



Banners Gate & Parklands Community & Neighbourhood Forum

186th October 2024

bannersgateneighbourhoodforum.com

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Due to illness, there may be more mistakes than usual in this month's Gatepost and it has finished up larger than expected. Consequently, it has been very difficult to keep it below 10MB and still be fairly legible. So, here are one on two changes. It will be below 10 MB when it is emailed to you and if it is of poor quality then you can download the uncompressed edition of Gatepost and the supplement at bannersgateneighbourhoodforum.com



Rob Pocock: **COUNCIL 'DAY CENTRE' SERVICE REVIEW**

I have been closely involved in the work being done to review the City Council 'Day Centres'. These places cater for people with physical or learning difficulties - people who are living at home with their

carers but go out to a centre in the day for activities and to give their carers at home a bit of a break.

I'm pleased to say that despite the pressure to save costs, the Council has agreed to continue to provide day centre places for everyone who currently uses the service. So, no-one is going to have their places removed. What's more, all the current staff will continue to be employed to assist them. To save money we are going to run this service from five locations across the City instead of the current nine places. That will save on running costs and make the remaining centres more efficient. That makes sure the Council Taxpayers are getting a better return for their money. Here in Sutton Coldfield, I'm pleased to say that our Ebrook day centre is remaining as it is, close to the Town centre, where a very efficient service currently operates.

Councils generally get criticised for wasting public money. Birmingham Council is no exception to this criticism. I myself have a very clear view that the Council can become more efficient and make more productive use of its money. This can equally be said of the Town Council too of course. But in the case of the City Day Centre service, I believe we have shown how the standard and quantity of service can be maintained, while at the same time saving on running costs. It's a tough balancing act but we have got it right on day centres and need to get it right on other services too.

As well as keeping the day centre service, we need to give people opportunities to do things other than just going to a conventional day centre. My Dad had a stroke in his later years and attended his local day centre in Lincolnshire where Mum and Dad were living at that time. He had trouble speaking because of his stroke, but he did manage to say, "The day centre is OK Rob, but I'd rather spend the day at a cricket match!"

Dad was a cricket fan and played for his local club as a young man before he got his leg shot to bits in Burmah in 1944. He liked to keep himself to himself, so day centres were not really his thing. A trip to the cricket would have been a wonderful outing for him but in those days, it was 'day centre or nothing'. Luckily in Birmingham the Council is actually now looking at these wider opportunities for days out, as well as the conventional day centres. Again, that's what an innovative Council should be doing and I'm pleased to say that despite the budget pressures, that's the direction we are now taking. If he was still around my Dad would be cheering this!



Max Hatton::

Hello Gatepost readers! The heating is on, and the winter jackets are out, we're well into autumn now! This has been a busy month indeed, earlier in October I attended the Birmingham Air Raid

Remembrance Memorial ran by BARRA (B'ham Air Raid Remembrance Association). Each year BARRA organise this memorial service for all the victims of the Birmingham Blitz, one of those victims was my Great Grandfather Thomas Hatton, who died in a bomb raid in Pype Hayes in 1941.

BARRA do a brilliant job of keeping the memory of those victims alive, may we never see the horrors of

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com **Next deadline: November 28th**

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war in our country again. Next year will be the 25th anniversary of the memorial service, and 20 years since the tree of life statue was unveiled.

I also recently visited students at BMET Sutton Coldfield Campus to discuss the upcoming Boldmere Christmas Festival which is running on 17th November. The purpose of the visit was to attract volunteers, as we can not run this event without the goodwill and hard work from our team of volunteers who make these events possible each year. Here's a link to all relevant information on the festival <https://www.boldmere.org/community-festivals/christmas-2024/> If you're interested in volunteering for the upcoming Boldmere Christmas Festival, or any future events, please let us know via this link - <https://www.boldmere.org/community-festivals/volunteers-welcome/>

Finally you may have heard Sutton Coldfield Town Council are running a multi modal travel subsidy scheme over the Christmas period. This is a great scheme aimed at increasing footfall in our town centre over the holidays, and hopefully tempt shoppers away

from those online deals to experience true Christmas spirit in Sutton town centre and support our local shops and economy.

There are three aspects of the travel scheme. Firstly, there will be free car parking at 7 of our town centre car parks, free parking will be available Thursdays and Fridays from 4pm and all-day Saturdays and Sundays from the period of 14th November 2024 – 5th January 2025. Secondly, there will also be free bus tickets available, however if you would like to take advantage of the free bus travel you will need to sign up to the mailing list on the town council website before 10am Friday 8th November here – www.suttoncoldfieldtowncouncil.gov.uk And finally, there will be free cycle hire scheme during the same time period. Make sure to take advantage of this scheme while available! Our next Full Town Council meeting will be held at the Trinity Centre on Tuesday 26th November from 7pm, hope to see you there! Until next month Gatepost readers, have a great month!



John Cooper

Royal Sutton Coldfield Town Councillor.

In the last issue of Gatepost, I mentioned the Town Council's recent consultation on its strategic plan for the next four years, with over 2000 responses from Residents, we now have masses of information

following your responses to the plan and I will speak more of that in the next issue of Gatepost.

In this issue, I want to give you a few facts about the Town Ranger Service provided by Royal Sutton Coldfield Town Council, which I know many of you use and value.

The Town Ranger service was established to pick up the slack due to BCC withdrawing from some activities throughout the City. The Town Ranger service has grown over this time to provide an exclusive service to the Town, which fall into three main activities.

1/. Allotments,

The Town Rangers will be maintaining the ten allotment sites as they transfer to Sutton Coldfield from Birmingham, visiting each site 10 times per year. In the Vesey Ward, there are two sites at Donegal Road and Sunnybank/Sheffield Road. In addition to the basic work of trimming, grass cutting and weeding, the Rangers carry out annual works including Tree management, i.e. lifting canopy; cutting back growth; and removal of dead or deceased trees, considered a

Health & Safety risk.

2/. Bedding Sites, Roundabouts and Car Parks. Weekly visits by the Town Rangers to these sites include litter picks; graffiti removal; pruning and weeding, signage cleaning and general vegetation management. Management of these site not only improves the appearance but also reduces the likelihood of fly tipping.

3/ Rights of Way, Footpaths and alleyways.

The Town Rangers visit these sites each quarter to tackle litter picking; vegetation management; leaf and detritus removal etc. In the Vesey Ward there are a dozen sites of this nature that are visited. One important feature of this activity, apart from appearance is the maintenance of Sight Lines for the safety of users.

Much is made of the frugal management of your money which the Town holds on your behalf, resulting in funding earmarked for specific tasks; in this case, the funding for the Ranger service comes out of "Better & Safer Environment" budget which was £483,303 for 2023/24.

I cannot leave this subject without mentioning the wonderful work carried out by the volunteers from SCLAG (Sutton Coldfield Litter Action Group), the equipment for which is supplied by the Town Council.



Stop press



Connection With Cherished

Cherished is a charity to support children to feel safe, seen, soothed and secure through a trauma-informed and attachment-focused approach.

Our mission is to create a nurturing environment where every child feels safe, seen, soothed, and secure. Through kindness, compassion, and meaningful connection, we empower children to thrive, ensuring they know they are valued, supported, and never alone.

We offer a range of services for children including 1:1 mentoring, school courses, workshops, and our Blossom & Roar Youth after-school groups. We also offer parent workshops and connection themed training and events for professionals, educators and aspiring mentors.

To discover more, or to find out the ways which you can involved, please visit our website:
www.cherisheduk.org



Get Involved Today

Join our Connection Hub

At the Connection Hub, we bring people together to build connection, collaboration, and creativity. Whether you're a freelancer, a small business, or a community member, our Connection Hub offers a unique, vibrant space to network, work, and thrive.

For Community Members:

As a member of our community, you'll enjoy:

- Hot desking space, vibrant, shared working areas, networking opportunities, open meeting spaces - ideal for informal gatherings and collaborations and access to monthly workshops, training and events.

For Local Charities & Businesses:

Looking for a modern and inspiring space to work, meet, and grow? We offer:

- Flexible spaces, private connection rooms, open meeting areas, and hot desking, reliable Wi-Fi, community board promotion, networking & training opportunities and a creative space to build relationships within our community.

We also support new charity organisations with training spaces and opportunities to connect with the local community during their first year of formation.

Our space is designed to inspire creativity and collaboration, making it the perfect environment for individuals, businesses, and charities to flourish. Visit our website today www.cherisheduk.org



Support For Your Child to Feel Cherished

We are here to cherish your child. As a parent, you can refer your child for 1:1 mentoring or register them for our after-school groups. We also offer valuable resources for parents, parent-and-child sessions, workshops, and training events throughout the year.

1:1 Mentoring Service

Our mentors provide tailored support, ensuring your child feels nurtured, seen, and listened to. Each mentoring session lasts for one hour per week for a minimum of 12 weeks, fostering an environment where kindness, compassion, and connection take priority.

Blossom

Our weekly after-school group is designed for girls in primary and secondary school. Blossom runs during term time, focusing on building confidence, developing self-esteem, and forming friendships.

Roar Youth

Our after-school group is tailored for boys in years 4-6, aimed at developing relationships, boosting confidence, and enhancing life skills through purposeful activities.

To refer your child for mentoring or to register them for one of our after-school groups, please visit our website for more information and to complete the registration process. Visit our online calendar for upcoming training and events. We're here to support you and your child every step of the way.

Website: www.cherisheduk.org



Training & Events At The Connection Hub:



Over the upcoming months, we have a variety of events and training opportunities for you to get involved in.

