

# BANNERS GATE & PARKLANDS COMMUNITY & NEIGHBOURHOOD FORUM

# 188<sup>TH</sup> DECEMBER 2024 bannersgateneighbourhoodforum.com

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Subject line. You can cancel at any time by email with "Stop Gatepost" in the subject line.
Alternatively, you can click on the address under the date above.

#### A HAPPY AND PROSPEROUS NEW YEAR TO ALL OUR SUPPORTERS.

If you are interested, there is a Banners Gate Neighbourhood Forum meeting on the last Thursday of the month, 30th January, at the Community Hall, 7.30 pm

#### Rob Pocock: BINS BULLETIN UPDATE FOR 2025!

I hope all Gatepost readers have a great New Year – my best wishes for your health and fortune in 2025. There's waste food and packaging get generated over the Christmas period than at any other time of year, so no 'New Year Message' would be complete without a full scale update about rubbish bins!

Firstly, yes it's back to our old friend the 'bin workers strike'. At the time of writing the situation is still unclear, but the bin workers' Union, UNITE', has balloted its members on a series of one-say strikes and a 'work to rule' in the new year period. However, they are still negotiating with the Council so it's anyone's guess how serious things become. If you are able, the best bet is to keep a regular check on the City website <a href="www.birmingham.gov.uk">www.birmingham.gov.uk</a> for daily updates if any action gets taken.

So what's it all about? Well you might have heard about a long-running dispute been going on for several years, about 'equal pay' at the Council. This has come about for many reasons, one of which is the pay

and conditions of the bins workforce which it is alleged, gives them 'favoured treatment' in terms of pay grade and working hours, compared with other employees such as schools' workers and social care workers who do jobs 'of equal value' to the bin crews. This long-running dispute is thankfully being settled at last, but that means some of the higher-grade workers on the trucks having to settle for a lower grading than they have been used to receiving. Their Union is not happy and that's what has sparked off the threats of industrial action. As I've said, hopefully there will be an amicable settlement and we can avoid any further disruptions to the collections.

Understandably, with the current uncertainties, there are no published dates for the regular 'tip truck' visits for 2025. Once any future dates are announced I'll email everyone on my 'bins bulletin' email list. If you're not on it, just email me on

rob.pocock@birmingham.gov.uk

Strike permitting, there are other significant improvements being planned to the refuse collection services here in Sutton Coldfield over the coming year. Firstly, there will at long last be a separate

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com Next deadline: February 27th

collection of food waste, coming every week, with a new mini-bin to collect it. Food scraps, chicken bones, out-of-date food items, half-eaten stuff at the back of the fridge, plate scrapings, food waste preparation surplus; all will be collected and then used to create liquid fertiliser and a 'gas' by-product. Many Councils across the Country are already doing this and Birmingham will be catching up with the rest this year.

Finally, if you struggle to get your paper and cardboard into the little 'pod' in the recycling bin, you will also be able to get a separate paper-and-card bin during the year ahead. This will especially help larger households whose paper and cardboard waste is so great that it spills out onto the

street. Hopefully we'll see the back of that in the year ahead!

Max Hatton: Hello Gatepost readers and a Happy New Year! I hope you all enjoyed the

Christmas holidays! I hosted Christmas again this year, fed four but cooked double the amount of food, I've only just finished off the leftovers! Christmas is a great time of year, although all the magic seems to fade away in January.

We all start our New Year's resolutions; I'm expecting the gym to be packed for the few weeks! My New Year's resolution is to read a book a month, I'll report back this

time next year to let you know my progress!

There were many festivities in Sutton Coldfield during December. I personally loved the Christmas Market, the first time one has been held in Sutton Town centre. It wasn't as busy as the German Market in town, which is nightmare for crowds and walking through, but it would be great to see the Sutton Christmas Market more busy next year if it returns, and from the looks of it Sutton residents want the market to return next year!

There have been posts on Facebook and an article in the Birmingham Mail recently advising visitors of Sutton Park to not feed the Exmoor Ponies. Rangers have spotted members of the public attempting the feed the ponies under the impression they don't have much to eat. The ponies graze off heather and holly and will even dig up roots, any additional feeding can affect their long-term behaviour changes and can ultimately result in the ponies not being able to cope with some food items. Even though the members of the public mean well, think again before feeding!

Our next full town council meeting is due to be held on Tuesday 21<sup>st</sup> January at the Trinity Centre. Until next time Gatepost readers, have a great month!





Active Travel Strategy for Sutton Coldfield.

#### John Cooper

Royal Sutton Coldfield Town Councillor

I hope that you all have had a wonderful Christmas and wish you a happy New Year.

2025 promises to bring much change to our Town with the financial problems at BCC offering opportunity to the Town of bringing some stability to our lives. As many will know the Town has a list of items to be passed to the Town from BCC, for which the Town has budgeted to take responsibility and manage for the good of our residents. Many of these items have been on the list for several years such as Vesey Gardens\*; which we understand is at the final hurdle to be taken over. We are also making progress with the Allotments sites of which we now have five of eleven; (with the fifth at the door to move over). We have further items which hopefully will mature in the coming months as BCC sheds matters.

We also have the news that BCC wish to close three of our four Libraries, this is a matter which needs to be handled with much care. BCC wishes to impose car parking charges into parks such as Sutton Park and Rectory Park, once again much care is needed in this regard.

The Town Council's Strategic Plan is now published and can be viewed on the Town Councils Web Site; this covers the period 2024-2028 and expresses the ambition of the Town to improve matters for residents throughout the Town.

Extract from the Town Councils Strategic Plan, (you may view more on the Towns Web Site).

There is more to be done and a number of outstanding challenges remain key among which include:

Complexity in the delivery of projects with many factors outside the Town Council's control.

Continuing to positively influence Town Centre regeneration proposals and help bring them to fruition.

Matching resource requirements with our aspirations and the capacity to deliver.

Procuring a new contract for the Town Ranger service.

The impact of projected cuts in Birmingham City Council services on the Town.

Enhancing local resilience by strengthening partnership working arrangements with all sectors.

Timescales with long lead-in times for certain projects and associated uncertainties.

Planning ahead for the Royal Town's Quincentenary celebrations in 2028.

Successfully integrating the Langley Sustainable Urban Extension into the town as further details emerge and this is progressively developed.

\*Vesey Gardens, which is yet to be finalised has had urgent repairs carried out by the Town and all planting and maintenance has been managed and funded by the Town.

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

townrangers@suttoncoldfieldtowncouncil.gov.uk johncooper@suttoncoldfieldtowncouncil.gov.uk

#### Stop press





### **Connection With Cherished**

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

Our mission is to create a nurturing environment where every child feels safe, seen, soothed, and secure.

Through kindness, compassion, and meaningful connection, we empower children to thrive, ensuring they know they are valued, supported, and never alone.

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

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







# **Get Involved Today**

Join our Connection Hub

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

#### For Community Members:

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

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

#### For Local Charities & Businesses:

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

We offer.

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

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

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

### Stop press



## Support For Your Child to Feel Cherished

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

#### 1:1 Mentoring Service

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

#### Blossom

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

#### **Roar Youth**

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

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

Website: www.cherisheduk.org



# Training & Events At The Connection Hub:



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

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

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

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

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

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

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



# Details:

Kind & Craft Years 1-3

10am-11,30am

Saturday Mornings

Primary Blossom

# Join our girls group! XOXO Made for you.

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

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

In our community, every girl is valued and

Years 4-6 Mondays 4.30pm-5.45pm

Or Wednesdays

5.00pm-6.15pm

**Primary Blossom** (Tamworth) Years 4-6 Mondays

5.00pm-6.30pm

Secondary Blossom Years 7-8 Mondays

6.15pm-7.30pm

**Blossom Bloomers** Years 9+ Tuesdays 6.30pm-8pm

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

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

### VISIT OUR WEBSITE FOR VENUES DETAILS AND MORE INFO.

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



# **DONATE**

Do you have any unwanted gifts left over after the festive season? Clearing out or just looking to make a difference? We are always in need of donations for our charity shop next door!



# communitea cafe

# What's On January 2025

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



76/78 Boldmere Road, Boldmere, B73 STJ

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

## Monday

Carers Hub drop-in: 9.30am - 12pm - 6th Only

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

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Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly (Back on 6th)

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

Walking Group: 10:30am - weekly

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

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

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

Sports Birmingham: NEW - All day on 20th January only

Connecting the local community with local services in the area provided by community groups. Find a new hobby, looking to socialise with other like-minded people or the support around the running of a sports club or community group in the area? Come along!

#### Tuesday

Allotment Group: 10am until 12pm - weekly

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

Dementia Carers drop-in: 10am until 12pm - 7th Only

Drop in advice and information for unpaid dementia carers. Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

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

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

Stroke Support Group: 10am - 7th and 21st Only

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

#### Wednesday

Community Police drop-in: 11am until 12pm- 8th and 22nd Only
Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

From benefits advice to saving energy at home. No need to book just drop in.

Digital Inclusion 3pm until 4pm - weekly

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

#### Thursday

Parkinson's UK: 10am until 12pm - 2nd & 16th Only

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

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

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

Knit and Natter: 2pm until 3:30pm - weekly (Back on 9th)

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

#### Friday

Art Group: 10am until 11.30pm - weekly (Back on 10th)

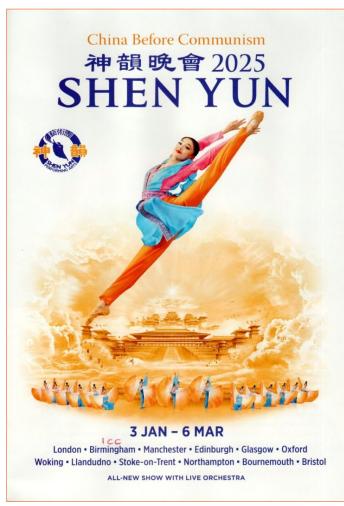
A friendly art group working with various mediums from charcoal and acrylic paints to lino printing. We create artwork in a relaxed positive environment.

