

Banners Gate & Parklands

Community & Neighbourhood Forum

187th November 2024 bannersgateneighbourhoodforum.com

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

A Very Merry Christmas and a Happy and Prosperous New Year to all our Supporters.



Rob Pocock: SETTING THE PACE ON COUNCIL EFFICIENCES

Everybody wants Councils to become more efficient and productive. In industry this is an everyday requirement but often.

Councils are slow on the uptake. Councils are the guardians of the money you pay over in Council Tax, but they do not always spend it frugally or wisely. Part of my new job on the City Council Cabinet since the summer, is to search out ways the City Council can become more efficient, and to 'root out' poor work practices that waste public money.

So it was not a surprise to me to discover, earlier this month, that a bizarre and wasteful scheme has been going on for many years, in the way the City Council manages its 'vehicle fleet'.

Everyone knows about the bin trucks that go round collecting the rubbish and recycling. People also know about the vehicles that are used to transport young people with disabilities to their schools. These are quite well managed. So far so good.

But did you know that around another 1,750 additional vehicles are held by the City Council, for one job or another! This might be for the environmental inspection teams visiting shops and firms, or housing officers visiting local estates, or social workers making local visits, or safety teams inspecting play equipment.

A lot of good reasons for the Council to have a substantial vehicle 'fleet'. But what shocked me, was to find out that these vehicles are leased, or hired, or purchased, taxed or insured, in a very fragmented and inefficient way. You would expect this would be done centrally so that, for example, a large discount could be got from an insurance firm. Or a central clerical

service, making all the MOT and taxing arrangements. Economies of scale.

But no! From my investigations it turns out that all these small jobs for managing the 1,750 vehicles are done 'piecemeal' by individual officers working separately within their own internal Directorates. This is inefficient, misses out on the economies of scale, and leads to similar officers doing the same thing, therefore duplicating the work department by department.

So as part of my job in attempting to make the Council more productive and efficient, the proposal is now to set up a single central 'Integrated Transport Unit'. This will replace the fragmented work that duplicates the jobs and fails to make consistent decisions. The Integrated Transport Unit will exploit the economies of scale by bulk purchasing insurance, servicing, taxing etc, right cross the whole Council. Also a lot of this administrative paperwork can now be done by 'digital automation' – get computers to do the laborious legwork infinitely quicker and more cheaply.

My guess is that this new unit could save the Council over £2 million a year. That's £2 million of YOUR money that could be freed up for better purposes, year on year. It can be done! And that's part of my new role – to dig around to see what's been going on, strip away outdated work practices, replace inefficiencies, and modernise the way the Council works. It's long overdue. But at last this change is now taking shape. And it's the citizens of this City that will justifiably benefit.

Max Hatton::



Hello Gatepost readers! November has been a busy month indeed, and it feels like we've had 4 seasons of weather the last 4 weeks! Sutton Coldfield is getting

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com <a href="mailto:Next deadline: January 2nd

ready for Christmas, all the festive lights funded by the Town Council are up on the major highstreets across Sutton and don't they look great!

Earlier this month the town came together in remembrance for those who have lost their lives in war and those who have fought for our freedom. It was an honour to attend the remembrance service on Sunday 10th November, and then the 2 minutes silence and wreath laying. It very moving to see hundreds of people line the streets to watch the parade and observe the 2 minutes silence. Every year we honour our brave heroes, for me I remember my Grandfather Kenneth Hatton, Royal Navy Commando in WW2 and his father Thomas Hatton, a WW1 veteran who fought at the Battle of the Somme. They were the lucky ones who came home, millions of young men didn't and we must never forget their sacrifice and service so we can live in peace.

Later in November we saw the return of the ever-popular Boldmere Christmas Festival, a marked date in everyone's calendar! The weather was not on our side, but we saw over 7000 people attend throughout the day, the rain won't keep us away, although it certainly had a good try! Once again, we owe the success of this festival to the hard-working crew of Boldmere Futures CIC, the army of volunteers, traders, local businesses and of course everyone who attends, this festival and the people who put it on are the embodiment of community spirit! Plans are already underway for the Boldmere Summer Festival which is due to take place Sunday 22nd June 2025. If you're interested in learning more about the festival, or if

you'd like to be involved as a volunteer or apply for a stall, click here: https://www.boldmere.org/ community-festivals/summer-2025/

In Sutton town centre you may have seen the chalets being put up recently for the first ever Christmas Market in Sutton! This looks like a great event for all over the Christmas period and there are many stalls to visit, a full list can be seen here - https://www.visitroyalsuttoncoldfield.co.uk/suttoncoldfields-first-ever-christmas-market/ Online shopping might get you a few bargains but it will never compare to shopping in person, supporting local businesses makes our town better!

And remember, to make it easier for shoppers over December there is the multi modal travel subsidy scheme with free parking at designated times, free cycle hire and free bus travel, full info can be viewed here - Free parking, bus travel and cycle hire scheme to boost festive footfall in Sutton Coldfield Town Centre - Royal Sutton Coldfield Town Council

Not only that but there is free bus travel on all West Midlands buses between Monday 9th
December and Friday 13th December from 7pm – 2:30am Free West Midlands Christmas bus travel offer labelled UK's 'biqqest' - Birmingham Live A real benefit for regular public transport users, but hopefully will entice new users!
Until next month Gatepost readers, enjoy the festive season and happy holidays!



John Cooper

Royal Sutton Coldfield Town Councillor

I report back to you the results of the recent consultation conducted by RSCTC following the issue of the strategic plan

for 2024-2027

To examine the full report, follow the link at the end, where all the results are shown along with charts and illustrations of the numbers involved.

In general terms the Strategic Plan was fully supported by those completing the survey. Our role; is as the closest level of Government to residents of RSC and in being so we have to reflect the reality of life today. Birmingham City Council as you are aware is in financial difficulties and this has a knock-on effect to us in RSC by way of reduced and/or withdrawal of services.

We face the loss of three of the four libraries in the town along with community centres where they are within the same building. Of the four we have, only Mere Green will stay in the current plan, (although we now understand the proposal from the City is to reduce the opening hours of this library). The Town Council through its officers is currently discussing

alternative possibilities. In addition, we have applied to the City for the transfer of 14 assets to the Town; to own and manage. We also await the transfer of 6 of the ten allotments within the town along with Vesey gardens at Holy Trinity Church in the town centre. Vesey Gardens has been slowly moving through the system for several years and the Town has had to step in and foot the bill for the most urgent repairs that are necessary for a public space. The four allotment that have been transferred have been assessed and we have invested in the most urgent of the needs reported. It should be understood that these transfers come with no money from the City and therefore will be funded by the town precept.

It has been announced that our waste collection will only be collected fortnightly from next year rather than weekly as it is now. I also understand there is to be a revision of our recycling collections during the next year.

https://suttoncoldfieldtowncouncil.gov.uk/wp-content/uploads/2024/10/Strategic-Plan-Consultation.pdf

: townrangers@suttoncoldfieldtowncouncil.gov.uk

johncooper@suttoncoldfieldtowncouncil.gov.uk

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, parentand-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.chorlsheduk.org



To enquire or book any of our training sessions or events,

please either visit our website www.cherisheduk.org or

email hello@cherisheduk.org



Details:

Join our girls group! XOXO Made for you.

Blassom is our group for girls just like you-a space where you can truly be yourself while meeting new friends, exploring your creativity, and having loads of fun! Here, you'll get to:

- . Be yourself!!
 . Build Confidence
- . Develop Self-Esteem
- · Express Your Creativity
- · Make Lasting Friendships

In our community, every girl is valued and encouraged to shine in her own unique way. With Blossom, you'll find a safe, positive space where you can explore new interests, learn valuable skills, and feel empowered to be you.

Register on our website or email: blossom@cherisheduk.org

Kind & Craft Years 1-3 Saturday Mornings

10am-11.30am

Primary Blossom Years 4-6 Mondays

4,30pm-5,45pm Or Wednesdays

5.00pm-6.15pm

Primary Blossom (Tamworth) Years 4-6 Mondays

5.00pm-6,30pm

Secondary Blossom Years 7-8 Mondays

6.15pm-7.30pm

Blossom Bloomers Years 9+ Tuesdays

6,30pm-8pm

VISIT OUR WEBSITE FOR VENUES DETAILS AND MORE INFO.

We are also looking for Biossom volunteers to support the delivery of our groups! If you would be interested in joining our team, please get in touch by emailing: hello@cherisheduk.org



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

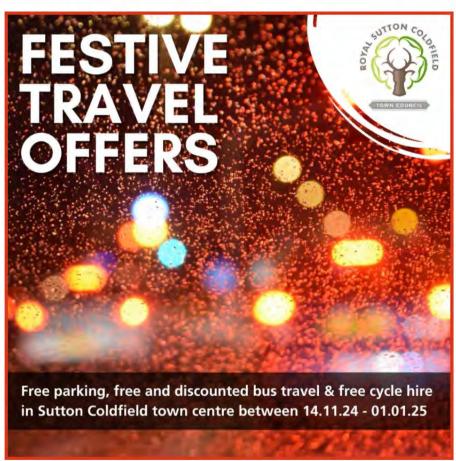
October 25, 2024

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 Midland 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 from last 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."

