- Intermediate... Lichfield Garrick Venue, Sessions every

Sunday from Sun 29th September,

11.45am

MORE I BOOK



Young Garrick Lichfield - Senior (Age...

Lichfield Garrick Venue, Sessions every Sunday from Sun 29th September, 2.30pm

MORE | BOOK



Radio GaGa

Main Auditorium, Sunday 29th September 2024 - 7.30pm

MORE | BOOK



Coming To England

Main Auditorium, Wednesday 2nd -Sunday 6th October 2024

MORE | BOOK

GUIDED TOURS

Guided Backstage

Lichfield Garrick Venue, Next tour: Saturday 5th October 2024 - 11am MORE | BOOK



Winter 2021/22 Welcome back, Birmingham

birminghamhippodrome.com 0844 338 5000*

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

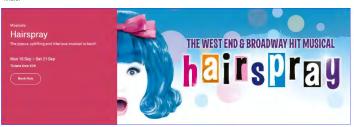
A Chorus Line is a musical masterpiece that revolutionised Broadway, with creator Michael Bennett using real-life testimonies from late-night recording sessions with dancers. Celebrate the lives of theatre's unsung heroes, as they tell searing stories of ambition, shattered hopes, and what it really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

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

bailed What I Did For Love.

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

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



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



Ever thought of stealing someone's ashes? Neither had Millie. Now she's barrelling down the M6 in a Fiat Punto with three accomplices, forty-five packets of crisps and a large decorative urn.

Four Felons and a Funeral follows four dysfunctional friends on a road trip to scatter their mate's ashes. En-route, they experience the five essential stages of grief: screaming, shouting, fighting, fainting and fleeing from justice. What could go wrong?

Following a sold-out run at the Edinburgh Fringe, GOYA Theatre Company present a feel good new musical about letting go of people we've lost, and learning to lean on the ones we've got.



Trim? Fresh. Skin? Glowing. Vibes? Immaculate

Nathaniel is a serious romantic who sees love as a fine art. He's looking for the Mona Lisa to his da Vinci, and tonight is the night: his date with Destiny...'s Child. Winner of the Bruntwood Prize for Playwriting 2022, Nathan Queeley-Dennis' debut play is a love letter to Birmingham, exploring Black masculinity through Beyonce lyrics, techno raves and the deeply intimate relationship between a man and his barber.

Written by Nathan Queeley-Dennis Directed by Dermot Daly Designed by Rūta Irbīte Lighting Designer David Doyle Composer & Sound Designer Tom Foskett-Barnes Company Stage Manager Aime Neeme







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

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

Hairspray took Broadway by storm, winning 8 Tony awards. The production went on to win 4 Olivier awards in the West End, and multiple

rainspay book broadway by sorm, winning of lony awards. The production went on to win 4 clinier awards in the west Eria, and multiple awards worldwide. This feet-pood classic is back. Featuring some of musical theatre's biggest hit songs, Welcome to the 60s, You Can't Stop the Beat, Good Morning Baltimore and many more. Hairspray is the hillarious, joyous, and inspiring musical for all! Join big hearted Tracy Turnblad and her new friends the spirited Seaweed and his sister Little Inez, heartthrob Link Larkin and the resolute

Motormouth Maybelle as they strive to change the world. Hairspray has wowed audiences in The West End and on Broadway and still packs a

punch with its message of tolerance and the fight against racial discrimination.
This fun-filled show is bursting with show-stopping numbers and dizzying dance routines, come and join the beat because just to sit still would



Lise has a choice to make

Loaded country bumpkin or penniless, hunky farmhand? Of course, there's no contest, but her mum has other ideas. Heels are dug in and sparks fly, as a mother-daughter battle ensues. Mixing spectacular classical ballet with slick comedy, a clog-dancing dame, and a super-cute pony, as well as live music by the Royal Ballet Sinfonia, this is sure to be fantastic entertainment for you, your friends, and all your family!





