

Banners Gate & Parklands Community & Neighbourhood Forum

189th January 2025

bannersgateneighbourhoodforum.com

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

I have had a tricky few weeks of illness so my apologies for any errors. I am sorry that I haven't been able to keep the police totally up-to-date, but reading them again may be of benefit. Whatever else is missing my apologies.

Rob Pocock: HAPPY NEW 'SNAKE' YEAR!

No it's not too late to wish everyone a Happy New Year –

because the Chinese New Year's Day fell this week, on Wednesday 29th January! There are mixed views about China in world affairs, but take a close look at many items you buy nowadays and they come from China. Most clothes, fabrics, electrical goods, phones and digital devices in the shops or online are made in China. A lot of students in UK colleges and Universities nowadays are Chinese students paying very high premium fees to our higher education institutions for a highly valued British education.

So there are increasing cultural links between Britain and China and here locally the Chinese New Year is becoming part of the festive cycle The Chinese Zodiac operates on a 12-year cycle with each year represented by a different animal. We are leaving the Year of the Rabbit and entering the Year of the Snake. In Chinese custom the snake symbolises wisdom, intelligence and insight. And because a snake can shed its skin it also represents renewal, transformation and individual

growth. Snakes also travel fast, symbolising adventure and efficiency. These sound like good omens – and our Councils could benefit from learning the messages from the Year of the Snake!

The recent Commonwealth Games was a great opportunity here in Sutton Vesey to share the flags, traditions and global customs of the 53 separate nations across our Commonwealth. Now the Chinese New Year is a chance to pay tribute to another culture with its own ancient traditions. In a time of division in the world, there's merit in taking time out to think that, everywhere you go, there is a new year bringing new hope. We all dream of better things to come. And don't forget, if this year doesn't work out for you then get ready for 2026 – the Year of the Horse!

GOOD NEWS ON BIN STRIKES

On the subject of good news, at the time of writing there are positive negotiations progressing on resolving the current dispute with the bin collection workers union, Unite. The current industrial dispute has not caused as much disruption as in past disputes. And instead of things being allowed to drag on for months on end, the

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

arbitration service ACAS are now working with Unions and Council to close-in on a mutually acceptable deal.

AND MORE GOOD NEWS ON TIP TRUCKS!

Finally, the extra good news is that the City Council 'tip trucks' are back again after the New Year break. There was one visiting this week in Britwell Road Boldmere and another planned next month on 27th February at Darnick Road, off Jockey Road New Oscott. Details in my Tip Truck email Bulletin, drop a note to rob.pocock@birmingham.gov.uk if you would like to be added to the list.



Max Hatton:

Hello Gatepost Readers! Happy New Year and wishing you all a great start to 2025! I

hope you all enjoyed the Christmas holidays and have had an easy start to the year. Have any of you stuck to your new year's resolutions? My resolution was to read more and I've set myself a task of reading a book a month. I've almost finished my first book of the year, George R. R. Martins Fire & Blood, a great read if anyone's watching House of the Dragon! Although I must admit I cheated as I was already halfway through it when I started

my new year's resolution, next month I'll start a new book from beginning to end!

You may have seen the recent announcement of the update on the Sutton Gateway Scheme. Full details of the announcement can be found here - https://

<u>suttoncoldfieldtowncouncil.gov.uk/</u> sutton-gateway-scheme/

At the close of 2024, a significant milestone was achieved with the approval of the Sutton Gateway Scheme Strategic Outline Case (SOC). This approval marked a crucial step. representing the first formal endorsement of the project. It enables the Sutton Gateway Scheme to move forward into more detailed design work, paving the way for the Outline Business Case stage. As the scheme is still in its early stages, some aspects may evolve as the project progresses. Community engagement will play a key role in refining the designs during the Outline Business Case phase.

There is no Town Council meeting in February, the next one is scheduled for Tuesday 25th March 7pm at the Trinity Centre, until then Gatepost Readers, have a great month!





Active Travel Strategy for Sutton Coldfield.



John Cooper:

Now we are breaking into longer days and hopefully sunshine in Springtime, I want to speak about my favourite place to be, all year round: Royal Su/on Coldfield Park.

I use the park every day, walking my dogs as time allows, my Wife walks in the mornings and I usually walk during the afternoon; what a joy it is to please myself where and in which direction I go, sometimes to a pool, sometimes lost in woods, sometimes wondering where I am but walking on I will always see a familiar landscape, tree or maybe pathway. Thinking about things that are going on or my personal favourite thinking about nothing in particular apart from what's around me in this wonderful place.

How fortunate we are to have this area to use in a way that best suits us as individuals or maybe to meet up with friends with their dogs and take a little time in conversation in this very special place. What a variety of life we see; ponies to the north of the railway line, cattle to the south in season, wonderful scenery and water wherever we go. So many examples of natural life supported by local groups such as FOSPA, BrumBats, Friends of Gates and many more, all working to the good of this very special place for nature and for us all.

Sadly though it isn't quite perfect, broken, falling fencing and overgrowth can be seen on all boundary roads; Monmouth Drive, Chester Road, Thornhill Road and Streetly lane all show evidence of this to varying degrees. It is clear from the financial situation Birmingham City Council finds itself, that no money is available to make these repairs. For its part the Town Council has put forward two reports outlining possible solutions for joint management and external funding to bring forward the repairs and enhancements that will make the park an even better place to visit. The resident Park Ranger service manages fantastically well given its limited resource and manning levels plus the fact it supports "Friends Of" groups throughout the Town and into the City.

I am sure I am not alone in enjoying this fantastic place but also shedding a tear for the better place it could be as pictured in others and in my mind's eye.

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

Stop press





Connection With Cherished

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

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

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

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

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







Get Involved Today

Join our Connection Hub

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

For Community Members:

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

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

For Local Charities & Businesses:

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

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

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

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

Stop press



Support For Your Child to Feel Cherished

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

1:1 Mentoring Service

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

Blossom

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

Roar Youth

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

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

Website: www.cherisheduk.org



Training & Events At The Connection Hub:



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

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

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

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

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

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

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



Details:

Kind & Craft Years 1-3

10am-11.30am

Years 4-6 Mondays

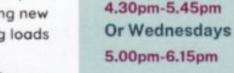
Saturday Mornings

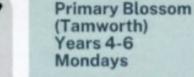
Primary Blossom

Join our girls group! XOXO Made for you.

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

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





5.00pm-6.30pm

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

feel empowered to be you.

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

Secondary Blossom Years 7-8 Mondays

6.15pm-7.30pm

Blossom Bloomers Years 9+ Tuesdays

6.30pm-8pm

VISIT OUR WEBSITE FOR VENUES DETAILS AND MORE INFO.

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





Monday

Carers Hub drop-in: 9.30am - 12pm - weekly

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

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

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

Walking Group: 10:30am - weekly

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

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

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

Tuesday

Allotment Group: 10am until 12pm - weekly

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

Dementia Carers drop-in: 10am until 12pm - weekly

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

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

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

Stroke Support Group: 10am - 4th and 18th Only

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



76/78 Boldmere Road, Boldmere, B73 5TJ

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

Wednesday

Community Police drop-in: 11am until 12pm- 5th and 19th Only
Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

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

Digital Inclusion 3pm until 4pm - weekly

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

Thursday

Parkinson's UK: 10am until 12pm - 13th & 27th Only

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

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

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

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

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

Friday

Art Group: 10am until 11.30pm - weekly

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

Advice Cafe: 11am until 2pm - weekly

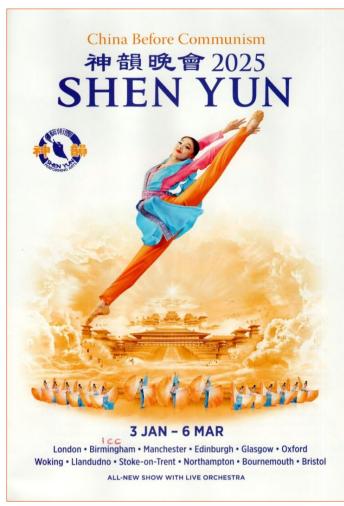
One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

Chatty Cafe: 2pm until 4pm - weekly

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

Saturday

Afternoon Tea - Saturday 15th February 2:30pm
Enjoy our afternoon tea with friends or loved ones for just £12.50
per head. Booking essential





Estate Planning

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

Dave wanted two things:

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

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

Her natural beauty took his breath away.

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

Impressed, the woman obtained his business card.

Two weeks later, she became his stepmother.