Coffee & Carols

Friday 20th December 10am St Columba's Church Hall

Hot drinks, Christmas carols, cake & friendly chat

St Columba's Banners Gate

ind us at Banners Gate Road (opposite Sutton Park) B73 6TX stcolumbasbannersgate.co.uk Facebook and Instagram

Christmas at St Columba's

Find us at Banners Gate Road (opposite Sutton Park) B73 6TX stcolumbasbannersgate.co.uk Facebook and Instagram

Carols by Candlelight Sunday 1st December 4pm

Christingle Service Sunday 8th December 10am

Christingle Party Sunday 8th December 4pm

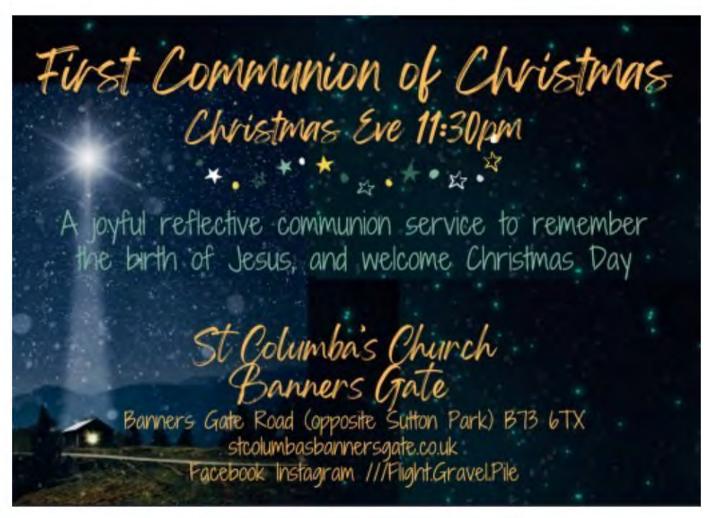
Sunday 15th December 4pm

Coffee & Carols Friday 20th December 10am

Traditional Carol Servive Sunday 22nd December 4pm

First Communion of Christmas 24th December 11:30pm

Christmas 'Crafternoon' Christmas Day Service 25th December 10am







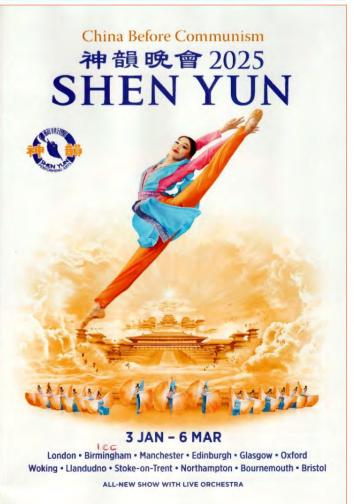
Tickets £8 Adult £4 Child to include light refreshments Tickets from Flo 07963841457

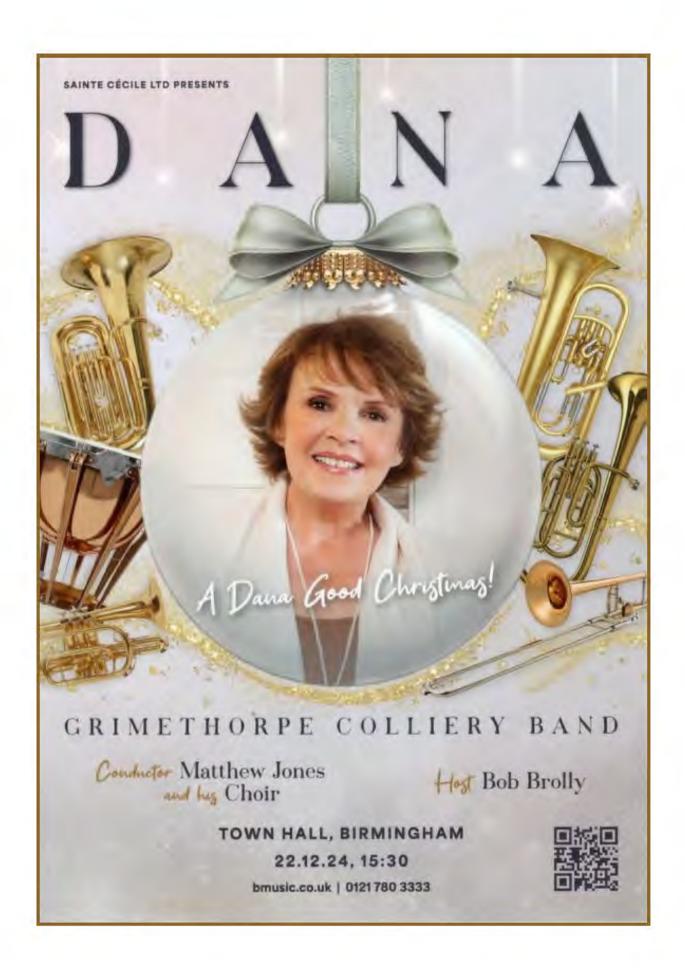
December 7th 7pm start

FUND RAISING FOR HUB CHURCH









The cafe is closed 3:30pm 24 December and reopens 9:30am Thursday 2 January.

Thank you for your coninued custom throughout the year.

By using our cafe you support us to continue to have a safe space people can come together to support each other.

We understand the festive period can be a difficult time for some – remember if you need support:–

Birmingham Mind has a Mental Health Helpline available 24/7 on 0121 262 3555 if you need someone to talk to.

Samaritans call free, any time on 116 123 or email jo@samaritans.org



Whats On December 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
communitea@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.

Wreath Making 9th only

E45 per person, Learn how to make your very own wreath to take home. Get creative. Booking essential.

Tuesday

Allotment Group: 10am until 12pm - weekly

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

Dementia Carers drop-in: 10am until 12pm - 2nd 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 - 10th 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- 11th Only

Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

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 - 5th & 19th Only

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

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 - 13th 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 Teas: from 2:30pm 14th (Fully Booked) some spaces left.

21st December. Enjoy our afternoon tea with friends or loved ones for just £12 per head. Booking essential

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







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.

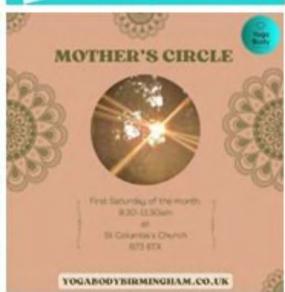
Please contact 0121 362 3650 for more information if:

- *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.









Annual health checks for those who are diagnosed with dementia

(A)

information for those who are fiving with dementia, their families, loved ones and Geers

Are you a person hiving with dismertile or do you care for corrected; that is living with a type of dementia? (for example Adheren's disease, Vaccalar Disease, Fro

Did you breen find if you are diagramed with demantia, you are writted to a free arroad health check. It is important to undertake arroad health checks and it is a key part to an included all uses and well-being.

What is an Assessi mouth check?

 An Avesail Health Chark is a discussion between you and a treath Care Professional (Nume, Advanced Health Practitioner, CP) to one hose things are going and offer local support on matters which you may find challenging.



The health check will help you keep houldly and get the right support you receil if there are any changes to your holly or the way you are feeling

Each year the patient will be contacted by their registered GP Practice before their armud health thenk is then. If you provide support to a person living with demontrs, and word to arrange an armual health check, then please contact your GP Process.

at if you want on Annual Health Chack but haven't had one?

- You or a member of your family can contact your GP Practice and sok for an Arread Health Check appointment.

 Ted year SF Precisio that you have demonstrate to these on give you the right.



- Add for help if you had that you might be donnessed about going to the GP Francisco by promote
- If you find it hard to tell the resulth Care Professional how you are feeling or are worted should having an health therit, you can take a member of your family or someone that known you well
- Maybe write down a lot of questions you might want to ask the Houlth



ers during the Annual Health Charle?

- . The Health Care Professional will ask all about you and lose things are st
- Review medication/weight/height and corry out blood tests identify any changes in behaviour and offer some solutions.
- Neview planning for the future conversations by identifying a person's window and preferences Offer personalised support by referring the patient or someone
- caring for them to a number of services including: Demontta adv Social support, Enurce support, Montrather General Multi-Green Third Solitadi, Alchemer's Society, Memory Assessment Service













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



Classes at St Columba's Church

Monday Tuesday Thursday Friday Sunday

Brownies Brownies 6 o'clock 6 o'clock

Rainbows

Coffee Morning, see above
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:

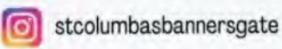
sharedreading@foliosuttoncoldfield.org.uk

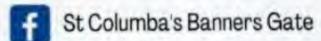
Hope Food – North Birmingham. A charitable incorporated organisation registered in
England. Charity registration number 1195019. Registered office 407 Jockey Road, Sutton
Coldfield B73 5XH

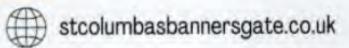
Church@4 a relaxed time for adults and children together

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







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 litness 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 welfness journey.

Plexible Membership Options: We understand that everyone has different achedules, preferences, and budgets, so you can choose from our hexible 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





Eric Janes Dec 2024.



Food around Christmas in the 1950's

- Bananas and oranges only appeared at Christmas time.
- Figs and dates appeared every Christmas, but no one ever ate them.
- Soft drinks were called pop, Coke was something that we mixed with coal to make it last longer.
- If we had eaten bacon lettuce and tomato in the same sandwich, we would have been certified.
- Cornflakes arrived from America; it was obvious that they would never catch on.
- surprisingly, muesti was readily available in those days, it was called cattle feed.
- Pineapple came in chunks in a tin, we only ever saw pictures of a real one.
- We didn't eat Croisants in those days because we couldn't pronounce them, we couldn't spell them, and didn't know what they were.
- > We thought that Baguettes were a serious problem the French needed to sort

Brussel Sprout facts: Brussel sprouts are incredibly good for us, one sprout contains more vitamin C than an orange, and plenty of other nutrients (Not a lot of people know that!)-even when favourably fried with pancetta or chestnut and a touch of Parmesan so leaves are crisp and salty.

