The Gatepost Supplement December 2024



BANNERS GATE & PARKLANDS

COMMUNITY & NEIGHBOURHOOD FORUM

188TH DECEMBER 2024
bannersgateneighbourhoodforum.com

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

Here's the last of memories of the 50s from Mike.

If you have any photos from the 50s, don't be shy, please send them in.









Thank you Mike.

That's the 50s finished with, unless, of course, you have something similar you would like to send us?

Answers must have double letters, e.g., 7. National Flower of Wales - Daffodil

OR send a cheque payable to: All Saints Youth Project @ All Saints Centre, 2
Vicarage Road, Kings Heath, Birmingham B14 7RA

	Clue	Word		
1	A common small burrowing mammal			
2	A dessert made with gelatine			
3	Obstinate			
4	To boil gently			
5	A mystery, enigma, e.g. jigsaw or crossword			
6	To take a small bite			
7	National flower of Wales			
8	A person who approves of or encourages another			
9	In a bad mood and not speaking			
10	Continuously tossing objects into the air			
11	Render used for decoration on a building			
12	Land left to rest without being sown			
13	A traveller on public/private transport			
14	Enlightened one, a knower			
15	A sacred time of fellowship with God			
15	Tiny pieces of sparkling material used for decoration			
17	A gift from one of the Three Kings			
18	A punctuation mark			
19	A natural reddish-brown dye for hair or skin			
20	Plant eating insect with long hind legs			
21	Small tower			
22	To speak or write in a vague way			
23	A mass of fluffy spun sugar			
24	A large African mammal living in or near rivers			
25	Person who has watched an incident			
26	A fish-eating mammal of the weasel family			
27	Place to keep money and documents			
28	A church that is part of a monastery or convent			
29	Eaten with cream usually .			
30	Old type of pen			
31	A South American pack animal			
32	Resistant to infectious disease			
33	A plant with stinging hairs			
34	Between spring and autumn			
35	A person who keeps financial records			
36	The sea separating Europe and Africa			
37	Temporary break from work, e.g. in Court or Parliament			
38	Stiff, glossy silk-like fabric			
39	Fine parchment made of calfskin			
40	Small shallow pool, children like to jump in,			
41	Colourless gas with pungent smell			
42	Kept back			
43	A device in which water is boiled			
44	Pit for the extraction of stone or slate			

45	Skin decoration or military display			
46	To argue about a trivial matter			
47	Sea bird with brightly coloured facial characteristics			
48	Underground			
49	Having a sharply uneven edge or surface			
50	Underground passage			
51	A rounded boiled sweet on a stick			
52	A person always looking for the worst.			
53	An intermediate floor in a building			
54	To deal or trade in something illegal			
55	Pale and unhealthy of complexion.			
56	Colour of cowardice and daffodils			
57	A short trip to do something for another person			
58	The eve of All Saints Day			
59	Sticky, chewy caramel-style sweet			
60	Not guilty			
61	Small hand-held cutting tool.			
62	Low land carved out by a river, high banks on sides			
63	Joining of two people in matrimony			
64	A long necked African mammal			
65	Small flute			
66	Pyramid-style temple in ancient Mesopotamia			
67	A financially rich person			
68	A long narrow strip of fabric			
69	Move unsteadily from side to side			
7.0	Incorrect sequence of letters			
71	Campaigner for Votes for Women			
72	Popular hot drink made from roasted/ground seeds			
73	A smoked fish commonly eaten for breakfast			
74	A Mediterranean vegetable dish simmered in olive oil			
75	Game played at Wimbledon			
76	Mulled beverage made from cider apples			
77	Used to make candles			
78	A dish of beaten eggs			
79	Household equipment used for climbing			
80	Music of Jamaican origin, with a strong upbeat			
81	A juicy tropical fruit			
82	Meal taken late in the evening			
83	Thin material, needed when you have a cold			
84	Drink left out for Father Christmas on Christmas Eve			
85	Mistake			
86	Used to make cricket bats			
87	Container or ship			
88	Small edible berry that grows in clusters			
89	A plant with a crisp rounded base and feathery leaves			
90	Contrary to the law			
91	Bright light to blind someone temporarily with			

92	Found in tea; used to treat leather			
93	Jewish teacher			
94	A device for varying the brightness of an electric light			
95	Plucking of violin strings			
96	A preparation injected to provide immunity from disease			
97	An expression of worship or rejoicing			
98	Large wooden wind instrument with low rich tone			
99	A boneless piece of meat			
10	Painful condition of the foot			

Vame:	-		
Address:			
mail			

If you would like additional copies of this quiz, please see the All Saints Youth Project website: allsaintsyouthproject.org.uk or e-mail: tedhammond74@gmail.com

Entries to be submitted by post to ASYP or electronically to tedhammond74@gmail.com

If you would like a copy of the answers, please email Ted after 6* January 2025

Please copy and circulate the quiz widely encouraging your friends, family or colleagues to take part in the fundraising!

Entry Fee & Added Donations can be made:

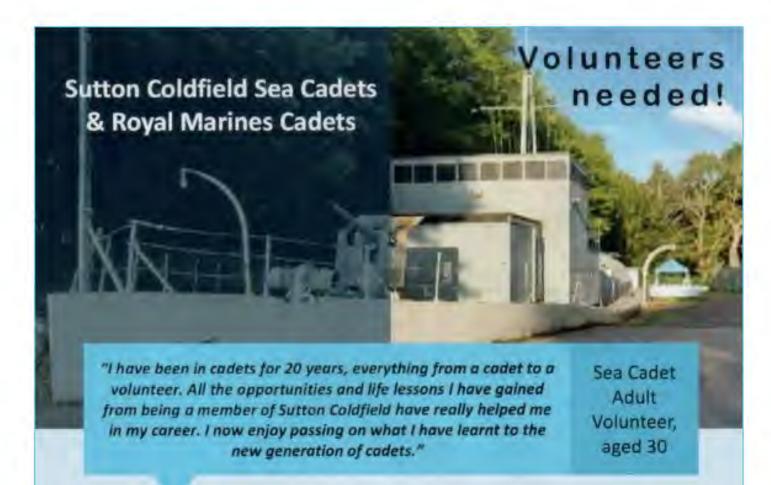
Using the 'Support us' tab on the All Saints Youth Project website:
allsaintsyouthproject.org.uk Please mark Big Quiz in comment box

By Bank transfer – Account: 00285767 Sort Code: 30 94 74

OR send a cheque payable (or cash) to: All Saints Youth Project @ All Saints Centre, 2 Vicarage Road, Kings Heath, Birmingham B14 7RA

In the event of a tie, winning entries will be entered into a draw.

All Saints Youth Project would like to acknowledge the Hard work and support of Liz Haskins with the production of the quiz this year







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



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



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

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



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

S Connect with your community

Meet like-minded people

💪 Gain new skills

Scan me to find your nearest location and sign up!



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

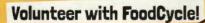
foodcycle.org.uk/volunteer/



Love cooking? Enjoy hosting?

Want to meet new people?

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





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



Location

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



When

Monday



Time

1:00 pm



Contact

falconlodge@foodcycle.org.uk



Family Friendly

Yes



Accessibility - Disabled Toilet

Yes



Accessibility - Disabled Parking

Yes



Accessibility - Flat

Yes



"

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

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

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

Natalle, Reading Coach

Get in touch

If you...

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

...we'd love to hear from you! Please contact:

> Read Easy Birmingham North, Tamworth & Lichfield

Referral Networker T: 07590 829795 E: bntinetworker@readeasy.org.uk

Visit us online:

readeasy.org.uk

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





Do you know someone who struggles to read?

Read Easy provides free and confidential one-to-one reading coaching for adults. It's friendly, flexible and fun!



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

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

*Stalls for Life Survey, 2011 (Dept. 80%)

Getting started is easy!

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

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

Who can learn?

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

Who can volunteer to help?

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

What books will we use?

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

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

* Published by Shannon Trust





Where do we meet?

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

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

How long will it take?

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

Certificates are presented at intervals to recognise progress.