Advice Cafe: 11am until 2pm - weekly

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

Chatty Cafe: 2pm until 4pm - weekly

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





### Estate Planning

Dave was a single bloke living at home with his father and working in the family business. He knew that he would inherit a fortune once his sickly father died.

Dave wanted two things:

- to learn how to invest his inheritance and,
- to find a wife to share his fortune

One evening at an investment meeting, he spotted the most beautiful woman he had ever seen.

Her natural beauty took his breath away.

"I may look just an ordinary man," he said to her, "but in just a few years, my father will die, and I'll inherit 20 million dollars."

Impressed, the woman obtained his business card.

Two weeks later, she became his stepmother.

Women are so much better at estate planning than men...



# **NDSU NEWSLETTER**

# Working together in Birmingham's neighbourhoods







Welcome to Neighbourhood Development and Support Unit (NDSU)'s December newsletter (010) - for residents and stakeholders interested in Birmingham's vibrant voluntary sector and social economy.

This newsletter includes;

- Community Asset Transfer (CAT)
- UK Shared Prosperity Fund (UKSPF)
- December's Ward Forum Meetings (WFMs)
- · Voluntary, Community, Faith and Social Economy (VCFSE) updates
- · and more.

If you have anything you would like to share in a future newsletter, please let us know – <a href="mailto:ndsu@birmingham.gov.uk">ndsu@birmingham.gov.uk</a>

Kind regards

Neighbourhood Development and Support Unit (NDSU)

Neighbourhoods, City Operations, Birmingham City Council

For more information please click <u>here</u>

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

Thank you for your coninued custom throughout the year.

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

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

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

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



Opening Times

Monday to Saturday 8:30am - 4pm



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



#### Monday

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

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

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

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

Walking Group: 10:30am - weekly

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

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

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

Wreath Making 9th only

£45 per person, learn how to make your very own wreath to take home. Get creative. Booking essential.

#### Tuesday

Allotment Group: 10am until 12pm - weekly

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

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

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

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

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

Stroke Support Group: 10am - 10th Only

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

#### Wednesday

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

Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

From benefits advice to saving energy at home. No need to book, just drop in.

Digital Inclusion 3pm until 4pm - weekly

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

#### Thursday

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

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

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

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

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

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

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Art Group: 10am until 11.30pm - weekly

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

Advice Cafe: 11am until 2pm

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

Chatty Cafe: 2pm until 4pm - weekly

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

#### Saturday

New Centre for Warmth: 11am until 1pm - 13th Only

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

Afternoon Teas: from 2:30pm 14th (Fully Booked) some spaces left

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

# **Friends First**

### Safe local spaces to make new friends

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

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





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

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

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



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







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

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

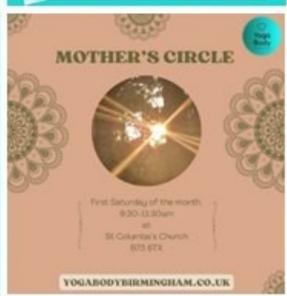
Please contact 0121 362 3650 for more information if:

- \*You are feeling isolated, or would welcome the chance to meet new people in your community.
- \*Maybe you already run a coffee morning/community group and would like to work with us to widen your reach.
- \*You would like to increase your social opportunities.









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

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

Are you a person living with dementia or do you care for correlately that is living with a type of dementia? (for example Acheimer's disease, Vascular Disease, Promistemporal

Did you know that if you are diagnosed with domentia, 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 Assual Health check?

 As Aresad Health Check is a discussion between you and a feedith Care Professional (Nume, Advanced Health Practitioner, GP) to one how things are going and offer local support on matters which you may find challenging.



#### by do you need an Armad 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

their armud health check to due. If you provide support to a person living with demonts, and even to arrange an armud health check, then please contact your GP Fractice.

#### What if you work an Annual Health Check but howen'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 Fraction that you have demontto so they can give you the right Feedib-chack

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

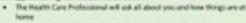
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#### What help might you need?

- Ask for help if you had that you might be distressed about going to the GP
- If you find it hand to tell the resulth Care Professional how you are feeling or are worted about having an health check, you can take a member of your family or someone that known you well
- Morbe write down a lot of questions you might want to ask the Houlth

#### What happens during the Armad Health Check?



- Review medication/weight/height and curry out blood tests stensify 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 soreure caring for them to a number of services including: Dementia advisors, Social support, Finance support, <u>Stratogham Carers Muls, Carers Muls</u>













#### St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



#### Classes at St Columba's Church

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



O V @ # SWhatsheferden

slimmingworld.co.uk

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

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

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

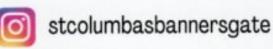
https://www.justgiving.com/hopefoodnb

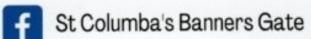
Hope Food – North Birmingham. A charitable incorporated organisation registered in England. Charity registration number 1195019. Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

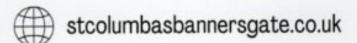
# Church@4 a relaxed time for adults and children together

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

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







All are welcome - there is no charge for anything

"Keeping your body active & healthy is the most important thing you can do for yourself.

Both physically & mentally, especially as we get older"



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

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

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

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

# New Oscott Village Gym

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

Contact us for prices and more information: Jackie.Taylor@extracare.org.uk



Eric Jones Dec 2024.



#### Food around Christmas in the 1950's

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

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

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

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

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

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

#### Recap of a true story in case you missed it in 2022, to give you a chuckle.

The community choir Phoenix Singers Birmingham, to which I belong, traditionally have an annual celebration mid-January to avoid the date clash with other Christmas activities. Taking the form of an evening meal, with family and friends invited, followed by a cabaret from choir members: small singing groups, duets, comedy sketches. One of our sopranos asked me, prior to the event, if we could do a duet. I asked what she had in mind, and she said she was thinking of an Abi and Esther Offarim, husband and wife duet, called "Cinderella Rockefeller". I replied, "Sure it is OK but let us have some fun with it. What about I play the wife and you do hubby?" I donned a terrible long black wig and a posh skirt from my wife, and my sister's high heels size seven shoes. On seeing me with the full makeup on, my wife said, "Heavens you look like Ozzy Osborne"



Husband Abi (our soprano) wearing Panama hat, trendy jacket and slacks and looking the part entered first, mentioning, "My wife will be along very shortly", as she was adjusting her makeup. Meanwhile outside, whilst in the resident's bar, I sidled up behind two men seated with their backs to me up at the bar, saying in a falsetto voice, "Any chance of buying a girl a drink, fellas?" They turned and nearly fell off their bar stools in shock.

The funniest part of the act after the audience recognised me as 'Ozzy Esther,' was when husband Abi's small moustache kept blowing off every time she sang, even funnier when she proceeded to pick it up and stick it back in place. I must admit

afterwards, I felt quite comfortable in my sister's high heels, ummm!!!



On another choir occasion guess who was Honey Bun? We were in Italy in on one of our singing tours and once again I was able to use my feminine side. Four of our ladies had made American sailor outfits and from the stage in our hotel sang 'Honey Bun' from the musical 'South Pacific'. Part way through they stopped singing and one said, "Where's Honey Bun?" Others said, "I thought she was with you." Another replied, "You know how shy she is". I was waiting outside complete with coconuts and skirt, just across from the hotel reception area, too much mirth as people checked in. A couple of the ladies from the stage led me in and on to the front to sing

with them. As I was reluctantly being escorted to the stage by the lady sailors, I heard comments from the choir members, "We might have known it was Eric." The things they push me into and me so shy and retiring!!!

(Eric Jones, Happy New Year all)



Anja Pawson Local Campaigner in Sutton Vesey

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





I hope everyone had a wonderful Christmas and a great start to the New Year 2025.

During the festive period, I was very pleased to buy one of these beautiful Christmas tree decorations from the Sutton Park Visitor Centre, knowing that all proceeds support our beautiful park.

At the same time, Nick and I expressed our gratitude to the Sutton Park Rangers for all the support they have given Friends of Boldmere Spinney. We are also grateful for all the volunteers that have helped to keep Boldmere Spinney looking its best and invite everyone to our next work party on Saturday 25th January at 11am.





# New Oscott Village SPECIAL SUMMER OFFER!

Special offer for Banners Gate forum subscribers

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

Come and have a look around

also available

# Why Choose Us?

# START TRAINING TODAY



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

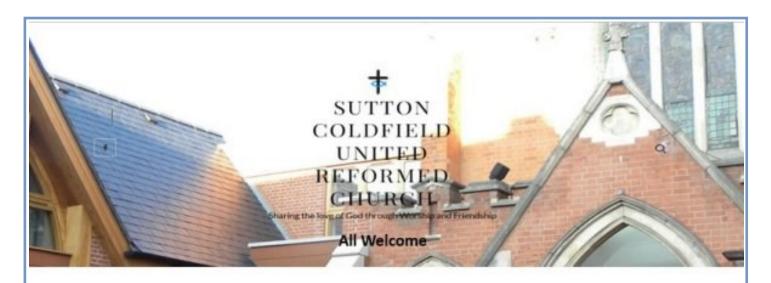
- Tailored Programs for Every Level: Our expert trainer understands the diverse needs of individuals. We offer personalized fitness programs catering to various fitness levels, ensuring everyone feels comfortable and supported on their wellness journey.
- Flexible Membership Options: We understand that everyone has different schedules, preferences, and budgets, so you can choose from our flexible membership options. To make fitness fit seamlessly into your lifestyle, we are open 7 days a week.
- & Caring and Knowledgeable Staff: We are committed to providing personalized attention and support. Whether you're a fitness enthusiast or just starting, our Fitness Instructor is here to guide you every step of the way.