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



NDSU NEWSLETTER

Working together in Birmingham's neighbourhoods







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

This newsletter includes;

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

If you have anything you would like to share in a future newsletter, please let us know – ndsu@birmingham.gov.uk

Kind regards

Neighbourhood Development and Support Unit (NDSU)

Neighbourhoods, City Operations, Birmingham City Council

For more information please click here

Friends of King George V Playing Field

Well done Birmingham City Council

On Thursday January 30th three members of the committee did a much-needed litter pick in the Millenium Wood. It was littered with discarded bottles and food wrappers plus remains of the travellers' visit last Autumn, dumped in the bramble thicket. Accessing this involved hacking back thorny stems up to 3-4cm thick which had prevented the city clean-up team from collecting the rubbish, which included several full bin liners flung into the middle. Unfortunately, possibly at least partly due to the mid-week date, no volunteers were persuaded to join us by the considerable publicity circulated. With this in mind, the next litter pick has been scheduled for a Saturday morning in the hope that parents and children can join us.

In spite of the small group, we managed to collect 7 full bags of litter which we left by the waste bin. BCC was informed via their web site and, much to our amazement, they were collected within less than 2 hours of notification. Possibly a coincidence because they were in the area but, nevertheless, very much appreciated.

The next litter pick will be on Saturday, 15th February at 10.30am. Meet at the main gate opposite George Frederick Rd. Parents and sensible children welcome. Equipment will be supplied but wear suitable clothing and gloves.





Before After

Friends First

Safe local spaces to make new friends

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

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





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

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

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



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

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







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

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

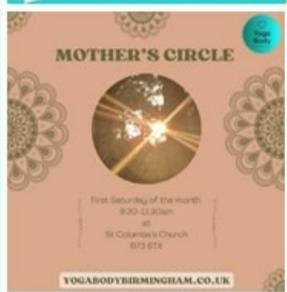
Please contact 0121 362 3650 for more information if:

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









Annual health checks for those who are diagnosed with dementia

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

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

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

What is an Assurabling 8th check?

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



by do you need an Armad Health Check?

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

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

What if you work an Annual Health Check but howen't had one?

- You or a member of your family can contact your GP Practice and ask for an Arroad Health Check appointment
- Tell your GP Fraction that you have demontto so they can give you the right Feedib-chack

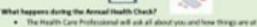
How long does an Annual Health Appointment leaf?

. 20-30 rem



What help might you need?

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



- Review medication/weight/height and curry out blood tests storedly 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 soreus caring for them to a number of services including: Dementia advisors, Social support, Finance support, Strategham Carers Muls, Carers Muls













St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



Classes at St Columba's Church

Monday Brownies 6 o'clock
Tuesday Brownies 6 o'clock
Thursday Rainbows

Friday Coffee Morning, see above Sunday Morning Worship 10 o'clock



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

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

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

https://www.justgiving.com/hopefoodnb

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

Church@4 a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk

All are welcome - there is no charge for anything

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

Both physically & mentally, especially as we get older"



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

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

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

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

New Oscott Village Gym

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

Contact us for prices and more information:







There are hundreds of hens like this one currently sitting in cages with their bags packed, hoping they'll have homes to go to in the West Midlands next weekend. Will yours be one of them? On January 19th hens will be available from Sutton Coldfield.

If you've got space in your back garden for some ex-commercial hens (who'll happily pop out an egg or two for your breakfast once they're settled) we'd love to hear from you urgently. Visit our website to book your adoption or call us on 01884 860084: www.bhwt.org.uk/hen-adoption

More Eric memories

When I was a young boy of 10 back in 1953 my family, like most, did not have much money to spend on luxury items at any time. However, one Christmas my very memorable present was my first two-wheeler bicycle, which my father had rescued from a tip, repaired, painted racing green and added colourful transfers to its frame. I was in seventh heaven on Christmas morning disappearing until dinnertime to show off to all my pals in the road. We all used to ride around and would put cardboard from cigarette packs between the front brake calliper to make a motorbike sound as the wheel spokes clattered against the card.

I had started a newspaper round, but because, in those days, almost every other house had a newspaper. I, in fact, only used the bike to and from the shop, rather than for paper delivery. The shop was opposite the Stockland Garage who, at that time, ran a large fleet of very smart coaches on trips and holidays. I got into the habit at the time of putting my bike on the main road kerb propped on the foot pedal outside the shop.





One day I was running late so went straight to school after my morning deliveries leaving my bike there all day, precariously propped up on its pedal. On returning to the shop after school to complete my evening paper round, I was shocked to find my bike well and truly mangled and resting against the shop wall. The shop owner said to me, "I would make yourself scarce if I were you." Apparently, the Stockland Garage took delivery of a brand-new coach during the day, and the vacuum created as it swept

past my bike pulled the bike into the side of the coach, scratching the coach's paintwork before my poor bike met its fate under one of the coach's rear wheels.

So, with the bike's frame over my neck and newspaper bag over shoulder, I made myself very scarce, as I understood the garage management wanted to see me. Guess, in hindsight, I should have made a claim for my bike, doubtless worth by far a long way less than the coach paintwork to repair!

My next bike was a bigger, bright, shiny, metallic red Triumph Torrington, with the latest Sturmey Archer three speed gears I purchased myself from Halfords utilising my twelve shillings a week paper round money. It was, from memory, a £ 1 deposit and eleven shillings and ten pence a week for fifty-two weeks. I would religiously pay in my money weekly to Halfords for the duration.



Anja Pawson Local Campaigner in Sutton Vesey

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



I would like to say a big thank you to all of the residents who were able to attend the Boldmere Spinney work party on Saturday 25th January.

Under the fantastic guidance of the Sutton Park Rangers, volunteers cut back some of the more invasive vegetation to enable more sunlight to reach the forest floor; create sightlines for safety; and open up flight paths for bats. Thank you!







Town Councillor John Cooper and I are also campaigning for these local matters:

- 1. We oppose BCC's proposed parking charges in Sutton Park: https://www.suttoncoldfieldconservatives.com/campaigns/stop-parking-charges-sutton-park
- 2. We have proposed a safer crossing on Antrobus Road: https://docs.google.com/forms/d/e/1FAlpQLSfG50x9lk9Z22CPeS1rQJlxWfAVT8wXrvNp_2UB7qalBohNoQ/viewform?pli=1
- We champion Boldmere Library and have arranged for a speaker from Shenstone Library to share their success story on saving their local library.

Please attend our informal meeting at Sutton Rose MACC Care, 5 St. Michael's Road, B73 5FU on Wednesday 12th February at 3pm to find out more.

Email: veseyward@gmail.com Facebook: VeseyNews



New Oscott Village SPECIAL SUMMER OFFER!

Special offer for Banners Gate forum subscribers

Get 7 months for the price of 6

or

14 months for the price of 12

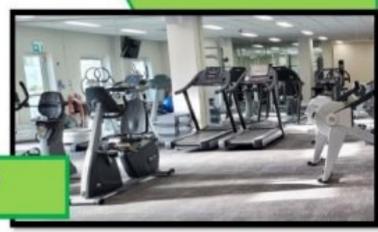
Monthly memberships

Come and have a look around

also available

Why Choose Us?

START TRAINING TODAY



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

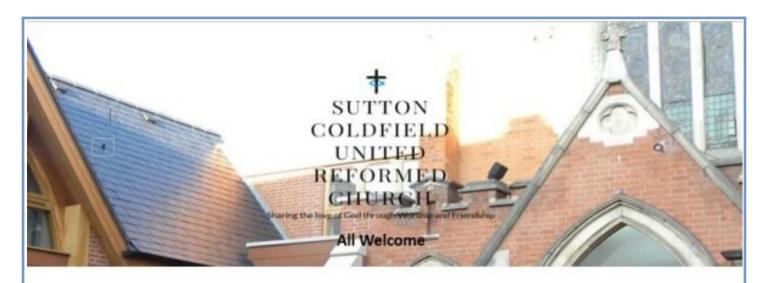
- ☆ Tailored Programs for Every Level: Our expert trainer understands the diverse needs of individuals. We offer personalized fitness programs catering to various fitness levels, ensuring everyone feels comfortable and supported on their wellness journey.
- Flexible Membership Options: We understand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

0121 377 5000

Jackie.Taylor@extracare.org.uk

New Oscott Village, Fosseway Drive, Chester Road, B23 SLD





GROWING OUR COMMUNITY TOGETHER



CAFÉ OASIS

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



So many Activities and Services for you!