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



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

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

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

- Qualified - Registered - Insured - DBS Checked

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



DANCE ARGENTINE **TANGO**

Every Thursday 7.30-8.30pm from 12th September



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

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

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

Franco & Julia

Contact: Julia 0779 008 4218



YOGA CLASS

Book Now

One hour of stretching and relaxation for your body & mind

> **Banners Gate** Community Centre

saturday 10.15 -11.15

Email classeswithgem@outlook.com

PILATES CLASS

By Bootique Fitness and Wellbeing

Thursdays 10:15 am - 11:15 am

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

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

17 per session

Contact Madge Reynolds for further details



07305330324



bootiquefitness66@gmail.com





Friends and family show 7th October

Sing yourself happy

Join the exciting singing course by Second City Sound in September 2024 for just £10! Experience the joy of Acappella singing with a friendly and supportive chorus of women. Once you've mastered the song, you'll get to perform for family and friends.

Our group of musical artists want you!!! Beacon Church, Collingwood Drive, Great Barr, Birmingham, B43 7JL

Elaine - 0121 384 4729

members@secondcitysound.org.uk





@ f & **⊙**





Chair Exercise Class

For older adults and those less able to stand

Mondays at 12:00

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

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



Fully qualified & insured instructor. CIMSPA accredited. Aggy Lewisfunfitnesswithaggy@gmail.com for more info

Worrying about money?

Support is available in Birmingham



options and places

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: (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 00

I have debt

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

See option (6)

I am waiting on a benefit payment or advance

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

See options 00



Step 2: What are some options?

Council Support Schemes

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

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

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.

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

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

Help with options: 0 0 0



Help with options: 1 2 3 4 5 6 CITIZENS ADVICE BIRMINGHAM

Advice on benefits, debt, housing and more 0344 477 1010

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

Help with options: 000000

Benefit, debt and housing advice 0121 453 0606

www.theprojectbirmingham.org

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



CENTRAL ENGLAND LAW CENTRE

BIRMINGHAM SETTLEMENT

money.advice@bsettlement.org.uk

www.birminghamsettlement.org.uk

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

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 0 6 6

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: (1)

Benefit Advance

to get help

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).

6 Hardship Payment

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

(6) Challenge a Decision

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

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)



CHRISTIANS AGAINST POVERTY

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

Help with options: (6)



WARMER HOMES WEST MIDLANDS

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

Help with options: 0 @ 0 0



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

ocal Energy Advice Partnership (LEAP)

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

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

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

www.birminghammind.org

Other Support

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

Shelter

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

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

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

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

entral 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

Migrant Help
Asylum helpline available 24/7/365 and Asylum helpline available 24/1/355 and accessible to all asylum seekers in the UK Asylum helpline: 0808 8010 503 ASCorrespondence@migranthelpuk.org www.migranthelpuk.org (Webchat available)

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/moneyadvicefe





















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

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

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

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

Next Generation Text

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

Dial 18001 before the full national phone number.

Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

Age Concern 0121 362 3650

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

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

Age UK 0121 437 0033

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

Admiral Nurse Service

0121 301 5830

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

Alzheimer's Society/Dementia Connect

0333 150 3456

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

BSMHFT Customer Relations/PALS

0800 953 0045 Text: 07985 883509

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

bsmhft.customerrelations@nhs.net

Birmingham Healthy Minds

0121 301 2525

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

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

Birmingham Carers HUB (ran by Forward Carers)

0333 006 9711

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

Birmingham Irish Association

0121 604 6111

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

CERS (Carer Emergency Response Service)

0121

442 2960 Free emergency back up service to provide sup-

port to carers

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

Mental Health: Urgent Help

0121 262 3555 or 0800 915 9292

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

Samaritans (also have local branch)

116 123 (free to call)

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

Social Care and Health

0121 303 1234

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

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

The Waiting Room

https://the-waitingroom.org/

contact/ Information about health and social care

https://the-waitingroom.org/

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

Alzheimer's Research Trust

0300 111

5555 Research into dementia, information about dementia

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

Dementia Explained

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

CQC: (Care Quality Commission) 03000 616161

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

Carers UK

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

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

Dementia Carers Count/Virtual Carers Centre https://

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

dementiacarers.org.uk/vcc/

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

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

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

MIND (Birmingham)

0121 262 3555

Mental Health information/advise, support Mental Health & Wellbeing

Hubs

https://birminghammind.org/

help@birminghammind.org

NHS 111 service

111 (free from landlines and mobiles) Helps

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

Healthcare at Home

0808 239

0591 Eye and Hearing Tests at Home

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

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

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

Turn2us – benefits calculator, charitable grants & support

https://www.turn2us.org.uk

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

Grace Cares is a not-for-profit organisation

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

and leave a better planet for future generations.

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

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





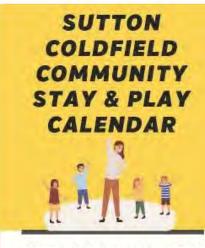




Let's work together



Enlarging will make the white text much easier to read.



SEPTEMBER 2024

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

WEDNESDAY

Cafe Tots (warm spaces)
Chemer Road, Sulton Coldificial
B73 SEU
0-4 years old
Wednesday 9:00 AM - 3:00PM
Thursday 10:00AM - 3:00PM
Friday 9:00AM - 3:00PM
Saturday 9:00AM - 2:00PM

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



amy.millichope@birmingham.gov.uk

MONDAY

HARVEST TOTS HARVEST FIELDS COMMUNITY CENTRE, HARVEST FIELDS WAY, SUTTON COLDFIELD, B75 5TJ 0-4 YEARS OLD 10:00AM -11:30PM

MINI MUNCHKINS PLAY 13A BOLDMERE ROAD. BOLDMERE, SUTTON COLDFIELD. B73 5UV 0-5 YEARS OLD

9:30AM - 11:00AM

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

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

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

TUESDAY

ECOGROW - GROW AND PLAY SUNNY BANK ROAD ALLOTMENTS, SUNNY BANK ROAD, SUTTON COLDFIELD, B74 ODT 1-5 YEARS OLD 10:00AM - 11:00AM

Songs with Sue

Harvest Fields Community Centre, Harvest Fields Way, Sutton Coldfield, B75 5TJ 0-4 years old 2:30pm - 3:00pm ALL STAR TWINKLES
ST PETERS CHURCH, MANEYHILL
01140, 872 111

Story Time & Play Dake Screet Charen, Nuclear Coldificid, B72 IRI 0-4 VLARS OLD 9:30AM - 2:000M

FOUR OAKS BAPTIST STAY & PLAY FOUR OAKS BAPTIST CHURCH, GRANGE LANE, MERE GREEN, B75 5JX

0-5 YEARS OLD 10:00AM - 11:30AM

Little Pals Pop in & Play auton Coldfield Methodist Church, 16 onth Parada, Sutton Coldfield, 272 (GV 0 | VLAL GLE



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



Want To Make New Friends, Learn New Skills And
Be Part Of An Inspirational Organisation
We Are Opening a New
WI Group in Boldmere
Come and Find Out More
First Wednesday of Every Month
7-9pm
Newman Community Centre

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

For More Information Email; cathmarsh73@icloud.com Recently the **Friends of Wylde Green Railway Station** hosted a networking social with Birmingham Open Spaces Forum (BOSF) for BOSF Member Groups to come over and see the great work that all the volunteers have been doing at the Station.

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



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

https://bosf.org.uk/

https://www.facebook.com/ BOSFonline/?locale=en_GB

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

Everyone found the tour of Wylde Green

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



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



Carers Hub:

"Caring for a family member or friend?

If you support someone in Birmingham who needs your help due to a disability, serious illness, frailty or addiction, we're here to help you. Whatever your unpaid caring role, you've come to the right place. Age Concern Birmingham are part of a partnership of local not-for-profits who have come together as Birmingham Carers Hub to provide a wide range of free support to help you in your caring role.

What do we do?

Birmingham Carers Hub delivers support and services for unpaid Carers in Birmingham. If the individual receiving care resides outside of Birmingham, we will provide links to the appropriate local government.

You can get help even if you only provide a few hours of care every week, and you do not have to be receiving carer benefits.

Continued on next page...