0121 377 5000

Jackie.Taylor Eextracare.org.uk

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





#### GROWING OUR COMMUNITY TOGETHER



#### CAFÉ OASIS

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



#### So many Activities and Services for you!

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

#### FOOD4U FOODBANK

Every Tuesday from 10.30am, a warm welcome with free tea and coffee and lots of advice and support from our partner organisations

food4u@scurc.org.uk

#### Telephone or email us at:

0121 355 1217

cafe.oasis@scurc.org.uk

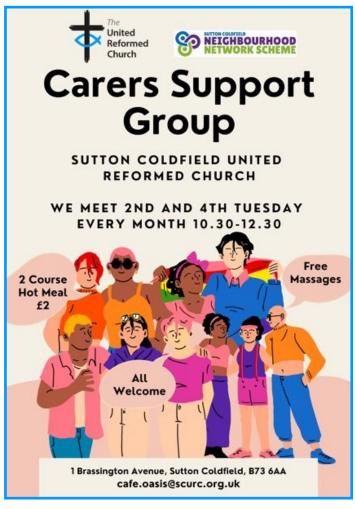
#### Find out more by visiting us:

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

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











MEN SAY WOMEN SHOULD
COME WITH
INSTRUCTIONS...WHAT'S
THE POINT OF THAT? HAVE
YOU EVER SEEN A MAN
ACTUALLY READ THE
INSTRUCTIONS?

An elderly man thinking his wife was losing her hearing went about 20' behind her and asked "Can you hear me sweetheart?' No reply. Moved to 10' and inquired again. No reply. 5' and not a word. A few inches behind ear, he asked "Can you hear me now honey"? His wife said "For the fourth time, yes."



Don't teach me how to bring up my children.

I'm living with one of yours and they need a lot of improvement!

I WISH MY SIBLINGS WOULD STOP
CALLING ME "SPOILED" JUST
BECAUSE IN THE YOUNGEST
IN THE FAMILY. THE TRUTH IS,
MY PARENTS JUST KEPT HAVING
CHILDREN UNTIL THEY FOUND
THE ONE THEY LIKED. IT'S
REALLY NOT MY FAULT.



GRANDMA!

Can I order a replacement body please, this one is constantly malfunctioning



YEAH, I THOUGHT PD SURPRISE YOU

A 70 year old man asked his wife, "Do you feel sad when you see me running after young girls?"

Wife replied, "No, not at all. Even dogs chase cars they can't drive!"



falling in love makes you do stupid things.

One time I even got married.



Posted a photo of my clean house and it was flagged and removed as "Fake News" ...and some last-minute Christmas ones from Eric. Thank you, Eric.





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

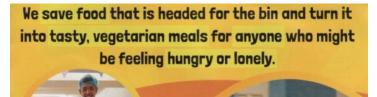






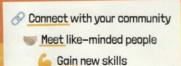


Our Food Supplies are running out but people still need our help. We urgently need food, especially, all tins; soup, baked beans, tuna; breakfast cereals; long life milk; tea; rice and pasta.





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!



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

Scan me to find your nearest location and sign up!



foodcycle.org.uk/volunteer/



### **Want to meet new people?**

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



Volunteer with FoodCycle!

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



#### Location

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



#### When

Monday



#### Time

1:00 pm



#### Contact

falconlodge@foodcycle.org.uk



#### Family Friendly

Yes



#### Accessibility - Disabled Toilet

Yes



### Accessibility - Disabled Parking

Yes



Accessibility - Flat

Yes





with Franco & Julia

#### **Thursday**

7.30pm-8.30pm

Banners Gate Community Hall.

Sutton Coldfield B73 6UR

\*please wear non-rubber

sole shoes\*



Contact: Julia 0779 008 4218

#### Answers from page 23.

- 1. Drink coolers in a box, the perfect gift for a boss or client with a company logo. Exclusive drinks require exclusive coolers that do not transfer odors from the fridge. Lots of fun and an effective gift. in a unique box.. A large one consisting of 6 coolers penguins, glass resistant to freezing and impact. The liquid inside does not freeze, which adds an interesting effect. The glass stirrer serves as a fishing line for catching penguin coolers.
- 2. Native Americans used stone axes like these roughly 5,000 years ago for cutting down trees. Each axe has a full groove at one end for attaching the axe to a wooden haft (handle). The haft seen here has been replaced with a modern example. The size of the axe on the left indicates that it may have been used to chop down trees that were larger than six inches in diameter. To accomplish this, Native Americans would have burned the trees near the base to weaken them before felling them with an axe. Smaller axes, adzes, and celts were then used to scrape the bark, remove the branches, and shape the wood into useful items like dugout canoes, snowshoes, and wigwam supports
- 3. It is an electrical terminal block that has been in the sea a long time.







### Are you interested in Art?

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

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

www.suttoncoldfieldsocietyofartists.co.uk www.suttoncoldfieldsocietyofartists.co.uk

suttoncoldfieldsocietyartists







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

http://messybeast.com/dragongueen/real-haynes.htm

Also, I'm going to assume you've heard this but just in case: <a href="https://www.airliners.net/forum/viewtopic.php?t=1113747">https://www.airliners.net/forum/viewtopic.php?t=1113747</a>



# Sutton Coldfield Photography Club





# The friendly club

All visitors and new members welcome at any level of experience. We have a varied programme of talks, competitions and activities.





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

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

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



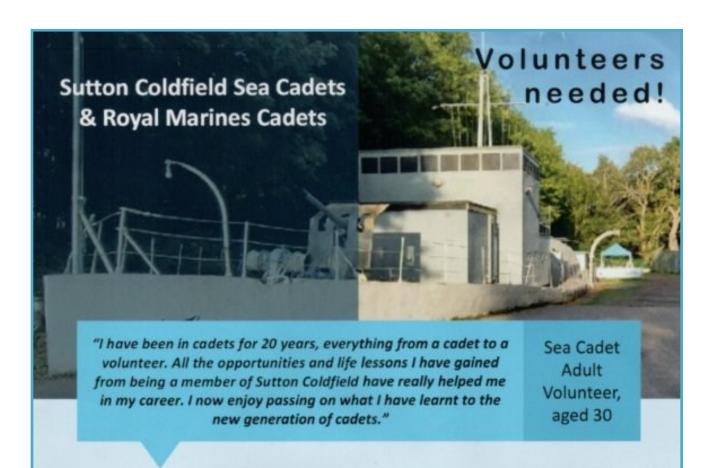
#### **Proposed Future Meeting Dates**

#### **Full Council**

### 24th March 2024

#### Agenda Item 99

Meeting	Date
Planning and Highways Committee Strategy and Resources committee	3rd December 2024 10th December 2024
Planning and Highways Committee	7 <sup>th</sup> January 2025
57-01-01-01-01-01-01-01-01-01-01-01-01-01-	1 per 100 miles (100 m
Amenities, Leisure and Community Services	14th January 2025
Full Council	21st January 2025
Planning and Highways Committee	4 <sup>th</sup> February 2025
Strategy and Resources Committee	11th February 2025
Planning and Highways Committee	4 <sup>th</sup> March 2025
Amenities, Leisure and Community Services	11 <sup>th</sup> March 2025
Full Council	25 <sup>th</sup> March 2025
Planning and Highways Committee	1st April 2025
Strategy and Resources Committee	29 <sup>th</sup> April 2025
Planning and Highways Committee	6 <sup>th</sup> May 2025
Full Council	13 <sup>th</sup> May 2025







Gain new skills and qualifications.





Develop leadership and teamwork abilities.





Make a positive impact on young lives.



admin@suttoncoldfieldseacadets.com



www.sea-cadets.org/suttoncoldfield





# Tyler Shaw (She/Her)

#### **Delivery and Outreach Coordinator**

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

tyler@squarepegactivities.org

0121 824 0508 07782 171 954

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

www.squarepegactivities.org

f @squarepegcharity

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

Funded by











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

Working in conjunction with





# **WELCOME TO** BIRMINGHAM CITY COUNCIL







### Birmingham's Frankfurt Christmas Market returns!



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

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

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

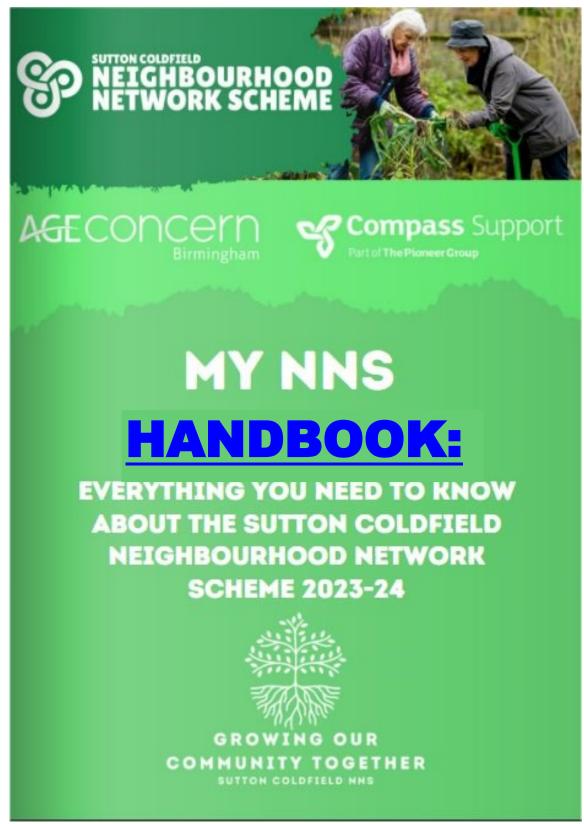
The big wheel and popular ice rink also return to Centenary Square (until 5 January 2025). between 10am and 10pm (except on Christmas Day). For more information and to book tickets visit www.iceskatebirmingham.co.uk.

