

# The Gatepost Supplement November 2024



## Banners Gate & Parklands Community & Neighbourhood Forum

187<sup>th</sup> November 2024

[bannersgateneighbourhoodforum.com](http://bannersgateneighbourhoodforum.com)

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





## They Really Shoot





**SHOOTIN' SHELL GUNS**

**A**



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**C**



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**B**



**Winchester  
An Exact  
Reproduction  
ONLY 3.99**

**D**



**Outward push  
of stomach  
flips out Rem-  
ington Derrin-  
ger, fires Safe  
Shootin' Shell**

**Bullet Paks**  
For All Guns This Page

**Extra Ammunition** to keep you supplied. In-  
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8 all-metal play bullets.  
Ship. wt. 4 oz. **88c**

48 W 3489 M—Ship. wt. 1 lb. 8 oz. **3.99**

48 T 3320 **88c**

**Buckle Gun-Belt Set . . . Secret No-Hands Firing Only \$2.77**











## Sutton Coldfield Sea Cadets & Royal Marines Cadets

# Volunteers needed!

*"I have been in cadets for 20 years, everything from a cadet to a volunteer. All the opportunities and life lessons I have gained from being a member of Sutton Coldfield have really helped me in my career. I now enjoy passing on what I have learnt to the new generation of cadets."*

Sea Cadet  
Adult  
Volunteer,  
aged 30



Gain new skills and  
qualifications.



Develop leadership and  
teamwork abilities.



Make a positive impact  
on young lives.



[admin@suttoncoldfieldseacadets.com](mailto:admin@suttoncoldfieldseacadets.com)



[www.sea-cadets.org/suttoncoldfield](http://www.sea-cadets.org/suttoncoldfield)



Please Bring  
Donations  
to:

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



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

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

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



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

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

Scan me to find  
your nearest  
location and  
sign up!



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

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

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



**Love cooking? Enjoy hosting?**

**Want to meet new people?**

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



**Volunteer with FoodCycle!**

02077 292 775 | [foodcycle.org.uk/volunteer/](http://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](mailto:falconlodge@foodcycle.org.uk)



**Family Friendly**

Yes



**Accessibility - Disabled Toilet**

Yes



**Accessibility - Disabled Parking**

Yes



**Accessibility - Flat**

Yes





#### What people say...

“

"It just broke my heart when I couldn't read to my twin daughters – now I can help them with their homework." - Sarah, Reader

"I now have more confidence and go to more places, as I find road signs and timetables easier. I am a keen cook and can now shop knowing I can find just what I want. And I'm reading to my daughter!" - Sean, Reader

"This has been one of the most rewarding activities I have ever participated in. It is wonderful to see how constant, steady progress can be achieved with just half an hour, twice a week, and I can think of few other skills you could teach someone that could be more empowering or life-changing." - Natalie, Reading Coach

”

#### Get in touch

If you...

- ✓ know someone who wants to learn to read
- ✓ can read and would like to help someone else

...we'd love to hear from you!

Please contact:

**Read Easy Birmingham North,  
Tamworth & Lichfield**

**Referral Networker**

**T: 07590 829795**

**E: [bntlnetworker@readeasy.org.uk](mailto:bntlnetworker@readeasy.org.uk)**

Visit us online:

**[readeasy.org.uk](http://readeasy.org.uk)**

© Read Easy UK. All Read Easy groups are legally and financially independent local organisations, affiliated to Read Easy UK (Registered Charity: 1151288)

 **Read Easy**  
Helping adults learn to read.



#### Do you know someone who struggles to read?

**Read Easy provides free and confidential one-to-one reading coaching for adults.**

**It's friendly, flexible and fun!**



#### What we do

**Read Easy volunteer groups support local adults who want to learn to read or improve their reading skills, at their own pace and without pressure.**

More than 7%\* of adults in England never learnt to read at school. There are many reasons why some people find it difficult to learn to read when they are children, but the really good news is that it's never too late to learn!

\*Skills for Life Survey, 2011 (Dept. BISI)

#### Getting started is easy!

Read Easy will provide those who want to learn to read with a volunteer to help them, special reading manuals to work through, and a place to meet.

Above all, it's confidential, so there is no need for anyone to feel embarrassed.

#### Who can learn?

Read Easy is suitable for any adult who wants to learn to read or who struggles with their reading. Whatever someone's starting point, each person will be taken back to basics and can then work at their own pace, so there's no pressure.

#### Who can volunteer to help?

Anyone who can read fluently themselves can apply to become a volunteer Reading Coach with their local group. After an initial selection procedure, volunteers will be given training and then matched up with those who want to learn.

#### What books will we use?

Read Easy Coaches and their Readers use the phonics-based **Turning Pages\*** manuals as their main resource. The manuals are easy to use and, with instructions for the Coach on every page, enable anyone who can read to coach someone else.

The programme also includes lots of reading books, especially written for adults, which can be read alongside the manuals.

\* Published by Shannon Trust



#### Where do we meet?

Readers and their Coaches will be given a choice of places to meet, so that they can choose somewhere that suits them both.

All our reading sessions take place in quiet, discreet venues, so that people can work without being overlooked, but where there will always be other people around.

#### How long will it take?

Reading sessions last half an hour and take place twice a week. Some people complete the course in as little as a year, while others take more than two years.

Certificates are presented at intervals to recognise progress.

By learning to read, adults improve their employment opportunities, confidence, self-esteem and general wellbeing and are able to support their children's or grandchildren's reading.





Foot Health Care Clinic - Streetly

07379 119 365

Marie Bourgeois RFHP MCFH

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

Foot health routine maintenance

Diabetics welcome

Nail trimming

Thick nails

Corns, Callus and Hard skin removal

Verrucae, Fungal and Ingrown nails

- Qualified - Registered - Insured - DBS Checked

Registered Foot Health Practitioner - footreg.org

Find a practitioner - <https://cofh.org.uk/find-a-practitioner/>



## DANCE ARGENTINE TANGO

Every  
Thursday 7.30-8.30pm  
from 12th September



6 weeks of fundamentals & technique classes to set you off on a journey towards this captivating dance

Banners Gate Community Hall  
Roay Nadin Drive,  
Sutton Coldfield B73 6UR

with

Fraxco & Talia

6 weeks @ £42 in advance  
or £10 drop-in

Contact: Julia 0779 008 4218



## YOGA CLASS

One hour of stretching and relaxation for your body & mind

Banners Gate Community Centre

saturday 10.15 - 11.15

Book Now

Email

[classeswithgem@outlook.com](mailto:classeswithgem@outlook.com)

## PILATES CLASS

By Boutique Fitness and Wellbeing

Thursdays 10:15 am - 11:15 am

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

- Improve posture
- Strengthen back
- Improve flexibility
- Reduce stress levels

£7 per session

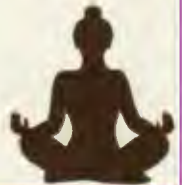
Contact Madge Reynolds for further details



07305330324



[boutiquefitness66@gmail.com](mailto:boutiquefitness66@gmail.com)



## 2024 SINGING Course

Every Monday in September starting from the 9th

7:45pm - 9:00pm

Friends and family show 7th October

**Sing yourself happy**

Join the exciting singing course by Second City Sound in September 2024 for just £10!

Experience the joy of Acappella singing with a friendly and supportive chorus of women. Once you've mastered the song, you'll get to perform for family and friends.

**Our group of musical artists want you!!!**

Beacon Church, Collingwood Drive, Great Barr, Birmingham, B43 7JL



Elaine - 0121 384 4729



[members@secondcitysound.org.uk](mailto:members@secondcitysound.org.uk)



Fun Fitness With Aggy

Starts  
9th Sept  
2024

## Chair Exercise Class

For older adults and those less able to stand

**Mondays at 12:00**

St Columba's Church Hall, Banners Gate Road B73 6TX

Free Parking. Wheelchair friendly.

£5 per person per class. Accompanying carers free.

Advance booking welcome but not required.



Fully qualified & insured instructor. CIMSPA accredited

Aggy Lewis [funfitnesswithaggy@gmail.com](mailto:funfitnesswithaggy@gmail.com) m

for more info



# Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

## Step 1: What's the problem?

### I suddenly have no money

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

See options 1 2 3

### My money doesn't stretch far enough

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

See option 1 2

### I have debt

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

See option 3

### I am waiting on a benefit payment or advance

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

See options 1 4

## Step 2: What are some options?

### 1 Council Support Schemes

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

Find out more at: [www.birmingham.gov.uk/benefits](http://www.birmingham.gov.uk/benefits)

### 2 Maximise Your Income

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

### 3 Debt Advice

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

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

### BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

### BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

### CITIZENS ADVICE BIRMINGHAM

Advice on benefits, debt, housing and more  
0344 477 1010  
[enquiries@bcabs.cabnet.org.uk](mailto:enquiries@bcabs.cabnet.org.uk)  
[www.bcabs.org.uk](http://www.bcabs.org.uk)

Help with options: 1 2 3 4 5 6

### SPITFIRE SERVICES

Advice on money, benefit, housing and employment issues  
0121 747 5932 | [info@castlevale.org.uk](mailto:info@castlevale.org.uk)  
[www.spitfireservices.org.uk](http://www.spitfireservices.org.uk)

Help with options: 1 2 3 4 5 6

### THE PROJECT

Benefit, debt and housing advice  
0121 453 0806  
[www.theprojectbirmingham.org](http://www.theprojectbirmingham.org)

Help with options: 1 2 3 4 5 6

### CENTRAL ENGLAND LAW CENTRE

Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support  
0121 227 6540  
[enquiries@centralenglandlc.org.uk](mailto:enquiries@centralenglandlc.org.uk)  
[www.centralenglandlc.org.uk](http://www.centralenglandlc.org.uk)

Help with options: 6

## Other Support

**Birmingham and Solihull Women's Aid**  
Support for women and children affected by domestic violence and abuse  
0800 800 0028 | [www.bswaid.org](http://www.bswaid.org)

**Shelter**  
Housing advice  
0800 800 4444 | [england.shelter.org.uk](http://england.shelter.org.uk)

**MoneyHelper**  
Advice to help improve your finances  
0800 138 7777  
07701 342 744 (WhatsApp)  
[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

**Step Change**  
Debt charity offering debt advice and money management  
0800 138 1111 | [www.stepchange.org](http://www.stepchange.org)

**Turn2Us**  
Information and financial support  
0800 802 2000 | [www.turn2us.org.uk](http://www.turn2us.org.uk)  
[benefits-calculator-2.turn2us.org.uk](http://benefits-calculator-2.turn2us.org.uk)

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

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

## For Migrants, Asylum Seekers and Refugees

**Central England Law Centre**  
Accredited immigration and asylum advice. Legal advice to access services and financial support  
0121 227 6540  
[enquiries@centralenglandlc.org.uk](mailto:enquiries@centralenglandlc.org.uk)  
[www.centralenglandlc.org.uk](http://www.centralenglandlc.org.uk)

**ASIRT**  
Advice on immigration and support options for people facing destitution because of the precarity of their immigration status  
0121 213 5893 | [www.asirt.org.uk](http://www.asirt.org.uk)

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

**The Refugee and Migrant Centre**  
Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship  
0121 374 0140 | [info@bham@rmcentre.org.uk](mailto:info@bham@rmcentre.org.uk)  
[www.rmcentre.org.uk](http://www.rmcentre.org.uk)

## About this leaflet

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

**Feedback?** What did you find useful about this guide? [www.bit.ly/moneyadvicefeedback](http://www.bit.ly/moneyadvicefeedback)



### 4 Benefit Advance

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

### 5 Hardship Payment

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

### 6 Challenge a Decision

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

Confidential advice

### DISABILITY RESOURCE CENTRE

Advice and advocacy services for disabled people  
03030 402 040 | [drc@disability.co.uk](mailto:drc@disability.co.uk)  
[www.disability.co.uk](http://www.disability.co.uk)

Help with options: 1 2 3 6

### CHRISTIANS AGAINST POVERTY

Free, nationwide debt counselling service for people in financial difficulty  
0800 328 0006  
[www.capuk.org](http://www.capuk.org)

Help with options: 3

### WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home  
0800 196 8298 (option 1)  
[www.warmerhomesWM.org.uk](http://www.warmerhomesWM.org.uk)

Help with options: 1 2 4 6

### Other Support

**Stop Loan Sharks**  
Investigates and prosecutes illegal money lenders and provides support for borrowers  
0300 555 2222 | [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)  
[reportaloanshark@stoploansharks.co.uk](mailto:reportaloanshark@stoploansharks.co.uk)

**Local Energy Advice Partnership (LEAP)**  
Energy and money saving service  
0800 060 7567 | [support@applyforleap.org.uk](mailto:support@applyforleap.org.uk)  
[www.applyforleap.org.uk](http://www.applyforleap.org.uk)

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

**Birmingham Mind**  
Providing advice, information and signposting for people affected by mental health issues  
0121 262 3555 | [help@birminghammind.org](mailto:help@birminghammind.org)  
[www.birminghammind.org](http://www.birminghammind.org)





## GROWING OUR COMMUNITY TOGETHER



### CAFÉ OASIS

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



### So many Activities and Services for you!

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

### FOOD4U FOODBANK

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

Telephone or email us at:

**0121 355 1217**

**cafe.oasis@scurc.org.uk**

### Find out more by visiting us:

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

Or at our website: [www.scurc.org.uk](http://www.scurc.org.uk)



## Useful Birmingham City Council phone numbers

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

## SignVideo BSL interpreting service for deaf people

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

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

## Next Generation Text

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

Dial 18001 before the full national phone number.

## Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

<b>Age Concern</b>	0121 362 3650	
Information, advice, support, day care, community hubs & cafes <a href="https://ageconcernbirmingham.org.uk/">https://ageconcernbirmingham.org.uk/</a>	<a href="mailto:info@ageconcernbirmingham.org.uk">info@ageconcernbirmingham.org.uk</a>	
<b>Age UK</b>	0121 437 0033	
Information, advice, support, memory café, Carers Hub, local and national guides <a href="http://www.ageuk.org.uk/birmingham/">www.ageuk.org.uk/birmingham/</a>	<a href="mailto:contactus@ageukbirmingham.org.uk">contactus@ageukbirmingham.org.uk</a>	
<b>Admiral Nurse Service</b>	0121 301 5830	
Information advice & support in caring or supporting a person with dementia, groups, talks <a href="https://www.bsmhft.nhs.uk/our-services/services-a-to-z/">https://www.bsmhft.nhs.uk/our-services/services-a-to-z/</a>	<a href="mailto:bsmhft.admiralnursingservice@nhs.net">bsmhft.admiralnursingservice@nhs.net</a>	
<b>Alzheimer's Society/Dementia Connect</b>	0333 150 3456	
Information, advice, literature on all aspects of caring, Cafes, Carer Support, Singing for the Brain <a href="http://www.alzheimers.org.uk">www.alzheimers.org.uk</a>	<a href="mailto:dementiasupport@alzheimers.org.uk">dementiasupport@alzheimers.org.uk</a>	
<b>BSMHFT Customer Relations/PALS</b>	0800 953 0045 Text: 07985 883509	
Advice, support, information on NHS and social services, put you in touch with other sources of help <a href="https://www.bsmhft.nhs.uk/service-users-and-carers/customer-relations/pals/">https://www.bsmhft.nhs.uk/service-users-and-carers/customer-relations/pals/</a>	<a href="mailto:bsmhft.customerrelations@nhs.net">bsmhft.customerrelations@nhs.net</a>	
<b>Birmingham Healthy Minds</b>	0121 301 2525	
Free psychological therapies service for people who are feeling anxious, low in mood or depressed <a href="http://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/">http://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/</a>	<a href="mailto:bsmhft.bhm@nhs.net">bsmhft.bhm@nhs.net</a>	
<b>Citizen's Advice Bureau (Birmingham)</b>	08082787990 (local) or 0800 144 8848 Free, independent, confidential & impartial advice on rights, responsibilities, benefits <a href="https://www.bcabs.org.uk/">https://www.bcabs.org.uk/</a>	<a href="mailto:enquiries@bcabs.cabnet.org.uk">enquiries@bcabs.cabnet.org.uk</a>
<b>Birmingham Carers HUB</b> (ran by Forward Carers)	0333 006 9711	
Support, info, advice, financial/welfare benefit advice, carers assessments, groups, befriending <a href="https://birminghamcarershut.org.uk/about-us/">https://birminghamcarershut.org.uk/about-us/</a>	<a href="mailto:info@birminghamcarershut.org.uk">info@birminghamcarershut.org.uk</a>	
<b>Birmingham Irish Association</b>	0121 604 6111	
<a href="http://www.birminghamirish.org.uk/">www.birminghamirish.org.uk/</a>	<a href="http://www.birminghamirish.org.uk/contact-us">http://www.birminghamirish.org.uk/contact-us</a>	
<b>CERS (Carer Emergency Response Service)</b>	0121 442 2960 Free emergency back up service to provide support to carers	
<a href="https://birminghamcarershut.org.uk/carers-support/back-up-emergency-care/">https://birminghamcarershut.org.uk/carers-support/back-up-emergency-care/</a>	<a href="mailto:info@cers.org.uk">info@cers.org.uk</a>	
<b>Mental Health: Urgent Help</b>	0121 262 3555 or 0800 915 9292	
24 hour 7 days a week advise, information & support whether you have used services before or not <a href="https://www.bsmhft.nhs.uk/service-users-and-carers/how-to-get-urgent-mental-health-help/">https://www.bsmhft.nhs.uk/service-users-and-carers/how-to-get-urgent-mental-health-help/</a>		
<b>Samaritans</b> (also have local branch)	116 123 (free to call)	
Offer safe place for you to talk any time you like, in your own way about whatever's getting to you <a href="http://www.samaritans.org/">http://www.samaritans.org/</a>	<a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	
<b>Social Care and Health</b>	0121 303 1234	
Social care, community services, day care, respite, long term care, occupational therapy, safeguarding <a href="https://www.birmingham.gov.uk/health-social-care">https://www.birmingham.gov.uk/health-social-care</a>	<a href="mailto:acap@birmingham.gov.uk">acap@birmingham.gov.uk</a>	
Social care, education, family services, info, advice: <a href="http://www.mycareinbirmingham.co.uk">www.mycareinbirmingham.co.uk</a>		
<b>The Waiting Room</b>	<a href="https://the-waitingroom.org/contact/">https://the-waitingroom.org/contact/</a>	
Information about health and social care <a href="https://the-waitingroom.org/">https://the-waitingroom.org/</a>		



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

<b>Alzheimer's Research Trust</b> 5555 Research into dementia, information about dementia <a href="http://www.alzheimersresearchuk.org">http://www.alzheimersresearchuk.org</a> <a href="mailto:enquiries@alzheimersresearchuk.org">enquiries@alzheimersresearchuk.org</a>	0300 111
<b>Dementia Explained</b> Info for children about dementia <a href="https://kids.alzheimersresearchuk.org/">https://kids.alzheimersresearchuk.org/</a>	
<b>CQC: (Care Quality Commission)</b> Inspection reports, search for care & care homes, concerns about care services/providers <a href="http://www.cqc.org.uk/">http://www.cqc.org.uk/</a> <a href="mailto:enquiries@cqc.org.uk">enquiries@cqc.org.uk</a>	03000 616161
<b>Carers UK</b> Help, advise and support for Carers <a href="https://www.carersuk.org/">https://www.carersuk.org/</a>	
<b>Dementia UK (Admiral Nurses)</b> & Sun 9 am – 5 pm, Bank holidays 9 am – 5 pm except 25 Dec Support for families facing dementia, information about dementia, caring, information guides <a href="https://www.dementiauk.org/">https://www.dementiauk.org/</a> <a href="mailto:help-line@dementiauk.org">help-line@dementiauk.org</a>	0800 888 6678 Admiral Nurse Helpline Open Mon – Fri 9 am – 9pm, Sat
<b>Dementia Carers Count/Virtual Carers Centre</b> <a href="https://dementiacarers.org.uk/">https://dementiacarers.org.uk/</a> Free online Resources/Courses <a href="https://dementiacarers.org.uk/vcc/">https://dementiacarers.org.uk/vcc/</a>	<a href="https://dementiacarers.org.uk/">https://</a>
<b>Safe and Well Visit (West Midlands Fire Service)</b> Free home fire/safety check, tips, advise on reducing risks carried out by operational fire fighters <a href="https://www.wmfs.net/our-services/safe-and-well/">https://www.wmfs.net/our-services/safe-and-well/</a> <a href="mailto:homesafety CENTRE@wmfs.net">homesafety CENTRE@wmfs.net</a>	0800 389 5525
<b>Independent Age</b> topics for over older people <a href="https://www.independentage.org/">https://www.independentage.org/</a> <a href="mailto:advice@independentage.org">advice@independentage.org</a>	0800 319 6789 (free helpline) Advise, support, information guides around variety of
<b>MIND (Birmingham)</b> Mental Health information/advise, support Mental Health & Wellbeing Hubs <a href="https://birminghammind.org/">https://birminghammind.org/</a> <a href="mailto:help@birminghammind.org">help@birminghammind.org</a>	0121 262 3555
<b>NHS 111 service</b> people get the right advice and treatment when they urgently need it <a href="https://www.england.nhs.uk/ourwork/pe/nhs-111/">https://www.england.nhs.uk/ourwork/pe/nhs-111/</a>	111 (free from landlines and mobiles) Helps
<b>Healthcare at Home</b> 0591 Eye and Hearing Tests at Home <a href="https://www.outsideclinic.co.uk/">https://www.outsideclinic.co.uk/</a> <a href="mailto:info@outsideclinic.com">info@outsideclinic.com</a>	0808 239
<i>Please note other local &amp; high street retailers may also provide these services so please check this and any cost first</i>	
<b>The Silverline (Run by Age UK)</b> groups, resources, friendship, conversation and support to those over 55 <a href="https://www.thesilverline.org.uk/">https://www.thesilverline.org.uk/</a> <a href="mailto:info@thesilverline.org.uk">info@thesilverline.org.uk</a>	0800 4 70 80 90 (24 hours a day) Confidential helpline,
<b>Turn2us – benefits calculator, charitable grants &amp; support</b> <a href="https://www.turn2us.org.uk">https://www.turn2us.org.uk</a>	



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

## Grace Cares is a not-for-profit organisation

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

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

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

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



**BUY PRE-LOVED  
CARE EQUIPMENT**



**GET HELP &  
SUPPORT**



**DONATE OR GET  
INVOLVED**



### Let's work together







## Sutton Coldfield District Children's Centre

### Activity Calendar

From: November until December 2024

(Last amended/updated 25/10/2024)

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

## November 2024

### Monday

Check out the Startwell website for information on healthy eating and the importance of physical movement  
[www.startwellbirmingham.co.uk](http://www.startwellbirmingham.co.uk)

#### EEE Advice

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

### Tuesday

#### Footsteps

9:30am - 11:30am



#### Little Talkers

1:15pm - 2:15pm

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

### Wednesday

#### Play and Learn 0-5's

9:45am - 11:15am

at Emmanuel Church



Please be aware that all sessions run TERM TIME ONLY!

### Thursday

#### Kids Family Group (via referral to Kids West Midlands)

9:30am - 11:30am



#### Stepping Stones

1:15pm - 2:15pm

### Friday

#### Preparing for Parenthood

9:30am - 3:30pm

#### Healthy Start



Pick up your FREE Healthy Start vitamins from any children's centre—please remember to bring your child's RED book.

## Other Services and Useful Information

### Holland House Children's Centre

(all activities are here, unless otherwise stated)

Holland Road, B72 1RE  
Telephone: 0121 752 1860

We are open Monday–Friday  
8:30am - 4:30pm

Parking on Duke Street – 2 hours for free

Other activities and services available at our centres

- **1:1 Family Support:**  
Do you need some advice and support? Drop in to see one of our Family Support Workers between 9:30 - 3:30pm.
- **Antenatal / Infant feeding support**
- **Bookstart**
- **Wellcomm screening**
- **Home safety assessments**

### Emmanuel Church

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

### Preparing for Parenthood

Free antenatal session for expectant families

### Little Talkers

6-8 week programme to support

children over two who may need support with speech and language who do not attend nursery.

### Stepping Stones

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

### KID's Family Group

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



Instagram



Like us on Instagram and Facebook. Our page is called

**Sutton Coldfield Children's Centres**

### Health Visitor Hub

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

### PLEASE NOTE

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

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

[www.nhs.uk/find-nhs-number](http://www.nhs.uk/find-nhs-number)

We look forward to meeting you.