A unique opportunity to find out what it takes to be performance ready. Hear how we stage our magnificent shows and what life is really like on the road.

A series of special introductory talks with members of the Company, each lasting approximately 30 minutes. Introduced by Assistant Répétiteur and Principal Character Artist Jonathan Payn, speakers range from dancers and musicians to members of the vital backstage technical teams.

These events are free to ticket holders and supporters, but you may still need to book your place in advance when you buy your ticket to the show.



A powerful and moving new ballet.

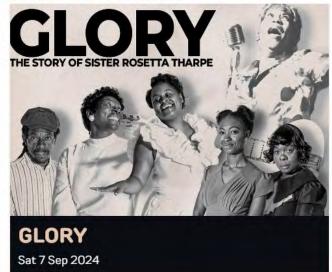
Five female choreographers from around the world take inspiration from the pioneering women of Birmingham. Each tells a story tackling universal themes through sweeping dramatic movement and intense, intimate moments of darkness and light.

Join BRB on this journey to the moon and back, told with love, compassion and creativity, and grounded in

With an all-female, international creative team, including choreographers Iratxe Ansa (Spain), Wubkje Kuindersma (Netherlands), Seeta Patel (UK), Arielle Smith (UK), Thais Suárez (Cuba) and music composed by Kate Whitley (UK), Luna is the final part of Carlos Acosta's Birmingham trilogy (City of a Thousand Trades, Black Sabbath).







Prince Tamino falls in love with Pamina, the kidnapped daughter of the Queen of the Night, and must journey to rescue her with the help of the hapless Papageno. His quest will set him against forces of darkness and light and transform his understanding of the dream-like world in which he lives.

Directed by Royal Opera House, Glyndebourne, and Opera North regular **James Hurley**, this surreal tale of lovers, bird-catchers, and operatic queens offers an electrifying evening of magic, romance, and timeless music.

"There's much to warm the heart here – far beyond the perfection of the musical score"

"Fairy Powered Productions
This Magic Flute is, well ... magical!"

"Mark Aspen
"Phenomenally inventive, relentlessly entertaining, and full of insight"

Classic Explorer

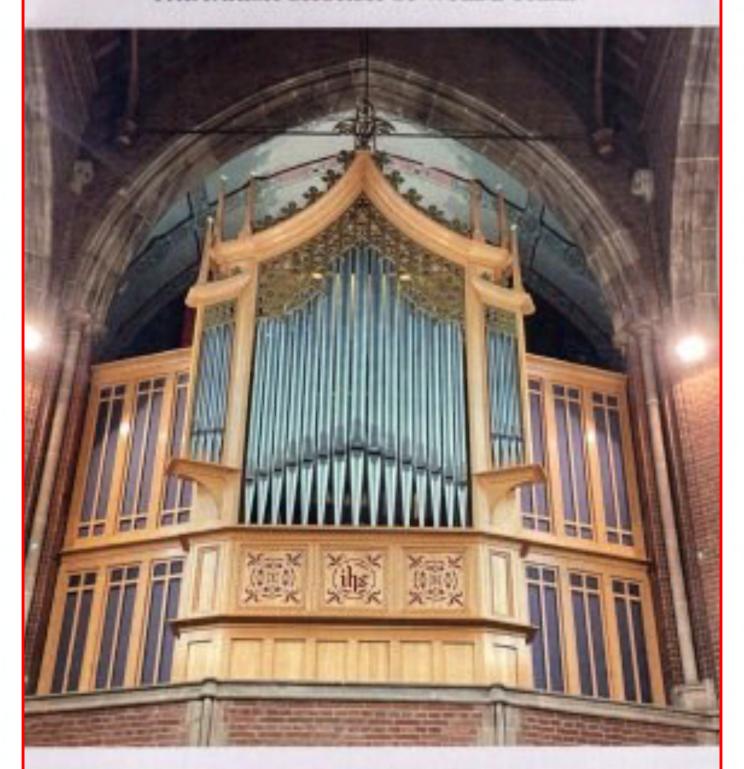
On a rainy evening in May 1964, Granada Studios broadcast a gospel concert on a disused railway station in Manchester. For the star of the show, **Sister Rosetta Tharpe**, it was an opportunity to revive her gospel career. For young Brits, the chance to see the type of African American performer they'd only heard on the radio.