The Connection Hub Launch - 2nd November 10-1pm

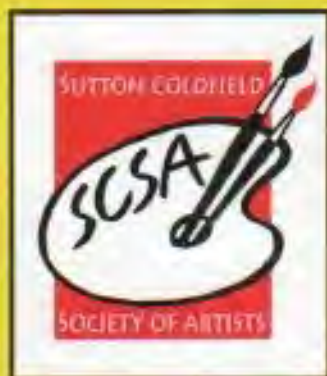
The Connection Hub Open Door - 28th November 10-12pm

New Mentoring Training With Cherished - Start Date: Tuesday 21st January

Connection Counts Training (ACE) Mentoring Cohort - Thursday 30th January 2025 10am - 3pm

Shame Training Mentoring Cohort - Tuesday 4th February 2025 10am - 12.30pm

To enquire or book any of our training sessions or events, please either visit our website www.cherisheduk.org or email hello@cherisheduk.org



ART EXHIBITION

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

TOWN HALL

Bedford Suite

Sutton Coldfield B73 6DA

Admission Free

www.suttoncoldfieldsocietyofartists.co.uk

Free parking, bus travel and cycle hire scheme to boost festive footfall in Sutton Coldfield Town Centre

[October 25, 2024](#)

Shoppers heading to Sutton Coldfield Town Centre this Christmas will be able to benefit from free car parking, free public transport and free cycling, thanks to a forward-thinking project agreed by Royal Sutton Coldfield Town Council and [Birmingham City Council](#).

The ambitious 'Multi Modal Travel Subsidy Scheme' aims to boost visitor numbers and support local traders during their busiest time of the year, by making it easier and cheaper than ever before to travel into the town centre.

The three-part scheme – which is based on other similar successful programmes in town centres around the UK – covers parking, public transport and the West Midlands Combined Authority's bike hire scheme.

For those who need to drive into the town centre, the Town Council is to subsidise free parking across seven town centre car parks, for the eight-week period from November 14th, 2024 to January 5th, 2025.



Subsidised by £47k from the Town Council's Town Centre Regeneration Budget, the offer will focus on car parks in Station Street, Upper and Lower Reddicroft, Mill Street, Anchorage Road, South Parade and Duke Street.

It will run on from November 14th, to coincide with Sutton's Christmas lights switch on, through to January 5th 2025, on Thursdays from 4pm and Fridays from 4pm, with parking free all day on Saturdays and Sundays.

Continued on next page

However, the festive scheme will also aim to enable more drivers to travel by bus, by accessing the Government funded Passenger Incentive Programme offered by TfWM (Travel for the West Midlands). It means shoppers heading to Sutton Town centre will be able to use free and discounted bus tickets being offered across the region by the scheme.

To access the free tickets, residents will need to sign up to the Town Council mailing list by 10am on Friday, November 8th, when more details will be provided. Residents can do this via Subscribe on the home page of the Town Council's Website – <https://suttoncoldfieldtowncouncil.gov.uk>

Finally, the third strand of the Multi Modal Travel Scheme offers free cycling in the town centre as part of the West Midlands Combined Authority's public hire cycle scheme, for which Royal Sutton Coldfield Town Council already provides a funding contribution.

Councillor Simon Ward, leader of Royal Sutton Coldfield Town Council, said: "We are fully committed to creating a revitalised and vibrant town centre for Royal Sutton Coldfield, through our Town Centre Master Plan.

"However, while these bigger plans take shape, it's really important that we support local businesses and traders – and there's no more important time of year for them than Christmas.

"The festive season is a crucially important time of year for local businesses and traders, both in the daytime and nighttime economy.

"Along with ideas like the new German-style Christmas Market, this ambitious three-part travel scheme will make it cheaper and easier than ever before to travel into the town centre to enjoy the festive season, take in the festive lights, shop and relax.

"By including free bus travel and cycle hire, we're also sending an important ecological message that, while some journeys have to be made by car, we also want to help enable people to choose more sustainable ways of coming to enjoy the festive season in Sutton.

"This is a really ambitious programme that should really boost visitors to Sutton this Christmas, and we welcome the support of Birmingham City Council in making it happen."

Councillor Majid Mahmood, Birmingham City Council, Cabinet Member for Environment and Transport said: "Birmingham City Council is committed to supporting and regenerating our town and local centres, and also through delivery of the Birmingham Transport Plan to making travel around our city safer and more sustainable.

These festive offers are a great way for our hard working citizens to save money at what can be a very expensive time of year, whilst at the same time supporting local businesses and I'm pleased to have been able to support Sutton Coldfield Town Council with this offer.

With free bus travel and cycle hire available for shopping and more, it's also an opportunity for drivers to try swapping some of their regular journeys for these more sustainable modes without it costing a penny."



🔥 Going fast



Thursday, November 7

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

£80

[Get Tickets](#)

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



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

3.7k attendees hosted

[Follow](#)

Date and time



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

Location



St Chads Church Hall, 41 Hollyfield Rd

41 Hollyfield Road Birmingham B75 7SN



Do you know someone living with a Dementia?



...then please come to our all-day event at St Chads Church Hall, 41 Hollyfield Road, Sutton Coldfield B75 7SN on Thursday 7th November 9.30-4.30pm

Join us and learn about:

- Up to date best practice in dementia care
- Communication and meaningful connection
- Dementia friendly environments
- Dementia and ageing

David Wilson-Wynne, Senior Dementia Care Consultant, will lead the day.

David is based at Stirling University's internationally renowned Dementia Services Development Centre



Email: stchadssunshinecafe@gmail.com for more information.

Tickets £80 including lunch and refreshments are available from Eventbrite.

<https://Together we can make a difference: meaningful interaction in dementia care Tickets, Thu, Nov 7, 2024 at 9:30 AM | Eventbrite>

Centres for Warmth

WHEN?

Every other Saturday
from 11am - 1pm
12th October
28th October
9th November
23rd November
7th December
21st December

WHERE?

Communita Cafe
76-78 Boldmere Road
Boldmere
Sutton Coldfield
B73 5TJ

WHAT IS A CENTRE FOR WARMTH?

A Centre for Warmth is a free drop in session where you can get:

- Home energy advice to reduce energy use, save money, stay warm and comfortable and reduce carbon emissions to help tackle climate change;
- Information about how the Priority Services Register can help you and support to sign up to it;
- Benefits and debt advice and support;
- Free slow cookers and BrumEnergy warm home items;
- Gas Safety support and advice.

AGE Concern
Birmingham

CONTACT US

0121 630 2462



www.ageconcernbirmingham.org.uk



communita cafe

What's On November 2024

Opening Times
Monday to Saturday 8:30am - 4pm

76/78 Boldmere Road, Boldmere, B73 5TJ

Call us on 0121 630 2462 or email us
communita@ageconcernbirmingham.org.uk



Monday

Carers Hub drop-in: 9.30am - 12pm - 4th Only

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

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

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

Walking Group: 10:30am - weekly

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

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

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

Tuesday

Allotment Group: 10am until 12pm - weekly

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

Dementia Carers drop-in: 10am until 12pm - 5th Only

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

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

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

Stroke Support Group: 10am - 12th and 26th Only

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

Wednesday

Community Police drop-in: 11am until 12pm - 13th and 27th Only

Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

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

Digital Inclusion 3pm until 4pm - weekly

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

Thursday

Parkinson's UK: 10am until 12pm - 14th and 28th Only

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

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

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

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

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

Friday

Art Group: 10am until 11.30pm - weekly

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

Advice Cafe: 11am until 2pm

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

Chatty Cafe: 2pm until 4pm - weekly

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

Saturday

New Centre for Warmth: 11am until 1pm - 9th and 23rd Only

Our energy team will be offering free home energy advice, benefits advice and gas safety support. Check the next page for the details.

Afternoon Tea: from 2:30pm 23rd November only FULLY BOOKED

Next dates 14th and 21st December, Enjoy our afternoon tea with friends or loved ones for just £12 per head. Booking essential

Boldmere Christmas

Festival 2024

1:00 Sutton Coldfield Musical Theatre Company
Live songs from Annie

1:45 Christie Reeves
Local singer songwriter entwining folk with pop ballads

2:30 Banners Gate (Carrieann Hathaway & Harry Daniels)
Local acoustic duo. North Birmingham's open mic champions

3:15 Rockin' Carols from Real Life Church
Sing-a-long with local musicians of Real Life Church

4:15 The Black Jeans (headline act)
Local trio of indie rockers kicking out energetic covers

5:05 Andi Markham (The Puppet Man)
with his friends Jack and Grandad

5:15 Christmas Lights Switch-on

5:25 From the Top Theatre Company
Goldilocks and the three Bears being performed at Highbury Theatre

5:30 Beckie (Local DJ & Saxophonist)
Sing-a-long to some Christmas songs

Full details of our festival at boldmere.org

Sunday 17th November 1-6pm

Helipod
from Midlands Air Ambulance

Children's rides
including: Ferris Wheel, Fun House, Mini Dodgems, Helter Skelter and lots more

Santa's Grotto
at Age Concern

**Over 50 Artisan
Market Stalls**

20+ Street Food Stalls

Live Entertainment

**Large range of
alcoholic and
non-alcoholic drinks**

**Fire Brigade with TRU
and road safety VR**

**Suggested
Donations**

**Adults £2
Children £1
Family (5) £5**

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

Presented by:



Grant Funding from:



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

SAINTE CÉCILE LTD PRESENTS

DANA



A Dana Good Christmas!

GRIMETHORPE COLLIERY BAND

Conductor Matthew Jones
and his Choir

Host Bob Brolly

TOWN HALL, BIRMINGHAM

22.12.24, 15:30

bmusic.co.uk | 0121 780 3333



Friends First

Safe local spaces to make new friends

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

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



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

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

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



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

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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

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

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

Please contact 0121 362 3650 for more information if:

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

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

*You would like to increase your social opportunities.



Just for Mum Yoga

Re-energise
Reconnect
Relax

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

www.yogabodybirmingham.co.uk




Mum & Little One Yoga

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

Tuesday mornings

St Columba's Church, B73 6TX

www.yogabodybirmingham.co.uk



Pregnancy Yoga


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

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

Bring as you go or block book

All equipment provided

www.yogabodybirmingham.co.uk



MOTHER'S CIRCLE

First Saturday of the month
9:20-11:30am
at
St Columba's Church
B73 6TX

YOGABODYBIRMINGHAM.CO.UK

Annual health checks for those who are diagnosed with dementia


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

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

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

What is an Annual Health Check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?


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

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

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


How long does an Annual Health Appointment last?

- 20-30 mins







What help might you need?

- Ask for help if you feel that you might be distressed about going to the GP Practice by yourself.
- If you find it hard to tell the Health Care Professional how you are feeling or are worried about having 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 happens during the Annual Health Check?