Read more

View more details here







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

https://birmingham.connecttosupport.org/



UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

#### Hello Sutton Coldfield Community!

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

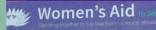
#### Sowhat's new?

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

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

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

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





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

# **EASYLIVING** MOBILITY. EASY LIVING MOBILITY. T 0121 350 7415







ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415











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

#### HOW IT WORKS:

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

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

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

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

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

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

Call us now on 0800 060 7567

#### www.applyforleap.org.uk

LeapService 18:45am-5:30pm Monday to Friday



ARE YOU ELIGIBLE?

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

· receive Housing Benefit

disability related benefit

· receive an income or

· have a low income

· receive tax credits



LOVE TO PLAY

**ROLE PLAY SESSION** 

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

£6.50 PER CHILD **INCLUDES SNACK & DRINK** 

CONTACT BECKY- 07940547492 BECKY@LOVEFORBABIES.CO.UK





# Here's a Christmas quiz.

- 1. Which chemical is produced using the Haber Process?
- 2. Who partnered Roger Federer when he won gold in 2008 and 2012 in the Olympic men's doubles competition?
- 3. In medicine what is measured using a spirometer?
- 4. Which river is the longest in the Iberian Peninsula?
- 5. Which songs with TOWN in the title were UK top ten hits for the following artists, [a] The Rocking Berries (1964), [b] The Pretenders (1980), [c] The Doves (2005), [d] Booker Newbury III (1983) and [e] Thin Lizzy (1976)?
- 6. Who was the first Protestant Archbishop of Canterbury?
- 7. What shape is the Italian pasta known as Conchiglie?
- 8. In which US State would you find the towns of Norfolk, Suffolk and Somerset?
- 9. For which movie did David Lean win a Best Director Oscar in 1957? 10. Which were the only four British boxers to have fought professionally against Muhammed Ali?
- 11. What was the name of Bill Sikes' dog in the novel 'Oliver Twist'?
- 12. What was the only ABBA single to hit number 1 in both the UK and the USA?
- 13. Who in mythology rode a horse named Xanthus?
- 14. The Nicobar Islands form part of which country?
- 15. Who became the principal conductor of the Berlin Philharmonic in 2002?
- 16. Which five counties make up the Irish province of Connaugh?
- 17. Who played the title role in the TV series 'The District Nurse'?
- 18. Who was the only Englishman to win the World Snooker Championships in the 1970s?
- 19.In which year did 'Page Three' girls first make an appearance in The Sun newspaper?
  - 20. Which planet in our solar system has a moon named Oberon?

#### Answers

I. Ammonia. 2. Stanilas Wawrinka. 3. Lung capacity. 4. The Tagus. 5. [a] He's in Town, reached nos, [b] Talk of the Town, nos, [o] Black and White Town, noe, [d] Love Town, noe and [e] The Boys are Back in Town, noe. Cooper, Joe Bugner and Richard Dunne. 11. Bullseye 12. Dancing Queen. 13. Achilles. 14. India 15. Simon Rattle. Cooper, Joe Bugner and Richard Dunne. 11. Bullseye 12. Dancing Queen.



**Spitfire Advice and Support Services** 

At Falcon Lodge Community Hub

**Every other Monday** 

From Monday 13th November 2023

10 onwards

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

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

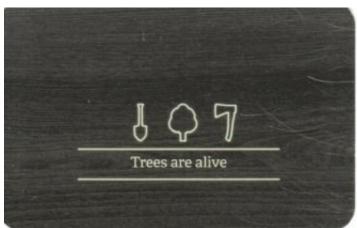
Tribunal Representation

















### Looking for StreetWatch volunteers

Dear Tony,

We are looking for new StreetWatch volunteers in your local area.

Please see attached leaflet for more information.

Many thanks

Sutton Vesey Neighbourhood Team

#### Attachments

StreetWatch leaflet.pdf



Message Sent By
Satpal Singh
(Police, PCSO, Sutton Vesey)







#### New Year, New Career? Join West Midlands Police!

Are you thinking about a career change in 2025? Or know someone who is? Maybe a family member, friend, colleague or neighbour?

We're currently recruiting for a range of roles, from police officers and PCSOs to various police staff positions and volunteer opportunities.

#### Why join us?

Earn a starting salary of £29,907 as a police officer and watch it grow to over £46,000 within seven years with annual increments.

Plus, enjoy a range of benefits like enhanced maternity/paternity pay, a great pension, and exclusive discounts on everything from holidays to shopping.

There's many ways to train as a police officer and we're one of the only forces currently recruiting into a wide range of those available. Whether you're a practical learner, aspiring detective, or looking to earn a degree, we've got a path for you.

We pride ourselves in creating a supportive and inclusive environment for all our employees, with dedicated support networks for underrepresented groups.

### Want to get a head start on your New Year's resolution?

Apply now and start your journey with West Midlands Police.

Find out more and apply by clicking this link.

Please share this message with your family, friends and neighbours.

### We wish you a very Merry Christmas and a Happy New Year!









### Secure CCTV database hits 10,000 registration milestone

Over 10,000 people have added their details to a new service that will help us catch criminals in their area – including yours!

Every year, thousands of criminals are brought to justice thanks to CCTV and doorbell camera footage.

That's why we've made it easier for people in Birmingham to share their CCTV images with us.

Since September well over 10,000 people took just 60 seconds to add their details on our secure database.

The new technology allows you to add your home or business cameras to a secure map of CCTV cameras in the West Midlands.

All you need is your name, address, email and the number of cameras you control.

It means we can quickly identify cameras that may have captured evidence near to the scene of a crime.



Continued on next page...

westmidlands.police.uk/cctv-registry

#### ...continued from last page

Within seconds, officers can send details of the incident to the owners of the camera, along with a request for them to check their footage. People can then send the images via a secure link helping officers to identify criminals or trace victims and witnesses, meaning crimes are solved faster.

Sending the request fast and replying quickly, helps prevent footage from automatically expiring from doorbell cameras or being overwritten on CCTV systems.

The system has already been successful in solving major crimes in Coventry. If people continue to add their details to the map that can only be seen by officers, it will help us solve other serious crimes in other areas of the West Midlands.

#### How it works in three steps:

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

Upload the images via the secure link contained in the message

The system does not give West Midlands Police or anyone else access to your cameras or computer. You decide what images – if any – you share with us.

Your name, address, camera details or any other personal information will not be publicly available on the secure site and investigating officers will only be able to see cameras plotted on a digital map and held on a secure police system, with strictly controlled access.

Sharing your recording with us does not mean you will have to attend court.

As part of the development of this system, we consulted with community groups who, like us, could see the benefits in making neighbourhoods safer and were confident in the system's security layers.

West Midlands Police is one of only two police forces in the UK who have started using the system to help solve crime. A version of the system has been used in parts of north America for some time.

There's still time for you to securely register your CCTV or doorbell cameras before the new year at: <a href="https://cctv/cct/cct/cct/cct/cct/">CCTV Registry | West Midlands Police</a>.



Message Sent By Billy Corrigan

(West Mids Police, Communications Manager, Corporate Communications)







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

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

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

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

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

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

<u>Detectives investigating distraction burglaries name suspect | West</u> Midlands Police

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

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

#### Common methods used by distraction burglars

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

How to prevent it

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

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



Message Sent By

Stefanie Sadler

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







### **Burglary and Darker Nights**

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

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

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

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

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

For more advice from West Midlands Police visit <a href="https://www.westmidlands.police.uk/">https://www.westmidlands.police.uk/</a>
<a href="police-forces/west-midlands-police/areas/campaigns/campaigns/27-station-road/">https://www.westmidlands.police.uk/</a>
To report crime or anything suspicious call 101 or please visit <a href="https://www.westmidlands.police.uk/">https://www.westmidlands.police.uk/</a>

In an emergency always dial 999.

#### **Message Sent By**



Stefanie Sadler

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







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 dementiafriendly barbour on hand to provide your loved one with a unique pampering experience.

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

Trusted to care.



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





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

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



### **FOR FAMILIES**

### **Every Monday**



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

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

### **Every Tuesday (Term Time only)**

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

### **Every Friday**

<u>Pre-School Story Time 10 - 10.30am</u> - Bring your children aged 0 -5 along to enjoy some stories, rhymes & musical instruments. <u>Ukrainian Conversation Classes 10 - 11.30am</u> - Come along to our friendly Ukrainian conversational class.

### **Thursday 30th January**

Birmingham REP Performance of The Snowflake - 12.45pm

This is a free heartwarming performance and workshop based on the book The Snowflake by Benji Davies aimed at children aged 3-6 years. Places are limited so please book with a member of staff. Booking opens from 16th January.

### **FOR EVERYONE**

### Everyday

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

#### **FOR ADULTS**

#### Friday 3rd January

#### Poetry Matters group

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

#### Thursday 2nd January

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

### **Every Tuesday**

IT Help from FOLIO volunteer Geoff 2 - 4pm - Geoff is available to help with how to use a desktop computer or laptop to smart phones and tablets / iPads. To book a place please ask at the Information Desk Sutton Coldfield Local History Research Group 2 - 4.30pm - SCLHRG meet weekly in the library. For more information visit their website: https://sclhrg.org.uk

### Thursday 30th January

<u>Elderberries 10am-12pm</u> - Held on the last Thursday of the month. Over 50s social group - come for a chat and a cuppa with Noran from FOLIO Sutton Coldfield

#### Thursday 2nd, 16th & 30th January

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

### **Every Thursday**

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

### **Contact Us**

### 0121 464 2274

<u>sutton.coldfield.library@birmingham.gov.uk</u>
<u>www.facebook.com/SuttonColdfieldLibrary</u>
<u>www.twitter.com/SuttonLibrary</u>
<u>www.instagram.com/suttoncoldfieldlibrary</u>



### **Sutton Coldfield Library**

## **Opening hours:**

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

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

Wednesday: CLOSED

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

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

Saturday: CLOSED

Sunday: CLOSED

### **Kingstanding Library**



unemployed and looking for work? We can help!