...continued from last page

We provide guidance and assistance to unpaid carers who are registered with Birmingham Carers Hub and we follow them on their caring journey continuously offering help and support. Birmingham Carers Hub can offer support with:

- Statutory Carers Assessments available if you care for someone 18 years old or over and the cared for live and pay council tax or receive council tax benefit from Birmingham City Council.
- Follow up reviews 4-6 monthly
- Signposting and referrals to other services to support your caring role.
- Attending carer support groups which offer a wide range of different stimulating activities or therapy to suit everyone's needs. This includes walking groups, pottery groups, coffee mornings and more.

Visit us at <u>www.birminghamcarershub.org.uk</u> to look at the comprehensive services and support on offer for unpaid carers in Birmingham from us and our partner organisations.

Registering with us as a carer or referring a carer is quick and simple.

Additionally the website has:

- Cost of Living support which will give you an indication of any entitlement which you can then apply for via DWP
- The is also an online daily chat/activity that is available to carers across the city, where you can join to suit yourself called Kissing it Better https://kissingitbetter.co.uk/
- Information on the Social Enterprise Bridgit Care that provides access to online support for anyone who assists a friend, neighbour or relative https://bridgit.care/ The Birmingham Carers Hub partnership is managed by Forward Carers CIC and funded by Birmingham City Council, and Birmingham and Solihull Integrated Care Board who are integrated with the Birmingham Children's Trust.

Please contact the team on 03330 069711 or Email: info@birminghamcarershub.org.uk"



Dementia Carers Hub:

"Age Concern Birmingham's qualified Dementia Advisors, provide specialist one to-one support, Wellbeing support, Carer's Assessments, referral to groups & workshops including information & advice.

You will also receive a FREE Carers card from the point of registration and throughout your caring journey.

You will benefit from:

- An allocated advisor
- Assistance with obtaining Power of Attorney and will advise on Advocacy services including support with Social Services, GP's, Memory Assessment Teams, District Nurses, Occupational Health Therapy etc
- Support with respite care, care homes and care agencies
- Ongoing health and wellbeing checks Support and information to access dementia clinics
- Referrals to the Bereavement Service
- Specialist advice and information on explaining dementia, behaviour, infection control, eating and drinking and end of life care
- Statutory and Enhanced Carer's Assessment, to help establish what support is required

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

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







Befriending Service

Safe local spaces to make new friends

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

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





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

New friendship group:

Perry Beeches Baptist Church Beeches Rd, Great Barr B42 2HF Every Thursday starting 5th September 10am - 12pm Ask for Claire on 0121 362 3650 or call 0121 360 7388 for info

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

AGECONCERN





Friends First

Safe local spaces to make new friends

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

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





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

New friendship group for over 50s:

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

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









Christmas at Holy Trinity

FREE ADMISSION

Carols by Candlelight

day 22nd December



Other Advent and Christmas Services

ALL FREE

Christingle Sunday 1st December

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

Toy Service

Sunday 8th December at 10am Bring new toys for children of all ages which will be donated to Action for Children for distribution to children who might otherwise not receive a Christinas present

Crib Service

Tuesday 24th December at 3.30pm Our ever-popular service for the whole lamily, where little ones get the chance to help us tell the story of the nativity in an informal way



Midnight Eucharist

Tuesday 24th December at 11.30pm Starting before midnight,

we celebrate the arrival of the baby Jesus at Christmas with a service of Holy Communion

Christmas Day Eucharist

Wednesday 25th December

at 10am Join us for Holy Communicin as we relebrate the joyful arrival of Jesus on Christmas Day!

TICKETS FOR ALL CONCERTS

£20

龠 DIGNITY

Friends of Holy Trinity Parish Church



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

Holy Tennity Parish Church is not closest place of worship. and we are delighted to aponsor the fundraising events of Friends for the twelfth occusive year.

Our funeral home for uses a beautiful interfer to help and support to all the families we serve

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



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htsc.org.uk

BECOME A FRIEND



htsc.org.uk

HOLY TRINITY PARISH CHURCH ROYAL SUTTON COLDFIELD

CONCERTS AND EVENTS

2024-2025



Welcome

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

SPECIAL OFFER

before the 12th October 2024 and enjoy all fi ticketed

EARLY BIRD

£100 £25 £225

To book visit htsc.org.uk or call 0121 321 1144

The CBSO's Symphonic Six

Saturday 12th October 2024

prounts in verying of the muor entitled "from Direct to light" featuring more by laze legend; chin Kirby, Raymond Scott, Disse Ellington and Berny Goodmain and based on classic by Chopin, Berthover, Schobert, Cong. Mozart and many more

Sit back one miss while the latterburg are pass a lained partie oraction of well known clauses that have been given a pay thirtli by musicians who took the insuration from the clause at making



BMOS Musical Theatre Company

Saturday 23rd November 2024 at 7.30pm

BMOS Muscal filester Company presents "Blooking Counts

Founded in 1886, EMIOS has entertained tens of thouse its of Midwiden aurity as 138 year history and impry a needline show at termingham's Meet Alexandra Theathe every year. "Charlie and the Chocolate Factory' being their thought in June 2024.

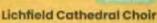
The Black **Country Beatles**

rilay 8th February 2025



Souther fellows based five Black Crossing Bessies was sharted by Analy harper with plays the role of George Harmans, back in mid-2016.

The band play a war range of the Fab Four's carolis and have become a firm states of the Mistands live special and following in the disck Common as they beyond that can be to be and to harring your feet to the their than the transfer that is the best Country has been as they are the are they are the are the are Georgia and Rivingol



accompanied by Martyn Raulin. Lichted Cathed at Chor present programme that explose the orner of the Anglican reportains

The Cathedral Chur Can Lie bound bein in the as 1315. Pelly offer piece for Chorleton aged 7-53. Choral Scholars aged 16-18 in as adult Lay Vican, and any for amen charal services much seems.



Our Atlantic Roots

Seturday 10th May 2025 at 7,30pm

of troy being of American a British

Col., with harmon collection and unite to
an integration of all of the son and enomparies lysics that we built poets and sweet hopeful and a mercic.

After and Laura merge general from their country and folia roots. With once 4 miles theory, and hundreds of the shows, under the best, as well as on SISC TV and BBC reroducing. 'Our Atlanta Rome' is an





English Trombone Consort

was formed in January 2014 by Jose of Testinal transitions players from the Manuals Retween Hern they have well over 100 years of professional performing mence, both in the UE and ecrosed, as son, prohestral players, and with various



The year and dive brings impriber a malure

BOOK TICKETS

Visit htsc.org.uk or call 0121 321 1144

















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

Alan Ledger

MEET THE PHOTOGRAPHER

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

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

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

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

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

ALAN'S BIOGRAPHY

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

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

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

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

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

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



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

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

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

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

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



Hi all.

Another picture from our recent visit to the Severn Valley Railways Steam Gala. Here is 4-6-0 3 cylinder 5XP Jubilee 4-6-0 45596 "Bahamas" looking magnificent in its British Railways green as it drops into Highley with the 14.15 Bridgnorth to Kidderminster train. In tow is a fine rake of blood and custard coaches to take you back to the 1950s.

I can well remember these engines usually from Bristol Barrow Road or Leeds Holbeck getting into their stride as they began to accelerate their trains away from Birmingham heading north through Bromford Bridge station before the coming of the Cromptons. By Water Orton they would be well into their stride.

Along side further back on the next road is one of the other Cromptons from the Southern region, probably one of the best new build of the early classes of Diesels that would come into service. This was another class of engine you would see at Bromford Bridge every day on the Fawley oil trains. 20th September 2024.

Regards Ledg.



Hi all,

British Railways Standard 5MT 73125 fitted with Caprotti valve gear at Patricroft Manchester the depot only weeks away from closure. Their huge coal hopper looms large in the background. Beyond that one of the first railways in the country the Liverpool to Manchester line famous for the Rocket which ran along here during the trials of 1825 at Rainhill. For those that knew him John Bloor walks across from the cab of 73125 after moving the engine out of the shed for us to take a photograph of the only engine in steam here that day. For a short period Johns dad Basil was my driver at Saltley in the special link. I believe he had transferred from Stoke on Trent some years previous. 2nd March 1968.

Regards Ledg. www.scrs.club

SUTTON COLDFIELD

RAILWAY SOCIETY



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

Free Parking & Full Disabled Access

Wednesday evenings at 7.30pm for 7.45pm until 9.30pm



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

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





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

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

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





Opposite CEX on the corner.