- The Health Care Professional will ask all about you and how things are at home.
- Review medication/weights/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 advice, Social support, Finance support, [Birmingham Carers Hub](#), [Carers Trust](#), [Alzheimer's Society](#), [Memory Assessment Service](#).



**Sunday Mornings
at St Columba's**

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

The service starts about 9.45am with tea, coffee and a chat in the hall afterwards. All are welcome; everything is explained as we go along and is in a big room at the front. Come exactly as you are – full of questions, full of faith, full of doubts or completely empty and in need of an hour of peace.

You are welcome.

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



Slimming World
taste the freedom

FREE membership

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

slimmingworld.co.uk



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

Not on Friday 29th December

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

Donations for anyone's favourite project

Classes at St Columba's Church

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



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

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

IF YOU WOULD LIKE TO SUPPORT OUR WORK PLEASE MAKE A DONATION USING [THIS LINK:](https://www.gofundme.com/sharedreading)
[sharedreading@foliosuttoncoldfield.org.uk](https://www.gofundme.com/sharedreading)

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

Church@4

a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk



All are welcome - there is no charge for anything

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



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

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

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

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

New Oscott Village Gym

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



Contact us for prices
and more information:

Jackie.Taylor@extracare.org.uk



ExtraCare
Charitable Trust



Anja Pawson

Vice-Chair of Friends of Boldmere Spinney



Keeping Boldmere Spinney Clean



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

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



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



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



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

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

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



Anja Pawson

Vice-Chair of Friends of Boldmere Spinney

Clean and Green – Community Action in Between

It is always astounding what can be achieved when everyone shares the same vision: a clean, safe and beautiful woodland for all to enjoy.

At our October work party, 28 volunteers gathered to enhance Boldmere Spinney, under the experienced guidance of Sutton Park Ranger, Danny Squire.



Actions achieved: less litter, less holly, more sunlight, more flight paths for bats.

If you want to get involved, email us via: BoldmereSpinney@gmail.com
Or follow us on Facebook: 'Friends of Boldmere Spinney'



GROWING OUR COMMUNITY TOGETHER



CAFÉ OASIS

Our community
café open Monday,
Tuesday, Thursday
and Friday 10.30am
– 2.00pm



So many Activities and Services for you!

- Parish Nurse onsite 3 days per week
- SCURC 'Keep Moving' exercise class
- Badminton
- Occupational Therapy Drop In
- Adult Social Care Drop In
- Diabetes Advice and Support
- Stroke Club
- Boardgames and Wellbeing group
- (Starting in March 2024)
- Indoor Bowling for over 75s
- Meals on Wheels delivery
- Many, many more!

FOOD4U FOODBANK

Every Tuesday from 10.30am, a warm
welcome with free tea and coffee and
lots of advice and support from our
partner organisations
food4u@scurc.org.uk

Telephone or email us at:

0121 355 1217

cafe.oasis@scurc.org.uk

Find out more by visiting us:

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

Or at our website: www.scurc.org.uk

New Oscott Village **SPECIAL SUMMER OFFER!**

*Special offer for Banners Gate
forum subscribers*

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

Come and have a look around

START TRAINING TODAY



Why Choose Us?

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

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

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

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



0121 377 5000

Jackie.Taylor@extracare.org.uk

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

JOIN THE MEN'S HEALTH & WELLBEING GROUP

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



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

Regular Meetings
Meeting regularly to discuss enhancing wellbeing.

Men Networking
Networking personally & professionally.

Guest Speakers
Specialist Guest Speakers.

Physical Activities
Engaging in a variety of fun physical activities.

No costs to attend

"Men's Health Is Their Wealth"

Visit our website

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

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

Birmingham City Council

Sutton Social

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

£2 per session

Every Tuesday
10:30 am - 12:30 pm

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

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

FOCUS
Birmingham



The United Reformed Church

Carers Support Group

SUTTON COLDFIELD UNITED REFORMED CHURCH

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

2 Course Hot Meal £2

Free Massages

All Welcome

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



Free monthly activity sessions for people aged 75 and over



Please register in advance by calling 0800 716 543

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

Bringing generations together

Reengage

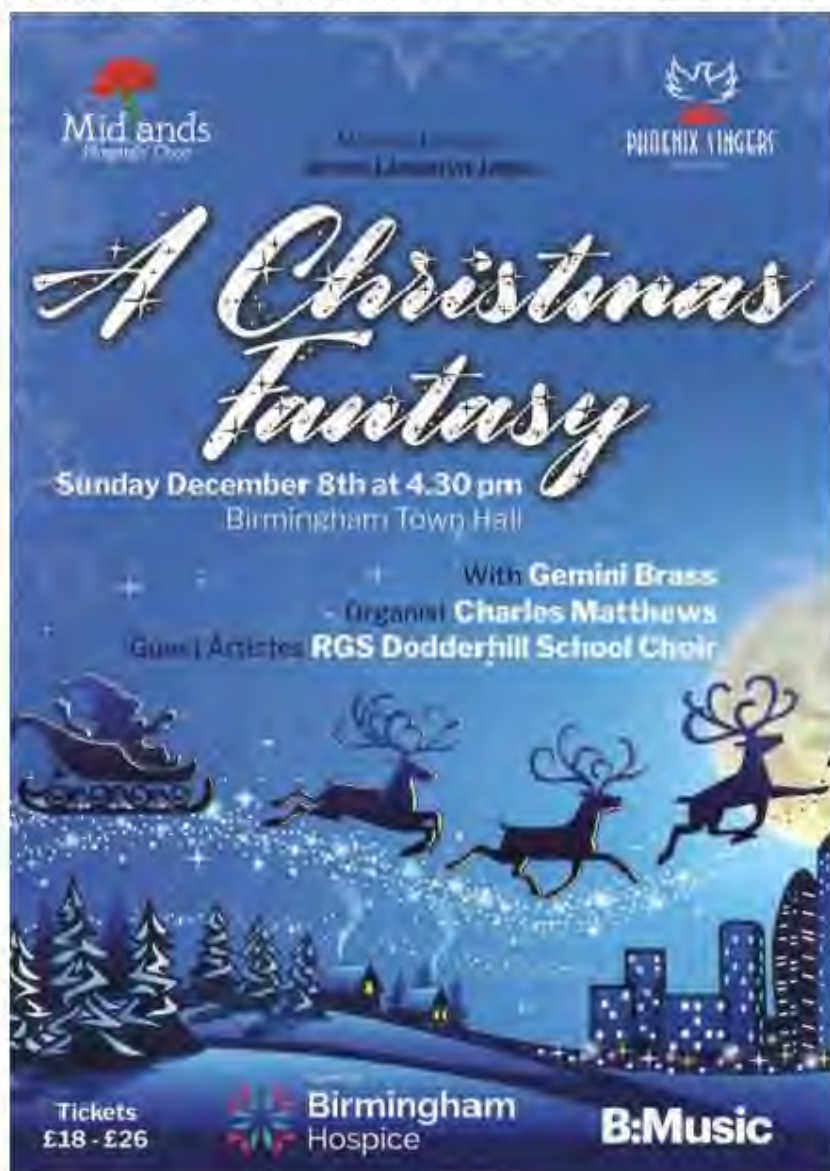
Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377)
visit www.reengage.org.uk for more information

Phoenix Singers Birmingham have donated over £50,000 to local charities over the last twenty

years; Breast Cancer UK, West Midlands Kidney Appeal, St. Mary's Hospice, Conductive Education, Action for Children, MNDA, Lymphoma Association, The Phoenix Children's Foundation, Alzheimer's Society, Midland Freewheelers Blood Bikes, Birmingham Children's Hospital and Acorns Children's Hospice.

"Phoenix Singers Birmingham" and Midlands Hospital Choir are supporting "The Birmingham Hospice" in this Christmas concert at Birmingham Town Hall. It will be a very festive occasion, suitable for the family, with an early 4.30 pm start, and finish at around 7.00 pm. Time to take in before or after the concert a trip around the city's German Christmas Market.

In 2025 choir members and family travel to Belgium staying in Ypres, on St Georges day the choir are privileged to be singing at the Menin Gate in Ypres, at their end of day's traditional last post ceremony.



An early Merry Christmas to all you avid Gatepost supporters and our hard-working editor Tony /

Helping You At Home Service

OUR new Helping You At Home service will help you to stay safe and secure in your own home. We will provide you with a personal support worker to help you with your daily living needs.

Sutton Coldfield, Kingsland, Erdingway, Castle Vale, Great Barr



Wellbeing Support Services

Support for you

Personal Care Service

Competitive rates

We are currently looking for personal care workers to provide support to our clients. We offer a competitive rate of pay and a flexible working pattern. We are also looking for personal care workers to provide support to our clients. We offer a competitive rate of pay and a flexible working pattern.

Call us on 0121 362 5650 to request a free home visit to discuss your needs with a view to developing a personalised support plan. Just for you.

communitéa cafe

What's On October 2024

Opening Times
Monday to Saturday 8:30am - 4pm

76/78 Baldmore Road, Baldmore, B73 5TJ
Call us on 0121 630 2462 or email us
communitéa@ageconcernbirmingham.org.uk



Monday

Carers Hub drop-in: 9.30am - 12pm - 7th only

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

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

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

Walking Group: 10:30am - weekly

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

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

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

Tuesday

Allotment Group: 10am until 12pm - weekly

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

Dementia Carers drop-in: 10am until 12pm - 1st only

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

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

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

Stroke Support Group: 10am - 12pm - 1st, 15th and the 29th only
Bringing together friends and families who have experienced the impact of stroke through our supportive group.

Wednesday

Community Police drop-in: 11am until 12pm - 2nd, 16th and 30th
Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

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

Digital Inclusion 3pm until 4pm - weekly

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

Thursday

Parkinson's UK: 10am until 12pm - 3rd, 17th and 31st

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

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

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

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

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

Friday

Art Group: 10am until 11.30pm - weekly

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

Advice Cafe: 11am until 3pm

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

Chatty Cafe: 2pm until 4pm - weekly

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

Saturday

Afternoon Tea: from 2:30pm 26th October only - FULLY BOOKED

Next date 23rd November, Enjoy our afternoon tea with friends or loved ones for just £12 per head. Booking essential.