- Brits eat more than any other nation in Europe
- · There are 110 different varieties
- . The heaviest sprout ever grown, was in 1992 weighed 8.2 kg.

Our sprout industry is worth £650m and the area covered by sprout fields in the UK is the equivalent of 3,240 football pitches. It's fair to say that these days, no one loves sprouts more than the British. Sprouts only became popular in Britain at the end of the 1800s. However, up until relatively recently, many of us were only familiar with the overboiled Brussels sprout, dished up at festive family feasts in December. Mushy, yellowing and with a smell akin to rotten eggs, the tendency to overcook sprouts helped secure its reputation as one of the nation's most hated vegetables.

Seasonal joke: What's the most popular wine at Christmas...... hate sprouts...

*A very merry Christmas and a happy new year to all Gatepost readers**



Anja Pawson *Local Campaigner in Sutton Vesey*

Vice-Chair of Friends of Boldmere Spinney, Primary School Teacher, Associate Governor, busy Mum of two

Christmas Market and Free Parking in Sutton Park

I had the pleasure of meeting organisers of the Sutton Coldfield Christmas Market on their first opening day. Town Councillor John Copper and I not only got to visit the market, we also stepped into the kitchen and joined in with cooking the Bratwurst! For me, a taste of where I grew up. I do hope lots of residents will enjoy this festive season and support our fabulous local businesses.





Another matter close to John and my heart is free parking in Sutton Park. Birmingham City Council are asking for your views on this here: www.birminghambeheard.org.uk

We personally support a petition by Councillor David Pears, which you can access here: www.suttoncoldfieldconservatives.com/campaigns/stop-parking-charges-sutton-park







If you have any questions or are passionate about this issue like we are, then please get in touch with us via veseyward@gmail.com and follow us on Facebook: 'Vesey News by Anja Pawson and John Cooper'

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

Why Choose Us?

START TRAINING TODAY



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.

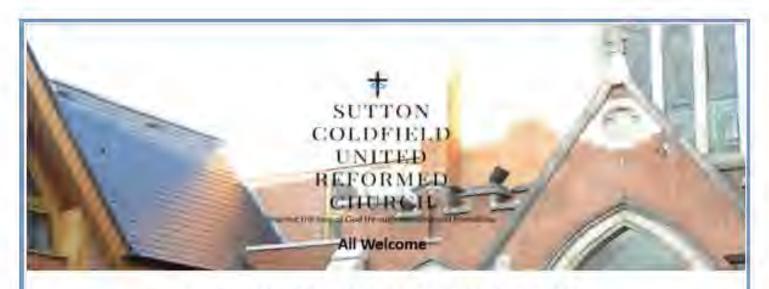
- Tailored Programs for Every Level: Our expert trainer understands the diverse needs of individuals. We offer personalized fitness programs catering to various fitness levels, ensuring everyone feels comfortable and supported on their wellness journey.
- ☆ Flexible Membership Options: We understand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

ExtraCare
Charitable Trust

0121 377 5000

Jackie.Taylor Eextracare.org.uk

New Oscott Village, Fosseway Drive, Chester Road, 823 SLD



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

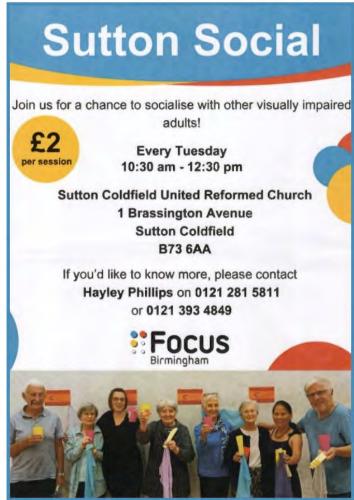
cafe.oasis@scurc.org.uk

Find out more by visiting us:

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

Or at out website: WWW.scurc.org.uk









I love cold weather, all the annoying pests are finally starting to disappear



Did you know the actor Yul Brynner was a life long Liverpool fan and he never wore aftershave in his life. That's right

Yul never wore cologne 🗳 🍪



WOMAN:

I am no bird expert...

But the one on the right is the female.

Shampoo for dry and damaged hair.

in our garden!
We didn't have one

With all this wind I'm

worried about the caravan

TESLA CRASH

We didn't have one vesterday.

MAN:

6 in 1 shampoo for hair, face, body, carpet, car and dishes. So many people these days are too judgemental.

I can tell just by looking at them.

RAGEDY AT WORKPLACE

MAN DIES AFTER FALLING INTO GIANT COFFEE VAT

His wife told reporters: 'He

didn't suffer.

It was instant'



Your car has been keyed. The good news is that the damage appears to B minor. "

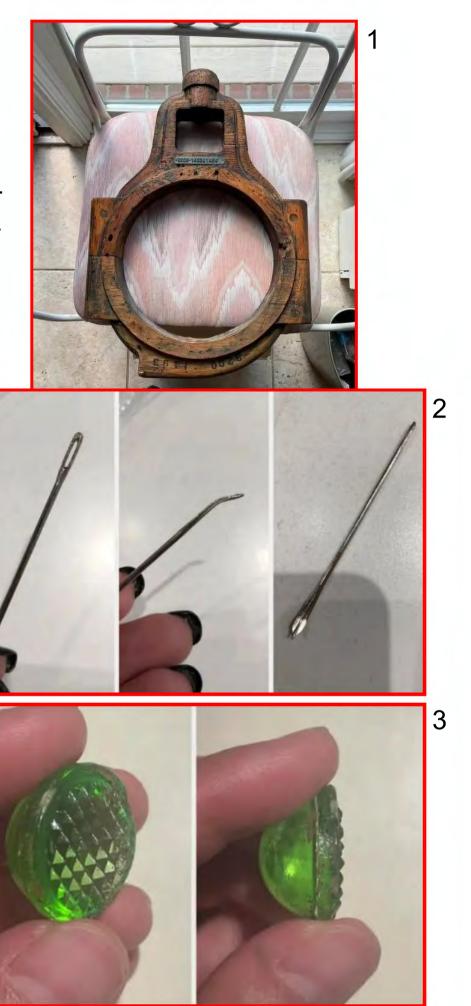
THANKS FOR
TEACHING ME
THE MEANING OF
-PLETHORA-

IT MEANS A LOT





Are you a good guesser? What are these objects. Answers on the bottom of page 25.





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.



the kitchen, or provide a warm welcome to our guests - we've got the volunteering role for you!

@ Connect with your community Meet like-minded people

Gain new skills

sign up!



We are an equal opportunity organisation and welcome volunteers with diverse abilities. foodcycle.org.uk/volunteer/



Love cooking? Enjoy hosting?

Want to meet new people?

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



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



Accessibility - Disabled Toilet

Yes



Accessibility - Disabled Parking



Accessibility - Flat

Yes





with Franco & Julia

Thursday

7.30pm-8.30pm

Banners Gate Community Hall.

Sutton Coldfield B73 6UR

*please wear non-rubber

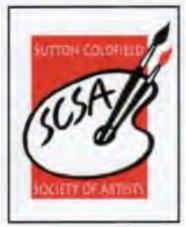
sole shoes*

Contact: Julia 0779 008 4218

Answers from page 23.

- 1. It's a casting positive. They would use it to create a negative mould in sand, which metal would then be poured into.
 - u/SignificantDrawer374
- 2. It's a <u>Jute or Twine</u> sewing needle. The bend makes it so much easier. The wide point gives more space for the thread to pass through the hole made by the needle.
- 3. It is an antique <u>bike reflector</u>. This has a faceted face, but you can find smooth versions that match yours by searching for antique glass bike reflectors.







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







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



Proposed Future Meeting Dates

Full Council

24th March 2024

Agenda Item 99

Meeting	Date
---------	------

Planning and Highways Committee Strategy and Resources committee

3rd December 2024 10th December 2024

Flanning and Highways Committee	7th January 2025
Amenities, Leisure and Community Services	14th January 2025
Full Council	21" January 2025
Planning and Highways Committee	4th February 2025
Strategy and Resources Committee	11th February 2025
Planning and Highways Committee	4 ^{sh} March 2025
Amenities, Leisure and Community Services	31 th March 2025
Full Council	25 ⁶ March 2025
Planning and Highways Committee	1 st April 2025
Strategy and Resources Committee	79 th April 2025
Planning and Highways Committee	6" May 2025
Full Council	13th May 2025





Tyler Shaw (She/Her)

Delivery and Outreach Coordinator

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



tyler@squarepegactivities.org



0121 824 0508 07782 171 954



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



www.squarepegactivities.org



(f) (a) @squarepegcharity

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

Funded by











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

Working in conjunction with







WELCOME TO BIRMINGHAM CITY COUNCIL







Birmingham's Frankfurt Christmas Market returns!



The UK's best Christmas market opens TODAY for another year's festivities!

The Lord Mayor of Birmingham, the Mayor of Frankfurt and German Ambassador to the UK officially open the Frankfurt Christmas Market in Victoria Square on Friday 1 November at 5.30pm, as they switch on the city's festive lights.