# SUTTON COLDFIELD COMMUNITY STAY & PLAY CALENDAR



## SEPTEMBER 2024

THESE COMMUNITY STAY AND PLAYS MAY CHANGE AT ANY TIME AND MOST TAKE PLACE DURING TERM TIME. PLEASE CHECK WITH VENUE FOR ANY QUERIES. SOME MAY INCUR A SMALL FEE, PLEASE CHECK WITH THE VENUE.

## WEDNESDAY

Cafe Tots (warm spaces)  
Chester Road, Sutton Coldfield  
B73 5HT

0-4 years old

Wednesday 9:00 AM - 3:00 PM

Thursday 11:00 AM - 3:00 PM

Friday 9:00 AM - 3:00 PM

Saturday 9:00 AM - 2:00 PM

BRITWELL MOTHER AND TODDLERS WYLDE GREEN UNITED REFORM CHURCH,  
72 BRITWELL RD, SUTTON COLDFIELD B73 5SW  
0-3 YEARS OLD  
9:30 AM - 11:30 AM  
WEDNESDAY / FRIDAY

TC Tots  
The Trinity Centre, Church Hill,  
Mill Street, B72 1TF  
0-4 years old  
10:00 AM - 11:30 AM



[amy.millichope@birmingham.gov.uk](mailto:amy.millichope@birmingham.gov.uk)

## MONDAY

Boldmere Mothers and Toddlers & Play Day  
394/40 Boldmere Road, Sutton Coldfield  
B73 5UY

0-5 YEARS OLD

10:00 AM - 11:00 AM

HARVEST TOTS  
HARVEST FIELDS COMMUNITY CENTRE, HARVEST FIELDS WAY, SUTTON COLDFIELD, B75 5TJ  
0-4 YEARS OLD

10:00 AM - 11:30 PM

Little Twinkles at St. John's  
All Saints Church Centre, Edwell Lane,  
Tunstall, B73 4TB  
0-4 YEARS OLD  
10:00 AM - 12:00 PM

MINI MUNCHKINS PLAY  
13A BOLDMERE ROAD,  
BOLDMERE, SUTTON COLDFIELD,  
B73 5UY

0-5 YEARS OLD

9:30 AM - 11:00 AM

Harvest Tots  
St. James' Wesleyan  
2 Woodside Lane, B73 5DF  
0-4 YEARS OLD  
10:00 AM - 11:30 AM

## THURSDAY

St. James' Church (Daily Blessing)  
St. James' Church Hall, Hollyhock Road,  
Sutton Coldfield, B73 7JX  
0-5 YEARS OLD  
10:00 AM - 12:00 PM

ALL ABOARD  
SUTTON COLDFIELD BAPTIST CHURCH, TRINITY HILL, SUTTON COLDFIELD, B72 1TA  
0-5 YEARS OLD  
10:00 AM - 12:00 PM

Four Oaks Baby & Toddler  
Four Oaks Methodist Church, Lichfield Road,  
B73 9ET  
0-4 YEARS OLD  
10:00 AM - 11:00 AM

Fun Factory  
Ark Community Church, St James Road, Mere Green, B75 5ER  
0-5 YEARS OLD  
10:00 AM - 12:00 PM

MINI TOTS  
DUKE STREET CHURCH, SUTTON COLDFIELD, B72 1RJ  
0-4 YEARS OLD  
10:00 AM - 12:00 PM

Square Peg Activities  
37 - 39 Gate Lane, Boldmere, Sutton Coldfield, B73 5TS  
0-5 YEARS OLD  
9:00 AM - 11:00 AM

Little Play and Learn  
Bromsgrove Avenue, Sutton Coldfield,  
B73 5AA  
0-5 YEARS OLD  
10:00 AM - 11:00 AM

## TUESDAY

Ashted Toddlers  
St. John's Hall, Walmley Road, B76 1HQ  
0-5 YEARS OLD  
10:00 AM - 11:30 AM

ECOGROW - GROW AND PLAY  
SUNNY BANK ROAD ALLOTMENTS,  
SUNNY BANK ROAD, SUTTON COLDFIELD, B74 0DT

1-5 YEARS OLD

10:00 AM - 11:00 AM

LITTLE JOOKS  
DUKE STREET CHURCH, SUTTON COLDFIELD, B72 1RJ  
0-4 YEARS OLD

9:30 AM - 10:30 AM & 11:00 AM - 12:00 PM

Songs with Sue  
Harvest Fields Community Centre, Harvest Fields Way, Sutton Coldfield, B75 5TJ  
0-4 years old  
2:30 pm - 3:00 pm

ALL STAR TWINKLES  
ST PETER'S CHURCH, MANEYHILL ROAD, B72 1JJ  
0-4 YEARS OLD  
9:45 AM - 11:00 AM

TUESDAY & THURSDAY

## FRIDAY

Story Time & Play  
Duke Street Church, Sutton Coldfield, B72 1RJ  
0-4 YEARS OLD  
9:30 AM - 2:00 PM

FOUR OAKS BAPTIST STAY & PLAY  
FOUR OAKS BAPTIST CHURCH, GRANGE LANE, MERE GREEN, B75 5JX  
0-5 YEARS OLD  
10:00 AM - 11:30 AM

Little Pals Pop in & Play  
Sutton Coldfield Methodist Church, 10 South Parade, Sutton Coldfield, B72 1QY  
0-4 YEARS OLD  
9:45 AM - 11:00 AM  
Wednesday / Friday



CHESTER ROAD STAY AND PLAY  
CHESTER ROAD, SUTTON COLDFIELD B73 5HU  
0-4 YEARS OLD  
9:30 AM - 11:00 AM  
TUESDAY / THURSDAY

**theWI**  
**INSPIRING WOMEN**



thewi



womensinstitute



womensinstitute



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

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

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

**7 -9pm**

**Newman Community Centre**

**13A Boldmere Road**

**Sutton Coldfield**

**B73 5UY**

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



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

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

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

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

[https://www.facebook.com/BOSFonline/?locale=en\\_GB](https://www.facebook.com/BOSFonline/?locale=en_GB)

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

Everyone found the tour of Wylde Green

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

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



# Poleurs

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

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

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

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



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











Musical illustration : *"Humour"*, Wiley Webb

Réalisation : Jean-Claude  
translated by Charles

*End*



## STATUTORY CARER'S ASSESSMENT

A Carer's Assessment is for anyone 18 or over who is looking after another adult due to disability, illness, frailty or addiction and cannot cope without support. We'll look at how your caring role impacts on your physical, mental and emotional wellbeing, as well as what support may assist you.

As part of your Carer's Assessment, we'll encourage you to think about:

- Strengths and resources you have and how these can be best used
- What support would improve your wellbeing

We can advise you on welfare entitlements, training, support groups and other services available locally. To complete your Carer's Assessment, we'll need to check the following:

- Details about the care you provide
- That you care for a Birmingham resident
- The impact that caring is having on different areas of your life.

To register with Birmingham Carers Hub, please scan the QR code and complete the online form.



## Carers Voice

Join our Carers Voice programme and have your say in shaping services for Carers!

Whether it's sharing your insights in surveys, participating in focus groups, or contributing at a strategic level, your involvement can lead to meaningful changes.

Sign up now and bring your voice to the forefront!



Birmingham Carers Hub is a service run by Forward Carers. Forward Carers is an award-winning social enterprise that prides itself on making a real difference to Carers.

We work in partnership with other locally based not-for-profits and businesses to make communities 'Carer Friendly'.

For more information about who we are, what we do and the difference we make, check out:



[forwardcarers.org.uk](http://forwardcarers.org.uk)



@BirminghamCarersHub

The Birmingham Carers Hub partnership is managed by Forward Carers CIC, funded and commissioned by:



## CARING FOR A FAMILY MEMBER OR FRIEND?

If you help or support someone due to a disability, serious illness, frailty or addiction, **we're here to help.**



0333 006 9711



[birminghamcarershub.org.uk](http://birminghamcarershub.org.uk)



[info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk)

## ARE YOU A CARER?

Carers support family members & friends in many ways...



Household Chores



Emotional Support



Finances



Communicating

## FREE SUPPORT

Birmingham Carers Hub offers a range of Free support:

- Information & Advice
- Welfare Entitlements
- Training
- Support Groups
- Short Overnight Breaks
- Events & Activities
- Health & Wellbeing
- Arts & Craft
- Yoga & Tai Chi
- Carers ID Card

Visit our What's On page for further details. We're here to help all Carers regardless of any communication need.

Contact us via your preferred method using the details on the front of this leaflet.



## DEMENTIA CARERS



We offer dedicated support to Carers supporting someone living with dementia via our Dementia Carers Hub. This includes:

- Information & Advice
- Carer's Assessments
- Awareness Sessions for Your Caring Role
- Local Support Groups
- Advice on Practical Aids & Home Safety

Speak to our Dementia Carer Advisors:



0333 006 9711



[dementiacarers@birminghamcarershub.org.uk](mailto:dementiacarers@birminghamcarershub.org.uk)



Need help in an emergency? Register with CERS:



[info@cers.org.uk](mailto:info@cers.org.uk)

Run by our partner Midland Mercap, CERS offers a free back-up support service (up to 48hrs) if you're unable to care due to an emergency. CERS can support you with pre-planned medical appointments including GP, hospital and dental appointments.

What if the person that you care for is in hospital?

We work in partnership with University Hospitals Birmingham to provide the Carer Support Service to support you. Email to find out more:



[carers@uhb.nhs.uk](mailto:carers@uhb.nhs.uk)



## YOUNG ADULT CARERS



Are you aged 18-25 and caring for someone?

We can help you reach your full potential. We offer:

- Information & Advice
- An Assessment of Your Needs
- Regular Groups & Drop-in Sessions
- Individual Life Coaching to Achieve Your Goals



0121 354 5614



[YAC@birminghamcarershub.org.uk](mailto:YAC@birminghamcarershub.org.uk)



## PARENT CARERS



Are you a parent of a child aged 4-25 with additional support needs?

Our Parent Carers Hub provides a range of support, advice and guidance aimed at improving your wellbeing such as:

- Carer Support Groups
- Family Assessment & Wellbeing Checks
- MAX Cards

Scan the QR code to find out more about our Parent Carers Hub.





# 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](mailto:info@ageconcernbirmingham.org.uk)

**AGEconcern**  
Birmingham

**Birmingham**  
**ageUK**

**Birmingham**  
City Council

# Befriending Service

## 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 Friendship Groups are a great way to get out and socialise with other people.



We can support you to start to build your confidence and social network or match with one of our dedicated volunteers.

## New friendship group:

Perry Beeches Baptist Church  
Beeches Rd, Great Barr B42 2HF  
Every Thursday starting 5th September  
10am - 12pm

Ask for Claire on 0121 362 3650 or call 0121 360 7388 for info

If you would like to find out more about our other groups for yourself or someone you know, please get in touch:  
Call on 0121 362 3650 or email at [info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk)

**AGEconcern**  
Birmingham

**Birmingham**  
City Council

**SUTTON COLDFIELD**  
**NEIGHBOURHOOD**  
**NETWORK SCHEME**

# 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.



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

## New friendship group for over 50s:

Hargreave Community Lounge, Hargreave Close  
Walmley. B76 1GR  
Every Wednesday 11am to 12:30pm  
Tea and coffee provided  
Call Julia on 07985270599 for information

If you would like to find out more about our other groups for yourself or someone you know, please get in touch:  
Call on 0121 362 3650 or email at [info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk)

**AGEconcern**  
Birmingham

**Birmingham**  
**ageUK**

**Birmingham**  
City Council



2024

# Christmas at Holy Trinity

**FREE ADMISSION**

## Carols by Candlelight

**Sunday 22nd December at 6.30pm**

A beautiful candlelit carol service with many well-known carols and readings, with Holy Trinity Parish Church Choir. The service is followed by complimentary mulled wine and mince pies in the Trinity Centre.



## Other Advent and Christmas Services

**ALL FREE ADMISSION**

### Christingle

**Sunday 1st December at 4pm**

We make Christingles, which are then lit in a short service, suitable for all the family!

### Toy Service

**Sunday 8th December at 10am**

Bring new toys for children of all ages which will be donated to Action for Children for distribution to children who might otherwise not receive a Christmas present.