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

FOOD4U FOODBANK

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

food4u@scurc.org.uk

Telephone or email us at:

0121 355 1217

cafe.oasis@scurc.org.uk

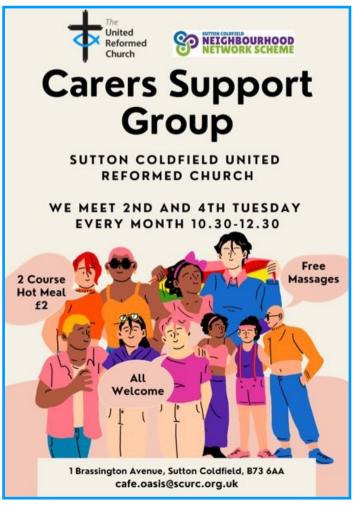
Find out more by visiting us:

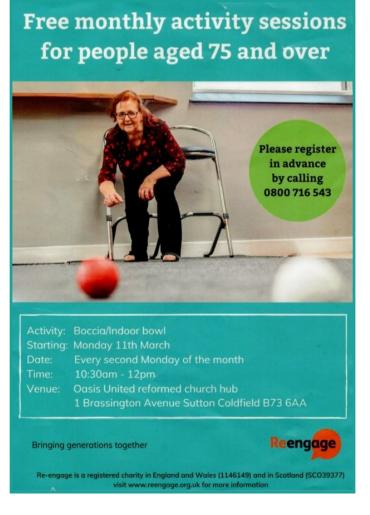
Sutton Coldfield United Reformed Church, 1 Brassington Avenue, Sutton Coldfield, B73 6AA

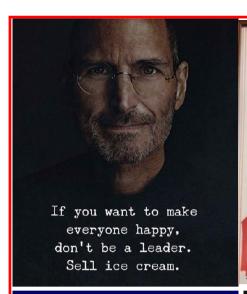
Or at out website: WWW.SCUrc.org.uk











Remember
WHAT THE VALET
WHO PARKED YOUR CAR
"LOOKS LIKE"
BECAUSE
WE DO NOT HAVE
VALET PARKING

addition and weight loss...

After Rod Hull's untimely death Emu struggled with drug

To everyone that received a book from me for christmas, they're due back at the library next friday.

Thank you.



Pulled out a nose hair today to see if it hurt...

judging by the reaction of the man asleep next to me on the bus, it seems pretty painful...

No drinks back here unless they have a screw on top.

Thank Management

A couple of my mates are having a joint party for Chinese New year and Burns night. It's called Chinese Burns night...

I didn't want to go but they twisted my arm!

When was the exact moment you realized humans were not going to make it as a species?



I went to the doctors with hearing problems.

He said,
"Can you describe
the symptoms?"

I said, "Homers a fat bloke and Marge has blue hair"



WEATHER WARNING

SOUTHERNERS ARE URGED NOT TO TRAVEL UNLESS ABSOLUTELY NECESSARY.

NORTHERNERS YOU WILL NEED YOUR BIG COAT.

What Senior Citizens are Worth submitted by a senior lady

Did you know that we old folks are worth a fortune? We have silver in our hair, gold in our teeth, stones in our kidneys, lead in our feet and gas in our stomachs! I have become older since I saw you last, and a few changes have come in my life. Frankly, I have become a frivolous old woman!! I am seeing six gentlemen every day! As soon as I wake up Will Power helps me out of bed, then I go to see Jimmy Riddle and then it's time for breakfast with Mr. Kellogg, followed closely by the refreshing company of Mr. Tetley or my other friend who I only know by his initials - P.G! Then comes someone I don't like at all - Arthur Iris - he knows he is not welcome, but he insists on being here, and what is more, he stays for the rest of the day. Even then he does not like to stay in one place, so he takes me from joint to joint. After such a hectic day I am glad to get to bed (and with Johnny Walker too!!), what a hectic life. Oh yes, I am now flirting with Al Zheimer! The vicar came to call the other day and said that at my age I should be thinking of the hereafter. So, I told him I did all the time. For no matter where I am, the bedroom, the kitchen, the sitting room or the garden, I ask myself, 'Now what am 1 here after?' Well, I'll close now and I hope that Will Power is your constant companion too, but do make sure that this friend Emma Royd does not creep up on you from behind!!! And watch out for the crafty one - Gerry Atric!

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

A bulletshaped container with a tiny telescope inside:

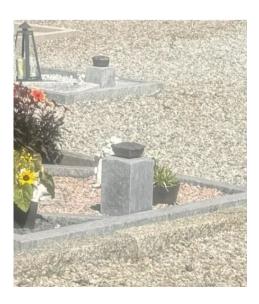


This one-off tiny pocket inside a St. John's Bay shirt:



3

Small metal boxes containing a brush located on gravestones in a cemetery in Andermatt, Switzerland:





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.







Volunteer with FoodCycle!

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

DANCE ARGENTINE TANGO



with Franco & Julia

Thursday

7.30pm-8.30pm

Banners Gate Community Hall.

Sutton Coldfield B73 6UR

*please wear non-rubber

sole shoes*

Contact: Julia 0779 008 4218

Answers from page 23.

- 1. It's a Sterling Silver Telescopic Cigarette Holder in Bullet Shaped Case.
- 2. It's a 'nurse's' pocket...Essentially, it's a loophole for manufacturers to bring costs down. If garments have 'pockets below the waist, a ribbed waistband or other means of tightening at the bottom of the garment,' they get excluded from specific categories. So if you took that same type of blouse with a 26.9% duty rate and added a pocket or two below the waist, it would instead get tariffed at a rate of 16%."
- 3. The metal box is called 'Weihwasserkessel' in German, roughly translated as 'holy water kettle' in English. It is for storing holy water, and the brush is for dispensing it on the grave. It is very common in Germany, Austria, and Switzerland. Maybe other places, too.







Are you interested in Art?

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

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

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

suttoncoldfieldsocietyartists







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

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

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



Sutton Coldfield Photography Club





The friendly club

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





We meet on Friday evenings from September to April at: South Parade Methodist Centre Sutton Coldfield B72 1RB Contact us at
mail@suttonphoto.club
Find us at
www.suttonphoto.club
or scan the Flowcode here

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



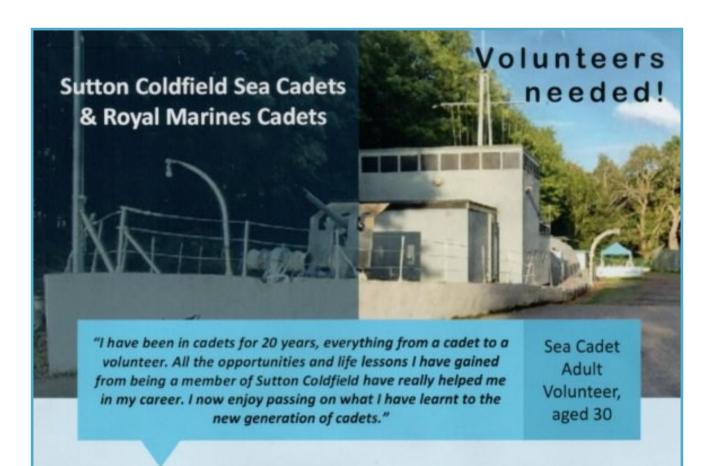
Proposed Future Meeting Dates

Full Council

24th March 2024

Agenda Item 99

Meeting	Date
Planning and Highways Committee Strategy and Resources committee	3rd December 2024 10th December 2024
Planning and Highways Committee	7 th January 2025
Amenities, Leisure and Community Services	14 th January 2025
Full Council	21st January 2025
Planning and Highways Committee	4 th February 2025
Strategy and Resources Committee	11th February 2025
Planning and Highways Committee	4 th March 2025
menities, Leisure and Community Services	11 th March 2025
Full Council	25 th March 2025
Planning and Highways Committee	1 st April 2025
Strategy and Resources Committee	29 th April 2025
Planning and Highways Committee	6 th May 2025
Full Council	13 th May 2025







Gain new skills and qualifications.





Develop leadership and teamwork abilities.





Make a positive impact on young lives.



admin@suttoncoldfieldseacadets.com



www.sea-cadets.org/suttoncoldfield





Tyler Shaw (She/Her)

Delivery and Outreach Coordinator

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

tyler@squarepegactivities.org

0121 824 0508 07782 171 954

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

www.squarepegactivities.org

f @squarepegcharity

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

Funded by











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

Working in conjunction with



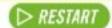


WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council.