This year the market returns to the city for seven weeks (until 24 December) and celebrates its 24th year, featuring 60 festive stalls selling traditional hot gluhwein, schnitzel, spicy sausage, gifts, handcrafted decorations, toys and jewellery - as well as a community music programme and 'open mic' sessions.

The big wheel and popular ice rink also return to Centenary Square (until 5 January 2025), between 10am and 10pm (except on Christmas Day). For more information and to book tickets visit www.iceskatebirmingham.co.uk.

Read more

View more details here







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

https://birmingham.connecttosupport.org/



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.

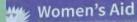
Sowhat's new?

Earlier in the year we hasted 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 roffle 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 apan on Sundays, even more apparaunity for you to shap for a causal

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





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

EASY LIVING MOBILITY. EASY LIVING MOBILITY.

- T 0121 350 7415







ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415











We are offering local residents a completely FREE OF CHARGE service called LEAP (Local

Energy Advice Partnership). LEAP can reduce

HOW IT WORKS

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

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

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

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

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

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

Call us now on 0800 060 7567 (Freephone) to book your appointment, or apply online:

www.applyforleap.org.uk LeapService "8 45am-5 30pm Monday to Friday





ARE YOU ELIGIBLE?

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

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





ST COLUMBA'S CHURCH **BANNERS GATE** WEDNESDAYS (TERM TIME ONLY) 10.15AM-11.30AM

£6.50 PER CHILD INCLUDES SNACK & DRINK

CONTACT BECKY- 07940547492 BECKY@LOVEFORBABIES.CO.UK LOVEFORBABIES F



Here's a Christmas quiz.

- 1. By what seasonal name was Frederick V of Bohemia known?
- 2. On Stir-up Sunday which way should you stir the Christmas pudding to bring good luck?
- 3. Featured in the Charles Dickens' story "A Christmas Carol", what is a "Smoking Bishop"?
- 4. Jason Statham plays ex-SAS soldier Lee Christmas in what series of movies?
- 5. What Christmas present did France give to America in 1886?
- 6. What is the alternate title of Shakespeare's "Twelfth Night"?
- 7. Tins of chocolates are alway popular at Christmas, but can you put these famous brands in order of when they were first launched in the UK, [a] Cadburys Heroes, [b] Cadburys Roses, [c] Celebrations and [d] Quality Street?
- 8. How many times did The Beatles make a Christmas record for members of their fan club?
- 9. Who created Rudolf the Red Nose Reindeer in a 1939 book issued by the department store Montgomery Ward?
- 10. Designed by school children on BBC's "Blue Peter", in which year were the first Christmas stamps issued in the UK?
- 11. In which year was the first "Strictly Come Dancing" Christmas Special aired and who was the celebrity winner?
- 12. Traditionally served on Christmas Eve from what is the Lithuanian soup "Aguonu Pienas" made?
- 13. In the Christmas movie "Love Actually" who plays the US President?
- 14. Which "Downton Abbey" character played by Dan Stevens was killed in a car crash in the 2012 Christmas Special?
- 15. Who played Father Christmas in the following movies, [a] Bad Santa (2003), [b] The Christmas Chronicles (2018), [c] The Santa Clause (1994), [d] Elf (2003) and [e] Miracle on 34th Street (1947)?
- 16. Which Poet Laureate wrote the words to "While Shepherds Watched"?
- 17. Faced by many people in winter what is Chionophobia the intense fear of?
- 18. In which language does "Sawadee Pee Mai" mean Merry Christmas?
- 19. Who starred as the Doctor in the first Dr Who Christmas Special in 2005?
- 20. Who stars alongside Vince Vaughn in the 2008 movie "Four Christmases"?

Answers

1. The Winter King. 2.Clookwise. 3.A type of mulled wine or punch. 4.The Expendables. 5.The Statue of Liberty. 6.What You Will. 7.[d] Quality Street (1936), [b] Cadburys Roses (1938), [o] Celebrations (1997) and [a] Cadburys Heroes (1999). 8.Seven. 9.Robert May. 10. 1966 11. 2004, Jill Halfpenny. 12.Poppy seeds 13. Billy Bob Thornton. 14.Matthew Crawley. 15.[a] Billy Bob Thornton, [b] Kurt Russell, [o] Tim Allen, [d] Ed Asner and [e] Edmund Gwenn. 16.Nahum Tate 17. Snow. 18.Thai. 19. David Tennant. 20.Resese Witherspoon. That's the last, I hope you enjoyed them.

A DECIMAL POINT:

When you rearrange the letters: I'M A DOT IN PLACE

THE EARTHQUAKES:

When you rearrange the letters:

THAT QUEER SHAKE

ELEVEN PLUS TWO:

When you rearrange the letters:

TWELVE PLUS ONE

MOTHER-IN-LAW:

When you rearrange the letters:

WOMAN HITLER

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













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:

LGBTOI+ 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



















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 an 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 <u>Right Care, Right Person</u> on our website <u>westmidlands.police.uk/RCRP.</u> **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

9

Billy Corrigan

(West Mids Police, Communications Manager, Corporate Communications)







Look Closer

Young people can be groomed and exploited in spaces visible to members of the public, such as fast-food restaurants, hotels, taxis, and private hire vehicles.

Whether you're on a night out, commuting home, staying overnight for a business trip, or working as a driver or in customer service, you could be the one that gets help.

By learning the signs with The Children's Society, British Transport Police, and National Police Chiefs' Council we can keep children safe.

#LookCloser #LookCloser To Spot Exploitation | The Children's Society (childrenssociety.org.uk)



Message Sent By

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







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/
www.westmidlands.police.uk/

In an emergency always dial 999.

Message Sent By



Stefanie Sadler

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



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.





Your donations save lives

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

Clothes and Shoes Bags and Accessori Books, CDs and DV		
Homewares Toys and Games	8	
Drop your donations direct to	your local	
Shop or call to book a FREE h Units 6-7 Red Rose Cent West Midlands, B72 1XX	re, Sutton Coldfi	ield,
0121 355 5848		
For furniture collect	tions	gifta
visit: bhf.org.uk/coll	ection	COntab Read Foundation 2019, registered England and Water (200971) and to Scotland G







2pm-4pm

Come along to our coffee, cake and friendship cafe! Meet Alzheimer's Society Dementia Advisors and gain valuable support and advice. Join like-minided members of the community, make new friends and enjoy a selection of home-baked treats in our warm cofé. 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. (2)



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





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

<u>Ukrainian Coffee Morning - 11.30am</u> - 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 a 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.

Thursday 12th December

50th Anniversary Celebrations! - Come and celebrate our 50th Anniversary of Sutton Coldfield Library. See posters for full programme of events for the day.



Friday 6th December

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

Thursday 5th December

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

Every Tuesday

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

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

Thursday 5th December

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 such as card making, or would like to get started come and visit our friendly group based in the library, ally 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

Please see separate leaflet with Christmas and New Year opening times

Kingstanding Library



developing communities, changing lives

Employability and Digital Skills Programme

unemployed and looking for work? We can help!

Our Employability and Digital Skills Programme offers support in:

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

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:



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 95H**



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

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE

www.birminghamsettlement.org.uk Registered Charity: 517303



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



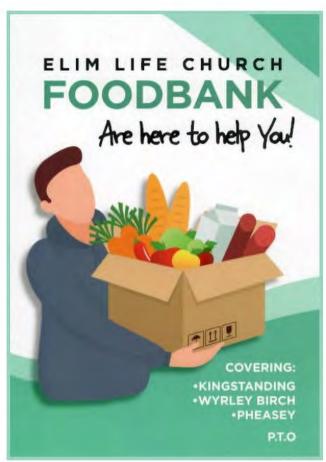
If you need help and support with any issues, such as benefits, housing, debt, isolation, etc., a Community Network Support Officer will be available to provide information and signposting.

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!



See next page





Your free advertisement could go here.

Email bgatepost@gmail.com.



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

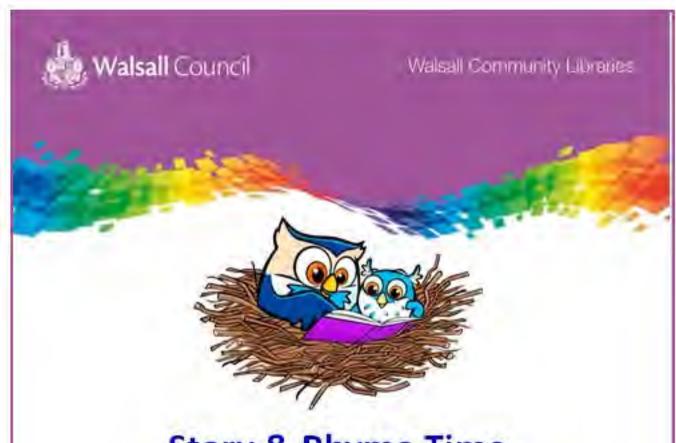
New programme of Beginners' ICT courses starts Friday 4th October—ask at the counter or pick up a booklet for more details

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



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 <u>streetlylibrary@walsall.gov.uk</u>

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

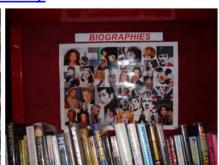
Email: mobile.library.service@birmingham.gov.uk

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library



















Children's Pool at Keeper's Pool 1938. Photo by E. H. Sargeant.

Thank you, Pat L.



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 iming 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 continuenty and a partnership of voluntary and community sector organisations to expand a natwork of warm spaces. These spaces will be available for people to use and visit during the writer period and beyond.