Please Bring
Donations
to:

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.





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




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

Scan me to find
your nearest
location and
sign up!

 Connect with your community

 Meet like-minded people

 Gain new skills



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

foodcycle.org.uk/volunteer/
Registered Charity Number 1134423



Love cooking? Enjoy hosting?

Want to meet new people?

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



Volunteer with FoodCycle!

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



Location

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



When

Monday



Time

1:00 pm



Contact

falconlodge@foodcycle.org.uk



Family Friendly

Yes



Accessibility - Disabled Toilet

Yes



Accessibility - Disabled Parking

Yes



Accessibility - Flat

Yes

DANCE ARGENTINE TANGO



with Franco & Julia

Thursday

7.30pm-8.30pm

Banners Gate Community Hall,

Sutton Coldfield B73 6UR

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



Contact: Julia 0779 008 4218

Your free advertisement
could go here.

Email
bgatepost@gmail.com.



CHRISTMAS COMES EARLY

WITH OUR SHOW

Seasonal Serenade

PRESENTING TWO OF BIRMINGHAM'S FINEST
ACCAPPELA CHORUSES

**SECOND CITY SOUND &
ANVIL CHORUS**

Saturday November 23rd

Doors open 7pm for 7.45pm start

Tickets/on the door £ 7 adults & £ 5 concessions

Beacon Church

Collingwood Drive B43 7JL



**Amazing Concert
plus Craft stalls
Refreshments & Raffle**

For Information and tickets contact us on

secondcitysound@gmail.com

or call 0121 384 4729



Are you interested in Art?

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

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

www.suttoncoldfieldsocietyofartists.co.uk

www.suttoncoldfieldsocietyofartists.co.uk

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



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

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

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

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



Sutton Coldfield Photography Club



The friendly club

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

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



We meet on Friday evenings
from September to April at:
South Parade Methodist Centre
Sutton Coldfield B72 1RB



Contact us at
mail@suttonphoto.club
Find us at
www.suttonphoto.club
or scan the Flowcode here

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



**ROYAL SUTTON COLDFIELD
TOWN COUNCIL**

Proposed Future Meeting Dates

Full Council

24th March 2024

Agenda Item 99

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

Volunteers Needed!



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



WHAT WE DO :

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

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

Please email a bit about
yourself to:

tyler@squarepegactivities.org


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





Tyler Shaw (She / Her)

Delivery and Outreach Coordinator




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

 tyler@squarepegactivities.org

 0121 824 0508
07782 171954

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

 www.squarepegactivities.org

   @squarepegcharity

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



Funded by



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

Working in conjunction with



LEAP -

The Energy and Money Saving Service

FREE
FOR LOCAL
RESIDENTS

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

HOW IT WORKS:

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

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

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

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

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

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

Call us now on 0800 060 7567*

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

www.applyforleap.org.uk



LeapService

*9.45am-5.30pm Monday to Friday

ARE YOU ELIGIBLE?

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

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





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

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

Just heard that South Gloucestershire Police have broken up an EDL riot in Chipping Monkton, the men who were seen fighting with sticks outside Holland & Barrett.



FOR THOSE THAT HAVE NEVER SEEN A CATFISH !!



90% of bald people still own a comb. They just can't part with it.



1970

2023



The roads:

I go fishing a lot, and usually use licorice for bait, a guy asked me what I catch....told him Allsorts

FOR SALE
90S ICONIC SOOTY AND SWEEP PUPPETS
ANY OFFER ACCEPTED
JUST WANT THEM OFF MY HANDS



It was only a matter of time. First came the hybrids then the electric and now vegan...



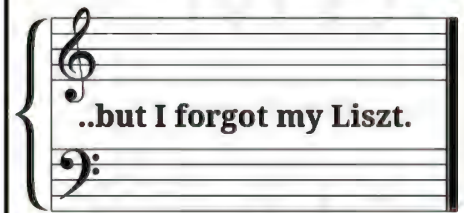
Read it out loud...

I was at the hardware store and asked the man "What gets rid of grime and stains?"

He said "Ammonia cleaner."

I replied "Oh sorry, I thought you worked here."

I went Chopin...



Had to go Bach!

★ Send a gift

www.classicalmusicdaily.net

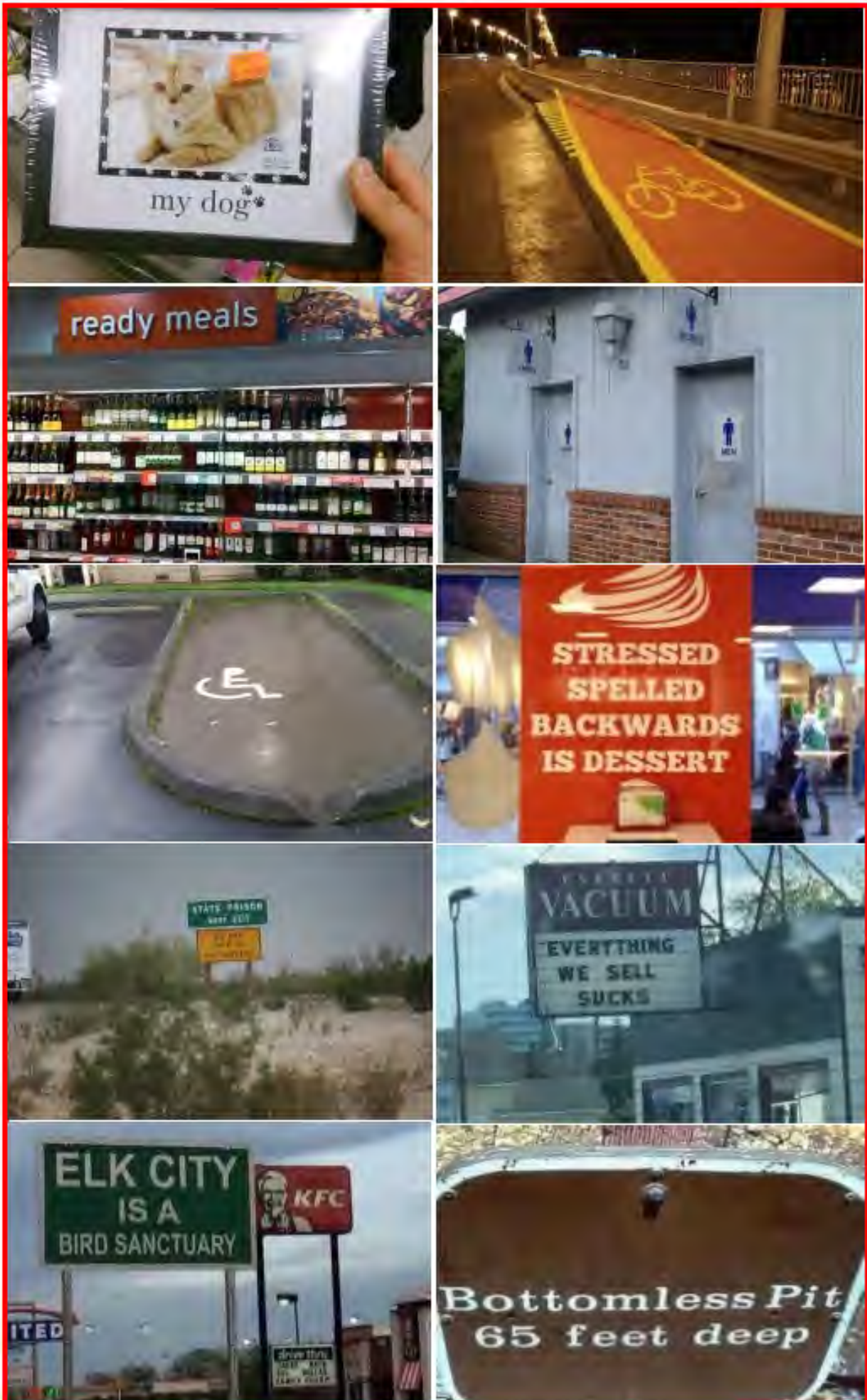
©

This is why these toys matter.



Bought two pints of milk in Aldi today. It was an impulse buy. I only went in for an angle grinder, a wet suit and a 40 ft ladder.

Odd signs from around the world.





BSWA

UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello Sutton Coldfield Community!

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

So what's new?

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

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

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

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



Women's Aid

Supporting survivors of domestic abuse in Birmingham and Solihull



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



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EASY LIVING MOBILITY®

Louise Pugh
Store Manager

☎ 0121 350 7415

✉ wyde.green@easylivingmobility.co.uk

🌐 www.easylivingmobility.co.uk

🏠 167 Sutton Road, Sutton Coldfield, Birmingham, B23 5TN

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Great British Furniture



Journey with us



0121 350 7415

ASK ABOUT OUR HOME DEMONSTRATIONS -

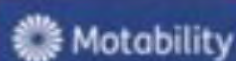
0121 350 7415



**STORES ACROSS
MIDLANDS**
OPEN 6 DAYS
PER WEEK



**WE WILL
SUPPORT YOU**



FREE DELIVERY
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OVER £100

Here's the quiz, easier as requested.

1. According to the old proverb "One man's meat is another man's..", what?
2. Which crop is attacked by the Boll Weevil?
3. The singer Rihanna was born on which Caribbean island?
4. Which American sports hero lit the flame at the 1996 Atlanta Olympics?
5. On what part of your body would you wear a deerstalker?
6. Which Scottish author wrote the novel "Kidnapped"?
7. The condition Hepatitis affects which organ of the human body?
8. Which British Dame gained fame as the ballet partner of Rudolf Nureyev?
9. In which part of the human body is the enzyme Pepsin produced?
10. In the Bible who had sons called Ham, Shem and Japheth?
11. Which author wrote the Peter Rabbit books?
12. Lords in North London is home to which sport?
13. Which Radio 2 DJ was the first ever UK winner of "I'm a Celebrity"?
14. What is the term for a male rabbit?
15. In Cockney slang, how much is a monkey?
16. Which fictional island provides the setting for Thomas the Tank Engine?
17. Helena is the state capital of which U.S. state?
18. Kabbalah is an off shoot of which religion?
19. Who created the Wizard of Oz?
20. In mathematics what name is given to an angle of greater than 180 degrees?