Birmingham legends to be honoured by city council

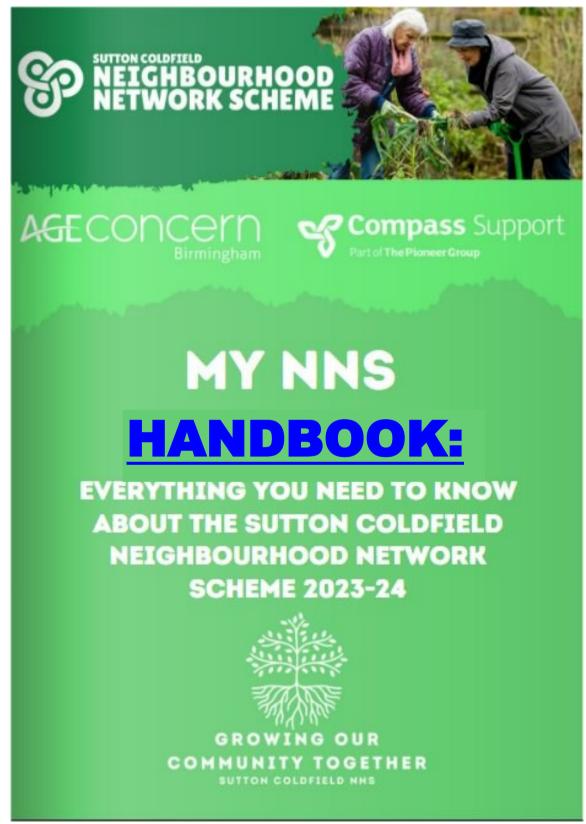


Black Sabbath and Benjamin Zephaniah to receive awards

Members of Black Sabbath are set to be given Freedom of the City and Benjamin Zephaniah posthumously awarded the City of Birmingham Medal.







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

https://birmingham.connecttosupport.org/



UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello Sutton Coldfield Community!

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

Sowhat's new?

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

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

We are also delighted to announce that we are now open on Sundays, even more apportunity for you to shop for a cause! Supporting Birmingham and Solihull Women's Alid, we're dedicated to tackling domestic abuse and empowering survivors in our community. With every purchase and donation, you're contributing to this important cause. Pop in and say hello, and look out for our upcoming events and sale





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

EASY LIVING MOBILITY. EASY LIVING EASY LIVING









ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415











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

HOW IT WORKS:

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

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

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

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

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

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

Call us now on 0800 060 7567

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

www.applyforleap.org.uk

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

FREE FOR LOCAL RESIDENTS



ARE YOU ELIGIBLE?

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

· receive Housing Benefit

disability related benefit

· receive an income or

· have a low income

· receive tax credits



LOVE TO PLAY

ROLE PLAY SESSION

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

£6.50 PER CHILD INCLUDES SNACK & DRINK

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



Here's your quiz.

- 1. In which category did Elvis Presley win his three Grammy awards?
- 2. In which Eastern Russian city does the Trans-Siberian railway terminate?
- 3. Who was the only non-US golfer to win the sport's Grand Slam?
- 4. In the 1994 movie, what book did Forrest Gump always carry in his briefcase?
- 5. Which songs with BIRD in the title were UK top twenty hits for the following artists, [a] Annie Lennox (1993), [b] Oasis (2003), [c] The Everly Brothers (1958), [d] They Might be Giants (1990) and [e] Bob Marley (1980)?
- 6. From which type of grapes is Blanc de blancs champagne made?
- 7. In the novel by D H Lawrence, what was Lady Chatterley's first name?
- 8. In morse code what is represented by five dashes?
- 9. Which Disney movie is based on a 6th Century Chinese poem?
- 10. Which four superheroes make up Marvel's Fantastic Four?
- 11. What was the title of classical singer Russel Watson's first album?
- 12. With which vegetable is Bruxelloise sauce traditionally served with?
- 13. Who in 1999 became the first First Minister of Scotland?
- 14. Which London tourist attraction was established by Sir Humphrey Davy and Sir Stamford Raffles in 1826?
- 15.By population, what is the second largest city in the following countries, [a] Germany, [b] Australia, [c] France, [d] Republic of Ireland and [e] Sweden?
- 16. Which 1955 movie provided Marlon Brando with his only singing role?"
- 17. What are the names of the two moons of Mars?
- 18. Who were the authors of the following Booker Prize winning novels,
- [a] "Vernon God Little" (2003), [b] "Lincoln in the Bardo" (2017), [c]
- "Schindler's Ark" (1982), [d] "A Brief History of Seven Killings" (2015) and [e] "Staying On" (1977)?
- 19.By what name was 617 Squadron of the Royal Air Force better known?
 - 20. What was the real first name of singer Fats Domino?

1. Gospel Music (Sacred Music). 2. Vladivostok. 3. Gary Player (South Africa). 4. Curious George. 5. [a] "Little Bird" reached no 3, [b] "Song Bird", no 3, [c] "Bird Dog", no 2, [d] "Bird House in Your Soul", no 6 and [e] "Three Little Birds", no 17. 6. Chardonnay.

7. Constance. 8. Zero. 9. Mulan. 10. Mr Fantastic (Reed Richards), The Invisible Woman (Sue Storm), The Human Torch (Johnny Storm) and Thing (Ben Grimm). 11. The Voice. 12. Asparagus. 13. onald Dewar. 14. London Zoo. 15. [a] Hamburg, [b] Melbourne, [c] Marseille, [d] Cork and [e] Gothenburg. 16. "Guys and Dolls". 17. Phobos and Deimos. 18. [a] DBC Pierre, [b] George Saunders, [c] Thomas Keneally, [d] Marlon James and [e] Paul Scott. 19. The Dambusters. 20. Antoine.



Spitfire Advice and Support Services

At Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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

Tribunal Representation

















Looking for StreetWatch volunteers

Dear Tony,

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

Please see attached leaflet for more information.

Many thanks

Sutton Vesey Neighbourhood Team

Attachments

StreetWatch leaflet.pdf









New Year, New Career? Join West Midlands Police!

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

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

Why join us?

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

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

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

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

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

Apply now and start your journey with West Midlands Police.

Find out more and apply by clicking this link.

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

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









Secure CCTV database hits 10,000 registration milestone

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

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

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

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

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

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

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



westmidlands.police.uk/cctv-registry

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

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

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

How it works in three steps:

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

Upload the images via the secure link contained in the message

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

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

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

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

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

There's still time for you to securely register your CCTV or doorbell cameras before the new year at: CCTV Registry | West Midlands Police.



Message Sent By Billy Corrigan

(West Mids Police, Communications Manager, Corporate Communications)







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

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

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

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

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

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

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

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

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

Common methods used by distraction burglars

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

How to prevent it

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

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



Message Sent By

Stefanie Sadler

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







Overall crime including knife crime falls again in the West Midlands as new statistics revealed

Total crime reported across the West Midlands has been reduced by 8% with nearly 30,000 fewer victims in the last year. That's double the national average.

The data from the Office for National Statistics (ONS) covers the period year ending October 2023 to September 2024 and shows that WMP is cutting crime that matters most to our communities which includes knife crime which has fallen by 6%, home burglaries are down 12%, robbery down 8%, vehicle crime down 11%.

National statistics released today show the West Midlands is safer as crime reduces in nearly all areas thanks to faster responses by police, more arrests, better victim care and good investigations.

Further key areas that have seen reductions include serious youth violence which is down by 11% along with domestic abuse down by 11% with 13,000 fewer victims and theft from the person offences are down by 29%.

An abundance of funding and dedicated resources continues to be ploughed into reducing knife crime which remains a top priority for WMP. This is particularly important following last week's fatal stabbing of 12-year-old Leo Ross in Hall Green. For many years WMP has seen some of the highest knife crime offences per 1,000 population. That has now changed, we no longer occupy that unenviable position as we continue to see sustained reductions. That's down to some very intense work with our local partners and the support of the public.

Chief Constable Craig Guildford said: "Our officers and staff continue to work tirelessly to make substantial reductions in crime, to arrest more offenders and to ensure they are held to account for their crimes whilst we continue to protect the vulnerable. The data reflects some very significant changes to the way we police on behalf of our communities on a daily basis.

"It's fantastic to see that our hard work is continuing to pay off and we are continuing to make our communities safer with the majority of crime falling. The statistics are clear, there are now considerably fewer victims of crime across the West Midlands. It is important to remember that these

...continued from last page

statistics are only up to last October, the last few months have brought even further reductions in crime."

Mr Guildford continued: "It is particularly pleasing that we have seen a considerable drop in knife crime over the last year. I met some pupils from Leo Ross' school yesterday and thanked our officers for supporting staff and pupils after such a senseless crime. We are all very focussed upon preventing such tragedies, but no statistics can ever mitigate the loss of such a young and promising life.

"The latest statistics serve to evidence the improvements people are seeing in their community. While recognising that any offence is one too many, people in the West Midlands are statistically now less likely to be a victim of crime."

Like most areas of the country, we have seen an increase in shop theft but again we are on the right track in addressing this crime. Over the last year, we have arrested 743 (39%) more people in connection with shop theft and we have solved more than 3,379 offences (126%) compared to last year.