CHOCOLATE WORKSHOPS

On the corner opposite CEX in The Parade

BIRTHDAY PARTIES
SCHOOLS
CORPORATE
TEAM BUILDING
CLUBS



PROSECCO NIGHTS
HEN/STAG
BABY SHOWERS
SOCIAL
AND MORE

MILITARYCHEF.CO.UK

VETERAN OWNED AND OPERATED



These crafty ladies meet in Caffè Botanico every Wednesday 12-1.30pm. We're a friendly group, always looking for new members. Bring your knitting, crochet, or anything else you're working on, or just bring yourselves - free instructions given.

Fun Interactive Baby & Toddler Sessions

Baby Sessions:



Contact:



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

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

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

Trio Of Love 4 Week Course

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

> Baby Massage & Spa 5 Week Course

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



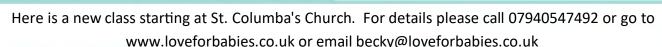


Love To Spa Join in a full sensory spa experience, a calming intimate environment, encouraging positive touch & creating a special bonding experience for parents & babies to share. Babies can enjoy a whirlpool jacuzzi bath, followed by a guided baby massage & sensory play. Finishing the session by capturing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

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

time & use of musical props







Boldmere Ballet School and Sutton Stage School

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

Pre-School Ballet and Dance - 4pm Fridays

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

Royal Academy Classical Ballet - Ages 4+ Weekdays

Acrobatic Dance - Ages 5+ Fridays

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

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

EXAMS - FESTIVALS - SHOWS

07932 065 949 jane@theatredance.co.uk

www.theatredance.co.uk







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

Bridgewater Photography service covers:

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- Weddings
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- Portraits
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Call Donna on 079 1321 3299

Customer comments:

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

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

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

DGEWATE



What can I buy?

Fruit and vegetables



(They can be:

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

(X) They cannot:

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

Plain cow's milk



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



(X) It cannot be:

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

Infant formula



It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you

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

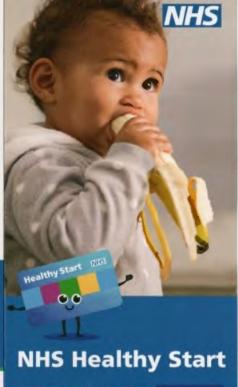
Or call us on 0300 330 7010 8am - 6pm (except public holidays)





Follow us on Facebook and Twitter @NHSHealthyStart

The alipsy prepaid card is issued by alipsy Ltd pursuant to license by Mastercard International Incorporated, alipsy Ltd is a company regulated by the Financial Conduct Authority (RR 900539) for the issuance of electronic money, Head office and registered address. Fortis et Fiske, Whitestone Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard international Incorporated.



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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

In addition, you must be receiving any of the

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

You will also be eligible for NHS Healthy Start if:

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

How to apply



www.healthystart.nhs.uk



Fill in the online application



Receive your prepaid card in the post



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



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



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

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

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



Alzheimer's Society Dementia Support

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

Alzheimer's Society

Together we are help & hope for everyone living with dementia

Page 2/4



If you need help call 0333 150 3456

Email us at enquires@alzheimers.org.uk

Or visit alzheimers.org.uk/get-support

Talk to someone who understands

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

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

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

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



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

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



Get the help and support you need

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

Call 0333 150 3456

Or visit alzheimers.org.uk/get-support

Dementia Support Line opening times

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

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

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

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

Calls charged at the standard local rate.



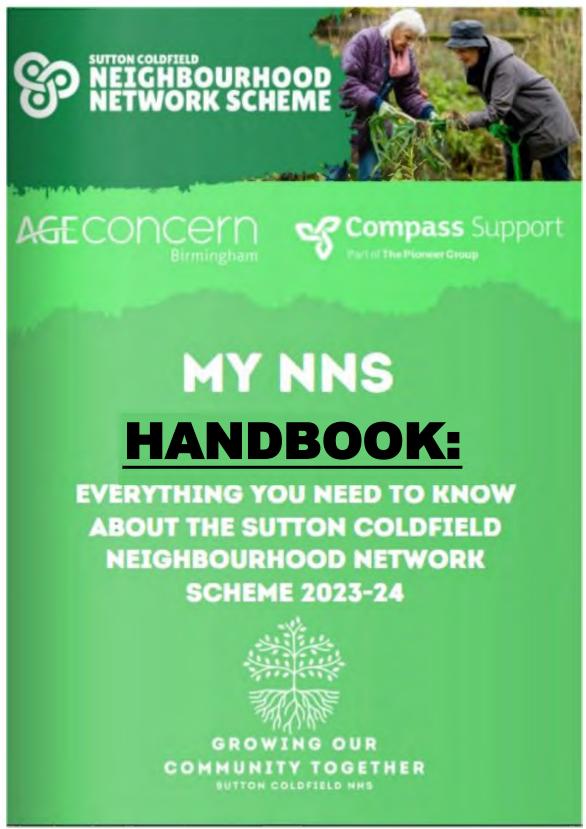


Alzheimer's Society operates in England, Water and Northern Ireland. Registered charity no. 295645

DSSU







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

https://birmingham.connecttosupport.org/



DECEMBER 2024

WELCOME TO OUR

December Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter

SEASONS GREETINGS!



Hello All!

Our final Sutton Coldfield newsletter for 2024! It's been a fantastic year, with a Community Showcase event, a Volunteers Fair, an Accessible Sports event AND a Fifty+ Festival completed, it has been busy! We've commissioned training on everything from digital marketing to safeguarding and this year our Neighbourhood Networkers have also successfully supported 21 assets achieve small grant funding and 22 assets with micro grants!

We all hope you have a joyful, restive festive season and we look forward to working with you all in 2025!

As usual, If you have any relevant snippets for our nns@ageconcernbirmingham.org.uk
January newsletter, or would like to share an NNS
'Story of Difference' please get in touch at nns@ageconcernbirmingham.org.uk

THANK YOU!

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

CAPACITY BUILDING

Looking to next year, what are your training needs?

As Sutton Coldfield NNS plan a program of training for next year, we would love to know what you would like to see. Are there any sessions we can commission that would support you community group or organisation to thrive? What are you training needs? If you have any ideas, drop us an email at nns@ageconcernbirmingham.org.uk



SPREAD THE WORD

Virtual Autism Bus Experience

AGE CONCENT

Virtual Autism Bus Experience

Venue

The Harvester Car Park

Date Time

14th or 15th January 2025 2 slots each day AM or PM

Free refreshments available for those attending

Booking is essential for more information & to book contact Luke Mann - 07932 752209 Luke.mann@birminghamcarershub.org.uk

The whole experience will last 3 hours

NEIGHBOURHOOD

Would you like to gain a greater understanding of autism?

A 'Virtual Autism Bus Experience' will be visiting soon, offering a unique virtual insight.

Tues. 14th & Wed. 15th January 25 Harvester Car Park, Boldmere

Booking is essential.

To book and for further information please contact:

Luke Mann 07932 752209 or email Luke.mann@birminghamcarershub.org.uk

SPREAD THE WORD

Nutrition in the Menopause Talk -Cancer Support Centre

Nutrition in the menopause. Learn all about how good nutrition can support you through the menopause and perl-menopause. We will be discussing how to control your menopause symptoms through diet, and the importance of certain nutrients in the diet at this time, such as protein and phytoestrogens. The workshop will be interactive, including a chance to ask questions and share your thoughts.

Thursday 19th December ()10:00 am

† Cancer Support Centre, Sutton Coldfield No charge, but donations are very welcome. No need to book, just turn up.

Here's some feedback following the last talk:

"I didn't know what to expect when I booked into Meg's nutrition talk this week, but I'm really glad I went. Meg made the session really interactive and encouraged us all to share our thoughts and concerns about what we eat and drink. The session was a very positive experience and I'm already looking forward to next month's talk." Simon.



SPREAD THE WORD

Small Grants for Carer Activities: Spread Joy this Festive Season!