### Crib Service

**Tuesday 24th December at 3.30pm**

Our ever-popular service for the whole family, where little ones get the chance to help us tell the story of the nativity in an informal way.

### Midnight Eucharist

**Tuesday 24th December at 11.30pm**

Starting before midnight, we celebrate the arrival of the baby Jesus at Christmas with a service of Holy Communion.

### Christmas Day Eucharist

**Wednesday 25th December at 10am**

Join us for Holy Communion as we celebrate the joyful arrival of Jesus on Christmas Day!

**DIGNITY**  
dignityfunerals.co.uk

## Friends of Holy Trinity Parish Church



At Dignity, we consider it a privilege to serve local families and support our local communities.

Holy Trinity Parish Church is our chosen place of worship and we are delighted to sponsor the fundraising events of Friends for the twelfth successive year.

Our funeral home features a beautiful interior and our friendly staff are available at all times to provide help and support to all the families we serve.

**A Hazel & Sons Funeral Directors**  
40 Birmingham Road, Sutton Coldfield B72 1QF  
0121 354 2145

We're here for you anytime. Whatever your wishes or budget, we can provide a funeral to suit you.

**DIGNITY** dignityfunerals.co.uk/local

**CONTACT US**  
Friends of Holy Trinity Parish Church,  
Church Hill, Mill Street,  
Royal Sutton Coldfield, B72 1TF  
Tel: 0121 321 1144  
Email: friends@htsc.org.uk  
htsc.org.uk

**BECOME A FRIEND**  
Support Holy Trinity Parish Church, Royal Sutton Coldfield, and keep up-to-date with the latest news, with an individual, family or lifetime subscription. Contact us for more details.

Follow us on social media: Facebook, Instagram, Twitter, YouTube.

Patron: Rt Hon Andrew Adonis MP  
Holy Trinity Parish Church & Friends  
Registered Charity No. 1123704

HOLY TRINITY PARISH CHURCH  
ROYAL SUTTON COLDFIELD

# CONCERTS AND EVENTS

2024-2025



**htsc.org.uk**

**FRIENDS OF HOLY TRINITY PARISH CHURCH, SUTTON COLDFIELD**

# Welcome

Established in 2013, Friends of Holy Trinity aims to deliver an inspiring programme of events to ensure that Holy Trinity remains at the very heart of Royal Sutton Coldfield and also one which helps to promote the heritage of and preserve and enhance our 750 year old parish church. Over £100,000 has been raised so far. All events will be held in Holy Trinity Parish Church.

**TICKETS FOR ALL CONCERTS:**

ADULT	UNDER 18	FAMILY
£20	£5	£45

Family tickets include up to 2 adults and 3 under 18s.

**EARLY BIRD SPECIAL OFFER**

Purchase an or before the 12th October 2024 and enjoy all 6 ticketed events for the price of 5.

**ADULT £100 UNDER 18 £25 FAMILY £225**

To book visit [htsc.org.uk](http://htsc.org.uk) or call 0121 321 1144

**OCTOBER 2024**

## The CBSO's Symphonic Six

**Saturday 12th October 2024 at 7.30pm**

The CBSO's Symphonic Six presents an evening of live music entitled "From Classics to Jazz" featuring music by jazz legends John Kirby, Raymond Scott, Duke Ellington and Benny Goodman and based on classics by Chopin, Beethoven, Schubert, Grieg, Mozart and many more.

Sit back and relax while this fabulous six-piece band perform a selection of well-known classics that have been given a jazz twist by musicians who took their inspiration from the classical masters.



**NOVEMBER 2024**

## BMOS Musical Theatre Company

**Saturday 23rd November 2024 at 7.30pm**

BMOS Musical Theatre Company presents "Broadway Classics" - a thrilling evening of your favourite songs from classic shows from Broadway and London's West End.

Founded in 1986, BMOS has entertained tens of thousands of Midlands during its 138 year history and enjoys a headline show at Birmingham's New Alexandra Theatre every year - "Charlie and the Chocolate Factory" being their latest triumph in June 2024.




**FEBRUARY 2025**

## The Black Country Beatles

**Saturday 8th February 2025 at 7.30pm**

Beatles tribute band The Black Country Beatles was started by Andy Harper, who plays the role of George Harrison, back in mid-2016. The band play a wide range of the Fab Four's classics and have become a firm staple of the Midlands live scene with a solid following in the Black Country and beyond. You can look forward to hearing your favourite 1962 to 1970 hits performed by The Black Country Beatles' take on Paul, John, George and Ringo!



**MARCH 2025**

## Lichfield Cathedral Choir

**Saturday 29th March 2025 at 7.30pm**

Directed by Ben Lamb and accompanied by Maryn Rowles, Lichfield Cathedral Choir presents a programme that explores the riches of the Anglican repertoire.

The Cathedral Choir can be traced back as far as 1315; they offer places for choristers aged 7-13, Choral Scholars aged 16-18 as well as adult Lay Vicars and sing for seven choral services each week.



**MAY 2025**

## Our Atlantic Roots

**Saturday 10th May 2025 at 7.30pm**

Cornwall based duo, Our Atlantic Roots (Mac and Laura Johnston) bring an uplifting blend of American & British folk, with harmonies that are rich, dynamic and unite beautifully. Mac's guitar playing is full of character and accompanies lyrics that are both poetic and direct, hopeful, and authentic.

Mac and Laura merge genres from their country and folk roots. With over 4 million streams and hundreds of live shows under their belts, as well as on BBC TV and BBC introducing, 'Our Atlantic Roots' is an emerging act to watch.



**JUNE 2025**

## English Trombone Consort

**Saturday 14th June 2025 at 7.30pm**

The English Trombone Consort presents 'Baroque to Boogie Woogie'. This consort was formed in January 2014 by four professional trombone players from the Midlands. Between them they have well over 100 years of professional performing experience, both in the UK and abroad, as soloists, orchestral players, and with various chamber ensembles.

The vast and diverse performing experience of each of the four players brings together a mature and stylistic approach to the ensemble's diverse repertoire.



## BOOK TICKETS

Visit [htsc.org.uk](http://htsc.org.uk) or call 0121 321 1144

Payment methods: PayPal, Mastercard, VISA, American Express, Debit Card, Dignity.





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

## Alan Ledger

### MEET THE PHOTOGRAPHER

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

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

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

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

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

### ALAN'S BIOGRAPHY

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

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

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

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

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

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

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

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

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

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

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





Hi all,

On our way from Bebra having seen the East German Pacifics at work we stopped off at Paderborn and soon after arriving a West German oil burning 2-10-0 043-133 rolled in with a freight train from Hamm to Kassel. The local shunter is seen riding on the footsteps to the cab after he had hooked the train off and was about to pick up some more wagons. This engine will soon to be transferred to Rheine once the electrification of this route has been completed. We would see a number of times during our next visits there.

22/02/1972.

Regards

Ledg.





Hi all,  
 CP Portuguese E111 2-6-0 narrow gauge tank engine is being readied at the depot at Mirandela, the end of the line high up in the hills of northern Portugal. E113 stands just inside the shed building and in front although not in view was E112. The second picture is of E111 now standing in the station with a train for Braganca. A mixture of freight wagons and a lone coach at the rear for passengers are in tow ready for a long journey down to the river Duoro and a main line connection for Oporto or Barca de Alva on the Spanish border.

06/05/1973.

Regards  
 Ledg.



[www.scrs.club](http://www.scrs.club)

# SUTTON COLDFIELD

RAILWAY SOCIETY



**ST JAMES' CHURCH CENTRE**  
**Mere Green Road**  
**Sutton Coldfield**  
**B75 5BW**

**Free Parking & Full Disabled Access**  
**Wednesday evenings at 7.30pm for 7.45pm**  
**until 9.30pm**





We are a general railway society and cater for a wide range of railway interests through a weekly programme of talks and presentations. We also organise visits to heritage railways and other sites of interest.

The first meeting of each month is a 'track night' which enables members with a modelling interest to run trains on our 0, 00 or N gauge test tracks. Or just exchange ideas and generally have a chat.



Our talks and presentations are given both by knowledgeable club members and visiting speakers on a variety of subjects including steam & preservation. We also hold an annual photographic competition.

If we have fired your interest why not come along and sample a club evening for yourself, or have a look on our website at **[www.scrs.club](http://www.scrs.club)** for further details.

We look forward to meeting and welcoming you to the Society.





Opposite CEX on the corner.



## CHOCOLATE WORKSHOPS

On the corner opposite CEX in The Parade

BIRTHDAY PARTIES  
**SCHOOLS**  
CORPORATE  
TEAM BUILDING  
**CLUBS**



PROSECCO NIGHTS  
**HEN/STAG**  
BABY SHOWERS  
**SOCIAL**  
**AND MORE**

**MILITARYCHEF.CO.UK**

**VETERAN OWNED AND OPERATED**





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



# Love For Babies

## Fun Interactive Baby & Toddler Sessions

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

**Baby Sessions:**  
Tuesdays & Thursdays  
Beacon Church  
Pheasey

**Role Play Sessions:**  
Wednesdays  
St Columba's Church  
Banners Gate

Contact us for more information or to  
book your space

### Contact:

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



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

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

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

### Trio Of Love 4 Week Course

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

### Baby Massage & Spa 5 Week Course

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



### Love To Spa

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

### Love To Play

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



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



## Boldmere Ballet School and Sutton Stage School

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

Pre-School Ballet and Dance - 4pm Fridays

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

Royal Academy Classical Ballet - Ages 4+  
Weekdays

Acrobatic Dance - Ages 5+ Fridays

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

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

**EXAMS - FESTIVALS - SHOWS**

07932 065 949 jane@theatredance.co.uk  
www.theatredance.co.uk





### **Let Bridgewater Photography capture your special moments**

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

Bridgewater Photography service covers:

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

BRIDGEWATER  
PHOTOGRAPHY

**Call Donna on 079 1321 3299**

#### **Customer comments:**

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

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

**[www.facebook.com/BridgewaterPhotographyUK](http://www.facebook.com/BridgewaterPhotographyUK)**

**[www.bridgewater-photography.com](http://www.bridgewater-photography.com)**



## Are you pregnant or have children under the age of 4?

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

  @NHSHealthyStart



## What can I buy?

### Fruit and vegetables

#### ✓ They can be:

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

#### ✗ They cannot:

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

### Plain cow's milk

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

#### ✗ It cannot be:

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

### Infant formula

#### ✓ It should be:

- suitable from birth
- made from cow's milk

### Healthy Start vitamins

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

If you live in England, find your nearest vitamin provider on the NHS Healthy Start website: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

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

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

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Or call us on 0300 330 7010

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



Follow us on Facebook and Twitter  
@NHSHealthyStart

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## NHS Healthy Start

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



## What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



## Who can apply?

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

In addition, you must be receiving any of the following:

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

You will also be eligible for NHS Healthy Start if:

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

## How to apply



Visit  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



Fill in the online application form



Receive your prepaid card in the post



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



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



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

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

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



## Alzheimer's Society Dementia Support

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



**Alzheimer's  
Society**

Together we are help & hope  
for everyone living with dementia





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

Email us at [enquires@alzheimers.org.uk](mailto:enquires@alzheimers.org.uk)

Or visit [alzheimers.org.uk/get-support](https://alzheimers.org.uk/get-support)

## Talk to someone who understands

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

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

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

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

“

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

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

”



## Get the help and support you need

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

Call **0333 150 3456**

Or visit [alzheimers.org.uk/get-support](https://alzheimers.org.uk/get-support)

### Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.



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

DSSU



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

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



WELCOME TO OUR

# November Newsletter

HELLO FROM SUTTON COLDFIELD NNS!  
Welcome to our monthly Newsletter

Hello All!



Last month Sutton Coldfield NNS were getting active at the Sutton Coldfield Accessible Community Games facilitating a game of corn hole! Networkers were engaging with parents and carers, discovering what activities they would like to see in their local area. The team have also been busy learning about governance for small community groups, (thank you to Birmingham Community Matters🙌) We have also renewed our focus, exploring gaps we can support in Reddick, Walmley and Minworth. If you have any thoughts on this, please let us know!