Presented by **Simmer Down Arts**, the UK's premier Reggae Music and Arts Development Agency – don't miss this excellent musical play, set in a black community radio station.

Glory recalls Rosetta's life during a late night radio show presented by DJ Griot. Through Rosetta's remarkable story of faith and sisterhood, connect with the deep, spiritual roots of rock 'n' roll and journey back through the music that broke the colour bar.

EMMANUEL

THE PARISH CHURCH OF WYLDE GREEN



FRIDAY ORGAN RECITAL SERIES 2023/24

First Friday of the Month at 1.00pm

A few items collected at the Festival



- www.brummiehoney.com
- facebook.com/brummiehoney
- o instagram.com/brummiehoney
- faith@brummiehoney.com



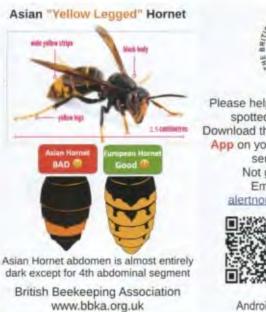


GIFTS - WEDDINGS - WORKSHOPS - EVENTS - FUNERALS

0121 817 0088 - 07789 238 085 HELLO@FLORALJAZZ.ONLINE - FLORALJAZZ.ONLINE 102 ANTROBUS ROAD, B73 SEL









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

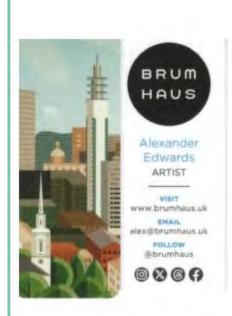




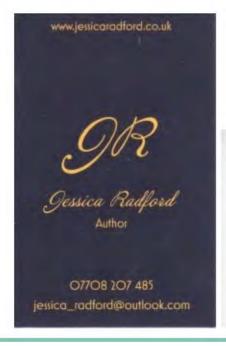
Android

Phone

A few more items collected at the Festival









100% Free Food 100% convenient 100% delicious!

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

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



order your first box today at slimmingworldkitchen.co.uk



touching hearts, changing lives



Additional wellbeing offerings here at Studio27 Wellbeing hub





Personal Training 1-2-1 Wellbeing Support Nutritional Guldance





Membership & Pricing.



Pay as you go

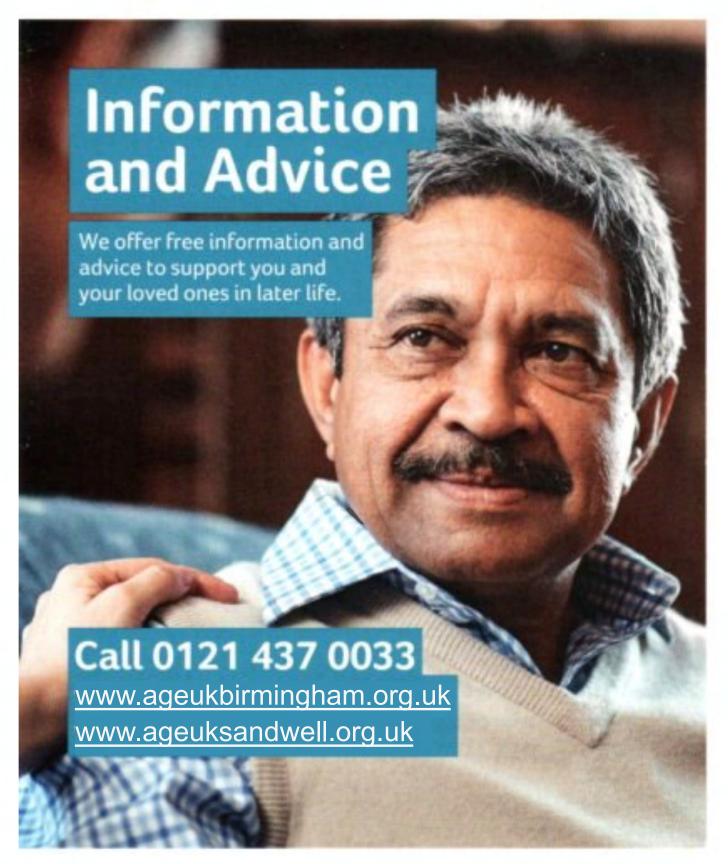
Current prices Price from 1st July 2024 Adult 67 Adult 68.50 Child £6 Child £7.50