In October, we were pleased to announce that the force was recognised as the fastest improving metropolitan force in the country after it was removed from special measures in July last year, by His Majesty's Inspectorate of Constabulary, Fire & Rescue Services (HMICFRS) for the improvements it had made in record time.

We have seen immense improvements around performance and the overall service it provides to people since the implementation of a new local operating model almost two years ago and the opening of two more custody suites, so we are able to arrest more people. Later this year, a further custody suite will be opened in Bournville.

The force has also made significant changes to how people contact police, which in turn has led to us being one of the best, if not the best force in the country when it comes to both our 999 and 101service.

We answer approximately 60,000-70,000 emergency 999 calls a month, the highest volume per head of population in the UK. Our average call answering time is now just one second (November to January) which is an exceptional service on behalf of the public.

On average we now answer our non-emergency 101 calls in under 10 seconds. Eighteen months ago, that took us 29 minutes. We are also responding to those calls for service more quickly now that our response officers are based locally following changes to our operating model.



Message Sent ByWest Midlands Police, Corporate Communications







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





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





Every Monday

English for Ukrainians Class - 10 - 11.30am - Come along to our friendly class to learn English and make new friends
Ukrainian Coffee Morning - 11.30am - Join other Ukrainian people for an informal cuppa and chat every Monday.

Every Tuesday (Term Time only)

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

Every Friday

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

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

FOR EVERYONE

Everyday

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

Thursday 6th February

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



Friday 7th February

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

Every Tuesday

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

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

Thursday 27th February

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

Thursday 13th & 27th February

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

Every Thursday

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

Contact Us

0121 464 2274

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



National Storytelling Week 1 - 9 February 2025

Sutton Coldfield Library Opening hours:

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

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

Wednesday: CLOSED

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

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

Saturday: CLOSED

Sunday: CLOSED



What's On at Streetly Community Library January-February 2025

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

2nd Wednesday of each month 10.30-12 Poetry Group

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

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

Every Wednesday 10-12 Knit, Stitch & Chat Extra—drop in with your current project or

just enjoy some company

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

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

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

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

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

Community Organisations - no appointment needed

Every other Saturday from 25th January 2.30-3 Saturday Story Time

Friday 24th January 2025 12.30-2.30 Beginners' ICT Course—8 places available, £2 deposit

secures your place
Friday 31st January 12.30-2.30 Beginners' ICT 1-2-1 Help Sessions- 4 slots available, £2 deposit

secures your place

Saturday 1st February 10.30-11.30 Friends of Streetly Library AGM—all welcome

Tuesday 4th February 9.30-1 Citizens' Advice Bus on library car park—no appointment needed

Wednesdays 12th, 19th & 26th February 10-11 PEEP sessions for pre-school children and their

wednesdays 12th, 19th & 26th February 10-11 PEEP sessions for pre-school children and theil adults: Sharing Books with Babies & Toddlers, Musical Moments and Becoming a Talker - no booking needed

Saturday 15th February 9.30-10.30 Become a Dementia Friend—an interactive information session run by Alzheimers Society, no booking needed

Saturday 15th February 11-12.30 Lego Fun

Tuesday 18th-Saturday 22nd February Half-tern take-home crafts - *while stocks last*Tuesday 18th February 9.30-1 Citizens' Advice Bus on library car park—*no appointment needed*

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

01922 654864 streetlylibrary@walsall.gov.uk

Kingstanding Library



unemployed and looking for work? We can help!

Our Employability and Digital Skills Programme offers support in:

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

get in touch to find out more!

Finding work can be difficult on your own,

Birmingham Settlement offer welcoming spaces

and support. We'd love to hear from you - please

Resources & ongoing support

Birmingham Settlement

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

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



Scan to learn more about our services:



B6 6NS

Kingstanding Centre, Aston Centre, 359-361 Witton Road, 610 Kingstanding Road, Birmingham, Birmingham, **B44 9SH**

Birmingham Settlement



Find us:

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

Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE

w.birminghamsettlement.org.uk Registered Charity: 517303



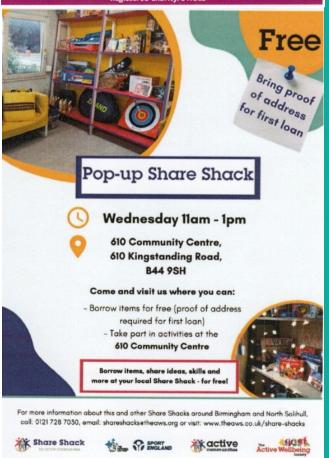
OPEN ALTERNATE TUESDAYS (from 18 April 2023) 10.15AM - 12.30PM

▼ | Simbohan

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

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

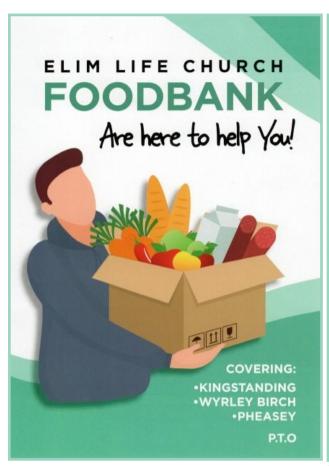
It's Free!



SPORT ENGLAND

See next page

Share Shack





Your free advertisement could go here.

Email bgatepost@gmail.com.





Story & Rhyme Time

Every Friday in Term Time 10.30-11am and

Saturday Story Time

Every other Saturday from 5th October at 11am

at Streetly Community Library

Blackwood Road, Streetly, B74 3PL

01922 654864 streetlylibrary@walsall.gov.uk

Birmingham's Mobile Library Service

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

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

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

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

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

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

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

Phone: 0121 464 6171 Mobile: 07766 923344

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

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library

















Fabulous little motor. My Dad had one and us three siblings would lay down in the back with pillows and blankets and, when we all woke up, we were at the seaside !!!! So VERY exciting and comfy!! Obviously way before seat belts!!!!!

Pat Line



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

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

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

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

- heated and free to access

The services at each space will vary but may include:

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

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

www.birmingham.gov.uk/warmwelcome

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

Benefits and Money Advice:

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

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

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

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

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

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

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

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

To find a foodbank or other food support please visit

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

Healthy Start card

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

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

To find out more and way to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

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

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

More Information Available

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

Other Support Available

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

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

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

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

Stop Loan Sharks

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

Turn2Us

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

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

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

The Active Wellbeing Society

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

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

Spitfire Services

 issues 0121 747 5932 | www.spitfireservices.org.uk



Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

"Make a difference today!

Hands-on frst aid sessions for 14 - 25s



For more information visit www.sja.org.uk

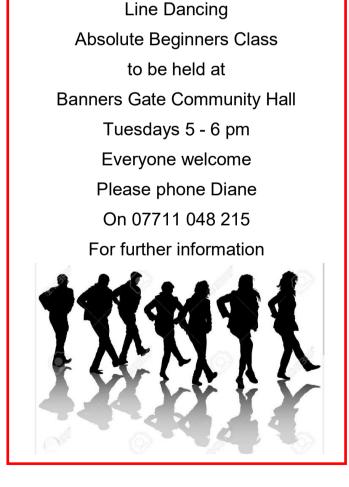


FREE first aid sessions in your local area

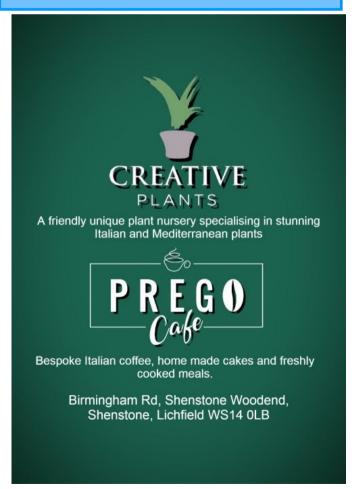
















Let your inner beauty emerge

Heal & Transform

Reiki Practitioner Transformational Mindset & Trauma-Informed Coach







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

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

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

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

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

Do you need guidance to a problem you are facing?

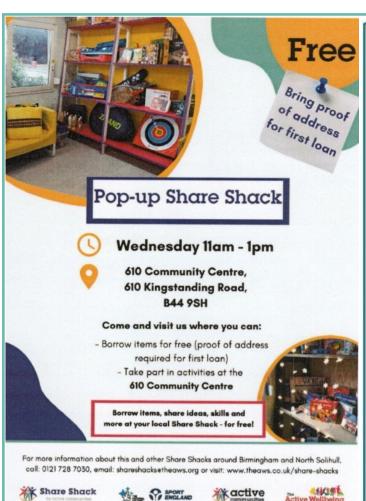
Would you like help to identify and set life goals?

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

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

To find out more please get in touch.