As usual, if you have any relevant snippets for our December newsletter, or would like to share an NNS 'Story of Difference' please get in touch at [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

**THANK YOU!**

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

## FREE Training- Managing Money for Small Voluntary Groups

This in-person session is for you if you're involved in **running a small voluntary group and would like some help in how you record and manage the money coming in and out of your group bank account.** At the event, you will be matched with a helper who will confidentially help you with the record keeping for your group and any questions you have about how best to record and manage money for your group. To book please email [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)



TRAINING FACILITATED BY  
BIRMINGHAM COMMUNITY MATTERS...

## MANAGING MONEY FOR SMALL VOLUNTARY GROUPS

**TUESDAY 3RD DECEMBER 24**  
**10.30AM-12.30PM**

**FOUR OAKS METHODIST CHURCH, B74 2UU**

To book please email  
[nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)





## CAPACITY BUILDING

## NEW! 'Growing Your Online Presence' Resource Hub

## 'GROWING YOUR ONLINE PRESENCE'

## Resource Hub



## How to....

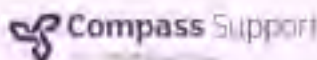
Brought to you by...



- [Set up an event on Facebook](#)
- [Get set up on Eventbrite](#)
- [Set up Linktree for your organisation](#)
- [Mastering Mailchimp](#)
- [Making the most of your social media](#)
- [Getting started in Canva](#)
- [Creating a poster/flyer in Canva](#)
- [Editing a reel/social media reel in Canva](#)

'Growing your online presence' is a resource hub created to help Sutton Coldfield based community groups and organisations navigate digital applications to assist in their marketing and promotion.

The resources have been created by panda and commissioned by Sutton Coldfield Neighbourhood Network Scheme. Local community groups and organisations have also contributed, informing us which topics would be most valuable to them. To access please click the links to the left.



Would you like to develop more skills, tips and tricks to promote your community activities and services online? Sutton Coldfield NNS have commissioned panda to develop 'how to' guides. The 'Growing Your Online Presence' project has been designed to support Sutton Coldfield based community groups and organisations looking to navigate digital applications to support with marketing and promotion.

From getting started in Canva, setting up Mailchimp or developing a simple social media strategy, these resources will hopefully prove useful.

If you would like to have a look at the new resources available, you can view them at:

<https://growingyouronlinepresence.my.canva.site/>

## Mid-Winter Micro Grants



Feeling the winter chill? Sutton Coldfield NNS would like to celebrate the Mid-Winter season by inviting community groups and organisations to apply for a Mid-Winter Micro Grant. We are looking to fund ideas around themes of winter warmth, nutrition and exercise in cold weather... social activities to prevent isolation & loneliness (including music, drama, arts & crafts with winter environment themes)... digital inclusion and health literacy in planning a healthier lifestyle in 2025. If you have any ideas, please email

[nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)



## SPREAD THE WORD

## My Time Active - Introduction to the Gym



© 2004 Blackwell Publishing Ltd  
Journal of Internal Medicine 255: 321–329

Lauren Christy is a staff writer at *Entrepreneur* magazine, where she covers small business and technology. She is also a frequent contributor to *Entrepreneur*'s website, [entrepreneur.com](http://entrepreneur.com). She is currently working on a book about small business and technology.

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Steven L. Gendron, Editor  
 1000 University Avenue  
 Suite 1000  
 Berkeley, CA 94702-1629  
 Tel: 415/848-2400  
 Fax: 415/848-2401  
 Email: [sgendron@berkeley.edu](mailto:sgendron@berkeley.edu)

\*Gaining the money is worth  
approved by the Ministry  
of Housing etc.

To learn what is new & why, visit our Health Today website: [www.healthtoday.org](http://www.healthtoday.org)



VISIT OUR  
WEBSITE



My Time Active are inviting you to join their 6-week programme consisting of 12 instructor-led gym sessions and health-related group learning topics. You can learn the basics and build confidence in a gym-environment on this fun, friendly, interactive course with like-minded people. Currently, around 1 in 4 adults in England are physically inactive and two of the most common reported barriers to engaging in physical activity are a lack of confidence and a lack of skills.

The fresh start friendly programme aims to tackle both of those barriers.

To book your 12 sessions simply contact the My Time Active Health Team by visiting <https://www.mytimeactive.co.uk/wellbeing-hubs>

Courses run every 6 weeks, provided by the Midlands Wellbeing Hub

## Fairer Futures Fund - Locality Small Grants

**The deadline for NNS to review Fairer Futures Fund- Locality Small Grant applications is on the 15th December 24.** The Fairer Futures Fund supports improved health and care services, reduction in inequalities and enhances access to care. Applications should be innovative and specific to the themes and sub-priorities in the guidance, (for further info click [here](#).) Applications must be seen and approved by either Erdington or Sutton Coldfield Neighbourhood Network Scheme teams, you can contact us on:



SPREAD THE WORD

## Drop-in Occupational Therapy Clinics

## Occupational Therapy Clinics

If you are having difficulty:

- Getting in and out of bed or chair
- Getting on and off the toilet
- Dressing yourself
- Feeding yourself or making meals
- Managing the stairs

You might benefit from support from one of our Occupational Therapists. Visit one of our drop-in face-to-face clinics.

Running daily, 9.30am- 2pm.

No referral or booking needed



Find your local clinic:  
[birmingham.connecttosupport.org/occupational-therapy](https://birmingham.connecttosupport.org/occupational-therapy)

Did you know you can drop-in and get some advice at an Occupational Therapy clinic? They can assess and determine if simple equipment or minor adaptations are needed to enhance safety and independence in performing tasks at home.

Sutton Coldfield has a drop-in service at **Sutton Coldfield United Reformed Church**, 1 Brassington Ave. B73 6AA on **Tuesdays 9.30am-12pm**

SPREAD THE WORD

## Carers Rights Day

**Carers Rights Day**

**WEDNESDAY 20TH NOVEMBER**

**10:00AM- 3:00PM**

**TOUCHBASE PEARS, 750 BRISTOL ROAD, SELLY OAK B29 6NA**

GET YOUR FLU JAB

HEALTH CHECKS

LUNCH PROVIDED

STALLS/BOOTHES & SPEAKERS

LEGAL SUPPORT

WORKSHOPS

SCAN TO BOOK

carers RIGHTS DAY

Forward Carers are excited to invite all Carers to this year's Carers Rights Day at the welcoming and accessible TouchBase Pears in Selly Oak. This special event is designed to empower and support by providing valuable information about rights as a Carer, as well as practical advice tailored to unique needs.

Throughout the day, there will be the opportunity to take part in engaging workshops that focus on key aspects of caring, such as:

- Hospital discharge planning
- Accessing financial support
- Understanding legal rights with our partner solicitors, Wildings.

📅 Wednesday 20th November 24

🕒 10am-3pm

📍 TouchBase Pears, 750 Bristol Rd, B29 6NA

To book please visit

<https://www.eventbrite.co.uk/e/carers-rights-day-2024-tickets-1041179214057?aff=erelexpmit>



## STORY OF DIFFERENCE

### Sutton Coldfield U3A - History of Art Group



Sutton Coldfield NNS offers small grants and micro grants up to £500 to local community groups and organisations. Micro grants may be smaller but they still provide an opportunity to make a big impact!

The Sutton Coldfield U3A - History of Art group applied for a micro grant with the idea to visit Upton House with the specific intention to explore the impressive art collection assembled

by the 2nd Viscount Bearsted, Walter Samuel. The collection is one of the finest art collections in 20th-century England with a remarkable range of world-class paintings, from Stubbs and Hogarth to Bosch and El Greco.

The grant enabled the group to visit a venue they would otherwise not have been able to travel to and study a collection which really sparked their interest! The History of Art collective includes very elderly members with mobility impairment and those who live alone. The trip was a roaring success as the comments below demonstrate...

"I found the visit both enjoyable and stimulating. The art work was interesting, the staff were helpful and as I live on my own I enjoyed being with people for the day."

"I particularly enjoyed seeing the Bruegel and Bosch paintings, not to mention the Burn-Jones painting "love among the ruins", on loan from Whitworth, I did not know the history behind it."

"I am in my eighties and live alone. It was nice to go on such a well organised group outing. I enjoyed both the pictures and the garden and found it to be a most relaxing and memorable day."

"From the warm welcome of our cheery coach driver to the dedicated meet and greet of our hosts at the house, the whole day was a enjoyable experience. The standout part of the day was the incredibly well informed presentation of the guides, who were more than happy to answer questions and offer their personal reflections on the works exhibited. It really brought the collection to life! I am so glad of the opportunity to have visited somewhere new, that I would have probably not have visited under my own steam."



## SPREAD THE WORD

## Digital NNS – Maximising Opportunities for Digital Inclusion across Birmingham

**Working to ensure that older citizens and citizens with long-term disabilities have access to digital tools, tech and services.**

We help organisations across Birmingham to build their digital skills and capacity so they feel confident about providing the right digital services to their vulnerable communities.



Digital NNS supports Birmingham based organisations to build their digital skills and capacity so they feel confident about providing the right digital support to their citizens and communities.

Digital NNS supports:

- Neighbourhood Network Schemes
- Community Groups
- Social workers / social prescribers

## Who we support



Neighbourhood Network Schemes



Community groups



Social workers & social prescribers

## How we can help

- Support in setting up digital inclusion sessions or activities
- Advice on where/how to get free or low cost digital devices and data
- Recommend providers for digital training and support
- Provide digital networking opportunities

Talk to us about anything digital that's on your mind!

They can...

- Support setting up digital inclusion sessions or activities
- Advise on where/how to get free or low cost data
- Recommend providers for digital training and support
- Provide digital networking opportunities

To get in touch with Digital NNS, you can email them at [info@digitalnns.org.uk](mailto:info@digitalnns.org.uk) or visit their website [www.digitalnns.org.uk](http://www.digitalnns.org.uk)



Find helpful resources on our website



Get in touch with us  
All information on [digitalnns.org.uk](http://digitalnns.org.uk)  
@digitalnns  
#DigitalNNS

### Do you offer activities for older people or adults with disabilities?

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

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

<https://suttoncoldfieldnns.blogspot.com/>

0121 362 3650

[nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

**Sutton Coldfield NNS**

**AGEconcern**  
Birmingham

**Compass Support**  
Your Neighbourhood



GET INVOLVED

## READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

<https://www.calameo.com/read/000675467e8ca2443dd9b>



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


### **Do you offer activities for older people or adults with disabilities?**


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

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

 <https://suttoncoldfieldnns.blogspot.com/>

 0121 362 3650

 [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk)

 Sutton Coldfield NNS



# HIGHBURY PLAYERS

## PLAYS FOR 2024/25 SEASON



### The King's Speech

By David Seidler  
**10 – 21 Sept 2024**  
*Let courage reign*



### SHEILA'S ISLAND

By Tim Firth  
**15 – 26 Oct 2024**  
*A comedy in thick fog*



### Notes from a SMALL ISLAND

By Bill Bryson & Tim Whitnall  
**26 Nov – 7 Dec 2024**  
*Based on the best-selling book*



### Home, I'm Darling

By Laura Wade  
**21 Jan – 1 Feb 2025**  
*Nostalgia ain't what it used to be*



### the father

By Florian Zeller  
**25 Feb – 8 Mar 2025**  
*Anthony's mind is fading; his daughter is challenged*



### LITTLE WARS

By Steven Carl McCasland  
**10 – 15 Mar 2025**  
*Everyone has a confession. Someone has a secret*



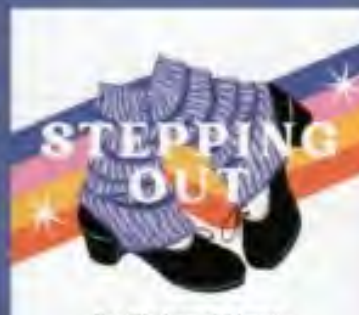
### The heartless princess

By Franklyn Black  
**8 – 19 April 2025**  
*Who has stolen the princess's heart?*



### HANSARD

By Simon Woods  
**19 – 24 May 2025**  
*Politics & marriage. Bitingly funny, ultimately shocking*



### STEPPING OUT

By Richard Harris  
**10 – 21 June 2025**  
*A comedy with two left feet*

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

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



0121 373 2761

[highburytheatre.co.uk](http://highburytheatre.co.uk)





# HIGHBURY CINEMA

## FIRST FILMS FOR 2024/25 SEASON



**Sun 15 Sep 2024**

*Sometimes you must just  
make a break for it*



**Sun 20 Oct 2024**

*One love, one heart*



**Sat 16 Nov 2024**

*Complex, moving,  
thought provoking*



**2:30pm, Fri 27 Dec 2024**

*Music, adventure, comedy  
and chocolate*

**Films all start at 7pm unless otherwise stated.**  
Films for the remainder of the season will be  
shown in 2025 on the following dates:

**Sun 5 January**

**Sun 26 January**

**Sun 16 February**

**Sun 2 March**

**Sun 13 April**

**Sun 11 May**

**Sun 22 June**

### How to book tickets

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

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

Monday 7:30pm to 9pm

Wednesday 10am to 12 noon

Performance nights 7:30pm to 9pm

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

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

Tickets for plays: **£12**

Tickets for films: **£5**

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



### Follow us on social media



/HighburyTheatre



@highburytheatre



@highburytheatrecentre

#thehighburyplayers

#discoverhighbury

@highburyplayers

#highburycinema

**Highbury Theatre, Sheffield Road, B73 5HD**

**0121 373 2761**

**[highburytheatre.co.uk](http://highburytheatre.co.uk)**





## What's on next?

Highbury Players present

### Notes from a Small Island

26 Nov-7 Dec 2024 at 7.30pm

by Bill Bryson / Tim Whitnall  
directed by Denise Phillips

It's 1973, and a young man from Iowa has arrived on the ferry at Dover. He intends to conquer the whole of the island, as Caesar attempted before him. Based on Bill Bryson's best-selling memoir.