Answers 1. Poison. 2. Cotton. 3. Barbados. 4. Muhammed Ali. 5. Head. 6. Robert Louis Stevenson. 7. The Liver. 8. Margot Fonteyn. 9. Stomach. 10. Noah. 11. Beatrix Potter. 12. Cricket. 13. Tony Blackburn. 14. Buck. 15. £500.00 16. Sodor. 17. Montana. 18. Judaism. 19. L Frank Baum. 20. Reflex.

From last month

Slot Machines-cash lost in me. Animosity-is no amity. Election
Results-Lies let's recount. Snooze alarms-alas no more Zs.

A DECIMAL POINT:

When you rearrange the letters:

THEY SEE

THE EARTHQUAKES:

When you rearrange the letters:

IS A QUAKE

ELEVEN PLUS TWO:

When you rearrange the letters:

TWO COME DOTS

MOTHER-IN-LAW:

When you rearrange the letters:

WORTHY

Thank you, Mike



Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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



REFLEXOLOGY FOOT MASSAGE

"We are living in uncomfortable, crazy times"

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

Switch off for a while - Feel good and reconnect

Benefits include:

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



Be kind to yourself
or someone you love

Call Hayley G
07946 740910

Mobile Experienced & Professionally-Trained Reflexologist & Therapist

Gift vouchers available now
(Discounts for Carers!)



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

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



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

To get involved please contact Claire:

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

Age Concern Birmingham particularly encourages marginalised groups to participate :



LGBTQ+ VETERANS DISABILITIES BLACK AND MINORITY COMMUNITIES



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

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

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

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



WE NEED YOU!

Calling all Ex-Service Men and Women
Across Birmingham and Sandwell

Did you serve?
Did you know someone who served?

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

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

AGE CONCERN Birmingham | THE ARMED FORCES COVENANT TRUST FUND

no men.... just pause

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

You might be feeling
overwhelmed? and not yourself?
It's OK! So... Benstalk about your

MENOPAUSE

Ring Claire on 07930354885 for more information



Register your CCTV cameras to help us keep your area safe

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

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

How it works in three steps:

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

Privacy:

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

Continued on next page...

...continued from last page



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

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

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



Message Sent By
Corporate Communications



Delivering the Right Care, for the Right Person

It's World Mental Health Day.

Every year we get around 48,000 mental-health related calls for service.



Sometimes, having uniformed police officers attend an incident where someone is in crisis can make things worse. Paramedics, social workers or community psychiatric nurses who already have a relationship with the person, may be better able to help.

For almost two years, we've been working with health professions and service users to make sure that together we deliver the right care for the right person. It's the right thing to do and also allows our officers to focus on what they're trained to do - preventing and investigating crime, catching criminals and supporting victims.

We will always attend incidents where there is a risk to life or of serious harm to a person, whether that's to the person in crisis or other people. But there's lots of specially trained organisations who are ready to help.

You can find out more about [Right Care, Right Person](#) on our website westmidlands.police.uk/RCRP.

Get Help

Talking about mental health can be tough and triggering for some people. The charity [Samaritan's is available 24/7 if you need to talk](#)

The [NHS 111 online website](#) has advice on getting the right help for mental health conditions

Contact the [Birmingham and Solihull Mental Health NHS Foundation Trust](#) if you live in Birmingham or Solihull

- If your mental health has shifted to a serious or life-threatening state, call 999 and ask for the ambulance service or go to the nearest hospital with an emergency department

The charity [Mind has information for friends and family of people experiencing mental illness](#)

Call West Midlands Police on 999 only if a crime is in progress, suspects are nearby or life is in immediate danger

Message Sent By



Billy Corrigan

(West Mids Police, Communications Manager, Corporate Communications)



The October edition of OUR NEWS is here

We are pleased to bring you the latest edition of our newsletter for Neighbourhood Watch supporters across England and Wales.

Here are some highlights in October's edition:

*Enjoy photos and stories from our National Crime and Community Conference, and celebrate the winners of this year's Volunteer Recognition Awards

*You're invited to complete our 2024 Crime and Community Survey before 31st October ([click this link to complete the survey](#))

*The MLA shares tips on keeping your home secure as we approach winter

*SimpliSafe gives guidance on home security during the darker nights

[READ THE OCTOBER NEWSLETTER HERE.](#)

We hope you enjoy this edition - please share it far and wide with your communities!



Message Sent By

Ruby Smart

(Neighbourhood Watch Network, Head of Communications and Digital, National)



Series of distraction burglaries – here's what you need to know

We are issuing a warning and some crime prevention advice as we continue to investigate a number of distraction burglaries that's been happening across the region.

Distraction burglaries are where people, usually the elderly, are targeted by thieves who pose as council officials or an employee for the water board, stating they need to enter the property to make checks. When inside, they steal money, property and in some cases threaten or commit violence.

We issued an appeal for information over the weekend as we've named a man we would like to speak to in connection with over 17 of these types of burglaries that have happened in Birmingham, Sandwell, Solihull and Wolverhampton since September.

During one of the incidents, an 88-year-old woman was assaulted at her address in Erdington, and she remains in hospital in a serious condition.

You can find the details of our appeal, an image and a name for the man here - if you see him please call us on 999 immediately.

[Detectives investigating distraction burglaries name suspect | West Midlands Police](#)

Your safety is our number one priority and detectives along with local officers are carrying out enquiries to find this man, but any information you have could be vital.

We are also taking the opportunity to issue the following advice. If you have an elderly neighbour, work with the elderly or have an elderly family member that lives on their own, please pass on the following advice.

Common methods used by distraction burglars

- Pretending to be from a care agency, the council or a utility company investigating a gas or water leak
- Seeking help to leave a note for a neighbour or even asking for a drink of water if they claim to be thirsty or unwell
- Claiming to be in a hurry or emergency and needing to get into your home quickly
- Working in teams, with one person distracting you while the other searches your home

How to prevent it

There are a number of things you can do to prevent distraction burglary. Don't be afraid to ask questions about anyone at your door – genuine callers won't mind. Always remember 'if in doubt, keep them out'

- Use your door viewer to see who's there
- Encourage older people to get into the habit of always locking their doors and by using a door chain or spy-hole
- If you open the door put the chain on first
- Always ask for ID and check it with the company before letting somebody into your home
- Telephone a neighbour, or a nearby friend, and ask them to come along to help check out the caller before you open the door to them. Insist on checking the identity of the caller
- Call the police if you are concerned, we hear a lot of people say that they don't want to trouble us, but we are here to help and all it takes is a call to 101 or 999 if you feel in danger
- When you're checking on whether a caller is really from an organisation, use the phone number advertised in the phone book or online, as the number on their identity card could be fake. For a utility company, call the customer service department. Close the door while you do this
- If you feel at all unsure, schedule a time for the caller to come back when a friend or relative is there
- For pre-planned appointments with utility companies, a password scheme can be set up
- If you feel threatened or in danger by the presence of the caller, call 999



Message Sent By

Stefanie Sadler

(West Midlands Police , Engagement & Consultation Officer, Birmingham Partnerships)



Burglary and Darker Nights

Winter is here, and while we layer up to avoid the cold, let's not forget about layering up our home security.

Criminals will take advantage of insecure windows and propped open doors, even if it's the back door.

Keep you and your home safe this winter by following these useful tips:

- **Make sure doors and windows are closed and locked. Even if you're just popping out, lock up and secure your home.**
- **Consider installing window locks to prevent intruders from easily opening your windows.**
- **Consider installing a home security system with visible cameras and alarm systems to deter burglars.**
- **Keep your valuables out of sight. Close blinds or curtains to prevent prying eyes from scouting your belongings. Shutting the blinds will keep your house warmer.**
- **Give a spare key to a trusted neighbour or invest in a secure key lockbox.**
- **Hosting family or friends in your garden - don't invite burglars to the party. Keep your side entrance, back door, or garden gate closed/locked.**
- **Storing away bikes, gardening equipment, and summer activities? Lock up and keep that garage door closed. It takes seconds for thieves to spot and take expensive tools/bikes/motor vehicles. Consider securing your valuables inside the garage or shed as well.**

For extra security keep porch doors locked, wheelie bins away from low fences or garages, and sheds secure.

For more advice from West Midlands Police visit <https://www.westmidlands.police.uk/police-forces/west-midlands-police/areas/campaigns/campaigns/27-station-road/>

To report crime or anything suspicious call 101 or please visit <https://www.westmidlands.police.uk/>

In an emergency always dial 999.

Message Sent By

Stefanie Sadler



(West Midlands Police , Engagement & Consultation Officer, Birmingham Partnerships)



Weather warning advice



Community safety advice from West Midlands Fire Service



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

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

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

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

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

Stay safe,

West Midlands Fire Service



Message Sent By
West Midlands Fire Service



WMFS Monthly Newsletter

Your monthly newsletter from West Midlands Fire Service

Welcome to October's edition of our monthly newsletter.

As Autumn takes hold, there are now only a few weeks until the clocks go back, Hallowe'en and Diwali. So now is the perfect time to [check out our tips for the safe use of candles](#).

We know that many of you will also be thinking about how to heat your home in an affordable way. That's why we've created a [dedicated page on our website](#) about how to do so safely – with some information for people who might be finding the bills a struggle.

We hope you manage to stay both warm and safe as the nights draw in.

Here's what's included:

- e-bike and e-scooter safety
- wet weather and flooding
- congrats to our teams at the Festival of Rescue
- Staffordshire and West Midlands Fire Control celebrate 10 years
- Don't forget our WhatsApp channel

The Midlands Air Ambulance Charity Awards

We'd also like your views on whether you prefer our newsletter content to be on our website, via a link, or if you'd prefer that we include the content directly in the emails. Indicate your preference by clicking your choice below (both links take you to October's newsletter!)

[I prefer content to be on your website - take me to the newsletter.](#)

[I prefer content to be in the email - take me to the newsletter, this time.](#)



Thanks, and have a safe month!