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







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





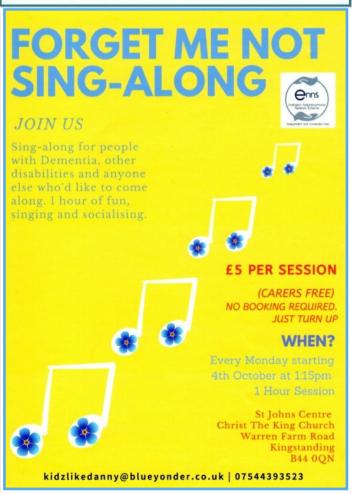
Home visiting Podiatrist



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

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

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





Shop

Join

Birds of the Month: Six stunners to see in February

Ready to discover six iconic species each month? Check out our brand-new Birds of the Month series. This month, witness Bitterns booming, Great Crested Grebes courting and more.

See the six



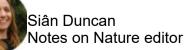
Sunday 2 February is World Wetlands Day and we're celebrating these vital wildlife hotspots. Join us as we explore wetlands with the birds that rely on them, and hear how your support is helping here in the UK and abroad.

You can also enjoy our new feature, Birds of the Month. Starring six birds, you'll find ID tips, what they sound like, and where to see them. This month, we're looking at wetland birds, from what you might see on your local pond to the UK's loudest wading bird!

What will you be inspired to see this month? Why not head to an **RSPB nature** reserve for your perfect adventure!

Share your Birds of the Months snaps with us at MotesonNature@rspb.org.uk and we'll feature some of our favourites in a future issue.

Happy World Wetlands Day!



10 things every smartphone owner should do

For many of us, our smartphone is an essential part of daily life – as a result, learning how to secure your device against threats is crucial.

It only takes a few minutes to tweak to your device settings, including checking for security updates and enabling two-factor authentication. It can have a huge impact. <u>Our expert walks you through the simple steps to make sure your smartphone data is protected.</u>

Booking.com scam warning

Booking a holiday can be a stressful and pricey process, and scammers are looking to take advantage.

We recently heard from one Booking.com customer who booked a hotel and then received suspicious messages through the Booking.com app, apparently from the hotel. In reality, a security incident had allowed fraudsters to contact her through the app. Check out the full story and how to spot a booking scam.

Dodgy investment offers are doing the rounds

An investment scam is when someone offers you a fake – but often convincing – opportunity to make a profit after they hand over a sum of money.

There are some telltale signs to look out for, including companies contacting you out of the blue or trying to rush you into a decision. Make sure you're aware of the warning signs by checking our full list.

Scam sharer tool

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

Five scam trends for 2025

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

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

Police impersonation scam warning

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

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

Seven phone apps to secure your privacy

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

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

Scam sharer tool

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

Latest scams doing the round

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

The latest warnings to be aware of include a DVLA vehicle tax scam and a train ticket scam on Facebook. <u>Take a look at the full list</u> based on your reports to our Which? Scam Action Alerts Facebook community and to our scam-sharer tool.

Beware dodgy 'electric-saving devices'

A plug-in device sold by ElectraSavvy, which claims it can save you money on your electricity bills is leaving some people out of pocket.

Online reviews claim the device either didn't work, didn't arrive or they were subsequently charged again after buying it. <u>Find out more about this dodgy product and how to avoid being conned.</u>

Job scams to watch out for

Scammers are preying on job seekers again with appealing, but too good-to-be-true offers. Phoney job ads are sent via text and WhatsApp, which are typically used by fraudsters to groom people into an elaborate scam.

If you or someone you know is job-hunting, <u>check out the four latest job scams currently circulating</u>, and how you can spot them.

Scam sharer tool

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

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

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

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

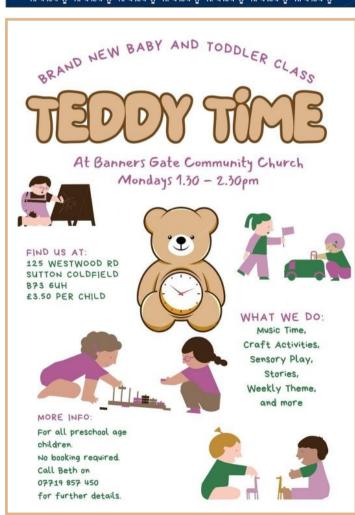
















G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers. We also have a soft play for the 0-2 years old. To find out available dates please contact us on the following:

Facebook: Gandt party-hire

Facebook: Gandt party-hire Instagram: gandt_partyhire Email: Gandtpartyhire@hot mail.com



Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes.

Grant & Natasha

Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS









TO BOOK YOUR PLACE PLEASE CONTACT







CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE!



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

01675 470105 07796 546172

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

Blythe Cottage, Dexter Lane Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172





...Your tech problems solved

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





Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team ?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

Birmingham City Council

Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



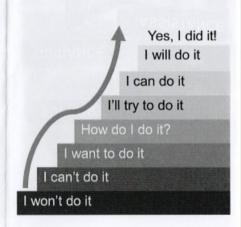
Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



developing communities, changing lives

Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding



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

www.birminghamsettlement.org.uk

Registered Charity: 517303







THE WALKING GROUP IS BACK!



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

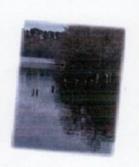
Anyone affected by Cancer is welcome.

All abilities catered for.

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





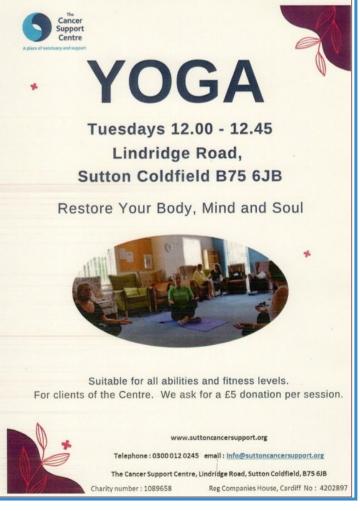




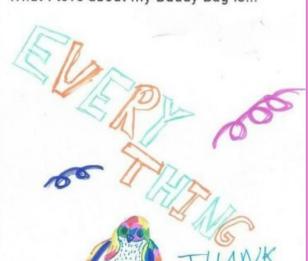


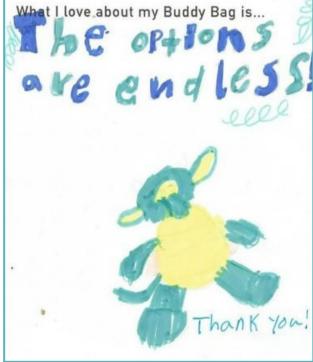
Website: www.suttoncancersupport.org

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











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



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

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity foundation

FT ADVISER TOP 100 FINANCIAL ADVISERS MEMBER 2021

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

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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

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

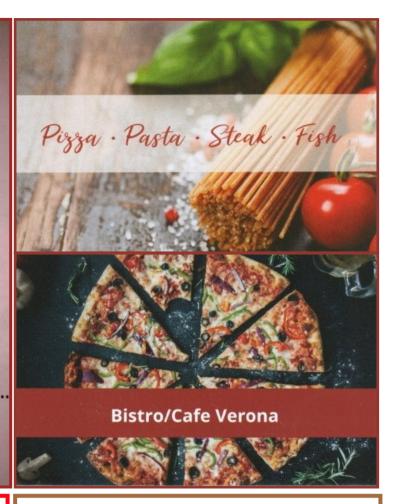
NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



SUTTON COLDFIELD JAZZ CLUB

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

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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

SCCT

Contact: Colin - 07966-745741

https:/

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

The First Tuesday of every month: 8pm to 10.30pm
(Doors open 7.30pm)
All Welcome- Guitarists, Guitar singers, and Listeners.
Pay at the Door (No Club Membership Fee) £3.00 entrance fee
Live Music, Bar, Parking, & Socialising

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

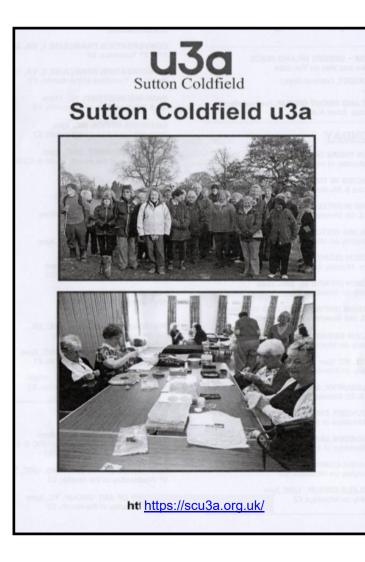


For more details, please see our Facebook Page as listed below: https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/

Or Contact: Sandra on 07932-395158









Who do you think you are?