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

To book and pay for a membership or class, please visit our website www.studio27wellbeinghub.co.uk







Useful Numbers

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

Ambulance, Fire and Police	999 or 112
NHS Direct (24 hour helpline)	111

Prescription/Shopping Support (NHS) 0808 196 3646
Gas Emergency 0800 111 999

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





0121 437 0033

info@ageukbirmingham.org.uk www.ageukbirmingham.org.uk

info@ageuksandwell.org.uk www.ageuksandwell.org.uk









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

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

Information and Advice

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

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

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

Opening Hours

Our phone lines are open:

Monday - Friday

9:30am - 3:30pm

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



Information Guides

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

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

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30





Support Group
SUTTON COLDFIELD
Delivered by Ago UK Streeten Laws.

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

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



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

dementiacarerhub@ageukbirmingham.org.uk

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

www.ageukbirmingham.org.uk

© 0121 437 0033

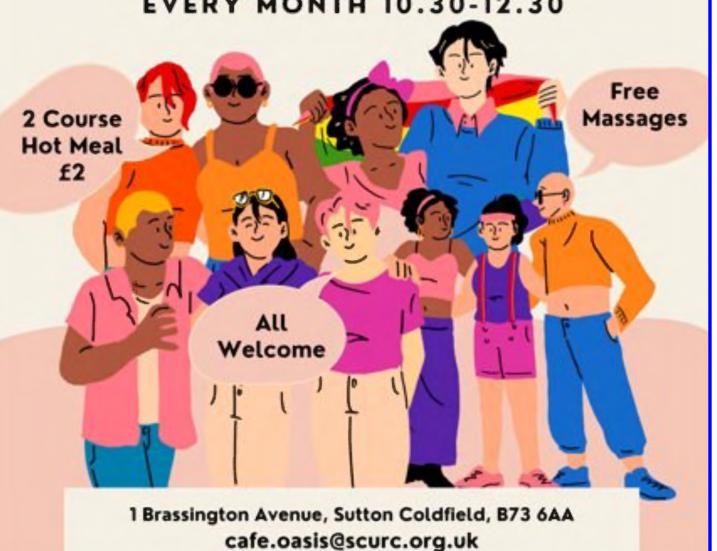


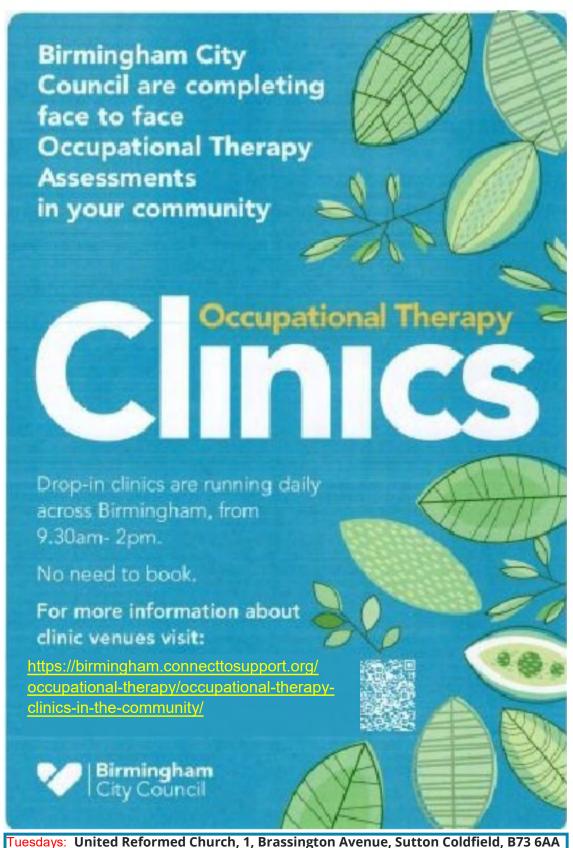


Carers Support Group

SUTTON COLDFIELD UNITED REFORMED CHURCH

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





AM session: 9:30 -12pm; PM session: 12:30pm-2pm

ERDINGTON WELLBEING HUB WITTON LAKES ECO HUB 196 High Street, Erdington B23 6SJ Tel: 0121 827 6295 Witton Lakes, Gypsy Lane, B23 7XX Tel: 0121 227 3200 Welcome to a new era of service and support Perry Common Community Hall, 87 Witton Lodge Road. B23 5JD

for Erdington residents.



Sutton Coldfield

Coffee, cake & friendship cafe

First Tuesday of every month 2pm - 4pm

Come along to our coffee, cake and friendship cafe! Meet Alzheimer's Society Dementia Advisors and gain valuable support and advice. Join like-minded members of the community, make new friends and enjoy a selection of homebaked treats in our warm cafe. We also have a dementiafriendly 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





Sutton Coldfield

Adjusting to a diagnosis of Dementia Wednesday 7th August 2024

2pm - 4pm

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

Trusted to care.



To book please call 0121 314 5513 or email rachel.mackay@careuk.com





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



Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 1LY

www.cinnamoncc.com/suttonparkgrange







British Sign Language (Birmingham)

Classes on:

Banners Gate Community Centre, Sutton Coldfield B73 6UR The Great Barr Community Hub

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042 Email -bslsilver2022@gmail.com

Email -bsisiiver2022@gmail.com

www.bslsilver.co.uk

North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved. Here are some of the cats currently looking for a home:



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





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

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

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

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

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

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell sheilapennell@talktalk.net



Annual health checks for those who are diagnosed with dementia

Birmingham and Solihuli Integrated Care System Caring about healther year

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 an 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 heppens 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, <u>Birmingham Carers Hub, Carers Trust</u> Solihull, <u>Alzheimer's Society, Memory Assessment Service</u>