West Midlands Fire Service

Message Sent By
West Midlands Fire Service



Alexander Stadium Legacy Programme Update

Dear Stakeholder

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

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

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

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

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

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

We look forward to engaging with you again soon.



Council House, Victoria Square, Birmingham, B1 1BB

You can manage your email preferences or unsubscribe at any time.



Clocks go back 27th October - Protect Your Home

It's that time of year again - the clocks are going back on 27th October. The nights are getting darker. We normally see a spike in burglary around this time of year so make sure you lock up and protect your home.

Head to our website to learn how to keep burglars out: [Darker Nights | West Midlands Police](#)



Message Sent By

Stefanie Sadler

(West Midlands Police, Engagement & Consultation Officer, Birmingham Partnerships)



Your donations **save lives**

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

We particularly need good quality:

Clothes and Shoes

☐

Bags and Accessories

☐

Books, CDs and DVDs

☐

Homewares

☐

Toys and Games

☐

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

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

0121 355 5848

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

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BHF06372



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Foundation**

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SUTTON PARK GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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

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



SUTTON PARK GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

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

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





Join us for our next event

Mercia Grange care home, Sutton Coldfield

Coffee, cake & friendship cafe

First Tuesday of every month 2pm - 4pm

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

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

Trusted to care. 

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

care UK 

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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

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

To discover everything you need to know about the Sutton Coldfield Neighbourhood Network Scheme as a whole, you can also read our **NNS Handbook** at

<https://www.calameo.com/read/00067546760ea7e9396a0>





FOR FAMILIES

Every Monday

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

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

Every Tuesday (Term Time only)

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

Every Friday

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

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

FOR EVERYONE

Everyday

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



FOR ADULTS

Friday 1st November

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

Thursday 7th November

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

Every Tuesday

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

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

Thursday 28th November

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

Thursday 7th & 21st November

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

Every Thursday

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

Contact Us

0121 464 2274

sutton.coldfield.library@birmingham.gov.uk

www.facebook.com/SuttonColdfieldLibrary

www.twitter.com/SuttonLibrary

www.instagram.com/suttoncoldfieldlibrary



Sutton Coldfield Library

Opening hours:

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

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

Wednesday: CLOSED

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

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

Saturday: CLOSED

Sunday: CLOSED

Kingstanding Library

birmingham settlement
developing communities, changing lives

Employability and Digital Skills Programme

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

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

Are you unemployed and looking for work?

We can help!

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:

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

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



Like us on Facebook at Birmingham Settlement

Follow us on Twitter at @BSettlement

Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

www.birminghamsettlement.org.uk
Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



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



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

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

OR CONTACT ELIZABETH: 07597 012 598

It's Free!

Free

Bring proof of address for first loan



Pop-up Share Shack



Wednesday 11am - 1pm



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

Come and visit us where you can:

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


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

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



See next page

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



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

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

OPEN WEDNESDAYS
Referrals:
WEDNESDAYS IN BY 12NOON
Parcel Collection:
WEDNESDAYS 12NOON-2PM
*Also available from ELC Kingstanding | B44 8QD
Donations:
WEDNESDAYS 9.30AM-2.30PM

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



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

Your free advertisement
could go here.

Email
bgatepost@gmail.com.

newhope GLOBAL **Benefits Advice
Surgery**

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



FREE!

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

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

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




What's On at Streetly Community Library Autumn 2024

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

2nd Wednesday of each month 10.30-12 Poetry Group

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

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

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

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

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

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

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

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

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

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

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

Saturday 28th September 11-12.30 Lego Fun

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

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

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

Saturday 26th October 11-12.30 Lego Fun

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

Saturday 23rd November 11-12.30 Lego Fun

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

01922 654864 streetlylibrary@walsall.gov.uk



Walsall Council

Walsall Community Libraries



Story & Rhyme Time

Every Friday in Term Time 10.30-11am

and

Saturday Story Time

Every other Saturday from

5th October at 11am

at Streetly Community Library

Blackwood Road, Streetly, B74 3PL

01922 654864 streetlylibrary@walsall.gov.uk

Birmingham's Mobile Library Service

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

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

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

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

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

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

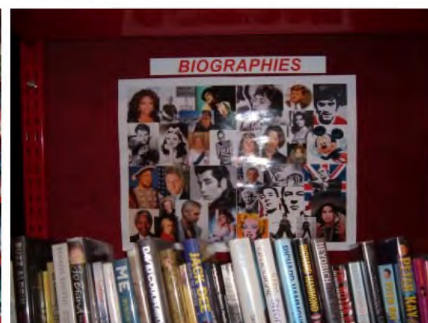
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171 Mobile: 07766 923344

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

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library





A girl with her guy. London 1950's. The days when we would stand outside shops with a stuffed effigy of Guy Fawkes asking "Penny for the Guy?" ...🇬🇧

Thank you, Pat L.



HelpinBrum

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

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

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

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

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

The services at each space will vary but may include:

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

You can find details of our current Birmingham Warm Welcome Spaces at www.birmingham.gov.uk/warmwelcome

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

Benefits and Money Advice:

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

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

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

Birmingham City Council has also developed several support fact sheets which provide useful information on a range of debt related issues. You can view and download information on www.birmingham.gov.uk/debtadvice

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

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

Foodbanks:

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

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

To find a foodbank or other food support please visit <http://www.birmingham.gov.uk/foodhelp>

Healthy Start card

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

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

To find out more and how to apply visit www.birmingham.gov.uk/healthystart

Free School Meals

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

Other Support Available

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

Age UK Birmingham

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

Birmingham Mind

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

Moneyhelper

Advice to help improve your finances.
0800 136 7777 | www.moneyhelper.org.uk

Stop Loan Sharks

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

Turn2Us

Information and financial support.
0800 802 2000 | www.turn2us.org.uk

Birmingham and Solihull Women's Aid

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

Shelter

Housing advice 0800 800 4444 | england.shelter.org.uk

The Active Wellbeing Society

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

The Refugee and Migrant Centre

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

Spitfire Services

Advice on money, credit, debt and budgeting.
0121 747 5932 | www.spitfireservices.org.uk

More Information Available

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

**St John
Ambulance**



Young Responders

Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

**"Make a difference
today!"**

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



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

For more information
visit www.sja.org.uk



Play Bridge




Join us - Bridge is for everyone!



Sutton Coldfield Bridge Club
BEGINNERS BRIDGE LESSONS

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

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

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

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

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge



Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

- The right way to socialise
- Eye contact
- Sit and stay
- Effect of food on behaviour
- Loose lead walking
- Recall
- Building confidence
- Toilet training
- Teething
- Gate and door manners
- Understanding threshold





Classes available now in
Sutton Coldfield - Saturday afternoon





TO BOOK YOUR PLACE PLEASE CONTACT
ERICA

Text or call: - 07704 523 733
Email:- ecd23@icloud.com

Check out the QR Code for further details and reviews



Line Dancing

Absolute Beginners Class

to be held at

Banners Gate Community Hall

Tuesdays 5 - 6 pm

Everyone welcome

Please phone Diane

On 07711 048 215

For further information




CREATIVE PLANTS

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



PREGO

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

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

OUR PLACE
Your Place for Support

Advice Service

FREE ADVICE ON:

- BENEFITS
- HOUSING
- EMPLOYMENT SUPPORT



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

- DEBT ADVICE
- LEGAL ADVICE

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



Supported By 

EHPSC
Early Help Partnership Sutton Coldfield



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

No longer available due to funding change



No longer available due to funding change

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

Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach








In the last 24 hours have you paused, taken a break and allowed your mind, body and soul to be relaxed and calm?
Have you set aside some time to be still, to reflect on your life and its direction?
Are you looking to make positive changes to your life but don't know how?
Are you struggling to find a meaning or purpose to your life?
Are you struggling with feeling stuck and unable to move forward?
Do you need guidance to a problem you are facing?
Would you like help to identify and set life goals?

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

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

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

Free
Bring proof of address for first loan

Pop-up Share Shack

Wednesday 11am - 1pm

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

Come and visit us where you can:

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

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

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

Share Shack   

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

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



Home visiting Podiatrist



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

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

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

FORGET ME NOT SING-ALONG



JOIN US

Sing-along, but together with dementia, affect, deafness and anyone else who'd like to come along. A lot of fun, singing and socialising.

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

WHEN?

Every Monday morning
10.30 starting at 11.00am
(1 Hour Session)

**At Sutton Coldfield
Christ The King Church
Warren Farm Road
Sutton Coldfield
B44 0QN**

kidzlikedanny@blueyonder.co.uk | 07544393523

Why are birds of prey being illegally killed?

Our new Birdcrime report reveals the shocking scale of bird of prey persecution in the UK. But who is killing our vulnerable birds of prey, why are they doing it, and what can we do to stop them?

[Bird crime uncovered](#)



This week we published our latest Birdcrime report. It's an alarming read. Golden Eagles, Peregrines, Hen Harriers and many other birds of prey continue to be killed in significant numbers across the UK.

Jenny Shelton from the RSPB Investigations Team looks at why our vulnerable birds of prey continue to be killed. Who is behind it and what can we do to stop them? We're determined to end this persecution. Find out how you could help.

Also this week, head outside and experience autumn migration. Take a look at our guide to thrushes and discover the flocks of Redwings and Fieldfares freshly flown in from northern Europe.



Siân Duncan
Notes on Nature editor

Which?

An elaborate Facebook Marketplace scam

Scammers will go to extraordinary lengths to con you out of your money. Even after seeing official paperwork, carrying out independent checks and searching official registers, Sarah Harding from Somerset was left £7k out of pocket to a Facebook Marketplace scam.

Sarah's bank, Monzo, refused to reimburse her – [find out what our scams expert advises them to do next.](#)

Google impersonations scams

Scammers are cleverly combining emails and phone calls to trick you into giving them your Google account security codes.

Once the fraudsters have access to your account, they can lock you out and gain access to personal information such as payment details, emails and contact lists. [Discover how the scam works and what you can do to protect yourself.](#)

How to spot dodgy text messages

From scammers impersonating the government and offering non-existent discounts on energy bills to fraudsters pretending to be your adult children and asking you to transfer money, we've seen it all.