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

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

Why not contact:

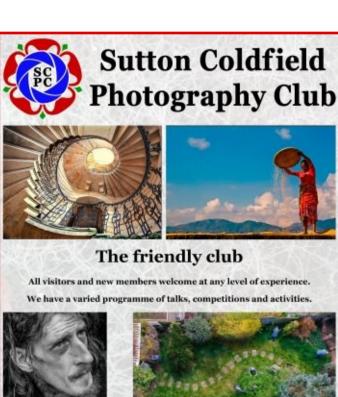
Sutton Coldfield U3A Genealogy Group

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

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

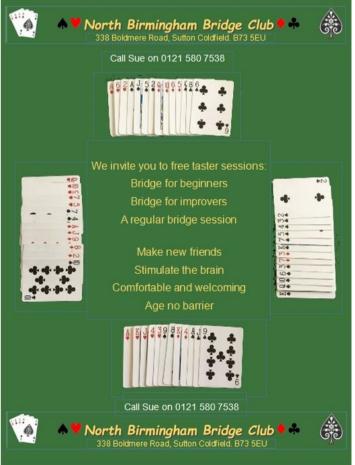






We meet on Friday evenings from September to April at: South Parade Methodist Centre Sutton Coldfield B72 1RB Contact us at mail@suttonphoto.club
Find us at www.suttonphoto.club
or scan the Flowcode here

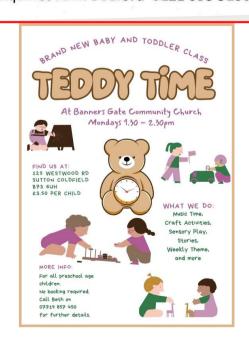
Photos above are by Catherine Nicholls, Steve West, John Cresswell & Malcolm Imhoff



CYCLE-WITH US

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

Enquiries John Bedford 0121 353 5136



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www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon
At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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

to socialise with friends.



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk







STREETLY FLOWER ARRANGERS' CLUB



A magical afternoon with Elaine Stoner and her beautiful flower designs ,and listening to her exciting life as a farmers wife .

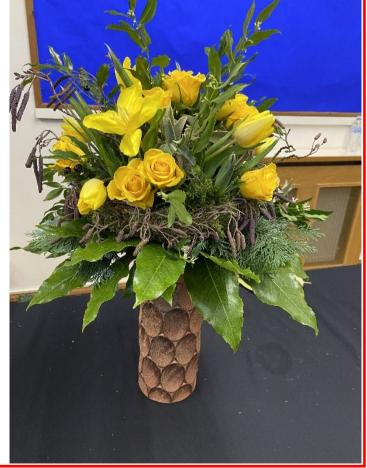




We meet monthly - 2nd Tuesday 2.15 pm All Saints Church Hall, Foley Rd East, B74 3EX.

Further details : Chris Reeves tel. 0121 354 6264

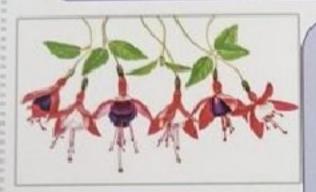




Do you love plants? Enjoy looking at gardens? Spending time with like-minded people?

Come and join us at

"The Royal Sutton Coldfield Fuchsia & Gardening Guild"



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

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

Banners Gate Community Church, Westwood Rd, B73 6UH

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

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

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

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





Sutton Coldfield

Trinity Quilters



Interested in Quilting?

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

Everyone will receive a warm, friendly welcome

Join us for Quilting Inspired.....

Talks, Demonstrations, Workshops by Professional Quilters & Textile Artists

Annual Coach Trips

Malvern Spring Quilt Show Summer Outing to Fabric Outlet



Email: trinity.quilters@gmail.com

Sutton Coldfield Trinity Quilters

Monthly Meetings (except Aug/Dec)

2rd Tuesday 7.30pm (except Jan) 4th Wednesday 2.30pm (including Jan)

Guests Welcome

Non-members £6 entry

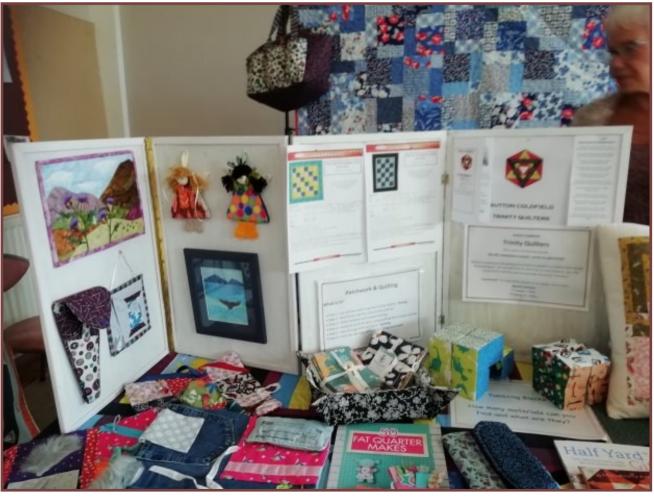
Membership includes

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

> Trinity Centre Off Mill Street Sutton Coldfield B72 1TF









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

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

Email bgatepost@gmail.com



COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

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

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

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

NEIGHBOURHOOD AGE CONCERN Birmingham

Everyone welcome

Gardening Group

Help us grow fresh produce for the cafe

Sunnybank Road Allotments, Boldmere

Meet our Neighbourhood Networker

CONTACT Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk









Other Support

Birmingham and Solihull Women's Aid

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

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

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

Step Change

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

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

The Active Wellbeing Society

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

www.theaws.co.uk/listen-connect

Healthy Start Vouchers

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

Central England Law Centre

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

enquiries@centralenglandlc.org.uk 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

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

e Refugee and Migrant Centre

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

About this leaflet

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

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

































Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- · Lost job or reduced hours
- · Money stopped
- Lost money
 Unexpected expense
- · Disaster (e.g. flood or fire)
- · Relationship breakdown
- Sanctioned (see option: 6)

See options @@ @

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 @ @



Step 2: What are some options?

Ocuncil Support Schemes

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

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

Maximise Your Income

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

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

Benefit Advance

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

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

Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 6 6







Advice on benefits, debt, housing and more

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



Benefit, debt and housing advice



0121 453 0606 www.theprojectbirmingham.org Help with options: 1 2 3 4 6 6





BIRMINGHAM SETTLEMENT

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

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

Help with options: 1 2 3 4 6 6

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

Help with options: 1 2 3 4 6 6









Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support 0121 227 6540

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

Help with options: (3)

payments of Job Seekers Allowance or Employment Support Allowance do not (not a loan).

DISABILITY RESOURCE CENTRE

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

www.disability.co.uk

Help with options: 1 2 3 6

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

Help with options: (6)

WARMER HOMES WEST MIDLANDS

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

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



Stop Loan Sharks

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

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

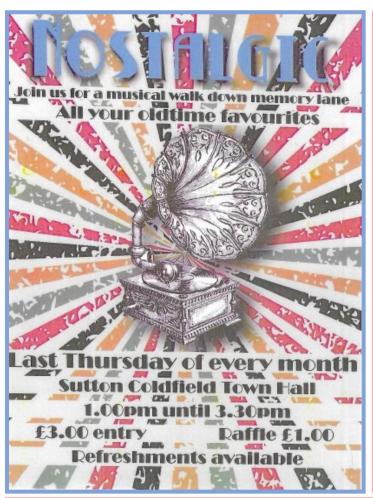
Age UK Birmingham

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

Providing advice, information and signposting for people affected by mental health issues

0121 262 3555 | help@birminghammind.org www.birminghammind.org







Hope Food North Birmingham are currently looking for a new base in/around Sutton BIRMINGHAM Coldfield. We need it to store

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

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

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

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

tipScheme=TipJar2.1&reference=givingcheckout ti 21

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH





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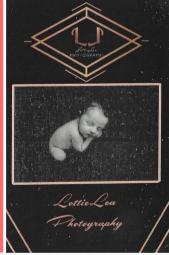
FREE LOCAL DELIVERY OR COLLECTION

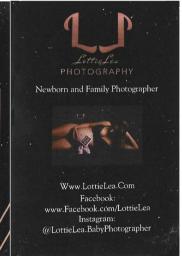




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No Rogue Traders Here works in partnership with Trading Standards to keep a list of traders across the West Midlands who have been interviewed and quality checked.

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In Partnership with Trading Standards

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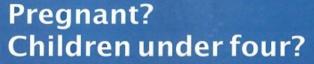




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Phone no. 0121 386 2639

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



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

FREE
fruit, veg, milk
and vitamins for
you and your family.
Worth up to
\$8.50

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

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

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

Sign up today www.healthystart.nhs.uk

or telephone 0345 607 6823

If you sign up at the first opportunity, when you are ton weeks pregnent
 If your child is under one, you'll receive two £4.25 vouchers per week.
 If your child is 1-4 years dut, you will recoive one £4.25 voucher per reveal.