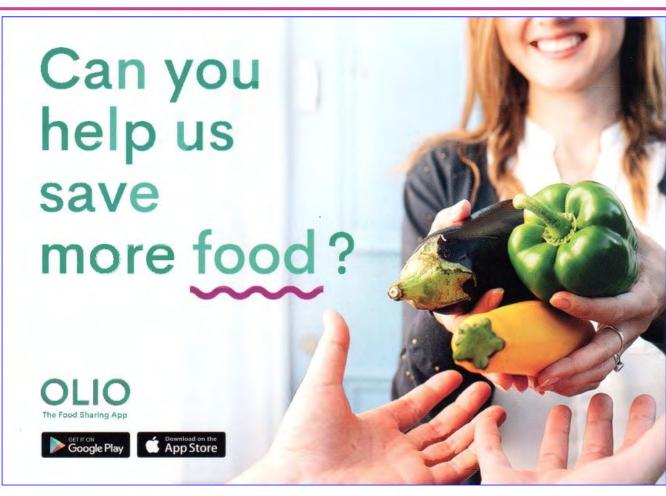


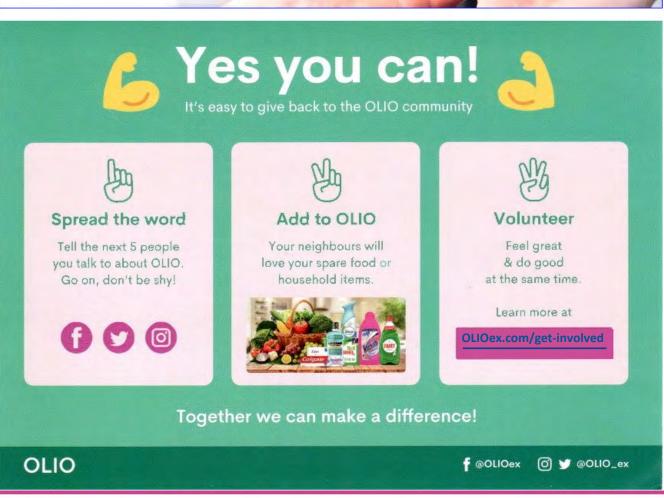






Birmingham and Solihull Mental Health





It's okay...

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



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



Talk to us online via Live Chat (10am-9pm): birminghammind.org



Email us anytime on: help@birminghammind.org

Get in touch today

- We're here to help you -



Living Well





COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker 07565542976













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

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







@thegapsuttoncoldfield



the gap* Sutton Coldfield



Sutton Coldfield Neighbourhood Network Scheme (SCNNS) are pleased to launch their new monthly email newsletter. Please sign up to the mailing list by emailing nns@ageconcernbirmingham.org.uk to receive updates on newly supported projects, asset news and training opportunities.

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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



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

(Derek - Sutton Coldfield)

(Ian - Sutton Coldfield)

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Do you enjoy playing or listening to live music?