Scam messages are engineered to steal your personal details to con you now or in the future. [We run through what you need to look out for to ensure you don't get caught out.](#)

[Scam sharer tool](#)

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

Stay safe,

Which? Scam Alert Team

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

Which?

'A scammer impersonated my solicitor'

A couple who were in the process of buying a house were duped out of thousands of pounds by a convincing scam that involved impersonating their solicitor.

An email, which came from their solicitor's address, asked them to transfer their house deposit. After they realised they'd been scammed, they reported it to their bank, which refused to fully reimburse them. [Find out what happened when our scam expert stepped in to help.](#)

Watch out for 'the British Lung Foundation' cold calls

Companies calling themselves 'UK Energy Hub' and 'UK Eco Home Services' are reportedly pressuring homeowners over the phone to upgrade their loft insulation.

The scammers claim that their insulation products are endorsed by 'the British Lung Foundation charity', to add credibility to the con. [But the British Lung Foundation no longer exists.](#)

Fraud victims who pay the 'wrong' way could be left with nothing

Fraud victims face wildly different outcomes depending on how they transferred their money to criminals, leaving many victims with nowhere to turn.

People who pay a scammer by anything other than UK transfers using Faster Payments and CHAPS (Clearing House Automated Payment System) may have [no protection whatsoever under the new fraud reimbursement rules introduced on 7 October.](#)

Which?

Fake antivirus scam emails return

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

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

Scammers hijack student loan payments

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

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

Could you spot a copycat website?

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

Scam sharer tool

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

Which?

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

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

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



Talking Space

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

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

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

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

In Partnership with
creative SUPPORT
ForwardThinking Birmingham



Talking Space

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

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

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

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

In Partnership with
creative SUPPORT
ForwardThinking Birmingham



Sing Me Sunshine

Sing Me Sunshine is my lovely singing group for all!

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

Tuesdays 2 - 3pm
St Columba's Church hall
Banners Gate Road/
Chester Road North
Sutton Coldfield B73 6TX

Thursdays 2 - 3pm
All Saints' Church Centre
Belwell Lane, Four Oaks,
Sutton Coldfield B74 4TR

£5 PER PERSON

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

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

ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ

SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

CUP OF TEA, GENTLE EXERCISES, HEALTH TALKS, SOCIALISING, DAY TRIPS & MORE...

**EVERY MONDAY & WEDNESDAY
10am—12noon**

Mondays at Methodist Church Centre, Four Oaks B74 2UU
(Buses 6, 78, 842, X3, X5)

Wednesdays at All Saints Scouting Hut, Four Oaks B74 4TR
(Buses 6, 72, 842)

ਜੀ ਆਇਆ ਨੂੰ

Completely FREE to attend
No registration required. Just drop-in or call
07548 006561

Brought to you by Sikhs of Sutton Coldfield
Winners of British Sikh Awards' Seva Group of the Year 2022

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

Please share with your family & friends

SCCT
Sutton Coldfield Charitable Trust

BRITISH SIKH AWARDS 2022 WINNER

ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ ਜੀ ਆਇਆ ਨੂੰ

Sanjha Chulha
a Punjabi Luncheon Group

Calling all in and around Sutton Coldfield

For a full vegetarian meal and soft drinks for only £3

**EVERY FIRST MONDAY OF THE MONTH
Open from 12.30 TO 2.30pm**

ENJOY THE PUNJABI MUSIC & ENTERTAINMENT WHILE YOU EAT

BRING YOUR FRIENDS ALONG OR MAKE NEW FRIENDS THERE!

Methodist Church Centre,
Opposite Four Oaks Train Station, B74 2UU

Please share with your family & friends

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm

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

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

MORE INFO:
For all preschool age children.
No booking required.
Call Beth on
07719 857 450
for further details.

Pregnant? Children under four?

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

FREE fruit, veg, milk and vitamins for you and your family. Worth up to **£8.50** per week**

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

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

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

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

Healthy Start
Great Food. Healthy Families. Stronger Nation.

Birmingham City Council

HEALTHY START NHS

rachel.mackay@careuk.com



G & T
party hire

AVAILABLE FOR ALL
OCCASIONS



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

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

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

Facebook: [Gandt party-hire](#)

Instagram: [gandt_partyhire](#)

Email: Gandtpartyhire@hotmail.com



Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes,

Grant & Natasha



Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

- The right way to socialise
- Eye contact
- Sit and stay
- Effect of food on behaviour
- Loose lead walking
- Recall
- Building confidence
- Toilet training
- Teething
- Gate and door manners
- Understanding threshold



Classes available now in
Sutton Coldfield - Saturday afternoon



TO BOOK YOUR PLACE PLEASE CONTACT
ERICA

Text or call: - 07704 523 733

Email:- ecd23@icloud.com

Check out the QR Code for further details and reviews



RDS



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

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

MORE INFORMATION

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

CONTACT 07729477946 NOW TO RESERVE YOUR CHILD'S PLACE !

**PRICE
£5
PER
CHILD**

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

WHERE?
BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105

07796 546172

caroline@putertutor.co.uk

www.putertutor.co.uk

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Hurley, Atherstone CV9 2JQ

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@PuterTutor

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



Occupational Therapy

Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



Laundry/Cleaning



Shopping and more.....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

birmingham settlement

developing communities, changing lives



Are you
unemployed
and looking
for work?

We can
help!

Employability and Digital Skills Programme

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

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



Scan to learn more
about our services:



www.birminghamsettlement.org.uk

Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding



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

www.birminghamsettlement.org.uk

Registered Charity: 517303



The
Cancer
Support
Centre



THE WALKING GROUP IS BACK!

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

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

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



The
Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

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



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



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

www.suttoncancersupport.org

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

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



100% of money donated goes to the cause

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

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

What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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

Four Oaks
Financial Services Limited
providing positive solutions

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

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity

buddy bag
foundation

FT ADVISER

TOP 100
FINANCIAL ADVISERS

MEMBER 2021
Quilter

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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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

Pizza · Pasta · Steak · Fish

Bistro/Cafe Verona

Boldmere

SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

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

Live Music, Bar, Parking, & Socialising

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



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

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

Or Contact: Sandra on 07932-395158



We need
you!



your help
means a lot!

SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**

Walking Netball Volunteers Needed

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



Contact Hope Bourton -

hope.bourton@englandnetball.co.uk

07458 106980

u3a

Sutton Coldfield

Sutton Coldfield u3a



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

u3a

learn,
laugh,
live

Who do you think you are?

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

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

Why not contact:

Sutton Coldfield U3A Genealogy Group

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

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



Trinity Photography Group

Do You Want To...

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

If so... come and join us.

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

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

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

We do have a small fee: member's £2.50/visit, non-member's £5.00/visit



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

Affiliated to the Birmingham & District of Great Britain through the Midlands Counties Photographic Federation



Sutton Coldfield Photography Club



The friendly club

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

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



We meet on Friday evenings

from September to April at:

South Parade Methodist Centre

Sutton Coldfield B72 1RB



Contact us at

mail@suttonphoto.club

Find us at

www.suttonphoto.club

or scan the Flowcode here

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



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions

Bridge for beginners

Bridge for improvers

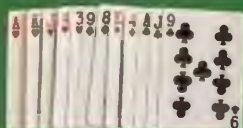
A regular bridge session

Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

CYCLE WITH US

Quiet lanes, Non-competitive, Very sociable.

Wednesday leave 1.30pm, back about 4.30pm

Saturday leave 10.00am, back about 1.00pm

20 to 25 miles, 10 mph. Café stop

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



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



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



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



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

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www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

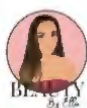
Trinity Centre,
Church Hill, (off Mill Street),
Sutton Coldfield.
B72 1TF

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

- BIAB Gel nails
 - Gel toes
 - Manicures&pedicures
 - Gel extensions
- Based at...
The Luna Lounge
Sutton Coldfield
B74 4EU



To book in, message me

Instagram on... Facebook
_beauty_by_ella 07825001242 Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



We meet monthly 2nd Tuesday 2.15 pm - All Saints Parish Church Hall, Foley Rd East Streetly, B74 3EX. Next meeting - Tuesday 12th November - a fabulous Demonstration with Jayne Edmonds 'Christmas with Style' - all arrangements raffled at end of meeting. Look out for our posters for Christmas Wreath Workshop - Sat 14th December 1.30 pm - 3.30 pm - £35 to include all materials & refreshments. Book



early - this is popular - places are being filled ! Come along and join us - further details Chris Reeves 0121 354 6264 or our Facebook page.



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

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



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

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

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

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

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

The October meeting was delightful. We welcomed Faith from local family company, Brummie Honey who came along and gave us a very informative and entertaining talk on bee keeping. I think most of us already realise that us women lead the way in the world, but even more so in the bee world! She also brought along a table full of their delicious products, so most members went home with a jar or two of honey! Each month we have a competition for the members, and for October it was 'a flower arrangement in a pumpkin'. The members vote on their favourite, and the figures are collected for the full year. At the Christmas meeting, the person with the most wins throughout the year will win a garden centre voucher, with other goodies for the runners up. The idea is to get members comfortable in placing something on the bench for other people to judge, and just like our show in August, these things are so much more fun when you get involved. At next month's meeting the competition is 'a bonfire wreath', so who knows what we will see. It never ceases to amaze me at the talent and imagination shown by members. The November meeting is our A.G.M. This is always a much more enjoyable than it sounds. The official business only takes about half an hour, then we have some presentations from the show. The rest of the evening is spent sharing a lovely buffet and having a good old chat. The group is very friendly, and you would be made very welcome, so please come along and join us. We meet the second Thursday of each month at Banners Gate Community Church, Westwood Road. The

doors open at 7.30p.m. for an 8.00 p.m. start, and we finish at 9.45p.m. If you would like any more information, please give our secretary Gail a call on 07307857440



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

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

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

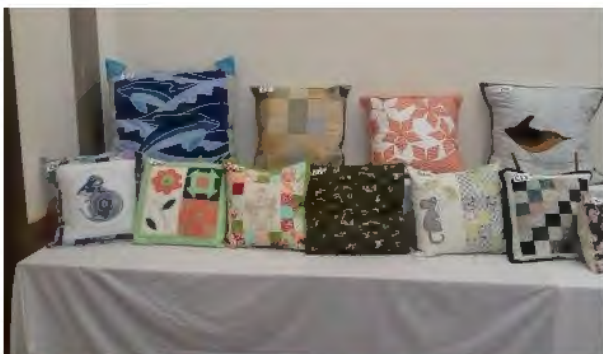
Our new programme commenced on 12 September 2023 and we have a good mix of speakers, workshops, sit and sew sessions.