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



Memory Cafes

Do you know someone living with memory loss?

Every Monday 10am—12noon

Erdington Methodist Church,

Station Road

Every Tuesday 10.30am - 12.30pm

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

All attendees must show proof of both covid vaccinations

Every Thursday 10am - 12noon

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

2pm - 4pm

Sutton Coldfield Methodist Church

South Parade, B72 1QY

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

"Friends on Fridays" 10.30am - 12.30pm

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

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



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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



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





Cafe Oasis

Freshly Cooked Meals Home Delivered

New menu every Friday Deliveries made on Tuesday and Friday

4 Meals £15

3 Puddings £6

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

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

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



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

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

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

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







Home visiting Podiatrist



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fungal nails, athletes foot,
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- Taking on students
- jsw7fr@hotmail.co.uk



Do you want to learn Mandarin Chinese?

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

*Private 1-to-1 classes

*Small groups (2 to 4 people)

1 hour session 2 hour session 2 hour session £35 £40 £50 (Under £27 per hour) (£25 per hour)

*Groups (5 to 10 people)

1 hour session 2 hour session £40 £45 £55 £50 £27.5 per hour) <math>£27.5 per hour)

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

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

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

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

Email Luc at luchubbard@hotmail.com



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Kickboxing * Jujitsu * Self-Defence * Fitness



Established in the area for over 22 years

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

Enthusiastic and experienced instructors

Four chances to grade a year for lower grades

Local and national kickboxing and jujitsu competitions open to all students

Contact Gary on 07921 132 860

or email: chong.fouroaks@gmail.com



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



5K YOUR WA

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

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

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

Where:

Walsall Arboretum Visitor Centre steps

Ambassador:

Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

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

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

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

And register with parkrun to get your barcoo

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

199 TYBURN RD ERDINGTON B24 8NB



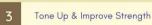


Tuesdays 6pm

Traditional Pilates Exercises



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Pregnancy YogaLates

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

> ts Thursday 1st Sept 22 615-7pm £6

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Pregnancy YogaLates





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

Osteopathic Treatment can help with the following:

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 Frozen shoulder / Tennis elbow
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 - Muscle spasms
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 - Sports injuries

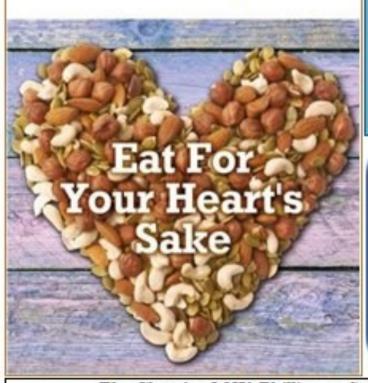
Call or email me for any questions or appointments on; 07855389528 or stephleesosteopathy@hotmail.com

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Worship and Communion Service Sunday 10:00am

We are a small evangelical group who meet for worship every Sunday morning at the Beacon Church, Collingwood Drive, Pheasey Estate, Great Barr 843 7/L kingswaypheasey@gmail.com

Please look for the Beacon Room - Everyone welcome

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

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CRESTE at the Gate with K & S

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

There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come alone when we are next there and have a look at what we do. Banners Gate Community
Hall Coffee Mornings.
The next is on 18th February
and will be from 9.30 a.m. to
noon - note new times.





we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield. If you would like to know about our service ring the number above Or visit our web site www.newhorizonscounselling.org.

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

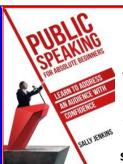
The hall is approx. 38' x 21' (11.6m x 6.4m)

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

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

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

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



Public Speaking for Absolute
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sallysjenkins@btinternet.com 0121





HATHA YOGA

4

Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



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Email: suttoncoldfield@babysensory.co.uk

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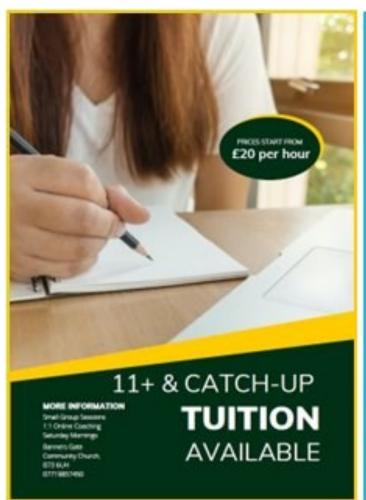
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E: nikki.southwickgough@oscars.co.uk









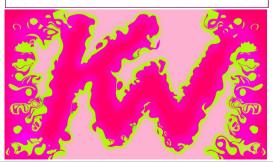




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St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

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

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

https://www.bannersgatechurch.com/

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

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on



01543 480151



Banners Gate Community Association

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



<u>welcome</u>

what's on

hire our hall

view our hall

committee

contact

<u>links</u>



Welcome to Banners Gate Community Hall & Association

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

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

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

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

If you need any information please message on 07964 213 229





Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month The next is on 18th February - at 9.30 to noon, please note new times.

DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (1st) 10.30 –2.30 pm 10.00 am 10.30 am (fortnightly) 11.00 am 7.30—8.30pm	Create at Gate with K & S Family Communion Sunday Gathering Chikara Karate Kai Soul Yoga -1st Sunday	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston Nigel Willis Paul Murphy Cath Hussey	628 6651 354 5873 353 0230 39 57 89
For details see website at <u>www.stcolumbasbannersgate.co.uk</u>				
	www.bannersgate	church.com		
Mon 6.00—7.00 11amto12.00pm 1.00—2.00 5.45—6.45 7.30 – 9.00 pm	Sign Language Classes Sign Language Classes Sign Language Classes	Community Hall Community Hall Community Hall Community Hall Community Hall	Adam Claxton Shakila Kosar Shakila Kosar Shakila Kosar Diane Pursall	27 90 15 255042 255042 255042 255042 747 4659
Tues 9.15 - 1.15pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 8.00 - 9.00 7.45 pm	Tai Chi	Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89
Wed 9.30, 11.00 &12 10.30 - 12.30 6.30 — 7.30 7.00 pm		Banners Gate CC Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89
Thurs 10.00—11.00 am 12 - 2.00 6.30 - 9.45 pm (3rd of each month) 7.00 pm	Yoga Home Education W Mids Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Pauls & Kelly 07891 Warren 01902 Sue Nation	40 39 43 82 63 80 897 900 353 4114
Fri 9.30 - 11.15 5.00-6.30 7.00 - 8.00 pm 5.00 - 6.30	Repertoire Dance Studio	Community Hall Community Hall Community Hall Community Hall	Avne Wilson 07793 Chloe Lloyd 07729 Shakila Kosar 07825 Amalia 07535	54 26 48 47 79 46 25 50 42 60 40 44
1st Saturday	Yoga and Pilates	Community Hall		
BOOKING SECRETARIES: Community Hall mobile: 075 65 54 68 21 Banners Gate CC - Nigel Willis 07711 284562 St. Columba's - Alison Jolley st.columbahall@yahoo.com Scout Hall - A & R Talliss 353 8166		UNIFORMED ORGANISATIONS: Scouts: Margaret Drummond, 33rd GSL 353 5203 Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191		

Banners Gate Community Church Westwood Road, B73 6UH

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

throughout the week.

To find out more visit our website at

www.bannersgatechurch.com.

H.Q. Coppice View Road

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

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

Contact 0121 353 5203

The Townswomen's Guild

Thurs. 20th February - Birmingham Blitz Thurs. 20th March - AGM

Our vibrant Guild meets on the 3rd Thursday of the month, 7.00 - 10.00 in the Westwood Hall, Banners Gate Community Church. Contact Sue Nation on 353 4114

The 18th Sutton Coldfield West Scout Group and the 15th

Sutton Coldfield West Scout Group have merged and are now named the 33rd Headquarters are at the Scout Hut, Coppice View Road.

B73 6UE.

33rd Sutton Coldfield Scout Group,

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

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

Email: margaretdrummond1@btinternet.com

Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100 Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides. There are also places available in both Brownie units in September for girls aged 7 or 8. For more information contact Carol Gardner on 350 7191.

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

Useful telephone numbers

Sutton and Kingstanding

Police: 101

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

BANNERS GATE COUNSELLING CENTRE

03444 111 444

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

Banners Gate Community hall Coffee Mornings The next is on 18th February starting at 9.30a.m. until noon, please note new times.

> St Columba's Church

Coffee Morning

Every Friday of the month

10.00 - Noon

All Welcome