Our Employability and Digital Skills Programme offers support in:

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

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

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

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



Scan to learn more



about our services:

w.birminghamsettlement.org.uk Registered Charity: 517303

#### Find us:

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

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

Active Wellbeing



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

ww.birminghamsettlement.org.uk

### DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



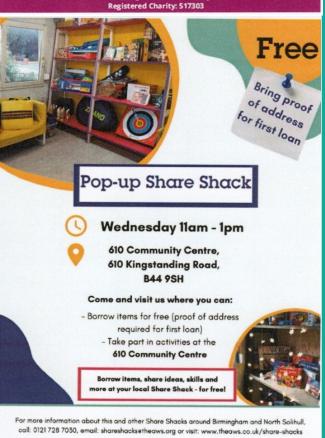
OPEN ALTERNATE TUESDAYS (from 18 April 2023) 10.15AM - 12.30PM

**₩**Ithrigher

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

If your family is struggling financially and you would like some help with a food parcel, this can also be arranged. OR CONTACT ELIZABETH: 07597 012 598

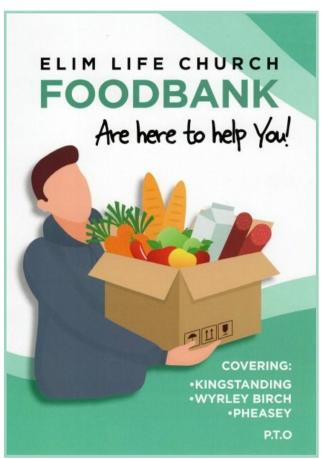
It's Free!



SPORT ENGLAND

See next page

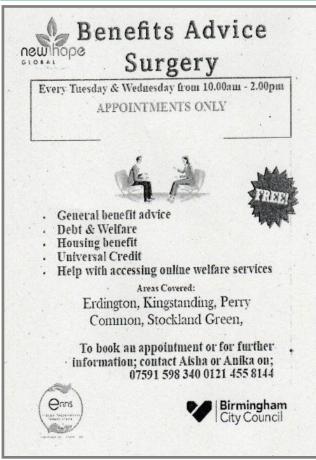
Share Shack





Your free advertisement could go here.

Email bgatepost@gmail.com.



### What's On at Streetly Community Library Autumn 2024

1st Wednesday of each month 11-12 Adult Reading Group
2nd Wednesday of each month 10.30-12 Poetry Group
3rd Tuesday of each month 11-12 Crime Club Reading Group
3rd Wednesday of each month 10-12 Knit, Stitch and Chat
Every Wednesday 10-12 Knit, Stitch & Chat Extra—drop in with your current project or
just enjoy some company

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

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

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

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

3rd Tuesday of each month 2-4 Resilient Communities Advice Surgery for Voluntary &

Community Organisations - no appointment needed

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

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

Every other Saturday from 5th October 11-11.30 Saturday Story Time
Saturday 28th September 11-12.30 Lego Fun

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

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

Library

Saturday 19th October 10-12 Mental Health Drop-in
Saturday 26th October 11-12.30 Lego Fun
Saturday 23rd November 10-12 Mental Health Drop-in
Saturday 23rd November 11-12.30 Lego Fun

Streetly Community Library, Blackwood Road, Streetly, B74 3PL
01922 654864 <u>streetlylibrary@walsall.gov.uk</u>



## **Story & Rhyme Time**

Every Friday in Term Time 10.30-11am and

Saturday Story Time

Every other Saturday from 5th October at 11am

at Streetly Community Library

Blackwood Road, Streetly, B74 3PL

01922 654864 <u>streetlylibrary@walsall.gov.uk</u>

#### Birmingham's Mobile Library Service

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

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

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

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

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

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

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

Phone: 0121 464 6171 Mobile: 07766 923344

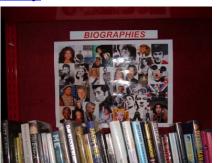
Email: mobile.library.service@birmingham.gov.uk

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library

















Bracebridge Cottage by Bracebridge Pool, 1888, photographed by William Wort



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

Find some helpful contact details for advice and support.

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

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

#### Warm Welcome:

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

There are several existing Warm Welcome Spaces within local communities. across the city, Warm Welcome Spaces are:
 inclusive and non-judgmental
 heated and free to access

The services at each space will vary but may include:

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

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

#### www.birmingham.gov.uk/warmwelcome

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

#### Benefits and Money Advice:

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

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

www.gov.uk/check-benefits-financial-support
Birmingham City Council has also developed several support factsheets which
provide useful information on a range of debt related issues. You can view and download Information or www.birmingham.gov.uk/debtadviceteam

If you are strucoling with debt and need advice and support you can also

www.birmingham.gov.uk/helpinbrum which can help direct you o the right information.

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

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

#### Energy Efficiency:

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

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

#### www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

#### Food Support:

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

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

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

To find a foodbank or other food support please visit

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

#### Healthy Start card

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

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

To find out more and way to apply visit

#### www.birmingham.gov.uk/healthystart

#### Free School Meals

You can also check if your child can get free school meals,

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

#### More Information Available

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

#### Other Support Available

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

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

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

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

#### Stop Loan Sharks

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

#### Turn2Us

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

#### Birmingham and Solihull Women's Aid

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

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

#### The Active Wellbeing Society

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

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

#### Spitfire Services

 issues 0121 747 5932 www.spitfireservices.org.uk



# Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

"Make a difference today!

Hands-on frst aid sessions for 14 - 25s



For more information visit www.sja.org.uk

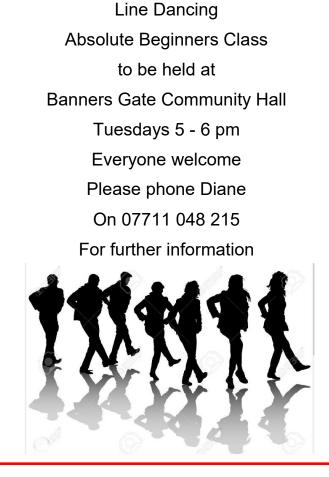


FREE first aid sessions in your local area

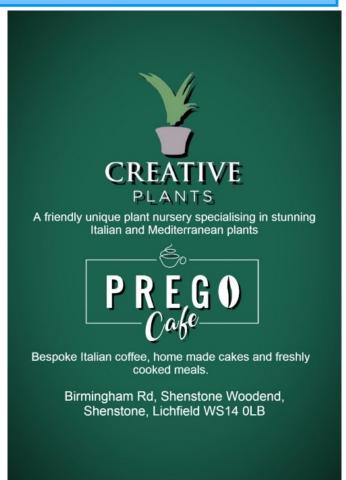
















Let your inner beauty emerge

# Heal & Transform

Reiki Practitioner Transformational Mindset & Trauma-Informed Coach







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

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

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

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

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

Do you need guidance to a problem you are facing?

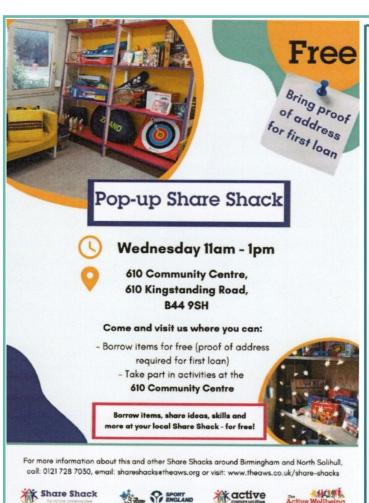
Would you like help to identify and set life goals?

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

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

To find out more please get in touch.

Telephone: 07773845454
Email: <u>healandtransform@yahoo.com</u>
Website: <u>www.healandtransform.co.uk</u>







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





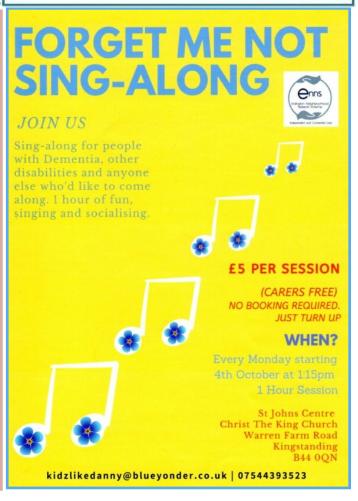
#### **Home visiting Podiatrist**



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

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

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







Join

# Puzzled by Peregrines? Muddled by Merlins?

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

Your ID guide



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

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

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

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



Siân Duncan Notes on Nature editor

# Get Birdwatch ready with ID tips for tits and finches

Get to know the birds you might see in Big Garden Birdwatch with part one of our special ID guide. This week, we're looking at seven of our most common tits and finches.

Birdwatch ID guide #1



The festive season may be over, but the countdown continues! Yes, we're counting down to the biggest birdwatching event of the year, Big Garden Birdwatch. Just spend an hour counting birds between 24 and 26 January and help us understand how our garden birds are doing.

This week, we've got plenty to get you Birdwatch ready. Get to know the UK's most common tits and finches in part one of our Big Garden Birdwatch ID guide. In winter, tits and finches frequently flock together as they flit from tree to tree hunting for food. With our guide, you'll soon know your Long-tailed Tit from your Coal Tit.

