

Banners Gate & ParklandsCommunity & Neighbourhood Forum

190th February 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.

On Thursday, 27th March we have the Banners Gate Neighbourhood Forum AGM in the Banners Gate Community Hall at 7.30pm. This is an open meeting so please try to attend and bring with you any complaints or comments, negative or positive, with you. Refreshments will be available and there will be a police presence to answer your questions.

Rob Pocock: GREENWAY BIKERS – LASTEST UPDATE

Anyone living within earshot of The Greenway will know about

the problems with troublesome motorbike riding on the parkland since last summer. If you're not familiar with The Greenway, it's the piece of public open space going up off Banners Gate Road towards Kingstanding, it has the North Birmingham Cycleway running through it. Trouble sparked off last summer after a local teenage bike rider was killed in a police chase last summer.

There's a lot of background to the recent trouble, more than I can go into here, suffice to say that the Police, Council, Youth Offending team and family antisocial behaviour teams have been trying to handle the bike riding problem. It's just been announced that the Police are now deploying a new weapon – 'Smart Water'. It's very difficult for the Police to physically stop and arrest a troublesome biker, but as from this month they can 'spray them' with

a can of DNA waterjet called Smart Water.

This is almost impossible to wash off and it shows up under UV light. So, individuals can be tracked down many days later and an arrest can be made. It remains to be seen if this helps reduce the trouble but it's another tool in the armoury of the Police in their battle against local trouble.

CASH RETURNS TO COMMUNITY GROUPS!

The City Council's recovery from its past financial troubles has been marked this month by the return of an annual cash award to recognised community groups such as the Banners Gate Neighbourhood Forum, and other recognised Neighbourhood Forums around the city. This fund was suspended when the City hit financial troubles a year or so ago. However, it has been announced this week as part of the City Council's new recovery budget, that this annual funding has been restored. It's not a huge amount but it helps keep community groups going,

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

and it's a welcome sign that the situation is steadily returning to normal.

NEXT TIP TRUCK DATE ANNOUNCED

Finally, the extra good news is that the City Council 'tip trucks' are continuing to visit despite the industrial action amongst the bin workers. The next visit date is Thursday 27th March 7.30am to 1pm at the corner of New Church Road B73 5RT close to Boldmere Road. For details of future visits, plus latest on the binworkers industrial action, you can get a regular copy of 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! I hope everyone is enjoying the lighter nights and the advent of spring around the corner! We've almost made it

through winter, and the last few weeks have been particularly cold and overcast!

This time of year it's great to get outside and enjoy what bits of sunshine we have, take in as much vitamin D as possible.

Unfortunately, the first farmers market of the year was cancelled due to bad weather, however the safety of visitors and stallholders is paramount and the weather can't be controlled! I'll be looking forward to the next farmers market in Sutton Coldfield town centre later this year, and hopefully the weather will be better!

Half term came and went, a muchneeded break for students and families after a long January! Whether you were taking the week off at home or went further afield, I hope your holidays were an enjoyable one!

The next full town council meeting is due to take place on Tuesday 25th March at the Trinity Centre, hope to see you there! Until next time Gatepost

Please click on the link below to open the booklet. Then make full use of the tools, especially the four arrows making a square, to enlarge it.





Active Travel Strategy for Sutton Coldfield.

Johi In la

John Cooper

In last month's issue of Gatepost, I wrote of my love of and for Royal Sutton Park, I am sure that this is a view held by many who live in and around the park and for that matter those who live over the border in City Wards and Wards in Walsall and

Lichfield.

Sutton Coldfield council tax as a Town totals £62.7m and the increase to that tax in March '24 of 9.9% amounted to £6.26m; the proposed increase of 9.9% for '25 has been limited by Government to 7.5%, we will as a Town will pay another £5.17m; over the two years the Town's residents will have paid £11.43 extra into the City coffers.