From The Top Theatre Company presents

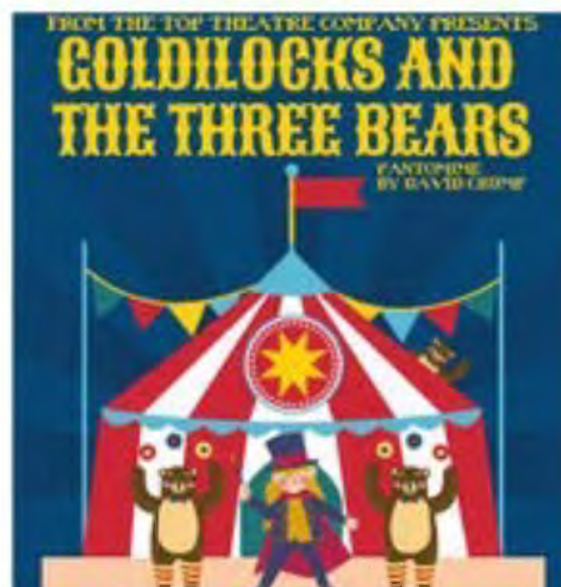
### Goldilocks and the Three Bears

11-14 Dec 2024 at 7.30pm  
And matinee 14 Dec at 2.30pm

by David Crump  
directed by Chris Roberts

Will Ivor Blackheart succeed with his dastardly plan to get as many performing animals as possible in his circus? Or will Goldilocks and her courageous friends manage to stop him?

Signed performance 11 Dec.



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





# HIGHBURY THEATRE

## What's on next?



Highbury Youth Theatre presents  
their first

## Showcase

7:30pm on 16 Dec 2024

directed by **Laura McLaurie**

There'll be a selection of  
monologues, duologues and  
group pieces from our talented  
youth theatre.

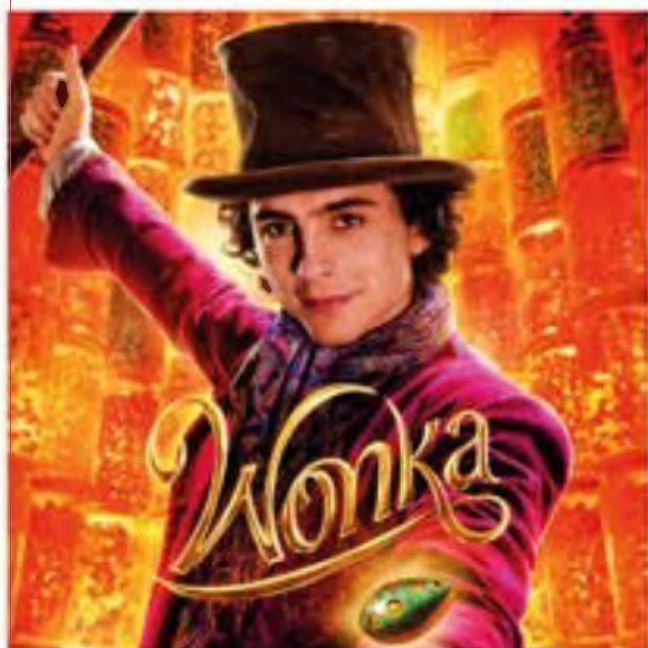
Tickets are free of charge.



★ **SHOWCASE** ★

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





## What's on next?

Highbury Cinema presents

### Wonka

2.30pm on 27 Dec 2024

Director **Paul King**

Released **2023**

Duration **1hr 56m**

Certificate **PG**

**Music, adventure, comedy and chocolate!**

A fantastical musical adventure tracing the origins of the amazing Willy Wonka.

Highbury Cinema presents

### The Adventures of Priscilla, Queen of the Desert

7pm on 5 Jan 2025

Director **Stephan Elliott**

Released **1994**

Duration **1hr 44m**

Certificate **15**

Follow our heroines on a journey to acceptance and self-discovery, in a one-of-a-kind road movie across Australia. Wonderfully emotional, with stunning scenery and equally stunning dresses.



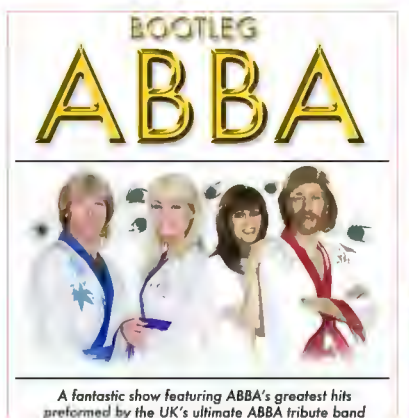
**Tickets available from  
Box Office, Highbury Theatre,  
Sheffield Road, B73 5HD  
Tel: 0121 373 2761 or book online  
via [highburytheatre.co.uk/](http://highburytheatre.co.uk/)**





0121 296 9543

What's On: [suttoncoldfieldtownhall.com/events/](http://suttoncoldfieldtownhall.com/events/)  
[enquiries@suttoncoldfieldtownhall.com](mailto:enquiries@suttoncoldfieldtownhall.com)



## SUPPORT US

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





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

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

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

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



# ALEXANDRA THEATRE BIRMINGHAM

Starts 03 Dec 2024



**The Book of Mormon**

14 Dec



**Theatre Tour**

11 Jan 2025



**The Big Pants Party**

12 Jan 2025



**Ministry of Science LIVE -  
Science Saved The World**

19 Jan 2025



**Sukh Ojla: The Aunty Years**

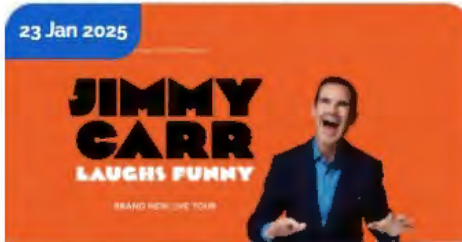
The Alexandra Birmingham

22 Jan 2025



**The Simon & Garfunkel  
Story**

23 Jan 2025



**Jimmy Carr: Laughs Funny**

25 Jan 2025



**Sing-a-Long-a Matilda**

25 Jan 2025



**Sing-a-Long-a The Greatest  
Showman**

Starts 26 Jan 2025



**Chris McCausland: Yonks!**

The Alexandra Birmingham

Starts 28 Jan 2025



**Murder on the Orient  
Express**

02 Feb 2025



**Taylormania**



## GUIDED TOURS

### Guided Backstage Tours

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

## MEMBERS' Q&A WITH SAM RABONE

### Members' Q&A with Sam Rabone

Lichfield Garrick Venue, Thursday 12th  
December 2024 - 4pm



### Storytime With Santa

Studio, Saturday 14th December 2024

## The Nutcracker



### RBO: The Nutcracker (Live Recording)

Studio, Sunday 12th January 2025 -  
2.45pm

## The Tales of Hoffmann



### RBO: The Tales of Hoffman (Live Screen...)

Studio, Wednesday 15th January 2025 -  
6.45pm



### Richard Jones: Soldier of Illusion

Main Auditorium, Sunday 19th January  
2025 - 7.30pm



### An Evening with West Brom Legends

Main Auditorium, Tuesday 21st January  
2025 - 7.30pm (VIP 6pm)



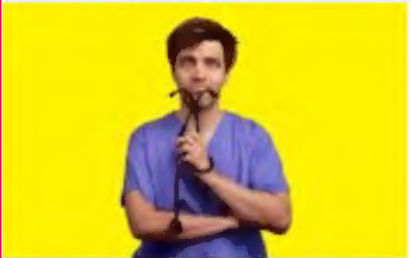
### Go Your Own Way

Main Auditorium, Wednesday 22nd  
January 2025 - 7.30pm



### Sleeping with Beauty

Main Auditorium, Thursday 23rd &  
Friday 24th January 2025



### Catch Your Breath: The Secret Life of...

Studio, Friday 24th January 2025 -  
7.45pm



### RBO: Wolf Witch Giant Fairy (Live Reco...)

Studio, Saturday 25th January 2025 -  
2.45pm



### Absolute Reggae

Main Auditorium, Saturday 25th  
January 2025 - 7.30pm





### The Signatures feat. Stefan Taylor wit...

Main Auditorium, Sunday 26th January 2025 - 7.30pm



### Tony Christie: The Farewell Tour

Main Auditorium, Tuesday 28th January 2025 - 7.30pm



### The Simon & Garfunkel Story

Main Auditorium, Wednesday 29th January 2025 - 7.30pm



### Pretty Vacant

Main Auditorium, Thursday 30th January 2025 - 7.30pm



### Michael Starring Ben

Main Auditorium, Friday 31st January 2025 - 7.30pm



### Manford's Comedy Club

Studio, Friday 31st January 2025, Friday 30th May 2025, Friday 31st October 2025



### 15 Years of The Inbetweeners: In Conve...

Main Auditorium, Wednesday 5th February 2025 - 7.30pm



### A Beautiful Noise - The Definitive Nei...

Main Auditorium, Thursday 6th February 2025 - 7.30pm



### And Finally... Phil Collins

Main Auditorium, Friday 7th February 2025 - 7.30pm



### Fun! With Barbara Nice

Studio, Friday 7th February 2025 - 7.45pm



### ELO Again

Main Auditorium, Saturday 8th February 2025 - 2.30pm & 7.30pm



### The History of Rock

Main Auditorium, Sunday 9th February 2025 - 7.30pm



**At the stroke of midnight on Christmas Eve, Clara tiptoes downstairs and is swept away on an unforgettable magical journey...**

At her parents' lavish Christmas party, Clara is given a mysterious Nutcracker Doll. Once all the guests have left, she sneaks downstairs to find her present and comes face-to-face with the fearsome King Rat, ready to do battle with the Nutcracker and his band of toy soldiers. As soon as King Rat is vanquished, Clara is whisked away on a magical adventure with the Nutcracker, travelling through swirling snowflakes to an enchanting kingdom where she is transformed into the Sugar Plum Fairy.

Tchaikovsky's glorious score, performed live by the 60-strong Royal Ballet Sinfonia, provides the captivating soundtrack to this festive classic.

This sumptuous and timeless production boasts daring swordfights, falling snow, magic, and a 30-foot Christmas tree. Whether you're yearning for a hint of nostalgia or looking to start a whole new tradition for your family and friends, plan ahead ready to start your 2024 festive season in style.

Ballet & Dance, Family & Pantomime  
**The Nutcracker 2024**

A wonderful & enchanting magical story

Fri 22 Nov – Sat 14 Dec

Tickets from £18.50



Events & Venue Tours

**Behind The Scenes Tours**

Discover the world behind the curtain and learn about the amazing story of the Hippodrome.

Sat 23 Nov – Sat 8 Mar 2025

Tickets £10

Discover the world behind the curtain and learn about the amazing story of the Hippodrome.

Our knowledgeable volunteers and Visitor Services Assistants will share captivating stories from the theatre's past as you peek behind the scenes and explore the public and private areas of this fascinating building. You will also get to meet one of our technicians who will explain just what it takes to get a show onto our stage.