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

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

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

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



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

WE LOOK FORWARD TO SEEING YOU SOON!



communittea cafe **AGE concern**
Birmingham

**Groups are back at the
Communittea Cafe**



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

We have spaces available

For more information call 0121 362 3650

no men.... just pause

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

You might be feeling overwhelmed? and not yourself? #nottalk about you

MENOPAUSE

Call 0121 362 3650 on 07990 364 886 for more information.



COMMUNITTEA CAFÉ ALLOTMENT **TUESDAYS 10 TILL 12**

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

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the café

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT
Suzy Summerfield
07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsLtd



www.militarychef.co.uk



Unit 10 Market Village
65 south parade
Sutton Coldfield
B72 1QU

Info@militarychef.co.uk
Trade@militarychef.co.uk

Odonata Studios
Middleton Hall Courtyard
Tamworth
B78 2AE

Tel:- 01827 287294

email:- gillian@odonatastudios

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www.odonatastudios.co.uk



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



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option 3)

See options 1, 2, 3

My money doesn't stretch far enough

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

See option 1, 2

I have debt

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

See option 1

I am waiting on a benefit payment or advance

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

See options 1, 2

Other Support

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

Shelter
Housing advice
0800 800 4444 | england.shelter.org.uk

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

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

Turn2Us
Information and financial support
0800 802 2000 | www.turn2us.org.uk
benefits-calculator-2.turn2us.org.uk

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

Healthy Start Vouchers
To help buy fruit, vegetables and milk if you're on a low income and pregnant or have a child under 4.
Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

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

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

Migrant Help
Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK
Asylum helpline: 0800 8010 503
ASCorrespondence@migranthelpuk.org
www.migranthelpuk.org (Webchat available)

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

About this leaflet

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

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



Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1, 2, 3, 5

CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1, 2, 3, 4, 5, 6

THE PROJECT

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

Help with options: 1, 2, 3, 4, 5, 6

BIRMINGHAM SETTLEMENT

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

Help with options: 1, 2, 3, 4, 5, 6

SPITFIRE SERVICES

Advice on money, benefit, housing and employment issues
0121 747 5032 | info@castlevalle.org.uk
www.spitfireservices.org.uk

Help with options: 1, 2, 3, 4, 5, 6

CENTRAL ENGLAND LAW CENTRE

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

Help with options: 3

DISABILITY RESOURCE CENTRE

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

Help with options: 1, 2, 3, 5

CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty
0800 326 0006
www.capuuk.org

Help with options: 3

WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home
0800 196 6296 (option 1)
www.warmerhomesWWM.org.uk

Help with options: 1, 2, 4, 5

Other Support

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

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

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

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

nostalgic

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



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



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

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

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

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

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

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Lottie Lea
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Facebook:
www.Facebook.com/LottieLea
Instagram:
@LottieLea.BabyPhotographer

KIDS & ADULTS

KARATE

Mon 6-7pm 10yr +
Wed 5-545pm 7-9yrs
Wed 6-7pm 10yrs +
Booking Required
07886089473
www.chishiki.co.uk



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www.manor-crafts.co.uk



Floral Design Classes

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Contact number above if interested.

Banners Gate C.C Westwood Rd B73

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

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

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

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



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

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

Age Concern Birmingham run the Carer's Contact Centre as part of the Birmingham Carers Hub partnership. Our advisors are available to help carers with help, advice and information, we register carers and also offer a Statutory Carer's Assessment, wellbeing payments if eligible and information on a wide range of wellbeing

services. We also provide advice on welfare benefits and can link carers to information about grants, legal advice on wills and power of attorney and other one to one support.

If you need advice in your caring role, please call us on:
Information and Advice Line – **0333 006 9711** (low call rate)
Mon, Tues, Thurs & Fri: 9am-5.15pm / Wed: 9am-7.15pm
Saturday: 10am – 12.30pm

Email us at info@birminghamcarershub.org.uk
Visit our website at <https://forwardcarers.org.uk/>

Birmingham Carers Hub Specialist Dementia Service

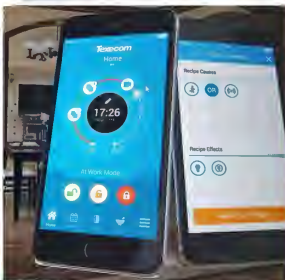
The Birmingham Carers Hub team have all received enhanced dementia training and we have launched a new service offering support to carers of people with dementia. We have also appointed a small team of Specialist Dementia Carer Advisors.

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

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

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"Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist
Church

South Parade, B72 1QY

Every Tuesday

10.30am - 12.30pm

All Saints Church Centre

Belwell Lane

Four Oaks, B74 4TR

Join us at one of our memory cafes
- a safe place where people living
with dementia, along with their
family member / friend / carer
can meet, make friends, have fun,
interact and be stimulated.

All attendees must show proof
of both covid vaccinations

Every Thursday

10am - 12noon

Streethy Methodist Church

Thornhill Road

Streethy, B74 3EH

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10.30am - 12.30pm

Supported by

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To book your place at any of our cafes or
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sue.bevington@suttoncoldfield.homeinstead.co.uk

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- For further information or to book your place please contact Shantel Carty on 07305 056450

www.birminghamsettlement.org.uk
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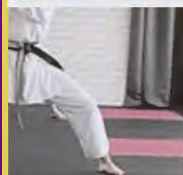
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All ages and abilities are encouraged and welcome.
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When: The last Saturday of every month. 9.00am parkrun start.
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Where:

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Ambassador:

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5k your way: move against cancer | @cancer5kYourWay
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Don't forget to register with us here:

www.5kyourway.org/register

And register with parkrun to get your barcode



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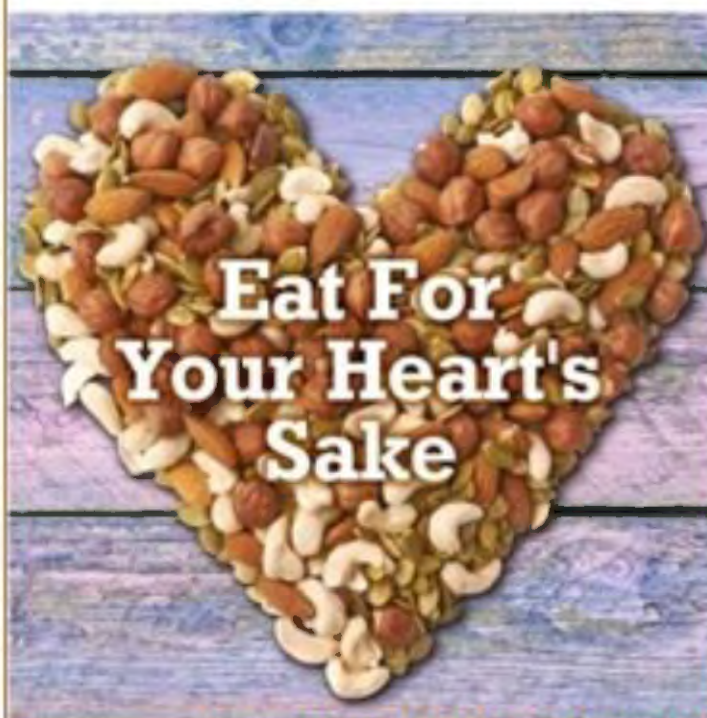
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Banners Gate Community Hall Coffee Mornings.
The next is on 19th November
and will be from 9.30 a.m. to noon - note new times.

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The Community Hall, Reay Nadin Drive, Sutton Coldfield.

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

Or visit our web site www.newhorizonscounselling.org.

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

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

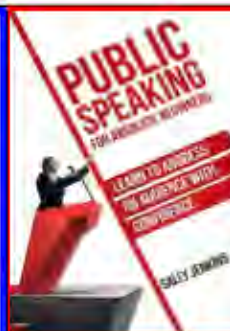
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Tamworth Ankerside
4th Saturday of the Month

Plus scan here for a full list of additional dates..



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Page 2 Page
book club

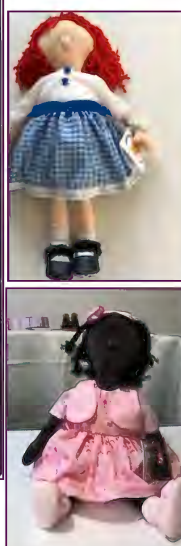
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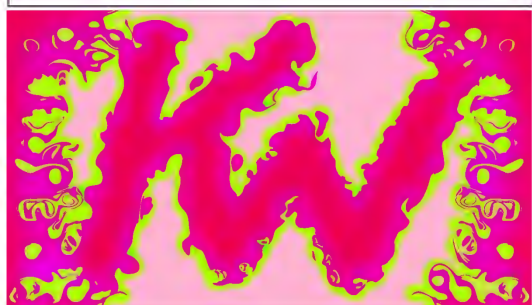



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Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

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

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

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

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



Banners Gate Community Association

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

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

Welcome to Banners Gate Community Hall & Association

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

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

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

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

If you need any information please message on 07964 213 229

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

The next is on 19th November - at 9.30 to noon, please note new times.

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

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

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



The Townswomen's Guild

Patron HRH The Princess Royal GCVO

Thurs. 21st November - Quiz/Games Night

Thurs. 5th December - Christmas Party

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

Banners Gate Community Church

Westwood Road. B73 6UH

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

To find out more visit our website at

www.bannersgatechurch.com.

St Columba's Church

Coffee Morning

Every Friday of the month

10.00 - Noon

All Welcome

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

33rd Sutton Coldfield Scout Group,

H.Q. Coppice View Road

Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years
Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



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

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

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

For more information contact Carol Gardner on 350 7191.

Girlguiding UK

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