There are several existing Warm Welcome Spaces within local communities across the city. Warm Wincome Spaces are, inclusive and non-judgmental

reared 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 Wirm Welcome Spaces at www.birmingham.gov.uk/warmwelcome

toping the cking back online as more spaces will be launched we do.

Benefits and Money Advice:

During the cost of living crisis, it is also important to ensure you have at cess 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
if mongloom Chy Counce from also do progress one fall appears lace the arts which
provide useful information on a range of diabitativity and the second of the council of th

If you are structuling with debt and need advice and support you can also wut twww.birmingham.gov.uk/debtadviceteam

Www.birmingham.gov.uk/helpinbrum

What can help direct you to the night information

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

The Project - Benefit, debt and housing advice 0121 453 0806 www.theprojectbirmingham.org

- Citizens Advice Birmingham Advice on benefits, doct, housing and more 0344 477 1010 www.bcabs.org.uk
- Disability Resource Centre Advice and advocacy services for disabled people 03050 402 040 www.disability.co.uk

Energy Efficiency:

As energy costs rise we are committed to reduping energy bills and helping inveryone to keep warm as we mad into the winter months.

There are reversi exhemes already even libe for residents with full information and quadrate modifical an 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 iverigions has made it much more difficult for many people alload food. If the is serveral may you are experieding, there are several information points below which can help

We know that accessing a foodbank or other projects for the first time can be dearing. However, the volument do their element in an arm and their will be form.

With one violar saying 17 was just a small person of bould this mouse occurrence of the same one at my layer on a We acreelody did care that times were tough."

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

Healthy Start card

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

The cord has money on it to be used in shops to buy, plum legad nowly mile, fresh, fresh, fresh, and timned fruit and vigariables fresh, chied, and finned pulses; and offant formula milk based on powly milk. You can use get free attention.

www.birmingham.gov.uk/healthystart

Free School Meals

You can be check if you child an a fill the shoot row, only two shoot makes the work of the shoot row.

This will also automatically register you for the Holidays. Activities and Food Programme.)

More Information Available

Even more information is available on the Birmingham Lity. 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.

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, and the second of the second of

Birmingham Mind

Providing advice, information and significant for records affected by mental health issue. 0121 262 3555 [www.birminghammind.org

Monoyhelper Advice to help improve your injences 0800 38 7777 www.moneyhelper.org.uk

Stop Loan Sharks

www.stoploansharks.co.uk

linformulia www.turn2us.org.uk

Birmingham and Solihull Women's Ald

ted by domestic violence and abuse Supposit for war www.bswaid.org

Shelter Hausing advice 0808 800 4 444 england.shelter.org.uk

The Active Wellbeing Society

lusion and Connect support propile to leet treatd commed with others to ective live well and occess information (121-725-763), www.theaws.co.uk/listen-connect

The Refugee and Migrant Centre
Advice on Immerition, housing & destrot on wellam & health, employment & education, resettlement and records
0121-374-0140 | www.rmcentre.org.uk

Spitfire Services

www.spitfireservices.org.uk



Could you help a mate if they were hurt?

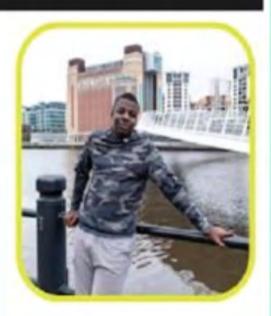
Learn first aid to keep you and your friends safe

"Make a difference today!

Hands-on frst aid sessions for 14 - 25s



For more information visit www.sja.org.uk



FREE first aid sessions in your local area

















Let your inner beauty emerge

Heal & Transform

Reiki Practitioner Transformational Mindset & Trauma-Informed Coach









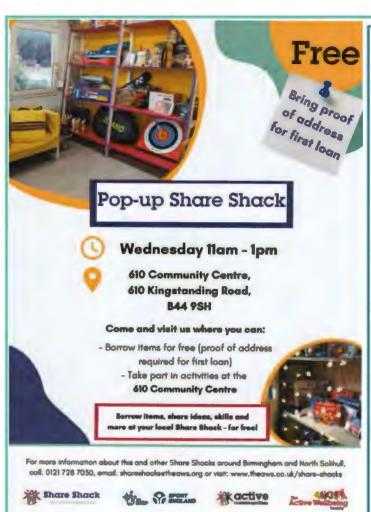
In the last 24 hours have you paused, taken a break and allowed your mind, body and soul to be relaxed and calm?

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







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





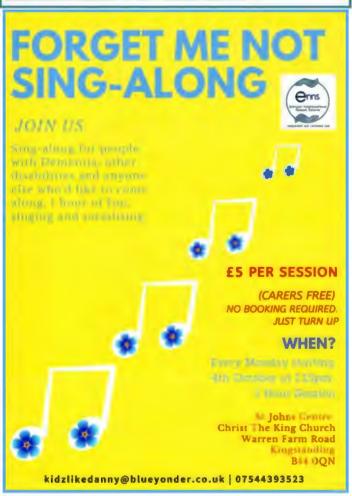
Home visiting Podiatrist



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.







Join

Puzzled by Peregrines? Muddled by Merlins?

Become a bird of prey buff with this winter raptor ID guide. Here are some of the species – regular and rare – you might spot this season!

Your ID guide



This week get to know six brilliant birds of prey with our ID guide. From the fastest bird in the world, the Peregrine, to the UK's largest bird of prey, the White-tailed Eagle, we give you the low-down. Discover helpful ID tips and find out where to see them, including on RSPB nature reserves.

We also bring you the tragic news of the Slender-billed Curlew. Confirmed likely extinct this week, its demise challenges us all to strengthen our determination to protect and nurture our precious wildlife.

Thanks to you and many other supporters, we can save species. We can protect and restore the habitats that nature needs. Read about the rise in Golden Eagles, meet the team restoring rainforests, and learn about our work for woodland birds.

Whatever you do this week, don't lose hope. Enjoy our wonderful wild world and help us to keep it that way.



Siân Duncan Notes on Nature editor



Can you spot a deepfake video?

Deepfake videos are created utilising artificial intelligence and used by scammers to manipulate footage of a person to make them say or do things that never happened. They could employ images of celebrities, or people you know, to try to trick you into paying them.

Test your deepfake-spotting skills by taking our quiz and see if you can tell the fakes from the genuine videos

New tech support scam tactics

Tech support scams are some of the oldest and most persistent, and they're getting more sophisticated. They typically involve a scammer impersonating a tech company, aiming to convince you that your device has a security threat.

As awareness of these scams has grown, fraudsters are evolving their tactics to try to catch you out. We've rounded up the latest tricks so you can be prepared.

Latest scams doing the rounds

Stay in the know about recent scams that are targeting people across the UK.

The latest warnings to be aware of include counterfeit advent calendars and dodgy restaurant vouchers. Take a look at the full list based on your reports to our Which? Scam Action Alerts Facebook community and to our scam-sharer tool.

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?

'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 solictor.

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 <u>flight advice guides</u>. 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 <u>claim</u> compensation.

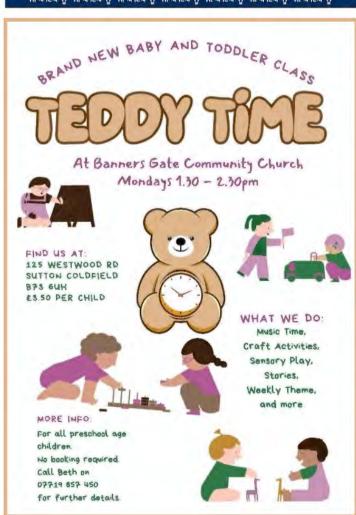
















G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers. We also have a soft play for the 0-2 years old. To find out available dates please contact us on the following:

Facebook: Gandt party-hire Instagram: gandt_partyhire@hot



Sunday running club

A RUN CLUB LIKE NO OTHER



Sunday running dub 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.

mail.com

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













TO BOOK YOUR PLACE PLEASE CONTACT





CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE!



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSC PGCE MCP

⊘ ESTABLISHED DANCE SCHOOL WITH MULTIPLE

FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

CLASSES ACROSS THE MIDLANDS

01675 470105 07796 546172

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

Blythe Cottage, Dexter Lane Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



COLDFIELD

B73 6UR



...Your tech problems solved

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





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

Birmingham City Council

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





developing communities, changing lives

Employability and Digital Skills Programme

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

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

Our Employability and Digital Skills Programme offers support in:

- Career information, advice & gudiance
- 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	мои	TUE	WED	THU	FRI	SAT
Agei Littl M L	mingham Mind omen's Group oam-2.30pm ing Well Tai Chi 11am-12pm te Settlers Baby iassage (Stay, .earn & Play) 12.30-2.30pm n's Cuppa Club 1-3pm	Dance Fit (50+) 10-11.30am Dog Training Group 10.30am-12.30pm Panthers Judo Club 6-8.30pm	Ageing Well Arts Group 10am-12.30pm Learning Disability Group 7-9pm BCC Junior Youth Club 4.30-6.30pm	Little Settlers (Stay, Learn & Play) 10am-1pm Ageing Well Bowls Group 10am-12.30pm Walking Group 10am-1pm Yoga 1.30-2.30pm Girls Club 4-5.30pm Sports Thursdays 5-8pm	Ageing Well Cuppa & Chatter 10.30am-12.30pm Zumba 1.30-2.30pm Learning Disability Group 7-9pm	Foodcycle 1pm (serving time)

www.birminghamsettlementcoguk

Registered Charity: 517303







THE WALKING GROUP IS BACK!