Be inspired too by the RSPB Species Volunteer Network as three volunteers share their highlights from last year. If you're looking for something new to do in 2025, volunteering could be just the thing!

Happy New Year!



Siân Duncan Notes on Nature editor

## Which?

#### Five scam trends for 2025

From deepfakes and copycat websites to fake QR codes, fraudsters are always utilising the latest trends and technology to make their scams more convincing and reach more people.

To kick off the new year and get ahead of the scammers, <u>watch out</u> <u>for these five trends and see what sophisticated tactics could be</u> <u>used</u>.

### Police impersonation scam warning

Scammers posing as police officers are spooking victims into handing over money and personal details.

This isn't the first time we've seen this cold call scam – but alarmingly it's back. We take a look at the latest tactics being used, and what you should do if you receive a suspicious phone call.

### Seven phone apps to secure your privacy

The apps you use on your smartphone every day likely hold data you'd rather keep private – payment information, emails, contact lists, documents and more.

From WhatsApp and Facebook to Gmail and Outlook, our tech experts explain some very simple steps to secure your data and which apps you should download now to keep your private information safe from scammers.

#### Scam sharer tool

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

## Which?

#### Can you spot a deepfake video?

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

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

### New tech support scam tactics

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

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

#### Latest scams doing the rounds

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

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

### Scam sharer tool

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

Stay safe,

## Which?

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

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

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

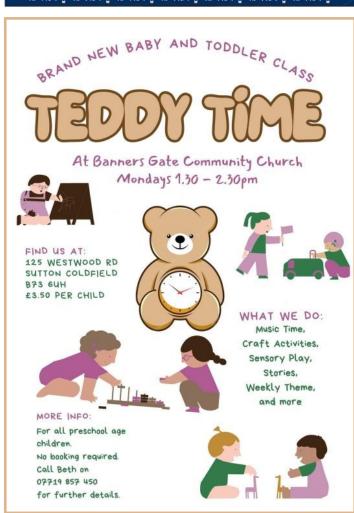
















G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers. We also have a soft play for the 0-2 years old. To find out available dates please contact us on the following: Facebook: Gandt party-hire

Facebook: Gandt party-hire Instagram: gandt\_partyhire Email: Gandtpartyhire@hot mail.com



# Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes.

Grant & Natasha

## Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

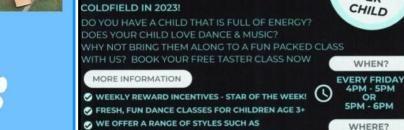












**BRAND NEW DANCE** 

REPERTOIRE DANCE STUDIO COMES TO SUTTON

- STREET DANCE, JAZZ, HIP HOP, BALLET AND MERELED ENVIROMENT FOR ALL CHILDREN TO HAVE
- **FUN AND BUILD THEIR CONFIDENCE TOO!** SESTABLISHED DANCE SCHOOL WITH MULTIPLE
- CLASSES ACROSS THE MIDLANDS FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE!



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

#### Caroline Howell MSc PGCE MCP

01675 470105 07796 546172

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

Blythe Cottage, Dexter Lane Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



PRICE £5

PER

CHILD

WHEN?

WHERE?

BANNERS GATE COMMUNITY HALL SUTTON

COLDFIELD B73 6UR



... Your tech problems solved

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





#### Who will come to visit me?

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

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

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

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



#### What is the Learning Disability Enablement Team ?

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



#### Your visiting OTs

#### Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



## Learning Disabilities Enablement Service



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

### Your journey with the Learning Disabilities Enablement Team:



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

#### An OT will:

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

#### 

#### The enablement team will:

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

#### Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



Laundry/Cleaning



Shopping and more....

#### Steps to self empowerment:

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



#### Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



developing communities, changing lives

## Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

### Our Employability and Digital Skills Programme offers support in:

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

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

# 610 Kingstanding



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

www.birminghamsettlement.org.uk

Registered Charity: 517303







#### THE WALKING GROUP IS BACK!



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

Anyone affected by Cancer is welcome.

All abilities catered for.

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











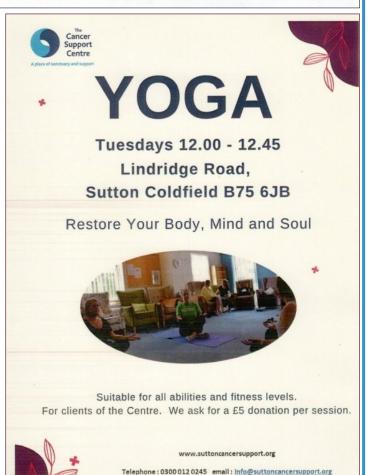
Come and learn new things about yourself, learn ways of helping yourself to stay well, have fun and meet new people!

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

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

Website: www.suttoncancersupport.org

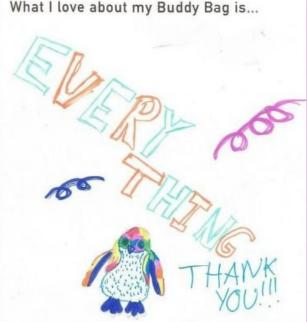
Telephone: 0300 012 0245 email: info@suttoncancersupport.org

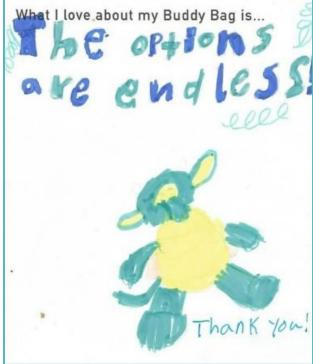


The Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 6JB

Reg Companies House, Cardiff No: 4202897









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



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

Tel: 0121 323 2070 www.fouroaksfs.com

Please note that all our telephone calls are recorded for npliance and training purposes. buddy bag

Proud to support our nominated charity foundation

FT ADVISER TOP 100 FINANCIAL ADVISERS MEMBER 2021

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Registered in England and Wales, Registered Number 4814506
Registered Address: 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 ONX.

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# NEW FRIENDS, NEW INTERESTS A WARM WELCOME

#### THE TUDOR CLUB

Speakers, Music, Meals
Meet Mondays 7.30-9.00pm £4
The Garden Room
FOUR OAKS METHODIST CHURCH

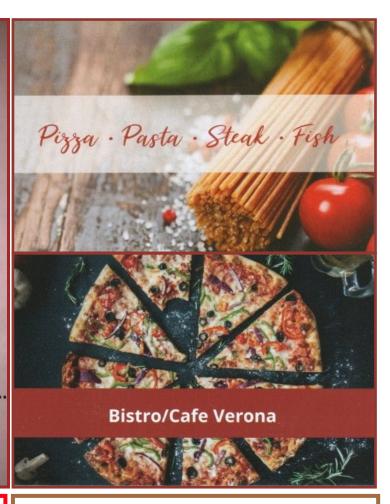
#### **NOSTALGIC MUSIC CIRCLE**

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



#### SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club 323, Boldmere Road, Sutton Coldfield West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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

SCCT

Contact: Colin - 07966-745741

https:/

# SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.
Pay at the Door (No Club Membership Fee) £3.00 entrance fee
Live Music, Bar, Parking, & Socialising
We look forward to seeing you to be entertained
for a great night out.

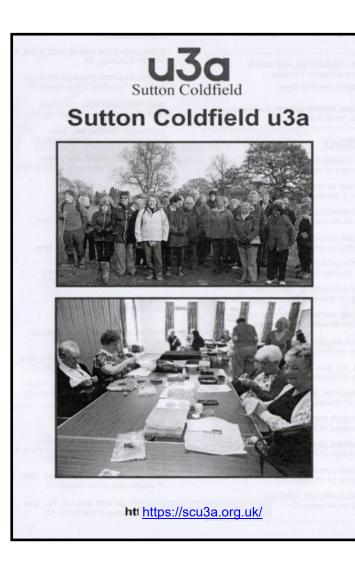


For more details, please see our Facebook Page as listed below: https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/

Or Contact: Sandra on 07932-395158









# Who do you think you are?

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

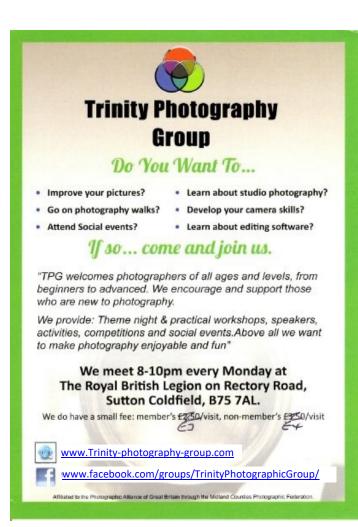
Family History can be a lonely activity and you may prefer the companionship of others on the trail of their ancestors' past. If that's the case, our U3A Genealogy Group is a great place to share tips, find help and get advice!

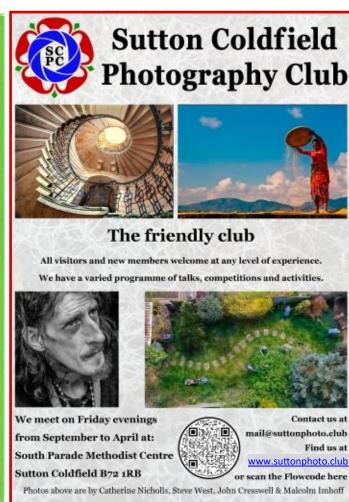
Why not contact:

# Sutton Coldfield U3A Genealogy Group

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

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







# CYCLE-WITH US

mail@suttonphoto.club

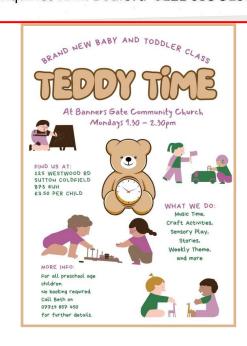
www.suttonphoto.club

or scan the Flowcode here

Find us at

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

Enquiries John Bedford 0121 353 5136



# BIRMINGHAM COMPUTERS & COMPONENTS

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

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

0121 270 6180

www.birminghamcomputershop.co.uk

We look forward to being of service to you

# Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

# www.suttoncoldfieldcreativestitchers.co.uk







# STREETLY FLOWER ARRANGERS' CLUB



# STREETLY FLOWER ARRANGERS CLUB

We meet monthly - 2nd Tuesday 2.15 pm All Saints Church Hall, Foley Rd East, B74 3EX.