The festive season is fast approaching, and we know this time of year can bring both joy and stress, especially for those caring for loved ones. That's why Forward Carers, in collaboration with the Neighbourhood Network Scheme (NNS), is offering small grants of up to £500 to help Carers create memorable, social, and fun activities in their communities alongside other unpaid Carers. These grants are an opportunity to bring people together. We want to ensure every

Carer gets a chance to enjoy this special time of year in ways that enhance wellbeing, foster connections, and spread festive cheer.

What Can the Grant Be Used For?

These grants are available to fund local, grassroots activities that help unpaid Carers relax, socialise, and take a break from their caring responsibilities. You can use the grant to organise one-off or multiple activities that meet at least two of the following criteria:

- Boost Carer Wellbeing: Host events that offer Carers the chance to relax, recharge, and improve their mental and physical health.
- Festive Fun: Plan enjoyable, social activities where Carers can celebrate the season with others.
- Respond to Local Needs: Address the unique needs of Carers in your area by providing much-needed support during this busy time.
- Create New Opportunities: Offer activities that Carers wouldn't otherwise have access to, helping them experience something new this holiday season.
- Support LGBTQI+ Carers: Bring together Carers from all backgrounds, especially those from LGBTQI+ communities, for inclusive, supportive events.
- Community Connection: Bring Carers and other community members together, provided there are at least four unpaid Carers involved.

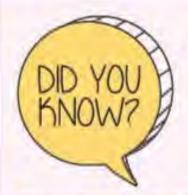
Who Can Apply?

If you're an unpaid Carer aged 18 or over, living in Birmingham, and registered with Birmingham Carers Hub, you are eligible to apply for this grant. Local groups and organisations supporting Carers are also welcome to apply and create activities to spread festive joy.

How to Apply

it's simple! You can apply for the £500 grant by submitting a short application that outlines how your activity or event will benefit unpaid Carers in your community.

Go to https://forward1.grantplatform.com/ to register on the site and start your application. Before you begin, make sure you read all the information to give you the best chance of success.



SPREAD THE WORD

Sutton Coldfield Community Network Support Officer Drop ins

You can find drop-in's at the following times and locations:

Did you know Community Network Support Officer Drop-In's are available in Sutton Coldfield?

Community Network Support Officers
(CNSO's) give advice, information and
can connect people where it is needed.
CNSO's are part of Birmingham City
Council's Early intervention and
Prevention team who engage with
people before they reach crisis point
and the need of statutory services.

No appointment needed.



SPREAD THE WORD

Birmingham's Cultural Survey



Birmingham's new Cultural Compact we would like to invite you to participate in a survey to help them design, define, and deliver a powerful new strategy for arts and culture in our City.

To find out more and complete the survey online, please click here

Birmingham's Cultural Survey

CAPACITY BUILDING

Equality, Inclusion & Diversity Training

Sutton Coldfield NNS wish to run a training course for community groups in Sutton Coldfield on the Issues of equality, inclusion and diversity. We are seeking expressions of interest and quotations from local training providers to deliver this training in 2025. If your organisation has experience of delivering training around the Equality Act and principles and policies which give protection against discrimination and encourage good practice at a community level, for employees, volunteers and service users, then please get in touch with us before 31st January 2025.

More details can be found on our blog https://suttoncoldfieldnns.blogspot.com/2024/12/equality-

inclusion-and-diversity.html

STORY OF DIFFERENCE

Age Concern Birmingham - Befriending



Sutton Coldfield NNS were excited to hear all about Age Concern
Birmingham's Befriending Project which received NNS funding to employ a Friendship Co-odinator. The role was generated to develop and support the creation of networks and friendships for people living in Sutton Coldfield, reducing loneliness and isolation by building companionship between likeminded individuals.

The Co-ordinator engaged with individuals, developing an understanding of interests and hobbies enabling matches with other like minded people. Support was also given introducing clients to community activities, groups and services fostering the opportunity for friendships and natural networks to develop. The project was a big success... a flavour of which can be read in the short case study below (written by the Friendship Co-ordinator).

"'G' is a mobile 84 year old man and was happily married for many years. Unfortunately his wife passed away some months ago and has been left bereft, isolated and lonely. His friends have also passed away too. Since the passing of his wife, his daughter has had a mental breakdown and is under the mental health team, but not accepting she's ill. 'G' is struggling as he is worried he is going to lose her too. I introduced myself to 'G' whilst he was sitting in the Communitea café on his own. I mentioned the new friendship group and Chatty Café to him, and asked if it would be something of interest. He instantly opened up and told me all about his situation. I knew that I had a number of new members within the group that were going through the same issues, and personalities would suit one another.

'G' has attended group every week since our initial meeting and has become a valued member. His needs were to discuss the impact of grief and has encouraged discussion regarding grief and mental health issues with the group, which in turn has inspired others, including the quieter personalities, to open up about their feelings.

There have been tears and laughter, and 'G' will always say that he feels so much better for attending and that he looks forward to the next one. It gives him a reason to get out of the house."

Goodbye to a fantastic 2024!

We look forward to working with all our amazing partners, community groups and organisations in -2025!



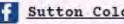
Do you offer activities for older people or adults with disabilties?

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

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

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nns@ageconcernbirmingham.org.uk



Sutton Coldfield NNS





GET INVOLVED

READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

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



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

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

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

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

(b) 0121 362 3650

nns@ageconcernbirmingham.org.uk

f Sutton Coldfield NNS

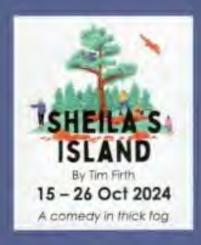






HIGHBURY PLAYERS PLAYS FOR 2024/25 SEASON



















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

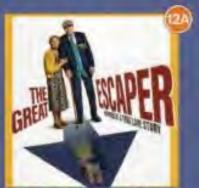
Highbury Players: plays are amaleur productions presented by arrangement with the relevant liavince holders as identified on each play's marketing materials. We reserve the right to amend the season if circumstances change

highburytheatre.co.uk

0121 373 2761



HIGHBURY CINEMA FIRST FILMS FOR 2024/25 SEASON



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



Sun 20 Oct 2024 One love, one heart



Sat 16 Nov 2024 Complex, moving, thought provoking



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

Films all start at 7pm unless otherwise stated. Films for the remainder of the season will be

shown in 2025 on the following dates:

Sun 5 January Sun 26 January Sun 16 February

Sun 2 March

Sun 13 April Sun 11 May Sun 22 June

How to book tickets

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

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

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

Leave a message on our answering machine, also on telephone number 0121 373 2761. Please clearly leave your name and telephone number and we will ring you back the next time the Box Office is open.

Highbury Theatre, Sheffield Road, B73 5HD

Tickels for plays: £12 Tickels for films: £5

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



Follow us on social media



/HighburyTheatre



@highburytheatre

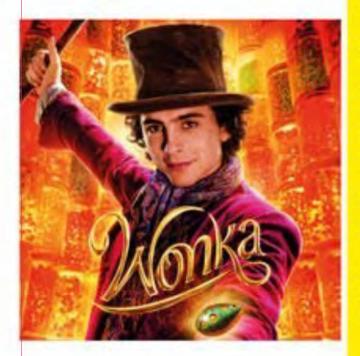


@highburytheatrecentre (#Thehighburyplayers / #discoverhighbury

@highburyplayers #highburycinema

0121 373 2761 | highburytheatre.co.uk





What's on next?

Highbury Cinema presents

Wonka

2.30pm on 27 Dec 2024

Director Paul King Released 2023 Duration 1hr 56m Certificate PG

Music, adventure, comedy and chocolate!