*Please note that the tour does not include access to the Hippodrome stage due to the different needs of each production. Each tour is fully accessible apart from the auditorium boxes, which are accessed via stairs.*

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

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

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

Ballet & Dance, Workshops & Talks

**BRB - Pre Performance Talk**

Take a peek behind the curtain as you learn more  
Birmingham Royal Ballet

Fri 29 Nov – Fri 28 Feb 2025

FREE



Ballet & Dance

**Class on Stage**

Ever wondered just how ballet dancers

Sat 7 Dec – Sat 1 Mar 2025

Tickets from £15

Have you ever wondered just how ballet dancers prepare for each of their performances? Look no further than Class on Stage! This is your chance to look behind the scenes and come and watch the dancers of Birmingham Royal Ballet warm-up and complete their final preparations ahead of one of their performances.

This is a great introduction to Ballet and an opportunity to understand about the amazing strength, skill and stamina of BRB's exceptional world-class dancers.

Step into the universe of Bollywood Time Machine, where we invite you to embark on a journey through the dynamic decades! From the groovy 60s to the contemporary hits of today, immerse yourself in an evening filled with laughter, dance, and timeless melodies. Immerse yourself in the enchanting voices of legends such as *Kishore Kumar*, *Mohammed Rafi*, *Lata Mangeshkar*, and *Asha Bhosle*, alongside the magnetic performances of modern sensations like *Arijit Singh*, *Sonu Nigam*, *Shreya Ghoshal*, and *Sunidhi Chauhan*.

Your host for this musical extravaganza is the charismatic and dynamic **Tommy Sandhu**. With vocals by **Chirag Rao & Rekha** and dance by **LEDC Dance Crew**. Prepare for an unforgettable night of entertainment for everyone!

Bollywood Time Machine: sing along with all your romantic 90s songs, funk your way through the 80s and get your fix of smooth and sensuous 60s and 70s classics! We'll see you there!

**Bollywood Time Machine**

An evening filled with laughter, dance, and timeless melodies

Sat 7 Dec

Tickets £22



Family & Pantomime, Musicals  
A Birmingham Hippodrome production

**The Jingleclaw**

The perfect first musical for ages 3+

Fri 13 Dec – Sat 4 Jan 2025

Tickets from £15

Tickets for The Jingleclaw are selling fast, with pre-Christmas availability now limited! For best early availability.

In a cosy village nestled in the snowy mountains, the Shnootnoot Winter Festival is fast approaching. Astrid is busy practising to play with her school band. Everyone wants her to keep in time, but Astrid just wants to march to the beat of her own drum. Meanwhile, deep in the Winterwood, The Jingleclaw awakes, a mischievous monster who can't STAND festive cheer and music.

Can Astrid find a way to keep the village safe? With original songs, festive magic (and a little bit of naughtiness!), The Jingleclaw is the perfect first musical for ages 3+.

Tickets for Peter Pan are selling fast, with pre-Christmas availability now limited! For best early availability.

Following a triumphant season last year, and by popular demand, Birmingham's own **Alison Hammond** returns to Birmingham Hippodrome's panto, this year leading the cast as The Magical Mermaid!

Alison joins Hippodrome panto star and award-winning comic **Matt Slack**, who returns for an eleventh season as Smee, star of stage and screen **Danny Mac** as Captain Hook, resident dame **Andrew Ryan** and **Billie-Kay** who returns for a second year as Tink!

They will be joined by performers **Rhiannon Chesterman** as Wendy, and **Noah Harrison** in the title role of Peter Pan.

With amazing special effects, stunning sets and beautiful costumes direct from The London Palladium, Peter Pan will take your whole family on a magical trip to Neverland like never before! Be part of the panto magic at Britain's biggest regional panto! Hook your tickets today...



Ballet & Dance, Events & Venue Tours

**Gala Evening at Matthew Bourne's Swan Lake**

Thu 6 Feb, 2025

Spread your Wings!

Join us for our a fabulous Gala Evening at Matthew Bourne's thrilling production of *Swan Lake*. Enjoy an evening of first-class hospitality and world-class entertainment at this genre-defining show.

Our Gala events are the perfect opportunity to entertain your valued clients, treat a team, network with other city professionals or simply to enjoy with family and friends.

Your sparkling evening includes: a top-price show ticket, drinks reception, a delicious three-course seated dinner in our specially styled ballet studio and an exclusive post-show party.

Matthew Bourne's audacious, rule-breaking reinvention of Tchaikovsky's masterpiece caused a sensation when it premiered almost 30 years ago. It has now become the most successful dance theatre production of all time.

The proceeds from the evening will support our wider work as an independent arts charity with young people, especially our dance talent development projects known as *Curtain Raisers*.

Book the number of places to suit you at £195 per person and join a lively mix-in table. Tables for 10 guests at £1,950 are also available at this unmissable evening.

Guests who book Premium places at the event – priced £290 per person – will be hosted by a member of the Hippodrome's leadership team or a Trustee and receive a show programme specially signed by members of the cast – thank you for your enhanced donation!



# the Rep



**Mark Gatiss'** acclaimed retelling of Dickens' winter ghost story visits The Rep this Christmas, starring **Matthew Cottle** as Scrooge and **Rufus Hound** as Jacob Marley.

"Irresistibly theatrical! Mark Gatiss's fabulous take on Dickens."

????? Daily Telegraph

"It's a cold Christmas Eve and mean-spirited miser Ebenezer Scrooge has an unexpected visit from the spirit of his former business partner Jacob Marley. Bound in chains as punishment for a lifetime of greed, the unearthly figure explains it isn't too late for Scrooge to change his miserly ways in order to escape the same fate, but first he'll have to face three more eerie encounters..."

In the hands of Gatiss, Dickens' festive tale banishes all thoughts of 'bah, humbug'."

????? Evening Standard

"Filled with Dickensian, spine-tingling special effects, prepare to be frightened and delighted in equal measure as you enter the supernatural Victorian world of **A Christmas Carol: A Ghost Story**."

A spooky twist on the Dickens classic."

????? WhatsOnStage



*Wherever the wind takes us, we all find a place to land...*

Based on the timeless Christmas story by **Benji Davies**, **The Snowflake** tells the tale of a snowflake, a little girl and her Pappie – all longing for their own special place in the world.

"The perfect show to introduce youngsters to the magical world of theatre"

????? I Am Birmingham on Jack and The Magic Beanstalk

Unwrap the magic at The Rep this festive season and find out how everyone can find their way to shine like a star!

"an enchanting tale, perfectly adapted with little ones firmly in mind"

Yorkshire Times On The Storm Whale –

Adapted & Directed By Matt Aston  
Our beloved Christmas production returns in The Door, offering the perfect introduction to theatre for our younger audiences.

"Lively and engaging"

Culture Bab on Little Red Riding Hood





Sutton Coldfield Choral Society and  
Sutton Coldfield Chamber Choir  
present

# **HANDEL'S** **MESSIAH**

**Thursday 12<sup>th</sup> December**  
**at 7.30pm**

**Emmanuel Church, Wylde Green B72 1YG**

**Reserved Nave seats £18**

**Unreserved Side Aisle seats £15**

**Call 0121 354 6999**

**Book early to avoid disappointment!**

**Visit us at [www.suttonchoral.com](http://www.suttonchoral.com)**

**Sutton Coldfield Choral Society is a Registered Charity - No. 508282**





# 100% Free Food 100% convenient 100% delicious!

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

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



order your first box today at  
[slimmingworldkitchen.co.uk](http://slimmingworldkitchen.co.uk)

*Slimming*<sup>®</sup>  
WORLD

touching hearts, changing lives





# STUDIO27

## TIMETABLE

ALL CLASSES ARE 45 MINS  
(UNLESS SPECIFIED)

### MONDAY

Circuit 9:30am

BoxFit 10:30am

Pilates 5:15pm  
(1st class 13th May)

Zumba 7:45pm

### TUESDAY

Pilates 9:15am

Adult Dance 11am

Yoga 12:15am

Kids Yoga 4:30pm

Yoga 5:15pm

BoxFit 6:15pm

BoxFit 7:15pm

### WEDNESDAY

Circuit 9:15am

Meditation & Mindfulness 10-10:45am

Parent & Toddler/Baby Dance 11:00-12:00pm

Under 12 Dance 5pm

Adult Dance 6:15pm

Zumba 7:15pm

### THURSDAY

Circuit 9:15am

### FRIDAY

Zumba 9:30am

### SATURDAY

Circuit 7:15am

BoxFit 8:00am

Under 5 Dance 9am

Under 8 Dance 9:45am

Over 12 Dance 10:30am

Street Dance 11:15am

[www.studio27wellbeinghub.co.uk](http://www.studio27wellbeinghub.co.uk)

**Additional wellbeing offerings here at Studio27 Wellbeing hub**

Personal Training
 1-2-1 Wellbeing Support
 Nutritional Guidance

## - Membership & Pricing -

Basic	Standard	Premium	Unlimited
£25 month	£45 month	£60 month	£99 month
4 classes per 4 weeks	8 classes per 4 weeks	12 classes per 4 weeks	Unlimited classes
Youth	Under 12	Under 8	Under 5
£37 month	£35 month	£30 month	£20 month

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

*Pay as you go*

**Current prices** *Price from 1st July 2024*

Adult £7 Adult £8.50

Child £6 Child £7.50

To book and pay for a membership or class, please visit our website  
[www.studio27wellbeinghub.co.uk](http://www.studio27wellbeinghub.co.uk)



# Information and Advice

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

**Call 0121 437 0033**

[www.ageukbirmingham.org.uk](http://www.ageukbirmingham.org.uk)

[www.ageuksandwell.org.uk](http://www.ageuksandwell.org.uk)



## Useful Numbers

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

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

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



**0121 437 0033**

[info@ageukbirmingham.org.uk](mailto:info@ageukbirmingham.org.uk)  
[www.ageukbirmingham.org.uk](http://www.ageukbirmingham.org.uk)



[info@ageuksandwell.org.uk](mailto:info@ageuksandwell.org.uk)  
[www.ageuksandwell.org.uk](http://www.ageuksandwell.org.uk)



Age UK Birmingham Limited is a registered charity (1138240) and company limited by guarantee. Registered in England and Wales number 7334392. Age UK Sandwell Limited is a registered charity (1080517) and limited company by guarantee, registered in England and Wales number 0393848 and are a subsidiary of Age UK Birmingham. Registered office for both organisations is Age UK Birmingham and Age UK Sandwell, Stratford House, Stratford Place, Birmingham, B12 0HT.



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

## **Information and Advice**

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

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



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



## Opening Hours

Our phone lines are open:

**Monday – Friday**

**9:30am – 3:30pm**

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



## Information Guides

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

[www.ageuk.org.uk/services/information-advice/guides-and-factsheets/](http://www.ageuk.org.uk/services/information-advice/guides-and-factsheets/)

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

**Or through pre-booked appointments at:**

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

**Kenrick centre - Every Tuesday 9.30 - 3.30**

**Oscott Community centre - Every Wednesday 9.30 - 3.30**



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

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



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

✉ [dementiacarerhub@ageukbirmingham.org.uk](mailto:dementiacarerhub@ageukbirmingham.org.uk)

🌐 [www.ageukbirmingham.org.uk](http://www.ageukbirmingham.org.uk)

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

☎ 0121 437 0033





# Carers Support Group

**SUTTON COLDFIELD UNITED  
REFORMED CHURCH**

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

**2 Course  
Hot Meal  
£2**

**Free  
Massages**

**All  
Welcome**

**1 Brassington Avenue, Sutton Coldfield, B73 6AA  
[cafe.oasis@scurc.org.uk](mailto:cafe.oasis@scurc.org.uk)**



Birmingham City  
Council are completing  
face to face  
Occupational Therapy  
Assessments  
in your community

# Occupational Therapy Clinics

Drop-in clinics are running daily  
across Birmingham, from  
9.30am- 2pm.

No need to book.

For more information about  
clinic venues visit:

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



Birmingham  
City Council

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

## ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

**Jordanne Francis**  
Health and Wellbeing  
Officer

T: 0121 320 1930  
T: 0121 827 6295  
M: 07458 130587  
E: [Jordanne.francis@wittonlodge.org.uk](mailto:Jordanne.francis@wittonlodge.org.uk)  
W: [www.wittonlodge.org.uk](http://www.wittonlodge.org.uk)

## WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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





# ARTHRITIS HELPLINE

The Versus Arthritis Helpline is here to help you to support your patients.