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

Anyone affected by Cancer is welcome.

All abilities catered for.

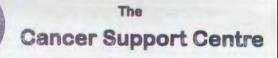
To register please call 0121 378 6295 or email info@suttoncancersupport.org.











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 GJB

Website: www.suttoncancersupport.org

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



YOGA



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@auttoncancersupport.org

The Cancer Support Centre, Lindridge Road, Sutton Coldfield, 875 6JB

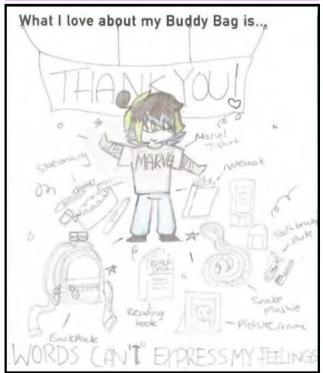
Charity number: 1089658

Reg Companies House, Cardiff No: 4202897









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



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

Tel: 0121 323 2070 www.fouroaksfs.com

compliance and training purposes.

Proud to support our nominated charity foundation

TOP 100
FINANCIAL ADVISERS

MEMBER 2021
Quilter

our Oaks Financial Services Limited is an appointed representative of Quilter Financial Services Limited and Quilter Mortgage Planning Limited, which are authorised and regulated by the Financial Conduct Authority.

> Registered in England and Wales, Registered Number 4814506 stered Address: 168 Birmingham Rd. Shoustone Woodend, Lichfield, WS14 ON

This message and any attachments are confidential and may be privileged or otherwise protected from disclosure. If you have received it in error, please telephone or email the sender and delete this message and any attachment from your system. If you have received it in error, you must not copy this message or attachment or disclose the contents to any other person. Any views or opinions expressed in this email are those of the author only.

Email communications are not secure. For this reason, Four Oaks Financial Services Limited cannot

Please note that email passing through the servers of Four Oak Financial Services Limited or Quilter Financial Planning Limited (or any of its subsidiaries), may at any point be monitored or intercepted an part of the company's internal security policy. Thank you for your co-operation.

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

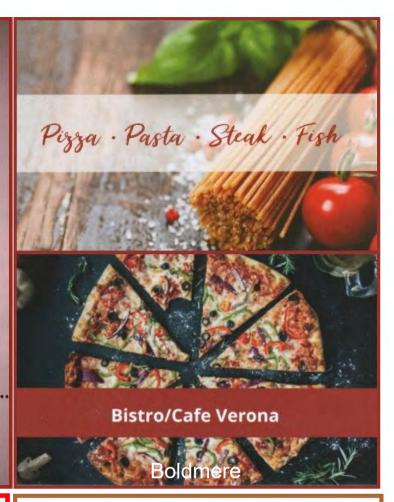
NOSTALGIC MUSIC CIRCLE

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



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:

CCT

Contact: Colin - 07966-745741

https:/

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.

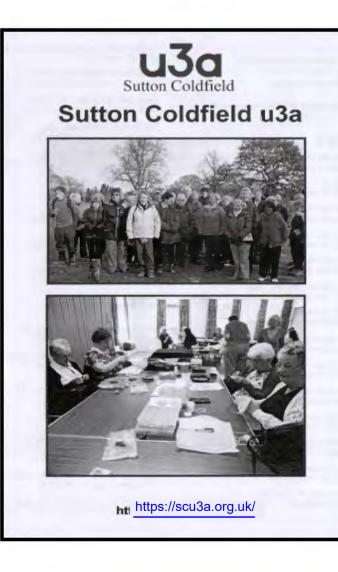


For more details, please see our Facebook Page as listed below: https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/

Or Contact: Sandra on 07932-395158









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





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.



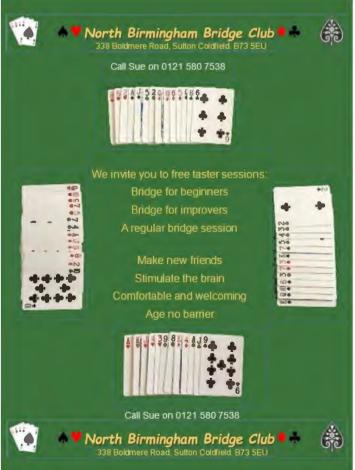


We meet on Friday evenings
from September to April at:
South Parade Methodist Centre
Sutton Coldfield B72 1RB

mail@suttonphoto.club
Find us at
www.suttonphoto.club

or scan the Flowcode here

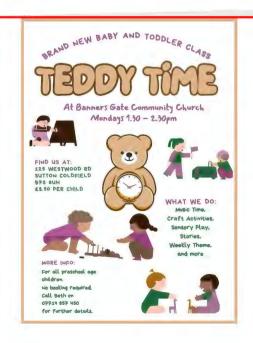
Photos above are by Catherine Nicholls, Steve West, John Cresswell & Malcolm Imboff



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



BIRMINGHAM COMPUTERS & COMPONENTS

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

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

0121 270 6180

www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

By bus or by train: it is just a short walk across

the ring road, from the town centre.

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk







STREETLY FLOWER ARRANGERS' CLUB



We meet monthly 2nd Tues 2-15 pm All Saints Church Hall, Foley Rd, Streetly B74 3EX.

Next meeting- Tuesday 10th December - a workshop Christmas Table Design with Barbara Collins. Come along and join us - further details, Chris Reeves, 0121 354 6264 or our Facebook page.

We will be taking part in Streetly Christmas Tree





Festival - All
Saints Church,
Friday 29th
November.
Sunday 1st
December - a
wonderful event look out for our
Christmas Tree.







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"



Banners Gate Community Church, Westwood Rd, B73 6UH

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

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

Refreshments available.

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.suttonfucbsia.co.uk' or telephone our secretary Gall on 0121 353 3373 for more information



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 bought 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 if 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. If 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!







Groups are back at the Communitea Cafe







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

We have spaces available

For more information call 0121 362 3650









COMMUNITEA 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 SRJ. 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.



AGE .

Everyone welcome

Gardening Group

Help us grow fresh produce for the cafe

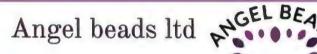
Sunnybank Road Allotments, Boldmere

Meet our Neighbourhood Networker

CONTACT Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



Melanie Wright

07490133151

www.angelbeads.co.uk Facebook: @angelbeadsuk Instragram: angelbeadsitd



Worrying about money?

Support is available in Birmingham



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 090

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 @ @

I have debt

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

See option

I am waiting on a benefit payment or advance

- New claim for benefit
- · Payment delayed
- Waiting for decinion

See options () ()

Other Support

Birmingham and Splikull Wu

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

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

Advice to help improve your finances

07701 342 744 (WhatsApp) www.moneyhelper.org.ul

Sten Charm

Debt charity offering debt advice and money management 0800 138 1111 | www.slepchange.org

information and financial support 0808 802 2000 | www.tum2us.org.u benefits-calculator-2 tum2us.org.uk

- Artive Wellberry Society

Listen and Connect support people to feel heard, connect with others, be active: live well and access information 0121 728 7030

listerrandconnect/@theaws.org www.theaws.co.uk/listen-connect

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.hamiltystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

Accredited immigration and asylum advice. Legal advice to access services and financial support

0121 227 6540 enquines@centralenglandlc.org.uk www.centralenglandic.org.uk

Advice on immigration and support options for people facing destitution because of the precarity of their immigration status D121 213 5893 | www.asid.org.uk

glott trees

Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK Asylum helpline: 0808 8010 503 ASCorrespondence@migranthelpuk.org

www.migranthelpuk.org (Webchat availuble)

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

About this leaflet

This teaflet 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? leaflots unline at www.foodaidnetwork.org.ull.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









Birmingham City Council







Stap 2: What are some options?

options and places

Council Support Schemes

to get help

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 Paym

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

Maximise Your Income

Anyone who is struggling financially can get a benefit check and speak to an advisor for free and confidential advice. A tenefit 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 gail and electricity and make sure you're not resising out on things like school collining grants or free school means.

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.

Benefit Advance

If you have made a new claim for benefit and are in financial hardship white you wait to 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).

Hardship Payment

If you have been sanctioned, you may be able to request a hardship payment from the Jobcentre. Hardship payments are not always part 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 Sestens Allowance of Employment Support Allowance do not (not a loan).