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

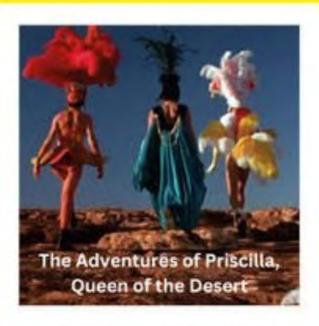
Highbury Cinema presents

The Adventures of Priscilla, Queen of the Desert

7pm on 5 Jan 2025

Director Stephan Elliott Released 1994 Duration 1hr 44m Certificate 15

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



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

Sutton Coldfield TOWN HALL

0121 296 9543

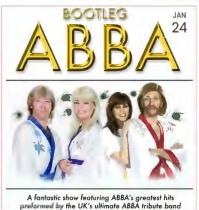
What's On: <u>suttoncoldfieldtownhall.com/events/enquiries@suttoncoldfieldtownhall.com</u>

















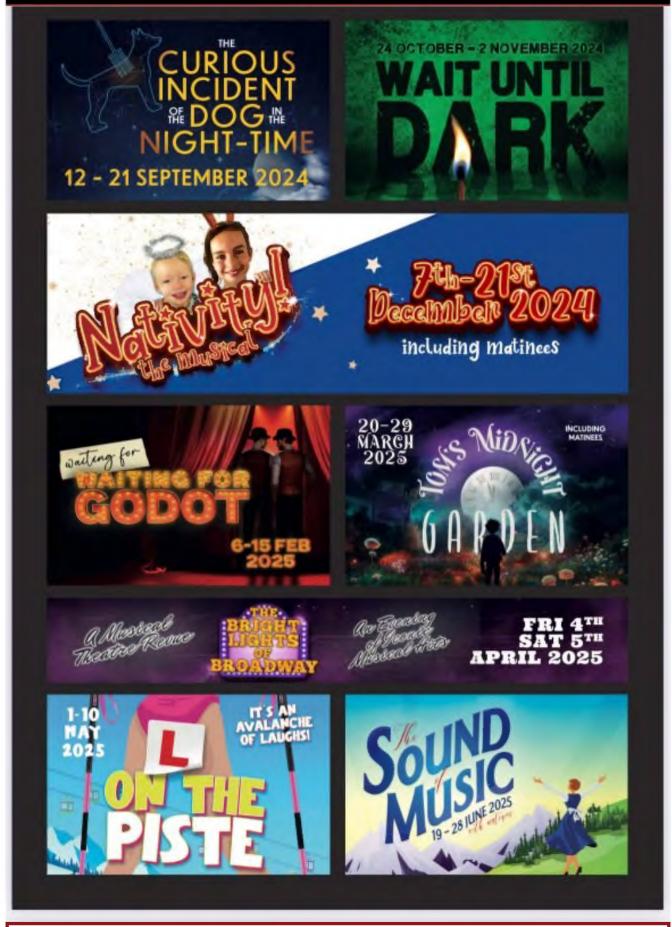




SUPPORT US

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





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

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

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

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





The Book of Mormon



Theatre Tour



The Big Pants Party



Ministry of Science LIVE -Science Saved The World



Sukh Ojla: The Aunty Years





The Simon & Garfunkel Story



Jimmy Carr: Laughs Funny



Sing-a-Long-a Matilda



Sing-a-Long-a The Greatest Showman



Chris McCausland: Yonks!



Murder on the Orient Express



Taylormania

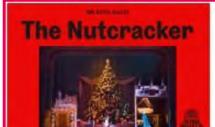
The Alexandre Disseinahase



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

ABOUT US COVID-19

ACCESSIBILITY



RBO: The Nutcracker (Live Recording)

Studio, Sunday 12th January 2025 -2.45pm



An Evening with West **Brom Legends**

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



Catch Your Breath: The Secret Life of...

Studio, Friday 24th January 2025 -7.45pm



The Signatures feat. Stefan Taylor wit...

Main Auditorium, Sunday 26th January 2025 - 7.30pm



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

Studio, Wednesday 15th January 2025 -6.45pm



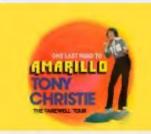
Go Your Own Way

Main Auditorium, Wednesday 22nd January 2025 - 7.30pm



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

Studio, Saturday 25th January 2025 -2.45pm



Tony Christie: The **Farewell Tour**

Main Auditorium, Tuesday 28th January 2025 - 7.30pm



Richard Jones: Soldier of Illusion

Main Auditorium, Sunday 19th January 2025 - 7.30pm



Sleeping with Beauty

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



Absolute Reggae

Main Auditorium, Saturday 25th January 2025 - 7.30pm



The Simon & Garfunkel Story

Main Auditorium, Wednesday 29th January 2025 - 7.30pm



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

ABOUT US COVID-19

ACCESSIBILITY



Pretty Vacant

Main Auditorium, Thursday 30th January 2025 - 7.30pm



15 YEARS OF inbetweeners **JOE THOMAS**

15 Years of The Inbetweeners: In Conve...

Main Auditorium, Wednesday 5th February 2025 - 7.30pm



Fun! With Barbara Nice

Studio, Friday 7th February 2025 -7.45pm



BACK IN THE DAY

Tue 11 Feb 2025



Michael Starring Ben

Main Auditorium, Friday 31st January 2025 - 7.30pm



A Beautiful Noise - The Definitive Nei...

Main Auditorium, Thursday 6th February 2025 - 7.30pm



ELO Again

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



THE CARPENTERS: VOICE OF THE HEART

Wed 12 Feb 2025



Manford's Comedy Club

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



And Finally... Phil Collins

Main Auditorium, Friday 7th February 2025 - 7.30pm



The History of Rock

Main Auditorium, Sunday 9th February 2025 - 7.30pm



Presented by the Lichfield Players

RULES FOR LIVING

Wed 12 - Sat 15 Feb 2025



Winter 2021/22 Welcome back, Birmingham

birminghamhippodrome.com 0844 338 5000*

Hippodrome

show onto our stage.

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

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

Events & Venue Tours

Behind The Scenes Tours

he amazing story of the Hippodrome.

Sat 23 Nov - Sat 8 Mar 2025

BRB - Pre Performance

Birmingham Royal Ballet

Fri 29 Nov - Fri 28 Feb 2025



and musicians to members of the vital backstage technical teams. These events are free to ticket holders and supporters, but you may still need to book your place in advance when you buy your ticket to the show.

Class on Stage

Ever wondered just how salled denotes do what they dell

Sat 7 Dec - Sat 1 Mar 2025

Tickets from £15

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

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

get to meet one of our technicians who will explain just what it takes to get a

Please note that the tour does not include access to the Hippodrome stage

due to the different needs of each production. Each tour is fully accessible apart from the auditorium boxes, which are accessed via stairs.

Our knowledgeable volunteers and Visitor Services Assistants will share captivating stories from the theatre's past as you peek behind the scenes and explore the public and private areas of this fascinating building. You will also

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



Family & Pantomime, Musicals A Birmingham Hippodrome proc

The Jingleclaw The perfect first musical for ages 3+

Fri 13 Dec - Sat 4 Jan 2025

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

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

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

Tickets for Peter Pan are selling fast, with pre-Christmas availability now limited! For best early availability Following a triumphant season last year, and by popular demand, Birmingham's own Alison Hammond returns to Birmingham Hippodrome's panto, this year leading the cast as The Magica

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

They will be joined by performers Rhiannon Chesterman as Wendy, and Noah Harrison in the title role

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



Ballet & Dance, Events & Venue Tours

Gala Evening at Matthew Bourne's Swan Lake



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

Our Gala events are the perfect opportunity to entertain your valued clients, treat a learn, network with other city professionals or simply to

Our Gala events are the perfect opportunity to entertain your various crems, explain a warm, revolution to any processor as a compty of the first yand friends.

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

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

The proceeds from the evening will support our wider work as an independent arts charity with young people, especially our dance talent development and products because of child Policies.

The proceeds from the evening will support our widerwork as an independent arts chartly with young people, especially our dance talent development projects known as Curtain Raisers. Book the number of places to sult you at £195 per person and join a lively mix-in table. Tables for 10 guests at £1,950 are also available at this unmissable evening.

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

One man's spiritual journey is about to begin... after he's posted one last TikTok. When Yasser decides to take part in itikaf, sleeping and fasting in the mosque for the last ten nights of Ramadan, he soon regrets his decision. But as he navigates smug worshippers, shared bathrooms, and recurring thoughts of chunky chips, Yasser's isolation forces him to confront a side of himself he's been trying to keep hidden.