Your patients don't need to face arthritis alone. Our advisors aim to bring all of the information and advice about arthritis into one place to provide tailored support for you.

**CALL US FOR FREE**  
**0800 5200 520**

**VERSUS**  
**ARTHRITIS**



**CALL US FOR FREE**  
**0800 5200 520**

Lines open from 9am - 6pm,  
Monday- Friday  
(excluding bank holidays).



✉ [helpline@versusarthritis.org](mailto:helpline@versusarthritis.org)

Helpline  
Versus Arthritis  
Copeman House, St Mary's Court  
St Mary's Gate  
Chesterfield S41 7TD

Important: Please note that our advisors are not medically trained and aren't able to offer individual medical advice. We also recommend that individuals speak with their GP or another healthcare professional for one-to-one medical advice. Calls are recorded for training and quality purposes.

Registered Charity England and Wales  
No. 207711, Scotland No. SC04115

## PHYSICAL ACTIVITY RESOURCES AND INFORMATION FOR YOUR PATIENTS

Our Let's Move exercise programme includes a range of resources to support your patients with arthritis to be physically active.



Use the QR code to find out more about our physical activity offer.



**VERSUS**  
**ARTHRITIS**

## VERSUS ARTHRITIS RESOURCES

Let's Move with Leon: a 12 week programme of 30 minute movement videos to improve strength, flexibility, balance, coordination and fitness.

Full body stretching: 20 minute full body stretch routines for different times of the day.

Exercises for healthy joints: follow along stretch routines focusing on different areas of the body, including, back, neck, feet, hips, feet and hands.

Let's Move for Surgery: a series of movement and advice videos to support people waiting for or recovering from joint replacement surgery.

All of our exercise programmes have been created specifically for people with arthritis and can be done at home with no special equipment.

Visit our website for more information:  
[www.versusarthritis.org/exercise](http://www.versusarthritis.org/exercise)



**VERSUS**  
**ARTHRITIS**





Join us for  
our next  
event


**Mercia Grange care home,  
Sutton Coldfield**

## **Coffee, cake & friendship cafe**

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

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

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

Trusted to care. 

To attend please call  
**01214 682 684** or email  
[rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com)

**care UK** 





Join us for  
our next  
event

Mercia Grange care home,  
Four Oaks

## Feel good fitness

Last Thursday of every month,  
2pm - 3pm

Join us for our monthly gentle exercise classes! Our feel-good fitness classes help you stay active and mobile, enabling you to live more independently. Meet other, like-minded members of the community and enjoy light refreshments in our Saddlers café after class.

Trusted to care.



To attend please call  
**0121 314 5513** or email  
[rachel.mackay@careuk.com](mailto:rachel.mackay@careuk.com)

**care UK**





SUTTON PARK  
GRANGE  
CINNAMON LUXURY CARE

# Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH  
LAUNCHES WEDNESDAY 26<sup>TH</sup> JULY 2.30- 4.30PM

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

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

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



Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham, B72 1LY  
[www.cinnamoncc.com/suttonparkgrange](http://www.cinnamoncc.com/suttonparkgrange)



SUTTON PARK  
GRANGE  
CINNAMON LUXURY CARE

## LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

**At Sutton Park Grange, people will always come first**

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



RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham B72 1LY  
[www.cinnamoncc.com/suttonparkgrange](http://www.cinnamoncc.com/suttonparkgrange)







## ***British Sign Language (Birmingham)***

Classes on:

**Banners Gate Community Centre, Sutton Coldfield B73 6UR**

**The Great Barr Community Hub**

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

***10-week courses delivered by experienced Tutors***

***Topics such as***

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



Contact 07825255042

Email [bslsilver2022@gmail.com](mailto:bslsilver2022@gmail.com)

[www.bslsilver.co.uk](http://www.bslsilver.co.uk)





## North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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





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

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

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

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

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

### **Direct rehoming – helping owners, potential adopters – and cats**

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

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

Sheila Pennell  
[sheilapennell@talktalk.net](mailto:sheilapennell@talktalk.net)



## Calling all cat lovers ..

### Can you help? Can you adopt? Can you foster?



**Lucy**



**Terence**



**Polly**



**Jo Jo**

Team Cat Rescue has lots of cats and kittens looking for their forever homes. Owners often have to give them up for a variety of reasons - usually a change of circumstances meaning they can no longer care for their beloved pet. And some come into care because they are found wandering and abandoned.

If you are not ready to adopt, how about fostering? Or helping Team Cat Rescue with driving or fund-raising? If so, contact Coordinator Lynne of Team Cat Rescue on 0121 373 4596.

\*\* Team Cat Rescue is local and well-established in North Birmingham - and have been helping rescue and rehome cats and kittens for 25 years \*\*

## Annual health checks for those who are diagnosed with dementia

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


Birmingham and Solihull Integrated Care System  
Getting about healthcare now

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

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

### What is an Annual Health check?

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



### Why do you need an Annual Health Check?

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

### How do you get an Annual Health Check?


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

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

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


### How long does an Annual Health Appointment last?

- 20-30 mins






### What help might you need?

- Ask for help if you feel that you might be distressed about going to the GP Practice by yourself
- If you find it hard to tell the Health Care Professional how you are feeling or are worried about having a health check, you can take a member of your family or someone that knows you well
- Maybe write down a list of questions you might want to ask the Health Care Professional



### What happens during the Annual Health Check?

- The Health Care Professional will ask all about you and how things are at home
- Review medication/weight/height and carry out blood tests
- Identify any changes in behaviour and offer some solutions
- Review planning for the future conversations by identifying a person's wishes and preferences
- Offer personalised support by referring the patient or someone who is caring for them to a number of services including: Dementia advisors, Social support, finance support, [Birmingham Carers Hub](#), [Carers Trust Solihull](#), [Alzheimer's Society](#), [Memory Assessment Service](#)



# Can you help us save more food?

## OLIO

The Food Sharing App



## Yes you can!

It's easy to give back to the OLIO community



### Spread the word

Tell the next 5 people  
you talk to about OLIO.  
Go on, don't be shy!



### Add to OLIO

Your neighbours will  
love your spare food or  
household items.



### Volunteer

Feel great  
& do good  
at the same time.

Learn more at

[OLIOex.com/get-involved](https://OLIOex.com/get-involved)

Together we can make a difference!

OLIO

f @OLIOex    @OLIO\_ex    @OLIO\_ex



# It's okay...

---

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



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



Talk to us online via Live Chat (10am-9pm):  
[birminghammind.org](https://www.birminghammind.org)



Email us anytime on:  
[help@birminghammind.org](mailto:help@birminghammind.org)

*Get in touch today*

**- We're here to help you -**



**LivingWell**  
UK







## COULD YOU VOLUNTEER?

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

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

### CONTACT US

Senior youth worker  
07565542976  
[gap.huboffice@gmail.com](mailto:gap.huboffice@gmail.com)



[gap.huboffice@gmail.com](mailto:gap.huboffice@gmail.com)



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

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



@thegapsuttoncoldfield



the gap\* Sutton Coldfield



SUTTON COLDFIELD

## NEIGHBOURHOOD NETWORK SCHEME

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

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

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



## SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

(Ian – Sutton Coldfield)



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

(Derek – Sutton Coldfield)

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

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





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

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



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

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

See our programme on our website:

[www.suttoncoldfieldcreativestitchers.co.uk](http://www.suttoncoldfieldcreativestitchers.co.uk)





## **Our regular Monthly Litter Picks for 2024**

**Starting on Sunday 11<sup>th</sup> Feb at 2pm.**

**Meet in The Church Tavern Car Park.**

**B42 2LA**

**Please wear suitable clothing and foot ware.**

**All equipment provided**

**Everyone is welcome. So come along get out-  
side and check out your park**

**Weather permitting .**

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

photo courtesy of Dave Hurley



# SandNats 2024



For further information please contact:  
Membership Secretary

[membership@sandnats.org.uk](mailto:membership@sandnats.org.uk)

Website: [sandnats.org.uk](http://sandnats.org.uk)



Friends of Perry Park July 2024

Not too busy this month.

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



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

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

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

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

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

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

Hopefully I will have more to report next month.

Valerie Edkins.

Photos on next page....




 Sunday 11th August 2024  
 Join our Late Summer  
 Litter Pick in Perry Park.  
 Meet 2pm in the carpark  
 Walsall Rd/Church Rd  
 Junction.  
 All equipment supplied,  
 children welcome  
  
 Weather permitting  
 Please wear suitable shoes  
 and clothing

1



2



3



4



5



66



77





# Love For Babies

**Fun Interactive Baby & Toddler Sessions**

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

<b>Baby Sessions:</b> Tuesdays & Thursdays Beacon Church Pheasey	<b>Role Play Sessions:</b> Wednesdays St Columba's Church Banners Gate
---	---

Contact us for more information or to book your space

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



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

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

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

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

**Trio Of Love 4 Week Course**  
Combines Massage, Yoga & Signing through a holistic approach. Supporting all areas of your babies development

**Baby Massage & Spa 5 Week Course**  
4 sessions of baby massage followed by a full relaxing baby spa experience to complete your course

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





**touchlearn** Baby Massage Teacher

**hands onbabies**

**touchlearn** Baby Signing Teacher



# Amalia's Elite Dance Academy

We offer

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

**Contact us for more**

★★★★★ Trustpilot

**pyjama drama**  
Teaching life skills through drama and imaginative play

**Fun classes that develop life skills in babies & young children**

**'DEWDROPS' (AGE 6 MONTHS - 2 YEARS)**  
10:00am - 10:30am  
followed by a 30-minute stay & play

**'RAINDROPS' & 'RAINBOWS' (AGE 2 - 4 YEARS)**  
11:00am - 11:40am  
followed by a 20-minute stay & play and access to soft play

**Get school-ready!**  
Develop concentration, cooperation, creativity, listening skills, and learn how to make friends






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

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

**Book now!** [pyjamadrama.com](http://pyjamadrama.com)

or contact [sinead@pyjamadrama.com](mailto:sinead@pyjamadrama.com) / 07581 236823







Prince's Trust

**START  
SOMETHING**



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ARE YOU STUCK NEEDING DIRECTION?**

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

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



**INTERESTED?**

**Contact us for more information**

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

[wcg.ac.uk](http://wcg.ac.uk)

**0300 456 0049**

[info@wcg.ac.uk](mailto:info@wcg.ac.uk)




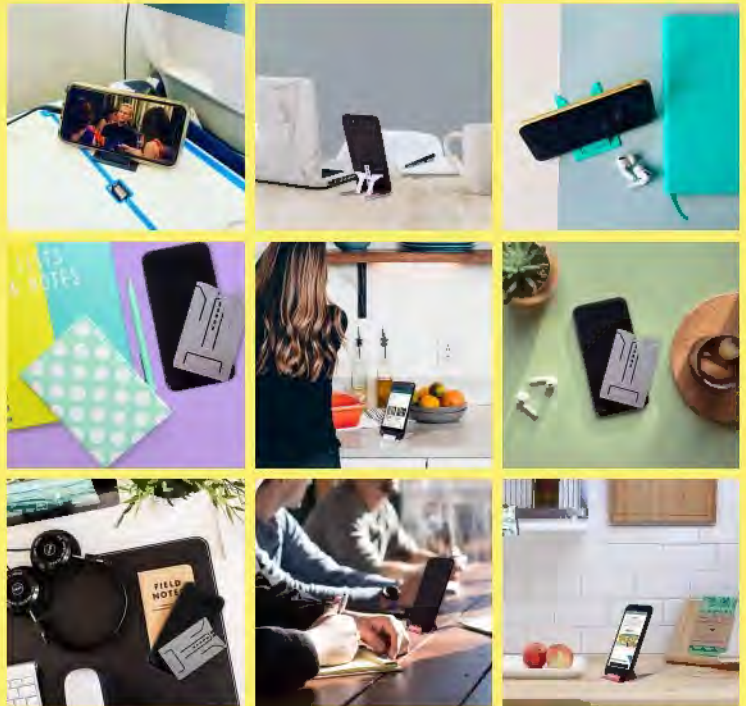
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## **Banners Gate Neighbourhood Forum Meetings**

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

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

If you need any information please message on 07964 213 229