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 the and confidential advice

0121 250 0765

DIRMINGHAM SETTLEMENT

(West Birmingham) Advice service on

benefits, debt and managing your money

Help with options: 0 0 0 0 0 0

BIRMINGHAM CITY COUNCIL

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

monny advice@bsettlement org.uk www.birminghamsettlement.org.uk

CITIZENS ADVICE BIRMINGHAM Advice on benefits, debt, housing and more 0344 477 1010

enquiries@bcabs.cabnet.org.uk www.bcabs.org.uk

Benefit, debt and housing advice 0121 453 0606 www.lheprojects-mingham.org

Help with options: 000000

THE PROJECT

Help with options: () () () () ()

SPITFIRE SERVICES

Advice on money, benefit, housing and employment issues 0121 747 5932 | info@castlevale.org.vik v.mpiffreservices.org.uk

Help with options: Q Q Q Q Q Q

CENTRAL ENGLAND LAW CENTRE

Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support enquines@centralenglandic. www.centralenglandic.org.uk

Help with options: [3]

DISABILITY RESOURCE CENTRE Advice and advocacy services for

disabled people 03030 402 040 | drog/disability.co.uk www.disability.co.uk

Help with options: 0 0 0 0

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

Help with options: 0

WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home 0808 196 8298 (option 1)

Help with options: 🔘 📵 🔘 🗍

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

Energy and money saving service 0000 060 7567 | support@applyforleap.org.uk www.applyforteap.org.uk

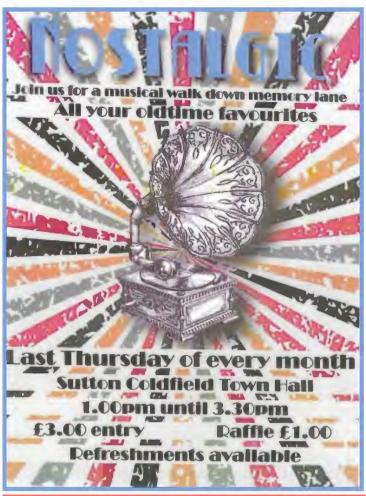
And UK Sirminghan

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

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

gro.brimmadanimid.org







Hope Food North Birmingham are currently looking for a new base in/around Sutton PRTH BIRMINGHAM 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 ti 21

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

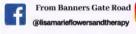
Registered office 407 Jockey Road, Sutton Coldfield B73 5XH







FREE LOCAL DELIVERY OR COLLECTION

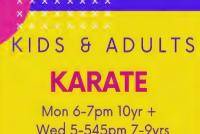


Contact Lisa Marie on 07765 135497









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







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 <u>here</u> for the link that takes you through the Birmingham City Council website for additional confirmation.

In Partnership with Trading Standards





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





Discourage lawless individuals from breaking into your property with the modern security systems we provide for properties throughout Birmingham. Based in Great Barr, we are a small family-run business committed to providing state-of-the-art security systems effectively protect your property from harm. Primarily serving domestic and commercial customers, we design, supply, install, commission, and service all security systems in full accordance and compliance with the latest British and European standards. From supplying hightech CCTV systems and Burglar Alarms to installing fob Access Control systems and Fire Alarms, we are the first choice when you want to increase your property's security. To arrange a free, no-obligation consultation for any of the security systems we supply, please get in touch.

Phone no. 0121 386 2639



CUPCAKES & SWEET TREATS



Facebook: Only Rosie's **Instagram: onlyrosiescakes** Email: rosie_p25@hotmail.co.uk



Norbury Maintenance

Handyman Services, Gardening, Patio/Driveway Cleaning Insured - Affordable - Reliable

T: Dave Edwards 07305931199 E: norburymaintenance@gmail.com



Memory Cafes

Do you know someone living with memory loss?

Every Monday 10am-12n0on

Wylde Green URC Britwell Road Sutton Coldield, B73 55W

Every Tuesday 10.30am - 12.30pm

All Saints Church Centre Belwell Lane Four Oaks, B74 4TR

All attendees must show proof of both covid vaccinations

> Every Thursday 10am - 12noon

Streetly Methodist Church Thornhill Road Streetly, B74 3EH

Every Monday "Musical Memories"

2pm - 4pm Sutton Coldfield Methodist Church South Parade, B72 1QY

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.

"Friends on Fridays" 10.30am - 12.30pm

Supported by Sutton Coldfield Methodist Church, South Parade, B72 194

To book your place at any of our cafes or for further information please contact Sue 07422 406168 sue.bevington@suttoncoldfield.homeinstead.co.uk

Plantsbrook House 94 The Parade, Sutton Coldfield 0121 323 4200



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- Starting Monday 7th March 2022, 12:30pm 2:00pm
- Come along for conversation and fitness: meet new friends and build your confidence.
- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
- Refreshments and creche provided for o-5years limited spaces, will be booked on first come first served basis.
- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450



Kingstanding Road
Kingstanding
Kingstanding
Birmingham
B44 95H

birmingham 🧐 settlement

diveloping constantion, charging for



Freshly Cooked Meals Home Delivered

New menu every Friday

Deliveries made on Tuesday and Friday

4 Meals £15

3 Puddings £6

Contact Michelle on 07933 986 869 Monday - Friday 10am to 5pm

Cafe Casis 1 Brassington Avenue, Sutton Coldfield, 873 6AA

Cafe Dasis is supported by the Volunteers and Staff at Sutton Coldfield United Reformed Church, Registered charity No. 1131424



Cafe Oasis

Monday, Tuesday, Thursday & Friday. 10.00am - 2:30pm

Drinks, snacks and sandwiches. Hot meals from 12:00 - 2:00pm.

Takeaway and home delivery meal deals available. Please enquire for details.

Find us in Sutton Coldfield United Reformed Church

Call: 07713 970096 Email: cafe.oasis@scurc.org.uk

or find us on Facebook

Million or put a total







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.

Maths Tuition

- Online with zoom (face-to-face if CV19 allows)
- Years 9, 10 and 11. GCSE Maths
- · Year 12 A-level Maths
- · Semi-retired maths teacher
- Edexcel/Pearson examiner
- Taking on students
- jsw7fr@hotmail.co.uk



Do you want to learn Mandarin Chinese?

Specialist Mandarin Teacher Available online (or in the Sutton Coldfield area)

*Private 1-to-1 classes

1 hour session 2 hour session 2 hour session £30 £35 £40 (£23.3 per hour) (£20 per hour)

*Small groups (2 to 4 people)

1 hour session £35 £40 £50 (Under £27 per hour) £25 per hour)

*Groups (5 to 10 people)

 1 hour session
 1.5 hour session
 2 hour session

 £40
 £45
 £55

 (£20 per hour)
 (£27.5 per hour)

*5% discount for advance payment of five or more sessions *10% for advance payment of 10 or more sessions

Happy to do exam preparation classes such as GCSE for an extra £5 per hour

Reliable, diligent & highly experienced teacher with background in memory, learning methods, learning technology & languages. Fluent in Mandarin & English with Masters degree in Applied Linguistics (distinction) & a PCET level 5 teaching Qualification. Various certificates including a full enhanced DBS available upon request. All levels & all ages are all welcome!

"Modern, novel, high-tech, unconventional teaching methods. Very effective & fun!" (Former student)

Email Luc at luchubbard@hotmail.com



Chongshin Do Academy of Martial Arts



Kickboxing * Jujitsu * Self-Defence * Fitness



Established in the area for over 22 years

'Multi-style martial arts club welcome students of all ages and abilities*

Enthusiastic and experienced instructors

Four chances to grade a year for lower grades

Local and national kickboxing and jujitsu competitions open to all students

Contact Gary on 07921 132 860

or email: chong.fouroaks@gmail.com



Kids: 6.00pm—7.00pm

Mิซิทีซิลvs & Wednesdavs Bluce Concle. Academy, Birmingham Street, Walsalin WST 2ND

Community Centre (Dance Studio at the Kids 6.00pmBack ச பூடுமுற்று) Adults & Juniors: -Adults 7.00phquits 8m30phn

Adults: 7.00pm—8.30pm

5K YOUR W

health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

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

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

Where:

Walsall Arboretum Visitor Centre steps (meet at 8.45am)

Ambassador:

Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

Get in touch and let us know you will be coming.

5k your way: move against cancer | ©@cancer5kYourWay

info@5kyourway.org | # www.5kyourway.org | @ @5kyourway

Don't forget to register with us here

www.5kyourway.org/register

And register with parkrun to get your barcod

THE LOFT PILATES & www.theloftpilatesandfitnessstudio.co.uk YOGA STUDIO

199 TYBURN RD ERDINGTON B24 8NB

Pilates Rehabilitation Mondays 945am



Tuesdays 6pm

Rehabilitation Exercises

Traditional Pilates Exercises

3 Tone Up & Improve Strength

Improve Flexibility & Mobility

Improve Sleep & Well Being

Improve Balance & Coordination

The Loft Pilates & Yoga Studio









Pregnancy YogaLates



THE LOFT PILATES

Pregnancy YogaLates

> Suitable for 2nd & 3rd Trimester or non pregnant beginners Cimspa L4 Instructor Pre/Post Natal Qualified

Starts Thursday 1st Sept 22 615-7pm £6

Register now

07886089473

Pregnancy YogaLates

Sutton Park Surgery

See front page



Osteopathy appointments available, with myself, based in the heart of Four Oaks.