10 Nights

Ins man's spiritual journey is about to begin

Thu 6 Feb - Sat 8 Feb 2025 Tickets from £10

eter Pan





Matthew Bourne's Swan Lake

The most successful dance theatre product on of all time

Thu 6 Feb - Sat 15 Feb 2025

Matthew Bourne's audacious, rulebreaking reinvention of Tchalkovsky's masterpiece caused a sensation when it premiered almost 30 years ago. It has now become the most successful dance theatre production of all time, creating new audiences and inspiring generations of young dancers. In celebration of that ongoing impact, Swan Lake will take flight nonce more in a major new revival for the next generation of dancers, and for audiences who will experience it for the very first time.

Thrilling, bold, witty and emotive, this genre-defining event is still best known for replacing the female corps-de-ballet with a menacing male ensemble, which shattered convention, turning tradition on its bead

First staged at Sadler's Wells in London in 1995, **Matthew Bourne's Swan Lake** took the dance theatre world by storm becoming the longest running full-length dance classic in the West End and on Broadway. It has since been performed across the globe, collecting over thirty international accolades induding the Olivier Award for Best New Dance Production and three Tony Awards for Best Director of a Musical, Best Choreography and Best Costume Design.

Rep



A CHRISTMAS CAROL: A GHOST STORY

Thu 14 Nov-Sun 5 Jan 2025

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

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

22222 Daily Telegraph

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

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

222 Evening Standard

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

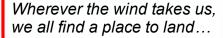
A spooky twist on the Dickens classic."

???? WhatsOnStage



THE SNOWFLAKE

Thu 5 Dec-Sun 12 Jan 2025



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

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

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

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

Yorkshire Times On The Storm Whale – Adapted & Directed By Matt Aston

Our beloved Christmas production returns in The Door, offering the perfect introduction to theatre for our younger audiences.

"Lively and engaging"
Culture Bab on Little Red Riding
Hood



THE SNOWMAN

Thu 9 Jan-Sun 12 Jan 2025

The Rep's enchanting production of **The Snow-man** has been delighting audiences for over 30 years and is the West End's longest running Christmas Show. It returns home this festive season to give Birmingham audiences the chance to be part of the magic!

When a young boy's snowman comes to life on Christmas Eve, the two set off on a night-time quest for adventure. They meet Father Christmas, dancing penguins, reindeer and crowds of The Snowman's friends, but will they escape evil Jack Frost and get back home for Christmas morning?

Based on Raymond
Brigg's much-loved book
and featuring Howard
Blake's classic
song Walking In The Air,
this enchanting live show
has thrilled audiences
throughout the world since
first appearing on stage
over twenty-five years
ago. Be a part of the magic.

100% Free Food 100% convenient 100% delicious!

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

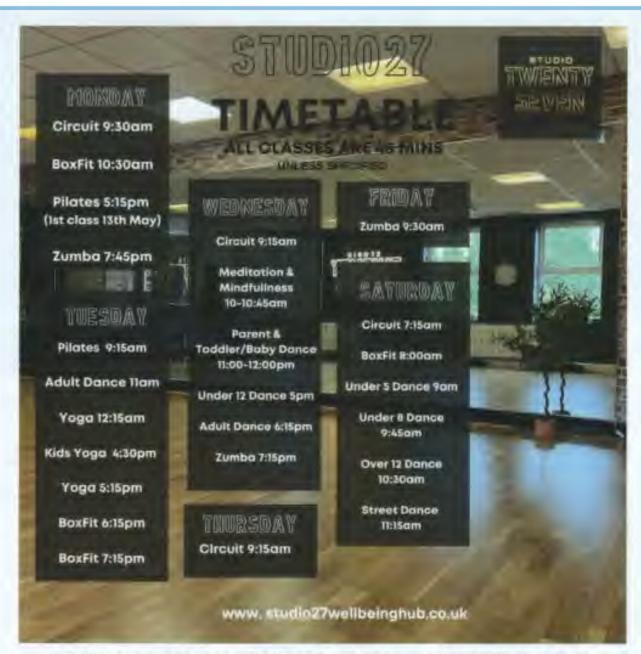
- Choose from meat and fish, vegetarian and vegan recipes – all including at least one-third Speed Free Food.
- ✓ Take your pick of traditional, family-friendly dishes or more adventurous recipes – all in generous portions and ready in around half an hour.
- Order on the Slimming World Kitchen website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



order your first box today at slimmingworldkitchen.co.uk



touching hearts, changing lives



Additional wellbeing offerings here at Studio27 Wellbeing hub





Personal Training 1-2-1 Wellbeing Support Nutritional Guidance





Membership & Pricing



Pay as you go

Current prices Price from let July 2024 Adult E7 adult FA BO Child E6 Drild C/ -

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

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







Useful Numbers

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

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

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





0121 437 0033

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

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









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

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

Information and Advice

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

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

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

Opening Hours

Our phone lines are open:

Monday - Friday

9:30am - 3:30pm

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



Information Guides

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

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

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30







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

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



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

dementiacarerhub@ageukbirmingham.org.uk

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

www.ageukbirmingham.org.uk

© 0121 437 0033

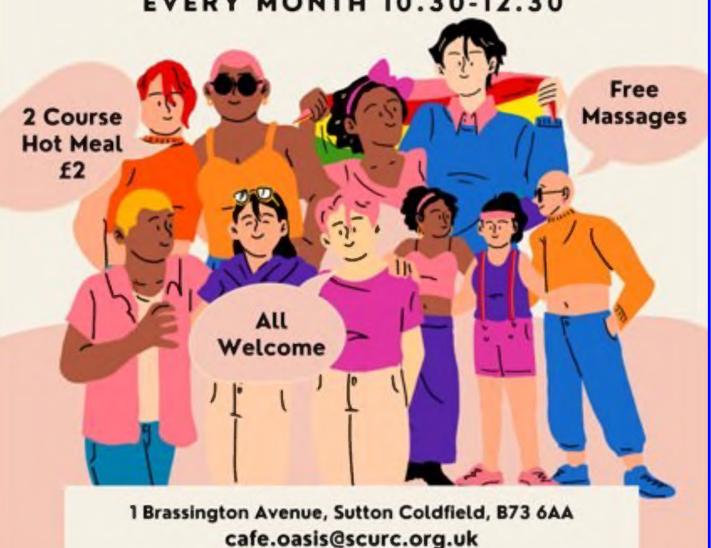


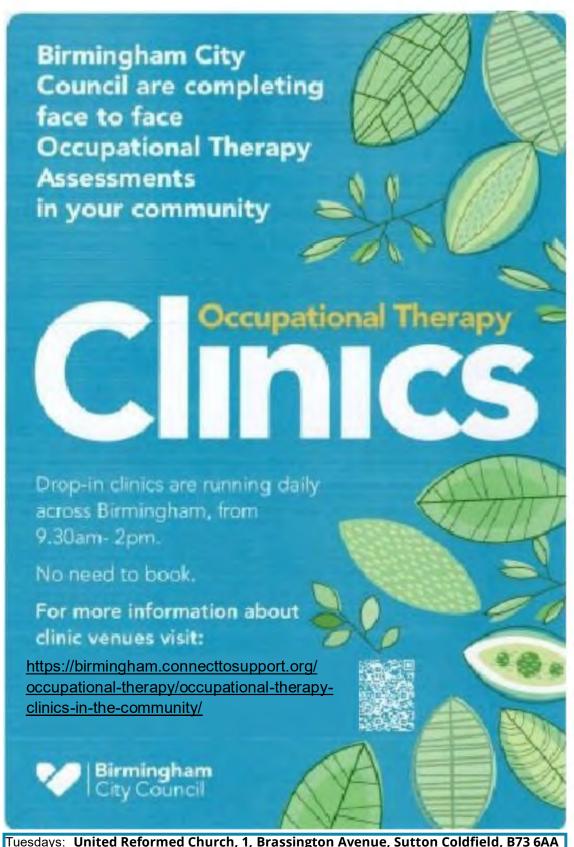


Carers Support Group

SUTTON COLDFIELD UNITED REFORMED CHURCH

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





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

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

ERDINGTON WELLBEING HUB 196 High Street. Erdington 823 65J Tel: 0121 827 6295 Witton Lakes, Gypsy Lane, B23 7XX Tel: 0121 227 3200 Welcome to a new era of service and support for Erdington residents. Jordanne Francis Health and Wellbeing Officer Pery Common Community Hall. Welcome to a new era of service and support Erdington R23 65J Tr. 0121 320 1930 Tr. 0121 320 1930 Tr. 0121 320 1930 Tr. 0128 3

ARTHRITIS HELPLINE

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

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

CALL US FOR FREE 0800 5200 520

VERSUS ARTHRITIS



CALL US FOR FREE 0800 5200 520

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



M helpline@versusarthritis.org

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

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

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

PHYSICAL ACTIVITY RESOURCES AND INFORMATION FOR YOUR PATIENTS

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



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

VERSUS ARTHRITIS



VERSUS ARTHRITIS RESOURCES

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

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

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

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

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

Visit our website for more information: www.versusarthritis.org/exercise

VERSUSARTHRITIS





Sutton Coldfield
Coffee, cake &

friendship cafe

First Tuesday of every month 2pm - 4pm

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

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

Trusted to care.