Do you like socialising and meeting friendly people?

Are you a beginner or an experienced guitarist?

If so, the Sutton Coldfield Acoustic Guitar Club is the place to go.

We meet at the Royal British Legion Club, Rectory Road, Sutton Coldfield, B75 7AL on the first Tuesday of every month: 8pm to 10.30pm (Doors open 7.30pm)

All guitarists, guitarist/singers, solo performers, duos or ensembles and, of course, listeners are warmly welcomed.

Whatever standard you are - the idea is to have a go and enjoy yourself.

You'll hear music of many genres from across the ages – classical, jazz, pop, rock, folk and some that defies categorisation!

£3.00 entrance fee. Pay at the door (No club membership fee).

There is a well-stocked bar and free parking. The club is also easily accessible by public transport.

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

For more details, please visit our Facebook Page – search for The Sutton Coldfield Acoustic Guitar Club

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



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

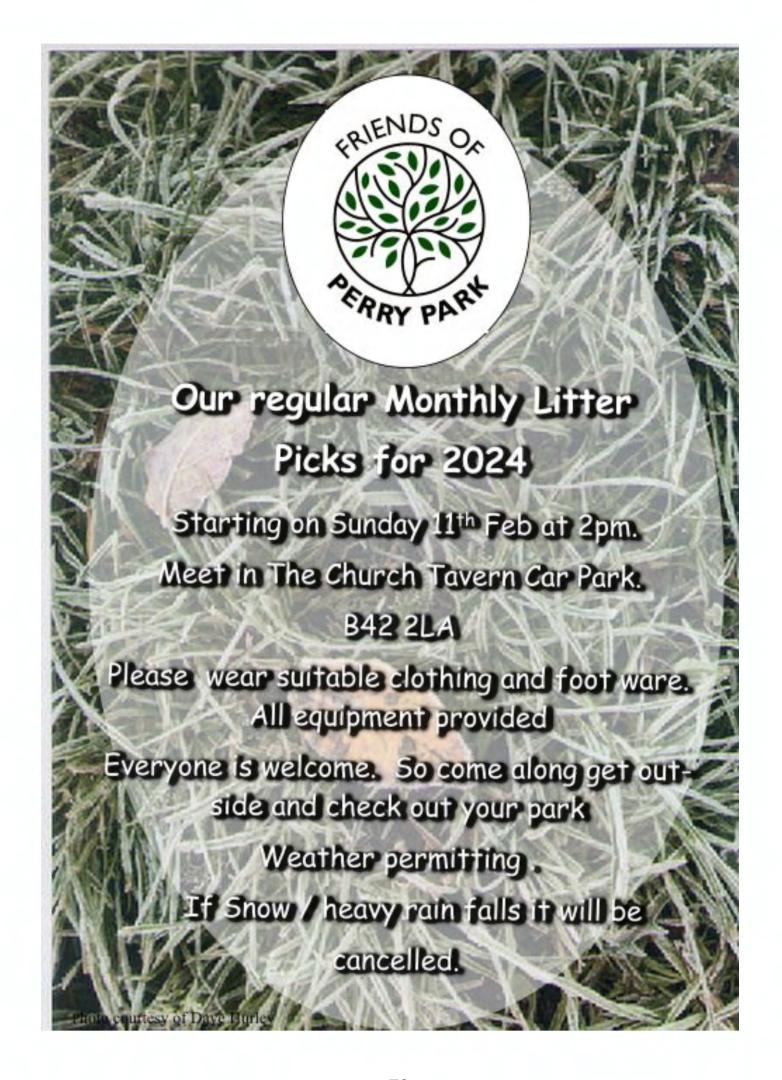
We have entertaining and informative speakers, both local and internationally renowned, and hold regular Saturday workshops.