Next meeting Tuesday 14th January - Demonstration with Elaine Storer 'For one day only' - why not join us - we are a friendly, enthusiastic Club, visitors and new members always welcome.

Further details: Chris Reeves tel. 0121 354 6264





More photos on next page.



# STREETLY FLOWER ARRANGERS' CLUB











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

Come and join us at

"The Royal Sutton Coldfield Fuchsia & Gardening Guild"



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

Have a look at our Facebook page and website 'www.suttonfuchsia.co.uk' or telephone our secretary Gail on 0121 353 3373 for more information. We meet on the 2nd Thursday of each month (excluding January) at

Banners Gate Community Church, Westwood Rd, B73 6UH

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

Refreshments available.



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

# The Sutton Coldfield Fuchsia Society & Gardening Guild.

Our final meeting of 2024 was a wonderfully loud and festive affair! A local florist, Clare Handsaker came along and gave us a demonstration on wreath making. How easy did she make it look? With just foliage from the garden, a moss ring, some wire, and an awful lot of talent, she produced a beautiful wreath in what seemed like a few minutes. We took advantage of Clares' artistic flair by getting her to choose the best dressed member, and there were plenty to choose from, as most members had come in Christmas jumpers, earrings, and even a lady father Christmas! Along with a fabulous buffet it was a lovely evening, enjoyed by all.

We don't hold a meeting in January, so we meet again the second Thursday in February. We meet at Banners Gate Community Church in Westwood Road, from 7.30p.m. till 9.45p.m. If you have any interest in gardening, please come along and see us. We have different speakers each month on all subjects from wildlife to compost making, fuchsias to hydrangeas. Please take a look at our website or Facebook page to see exactly what we get up to.

If you would like any more information, please give Gail our secretary a call on 0121 353 3373 or 07307857440



# Sutton Coldfield

# **Trinity Quilters**



# Interested in Quilting?

Novice, Experienced or Curious about quilting......

Everyone will receive a warm, friendly welcome

# Join us for Quilting Inspired.....

Talks, Demonstrations, Workshops by Professional Quilters & Textile Artists

# **Annual Coach Trips**

Malvern Spring Quilt Show Summer Outing to Fabric Outlet



Email: trinity.quilters@gmail.com

Sutton Coldfield Trinity Quilters

# Monthly Meetings (except Aug/Dec)

2<sup>rd</sup> Tuesday 7.30pm (except Jan) 4<sup>th</sup> Wednesday 2.30pm (including Jan)

# **Guests Welcome**

Non-members £6 entry

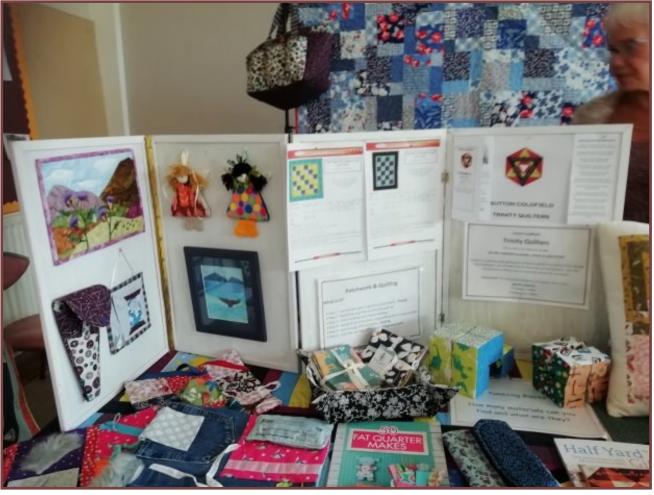
# Membership includes

Access to an extensive library of quilting books, monthly newsletter, reduced admission fee and discounts at local participating fabric outlets

> Trinity Centre Off Mill Street Sutton Coldfield B72 1TF









These ladies meet in the Botanico Café in House of Fraser every Wednesday at noon for a couple of hours of knitting, crocheting and other gentle sports. Full instruction given to beginners. Go on, give it a try, you may enjoy it, at least you'll learn something.

Do you want your advert here, for free of charge.

**Email** bgatepost@gmail.com



# COMMUNITEA CAFÉ ALLOTMENT

# TUESDAYS 10 TILL 12

good chat - and help support our café.

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

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



**Everyone** welcome

Gardening Group

Help us grow fresh produce for the cafe

Sunnybank Road Allotments, **Boldmere** 

Neighbourhood Networker

CONTACT Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk









# 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

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

Advice to help improve your finances 0800 138 7777 07701 342 744 (WhatsApp) w.moneyhelper.org.ul

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

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

The Active Wellbeing Society

Listen and Connect support people to feel heard, connect with others, be active, live well and access information 0121 728 7030 listenandconnect@theaws.org

www.theaws.co.uk/listen-connect

Healthy Start Vouchers

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

Apply online: www.healthystart.nhs.uk

#### Central England Law Centre

Accredited immigration and asylum advice. Legal advice to access services and financial support 0121 227 6540

enquiries@centralenglandlc.org.uk www.centralenglandlc.org.uk

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

For Migrants, Asylum Seekers and Refugees

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

#### e Refugee and Migrant Centre

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

#### About this leaflet

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

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

































# 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 moneyUnexpected expense
- Disaster (e.g. flood or fire) · Relationship breakdown
- · Sanctioned (see option: 6)

See options @@ (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 100



## 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 @ @



# Step 2: What are some options?

## Ocuncil 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

## 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.

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

#### Benefit Advance

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

# 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).

#### 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

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

## BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 6 6







Advice on benefits, debt, housing and more enquiries@bcabs.cabnet.org.uk

www.bcabs.org.uk Help with options: 1 2 3 4 6 6





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

Help with options: 1 2 3 4 6 6





# BIRMINGHAM SETTLEMENT

(West Birmingham) Advice service on benefits, debt and managing your money 0121 250 0765

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







# SPITFIRE SERVICES

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

Help with options: 1 2 3 4 6 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 www.centralenglandlc.org.uk

Help with options: (3)

# DISABILITY RESOURCE CENTRE

Advice and advocacy services for

disabled people 03030 402 040 | drc@disability.co.uk www.disability.co.uk

Help with options: 1 2 3 6



Free, nationwide debt counselling service for people in financial difficulty 0800 328 0006

Help with options: (6)

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

Help with options: (1) (2) (3)





# Stop Loan Sharks

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

Energy and money saving service 0800 060 7567 | support@applyforleap.org.uk

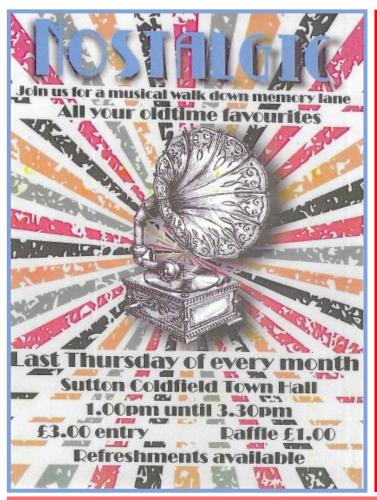
# www.applyforleap.org.uk

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

www.birminghammind.org

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





Hope Food North Birmingham are currently looking for a new base in/around Sutton

Coldfield. We need it to store

food and prepare food bags. We would need access in the day and evening Monday to Friday. We run 3 food banks weekly in Erdington, Falcon Lodge and Mere Green. If anyone has any premises with vehicle access that they would think would suit us, please get in touch. Thank you.

T: 07869 822502 E: <u>info@hopefood.org.uk</u>

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

https://link.justgiving.com/v1/charity/donate/charityId/3143929?

tipScheme=TipJar2.1&reference=givingcheckout tj 21

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH





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FREE LOCAL DELIVERY OR COLLECTION











# **KARATE**

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







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

But you could try the **NO ROGUE TRADERS HERE** scheme run by many councils, including Birmingham.

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

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

In Partnership with Trading Standards

NOR ROGUE

TRADERSHERE

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

Phone no. 0121 386 2639

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



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

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

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

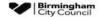
- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (witha family take-home pay of £408 or less per month).

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

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

\* If you sign up at the first opportunity, when you are ten weeks pregnant









**CUPCAKES & SWEET TREATS** 



Facebook: Only Rosie's Instagram: onlyrosiescakes Email: rosie\_p25@hotmail.co.uk



# Norbury Maintenance

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

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



# Memory Cafes

Do you know someone living with memory loss?