Osteopathic Treatment can help with the following:

- Generalised aches and pains
- Joint Pains
- Osteoarthritis / Arthritic pain
 General, acute & chronic backache
 - Neck pain
 - Frozen shoulder / Tennis elbow
 Sciatica
 - Muscle spasms
 - Muscle spasms
 Neuralgia
 - Sports injuries

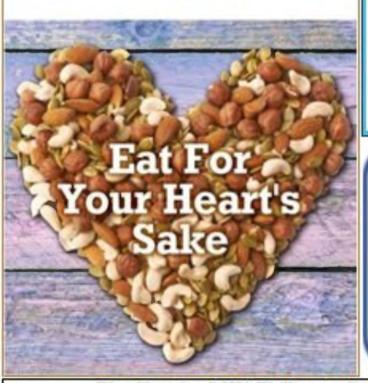
Call or email me for any questions or appointments on; 07855389528 or stephioesosteopathy@hotmail.com













KN LOCKS &MAINTENANCE

TEL 0121 353 2214 / MOBILE 07971375080
DOUBLE GLAZING REPAIRS AND LOCKSMITH SERVICES

EMERGENCY CALL OUT
ALL TYPES OF LOCKS FITTED INCLUDING ANTI-SNAP
CYLINDERS
MISTED UNITS REPLACED

UPVC DOOR ADJUSTMENT/ REPAIR
HANDLES / HINGES/ LETTERBOXES REPLACED





Worship and Communion Service Sunday 10:00am

We are a small exangelical group who meet for worship every Sunday morning at the Beacon Church, Collingwood Drive, Pheasey Estate, Great Barr 843 73, kingswaypheasey@gmail.com

Please look for the Beacon Room - Everyone welcome

The Chemist, M.W. Phillips, at Sutton Park Surgery - 0121 353 9027

WDC Service Solutions Ltd

Complete Door Security and Access Solutions WDC can repair the following products: UPVC WINDOWS, HANDLES, HINGES, LOCKS, ROLLERS FOR PATIO DOORS, SECURITY, UPGRADES, REPAIRS TO UPVC DOORS, TIMBER DOOR REPAIRS, REPLACEMENT DOORS, GARAGE DOOR REPAIRS, REPAIR OR REPLACE, FAULTY CABLES, HANDLES AND LOCKS, REMOTE CONTROLS, REPLACEMENT FOBS, NEW GARAGE DOOR SYSTEMS, FREE QUOTATIONS.

www.wdcservicesolutions.com service@wdcservicesolutions.com sales@wdcservicesolutions.com T: 0121 285 3222
Unit 16 C, Maybrook Business Park, Maybrook Road,
Minworth. B76 1AL



CREATE at the Gate with K & S

We are a small group of crafters who meet on the first Sunday of every month, between 11.30am and 2.30pm. If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us. There is a wealth of knowledge between us and we usually learn something new each month from each other at Banness Gate Community Hall.

There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do. Banners Gate Community
Hall Coffee Mornings.
The next is on 16th December and will be from 9.30 a.m. to noon - note new times.





we are here to listen, call today

Val: 07964 213 229 / Kellyanne, 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

If you would like to know about our service ring the number above
Or visit our web site www.newhorizonscounselling.org.

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

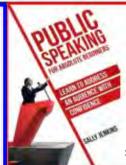
The hall is approx. 38' x 21' (11.6m x 6.4m)

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

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

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

The building is step-free.
For further booking information go to:
www.bannersgatecommunityassociation.org



Public Speaking for Absolute
Beginners
by Sally Jenkins
Tips on constructing and presenting
all types of speeches.
Available on Amazon or direct from
the author:

sallysjenkins@btinternet.com 0121





HATHA YOGA



Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



Create the best party possible for your little ones

Birthdays, Weddings, Christenings, Fetes, School Workshops, Plays and much more We can cater for anything including: Full Party Entertainment, Mascots, Soft Play, Bouncy Castles, Face Painting,













and Pamper Parties Facebook: Lucky Buntys Twitter: @LuckyBuntys



www.petstay.net 0121 769 2706 sue@petstay.net 07724 212204 West Midlands North Branch



SWIMMING LESSONS



www.swimminglessonsinsuttoncoldfield.co.uk



0 - 13 months Baby Development Class Wednesdays 9.30, 11.00 and 12.30

Music, singing, exercise, massage, signing, light shows, bubbles, bells, tickly feathers and many more!! For more details:

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

Plastering internal & external specialist Includes: Dry lining - Plaster boarding - Artex re-skimming Replacement walls & ceilings Painting / Decorating - Carpentry

Lee Nugent

36 Banners Gate Road Sutton Coldfield B73 6RX Office: 0121 354 5446 Mobile: 07934 15 19 20 Lee.nugent1@virginmedia.com



Paul White Electrical

No Job too small

Paul Andrew White

111 Wandsworth Road Birmingham B44 9LY 07403445651

p.white.electrical@gmail.com Part P reg 58023 PAT Testing





Give your little Mozart a musical head-start

- multi-sensory games and activities
- interactive concerts
- musical Arts and Crafts
- wrap-around care

www.rhythmcircle.co.uk



Katie Ingle

T: 0788 886 7850 E: kiltrfitness@outlook.com

IG: @kiltrfitness FB: kiltrfitness

Personal Training

Looking to lose weight? Improve your fitness? Improve your diet?

Personal training sessions available from £30 p/h at Pure Gym, Sutton Coldfield (+£5.99 for a day pass). Free consultation & monthly packages also available!

Muscle tightness / strains, Joint pain, Sciatica. Shoulder & neck tension, headaches Sports Injuries (specialized in running injuries).



Sports Massage 360



Amy Johnson (Bsc), Recommended since 2014, 12 Chester Gardens, B73 5BF 0770 7006802



HOME TUITION



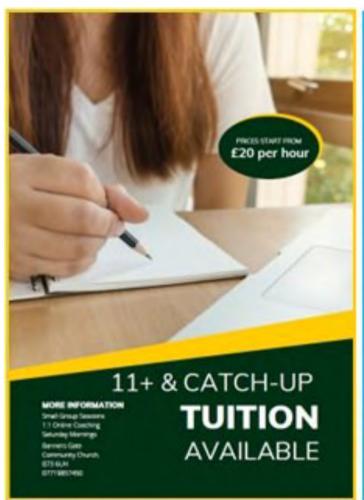
Key Stage Two SATs tuition: English comprehension, spelling, punctuation, and grammar.



Spanish and French: leisure courses and exam preparation to GCSE and A-level.

Tracy: 0780 329 3351

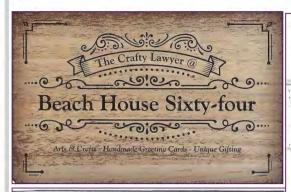








GRACECHURCH



Mantone Craftwork 07956802889 a selection of greeting cand designs. 3D Decoupage Invariage (which is an inward Decoupage) 14 sized Plaque of true faces relating to a Birekday or Wedding

much more than pet foods Nikki Southwick-Gough Nutritional Advisor

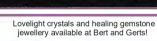
T: 0121 4139878 M: 07714 218678 E: nikki.southwickgough@oscars.co.uk

If /OscarPetFoodsSuttonColdfield **y** @oscarstwelpline www.oscars.co.uk

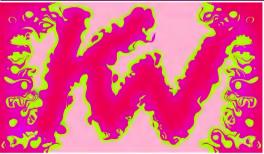












BERT & GERT'S

We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.

The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.

Our aim is to support, encourage & promote small local businesses.

PROUD INDEPENDENT SMALL BUSINESS WWW.BERTANDGERTS.CO.UK



Where to find your Treat Day

Order for Postal

BROWNIES ♥ BLONDIES ♥ FLAPJACKS ♥ COOKIES

WWW.MARYSCUPCAKES.CO.UK

Or visit us at our weekly Markets





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



URBAN CITY WOODSHOP

Reclaim, Reuse, Recycle Bespoke and Handmade projects www.urbancitywoodshop.com

Tristram Henderson

Woodworker/Maker







Elements Glass Handmade

Danielle Titley 07971 684057 theelementsglass@hotmail.com @theelementsglass www.theelementsglass.co.uk



Kia Whitcombe Logos, mix covers, visualizers, prints

kiawhitcombe.com (a) @kiawhitcombe kiawhitcombe@hotmail.com

Prints available now at Bert & Gert's Sutton Coldfield

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics Contact email: <u>Jenna@robotreg.co.uk</u> for times and availability

Tuesday and Wednesday - Baby Sensory

Contact Tracy at email: <u>suttoncoldfield@babysensory.co.uk</u> 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









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 16th December - 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	Sunday Gathering Chikara Karate Kai	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston Nigel Willis Paul Murphy Cath Hussey O7837	628 6651 354 5873 353 0230 39 57 89	
F	 ⁻ or details see website at <u>www.s</u>	 tcolumbasbannersgate	.co.uk		
www.bannersgatechurch.com					
Mon 6.00—7.00 11amto12.00pm 1.00—2.00 5.45—6.45 7.30 – 9.00 pm	Sign Language Classes Sign Language Classes Sign Language Classes	Community Hall Community Hall Community Hall Community Hall Community Hall	Adam Claxton Shakila Kosar Shakila Kosar Shakila Kosar 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 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	Guide Dog Training Pregnancy Yoga	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	Home Education W Mids	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		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 SEC Community Hall mobile: 075 6 Banners Gate CC - Nigel Willis St. Columba's - Alison Jollev Scout Hall - A & R Tallis	55 54 68 21 07711 284562 y st.columbahall@yahoo.com	UNIFORMED ORGANISATIONS: Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191			

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.

Useful telephone numbers

Sutton and Kingstanding

Police: 101

Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7 Citizens Advice 03444 111 444

BANNERS GATE COUNSELLING CENTRE

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

Banners Gate Community hall Coffee Mornings The next is on 16th December, starting at 9.30a.m. until noon, please note new times.

> St Columba's Church

Coffee Morning

Every Friday of the month

10.00 - Noon

All Welcome

The Townswomen's Guild

Thurs. 5th December - Christmas Party

Thurs. 16th January Bingo, Fish & Chips

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

Monday

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

Beavers 5.30 p.m. -6.45 p.m. ages 6-8 years Scouts 7.00 p.m. -9.00 p.m. ages $10\frac{1}{2}-14$ years

Beavers 5.40 p.m. - 6.40 p.m. ages 6 - 8 years Tuesday

7.00 p.m. - 8.30 p.m. ages $8 - 10 \frac{1}{2} \text{ years}$

7.00 p.m. - 8.30 p.m. ages $8 - 10 \frac{1}{2} \text{ years}$ Thursday Cubs

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.

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