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





Mercia Grange care home, Four Oaks

Feel good fitness

Last Thursday of every month, 2pm - 3pm

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

Trusted to care.



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





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



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

www.cinnamoncc.com/suttonparkgrange

BANNERSGATE COMMUNITY CENTIL SUTTON COLDFIELD 873 6UR







British Sign Language (Birmingham)

Classes on:

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

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email-bslsilver2022@gmail.com

www.bslsilver.co.uk

North Birmingham Cats Protection Direct Rehoming Scheme



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

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



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





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

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

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

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

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

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell sheilapennell@talktalk.net



Annual health checks for those who are diagnosed with dementia

Birmingham and Solihuli Integrated Care System

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

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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?

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

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

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

How long does an Annual Health Appointment last?

20-30 mins



What help might you need?

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

What hoppens during the Annual Health Check?

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

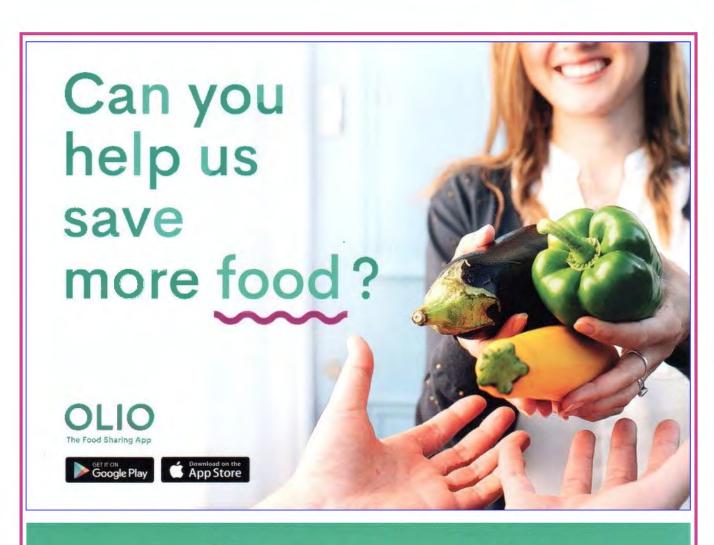








Birmingham and Solihull Mental Health









It's easy to give back to the OLIO community



Spread the word

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









Add to OLIO

Your neighbours will love your spare food or household items.





Volunteer

Feel great & do good at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO







It's okay...

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



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



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



Email us anytime on: help@birminghammind.org

Get in touch today

We're here to help you -



Living Well





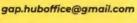
COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker 07565542976















STUDIO

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

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







Othegapsuttoncoldfield



the gap* Sutton Coldfield



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

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

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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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



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

(Derek - Sutton Coldfield)

(lan - Sutton Coldfield)

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D

Do you enjoy playing or listening to live music?

Do you like socialising and meeting friendly people?

Are you a beginner or an experienced guitarist?

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

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

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

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

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

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

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

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

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

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



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Banners Gaters clearing fallen leaves near Longmoor Pool.



Banners Gaters meet every Monday at 11am in the car park at Banners Gate entrance to Sutton Park.

We no longer have a ranger with us and are limited by regulations to what we can do, but are trying to get permission to use domestic power tools.

We need more helpers, contact Gill on thechants@btinternet.com if you'd like to join us.

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

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



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

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

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



SandNats 2024



For further information please contact: Membership Secretary

membership@sandnats.org.uk

Website: sandnats.org.uk

This is a three-month update of Friends of Perry Park and Sandwell Naturalists. Due to COVID and other complications I was unable to compile the data for Oct, Nov and Dec 25.

October 2024.

Starting in Oct a group of different friends' groups - FoPPs, SandNats and FoSPa - did a fungi walk in Sots Hole (a part of Sandwell Valley). We had approx. 20 people walking around this small Local Nature Reserve in West Brom. Most of them hadn't known that Sots Hole existed.

In Perry Park: the new improved footpath around the reservoir has at last been installed, work has also been started on the children's playground and new footpaths are being installed from the entrance to the park from the junction with Walsall Rd/Church Rd. This should make it safer to walk from the car park into the park.

The Throws field adjacent to Perry Park Crescent had a large flowered evening primrose (Oenothera glazioviana).

Photos below.











November 2024.

FoPPs did two litter picks in November, one along the Tame Valley Canal (TVC) towpath and another one on Perry Park. In total we collected approx.16 separate bags of litter and one Rudolph the Red Nosed Reindeer.

At the end of November the TVC was awarded a Green Flag in recognition of the Biodiversity, Landscape and Heritage etc., along the length of the canal opposite Perry Park.

Photos below.







December 2024.

It was an eventful month with Storm Burt causing several trees to fall in Birmingham parks and streets, (including Perry Park and Lightwoods Park) - though we did have a wonderful sunset on the 15th Dec. We carried out another Big River Watch in Sutton Park (see photos).





On a foggy Boxing Day we went for a walk in Sutton Park, it was extremely busy with hundreds of people walking their dogs, running or in groups.

Though it was not raining or particularly cold it was very muddy after all the rain we had had.

Photos below.





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

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

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

Trio Of Love 4 Week Course

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

> Baby Massage & Spa 5 Week Course

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



baby massage & sensory play. Finishing the session by capturing those precious memories with a photo opportunity Love To Play Provides children with a fun filled environment to explore a selection of role play areas. Sessions are specifically planned with focus activities for children

Love To Spa Join in a full sensory spa

experience, a calming

intimate environment, encouraging positive touch

& creating a special bonding experience for parents &

babies to share. Babies can

enjoy a whirlpool jacuzzi

bath, followed by a guided

to explore and learn through play. Encouraging an interactive end to the session with singing, story time & use of musical props



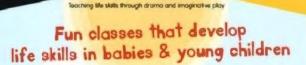
South Tomworth

Get school-ready!



* Trustpilot





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

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

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







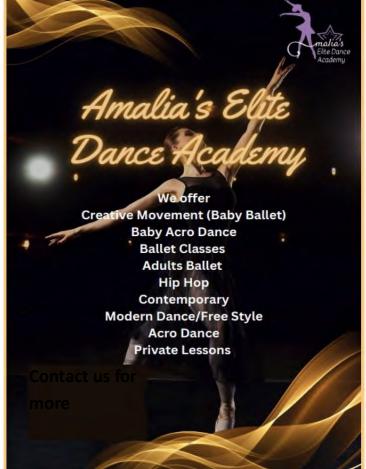
Tuesdays from 12th Sept 2023 at Sutton Coldfield Library, Red Rose

Shopping Centre, 45 Lower Parade, Sutton Coldfield. B72 1XX



Book now! pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823





ARE YOU 16-25? LOOKING FOR SOMETHING DIFFERENT? ARE YOU STUCK NEEDING DIRECTION?

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

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



INTERESTED?

Contact us for more information

To register your interest in joining the North Birmingham team, contact Natalie Sparrow at nsparrow@wcg.ac.u or 07799 843722

wcg.ac.u

0300 456 0049

info@wcg.ac.uk



Hands-free with Standeazy, the clever credit card sized phone stand that folds flat and goes everywhere you go! Two materials. Countless uses.









SCAN ME for more info on how and where to use it

standeazy.com

THE PERFECT STOCKING FILLER!

Get 10% off the Standeazy Ultra or the Original when you order online with code Stocking23



Banners Gate Neighbourhood Forum Meetings

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

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

If you need any information please message on 07964 213 229