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

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

See our programme on our website: www.suttoncoldfieldcreativestitchers.co.uk



SandNats 2024



For further information please contact:

Membership Secretary

membership@sandnats.org.uk

Website: sandnats.org.uk

Friends of Perry Park July 2024

Not too busy this month.

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

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

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

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

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

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

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

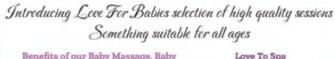
Hopefully I will have more to report next month.

Valerie Edkins.

Photos on next page....







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

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

Trio Of Love 4 Week Course

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

> Baby Massage & Spa 5 Week Course

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



touchlearn

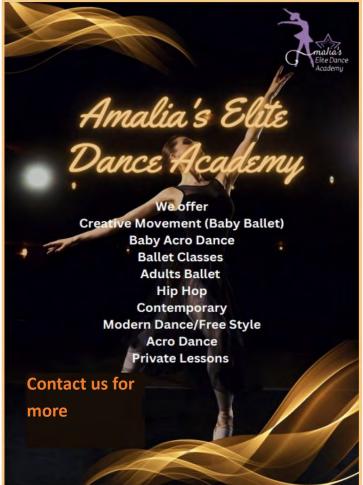




Love To Spa Join in a full sensory spa experience, a calming intimate environment, encouraging positive touch & creating a special bonding experience for parents & babies to share. Babies can enjoy a whirlpool jacuzzi bath, followed by a guided baby massage & sensory play. Finishing the session by capturing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

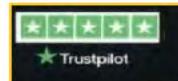
Love To Play Provides children with a fun filled environment to explore a selection of role play areas. Sessions are specifically planned with focus activities for children to explore and learn through play. Encouraging an interactive end to the session with singing, story time & use of musical props





You could be here for free next month.

Fmail bgatepost@gmail.com for details.



Pylama Drama Sutton Coldfield & South Tamworth

Teaching life skills through drama and imaginative play

Fun classes that develop life skills in babies & young children

'DEWDROPS' (AGE 6 MONTHS - 2 YEARS)

10:00am - 10:30am followed by a 30-minute stay & play

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

11:00am - 11:40am followed by a 20-minute stay & play and access to soft play

Get school-ready!

Develop concentration listering skills, and rearn how to make



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

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



Book now! pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



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



INTERESTED?

Contact us for more information

To register your interest in joining the North Birmingham team,

contact Natalie Sparrow at nsparrow@wcg.ac.u or 07799 843722

wcg.ac.u

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Banners Gate Neighbourhood Forum Meetings

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

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

If you need any information please message on 07964 213 229