Every Monday 10am—12noon

Wylde Green URC Britwell Road Sutton Coldield, B73 5SW

Every Tuesday 10.30am - 12.30pm

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

All attendees must show proof of both covid vaccinations

Every Thursday 10am - 12noon

Streetly Methodist Church Thornhill Road Streetly, B74 3EH Every Monday "Musical Memories"

**2pm - 4pm** Sutton Coldfield Methodist Church

South Parade, B72 1QY

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

"Friends on Fridays" 10.30am - 12.30pm

Supported by Sutton Coldfield Methodist Church, South Parade, B72 1QY

To book your place at any of our cafes or for further information please contact Sue 07422 406168 sue.bevington@suttoncoldfield.homeinstead.co.uk Home Instead 2nd Floor, Plantsbrook House 94 The Parade, Sutton Coldfield 872 1PH O121 323 4200



# FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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



610 Community Centre Kingstanding Road Kingstanding Birmingham **B44 95H** 





# Cafe Oasis

# Freshly Cooked Meals Home Delivered

New menu every Friday Deliveries made on Tuesday and Friday

4 Meals £15

3 Puddings £6

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

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

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



# Cafe Oasis

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

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

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

Find us in Sutton Coldfield United Reformed Church Call: 07713 970096 Email: cafe.oasis@scurc.org.uk or find us on Facebook







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- Year 12 A-level Maths
- · Semi-retired maths teacher
- Edexcel/Pearson examiner
- Taking on students
- jsw7fr@hotmail.co.uk



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

#### \*Small groups (2 to 4 people)

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 1.5 hour session
 2 hour session

 £35
 £40
 £50

 (Under £27 per hour)
 (£25 per hour)

#### \*Groups (5 to 10 people)

1 hour session 2 hour session 2 hour session £40 £45 £55 (£30 per hour) (£27.5 per hour)

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

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

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

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Email Luc at <u>luchubbard@hotmail.com</u>



# Chongshin Do Academy of Martial Arts



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\*Established in the area for over 22 years\*

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Contact Gary on 07921 132 860

or email: chong.fouroaks@gmail.com



Mondays & Wednesdays Blue Coat C.E. Academy, Birmingham Street, Walsall WS1 2ND Kids 6.00pm - 7.00pm Adults 7.00pm - 8.30pm



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

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

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

Where:

Walsall Arboretum Visitor Centre steps

Ambassador:

Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

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

◆ 5k your way: move against cancer I 
◆ @cancer5kYourWay

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

Don't forget to register with us her www.5kyourway.org/register

And register with parkrun to get your barcoo

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# Sutton Park Surgery 0121 353 2586

See front page



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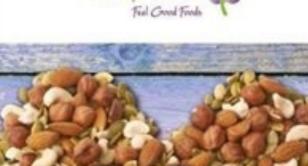
Call or email me for any questions or appointments on; 07855389528 or stephleesosteopathy@hotmail.com

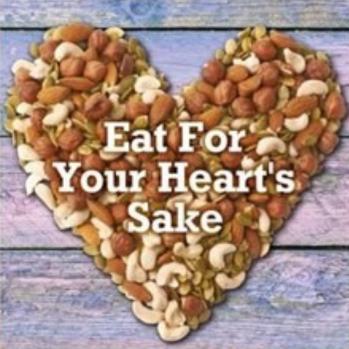
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Please look for the Beacon Room - Everyone welcome

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

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# Specially invite you to Specially invite you to WEDNESDAY SUNDAY LoveWorld Sutton Coldfield: Banners Gate Community Hall 35 Reay Nadin Drive, Sutton Coldfield B73 6UR Every Sunday 9am - 11am Severy Wednesday 9am - 7pm Communion service with Pastor Chris Every 1st Sunday of the month.

# CREATE at the Gate with K & S

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

There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do. Banners Gate Community
Hall Coffee Mornings.
The next is on 21st January
December and will be from
9.30 a.m. to noon - note new
times.





# we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield. If you would like to know about our service ring the number above Or visit our web site <a href="https://www.newhorizonscounselling.org">www.newhorizonscounselling.org</a>.

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

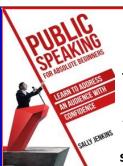
The hall is approx. 38' x 21' (11.6m x 6.4m)

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

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

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

The building is step-free.
For further booking information go to:
<a href="https://www.bannersgatecommunityassociation.org">www.bannersgatecommunityassociation.org</a>



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Tips on constructing and presenting
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# **HATHA YOGA**



**Banners Gate** 

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



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# 0 - 13 months Baby Development Class

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

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

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



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# Personal Training

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

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

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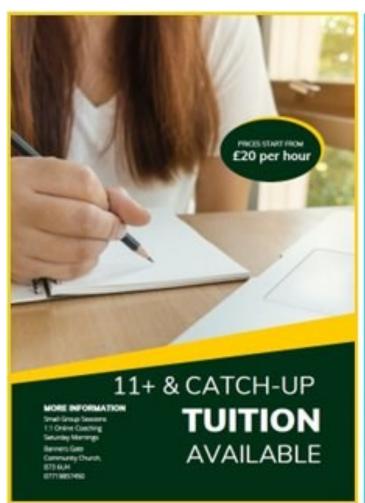
#### **HOME TUITION**



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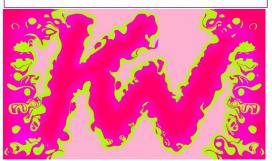




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# BERT & GERT'S

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

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

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# St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

# **Banners Gate Community Church - Events**

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

Tuesday and Wednesday - Baby Sensory

Contact Tracy at email: <a href="mailto:suttoncoldfield@babysensory.co.uk">suttoncoldfield@babysensory.co.uk</a> for times and availability

Please visit our website at

https://www.bannersgatechurch.com/

# The Scout Hut - Coppice View Road - Sutton Coldfield - B73 6UE. Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on



01543 480151



# Banners Gate Community Association

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



<u>welcome</u>

what's on

hire our hall

view our hall

committee

<u>contact</u>

<u>links</u>



# Welcome to Banners Gate Community Hall & Association

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

If you are looking for a venue, simply telephone our Bookings Secretary on 0751 318 4845.

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

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

If you need any information please message on 07964 213 229





Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month The next is on 21st January - at 9.30 to noon, please note new times.

DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.		
Sun (1st) 10.30 –2.30 pm 10.00 am 10.30 am (fortnightly) 11.00 am 7.30—8.30pm	Family Communion Sunday Gathering Chikara Karate Kai	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston  Nigel Willis Paul Murphy Cath Hussey	628 6651 354 5873 353 0230 39 57 89		
For details see website at <u>www.stcolumbasbannersgate.co.uk</u>						
www.bannersgatechurch.com						
Mon 6.00—7.00 11amto12.00pm 1.00—2.00 5.45—6.45 7.30 — 9.00 pm	Sign Language Classes Sign Language Classes Sign Language Classes	Community Hall Community Hall Community Hall Community Hall Community Hall	Adam Claxton Shakila Kosar Shakila Kosar Shakila Kosar Diane Pursall	27 90 15 255042 255042 255042 747 4659		
Tues 9.15 - 1.15pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 8.00 - 9.00 7.45 pm	Tai Chi Line Dancing	Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89		
Wed 9.30, 11.00 &12 10.30 - 12.30 6.30 — 7.30 7.00 pm	Guide Dog Training Pregnancy Yoga	Banners Gate CC Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89		
Thurs 10.00—11.00 am 12 - 2.00 6.30 - 9.45 pm (3rd of each month) 7.00 pm	Home Education W Mids	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Pauls & Kelly 07891 Warren 01902 Sue Nation	40 39 43 82 63 80 897 900 353 4114		
Fri 9.30 - 11.15 5.00-6.30 7.00 - 8.00 pm 5.00 - 6.30		Community Hall Community Hall Community Hall Community Hall	Avne Wilson 07793 Chloe Lloyd 07729 Shakila Kosar 07825 Amalia 07535	54 26 48 47 79 46 25 50 42 60 40 44		
1st Saturday	Yoga and Pilates	Community Hall				
BOOKING SEC Community Hall mobile: 075 6 Banners Gate CC - Nigel Willis St. Columba's - Alison Jollet Scout Hall - A & R Tallis	65 54 68 21 07711 284562 y <u>st.columbahall@yahoo.com</u>	UNIFORMED ORGANISATIONS: Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191				

**Useful telephone** numbers

Sutton and Kingstanding

Police: 101 Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7

03444 111 444 **BANNERS GATE COUNSELLING CENTRE** 

Citizens Advice

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

**Banners Gate Community hall Coffee Mornings** The next is on 21st January starting at 9.30a.m. until noon, please note new times.

> St Columba's Church

**Coffee Morning** 

**Every Friday of** the month

10.00 - Noon

**All Welcome** 

# The Townswomen's Guild

Thurs. 16th January - Bingo, Fish & Chips Thurs. 20th February - Talk about Royal Warwickshire Regiment

Our vibrant Guild meets on the 3rd Thursday of the month, 7.00 - 10.00 in the Westwood Hall,

Banners Gate Community Church. Contact Sue Nation on 353 4114

Tuesday

## **Banners Gate Community Church**

Westwood Road. B73 6UH

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

To find out more visit our website at

www.bannersgatechurch.com.

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

# 33rd Sutton Coldfield Scout Group,

H.Q. Coppice View Road Beavers 5.30 p.m. - 6.45 p.m. ages 6 - 8 years

Monday Scouts 7.00 p.m. - 9.00 p.m. ages  $10 \frac{1}{2} - 14 \text{ years}$ 

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

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

7.00 p.m. - 8.30 p.m. ages  $8 - 10 \frac{1}{2} \text{ years}$ Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com

Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100 Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides. There are also places available in both Brownie units in September for girls aged 7 or 8.

For more information contact Carol Gardner on 350 7191.

<b>(3)</b>	Day/Time Mon 6.00 - 7.30pm	Activity	Venue	Contact	Tel
Girlguiding UK	Mon 6.00 - 7.30pm	39th Brownies	St Columba's Hall		354 5873
	Tues 6.00 - 7.30pm Thurs 5.00 - 6.00pm	45th Brownies	St Columba's Hall	Carol Gardner	350 7191 354 5873