Am I being unfair therefore to ask that the City spends some of that money on <u>OUR Park?</u> The City feels the park important enough to introduce parking charges for visitors so I can only presume it is a valued asset it wishes to protect, although the financial implications of the parking scheme seem to have escaped them.

It is surely not unreasonable for us as residents to expect that there is some relationship between the need for the park to be a National Nature Reserve and maintained as such and the fact it is a residential area and should reflect the Royal Town that it borders.

Money is needed to fund the Park Ranger service in a proper manner reflecting the range of experience these men and women bring to it. The recent high winds have brought yet another challenge for the Rangers clearing fallen trees and ensuring that trees generally are safe to the public. Money is also needed to fund the infrastructure, the fencing and growth maintenance to ensure that change from NNR to Residential is appropriate. Money is needed to ensure appropriate measures are in placed to deal with those who abuse this wonderful haven.

I have just learned that in its drive to raise funds the City is now asking the Sea Scouts to pay more, taking its peppercorn rent up to £5,000 pa plus charging for the field next its hut at £700 pa. £5,700 to an organisation that we as adults are supposed to encourage.

It is also reported that at the last BCC council meeting a vote was taken to close seven libraries in the wider City area, it is extremely sad to note that the cabinet voted to close of those seven, three of our four libraries in Sutton Coldfield, leaving only Mere Green Library in operation. These libraries are due to close on the First of April '25 unless a partner is found to fund the unidentified cost.

John Cooper February 2025

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



Grey and wet this morning but not totally rained off!

Gill, Tony A and I, Fay, Gill, and Chris and a couple of children managed to pick up a lotta, lotta litter on King George's field. Including an almost full 10ltr can of paint and of course the ubiquitous nappies, heavily sodden with rain and I hate to think what else!

To be honest a satisfying job which will need repeating in a few weeks! But perhaps a sunny day would be more appreciated!

Margaret A



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:

Join our girls group! XOXO Made for you.

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

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



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

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

Kind & Craft Years 1-3 Saturday Mornings

10am-11.30am

Primary Blossom Years 4-6 Mondays

4.30pm-5.45pm Or Wednesdays

5.00pm-6.15pm

Primary Blossom (Tamworth) Years 4-6 Mondays

5.00pm-6.30pm

Secondary Blossom Years 7-8 Mondays

6.15pm-7.30pm

Blossom Bloomers Years 9+ Tuesdays

6.30pm-8pm

VISIT OUR WEBSITE FOR VENUES DETAILS AND MORE INFO.

We are also looking for 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





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.

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.

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!



Sports Birmingham: Wednesday 19th March Only All day Connecting the local community with local services in the area provided by community groups. Find a new hobby, looking to socialise with other like-minded people or the support around the running of a sports club or community group in the area? Come along

Thursday

Parkinson's UK: 10am until 12pm - 6th & 20th Only

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

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

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

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

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

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!

Fashion Show: 6pm - 9pm Friday 28th March Only

Tickets only £5! See the Charity shop for more info and to book your space. Limited availability so book now!

Saturday

Afternoon Tea - Saturday 29th March 2:30pm Enjoy our afternoon tea with friends or loved ones for just £12.50 per head. Booking essential

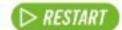


WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council.







Update on union strike action. For which days click here.



SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



We deliver activities at our friendly and secure centre as well as providing tickets for day trips etc. Our centre has two gardens, indoor play space, a sensory room, youth den and a gaming room as well as a changing table and hoist.

Mondays:

Gaming Club 4-6pm (Monthly, dates advertised online)



Tuesdays: Home Ed Group 12-2pm Lego Club 4-6pm



Thursdays:

Pre-School Lil Club 9.30-11am
Disabled Adult Social Session 1-3pm



Fridays:

Story time Home Ed Group 1-3pm Youth Club (11+) 5-6.45pm (email for waitlist)



Monthly Parent Carer Breakfast Meetups and Coffee Mornings

During the school holidays we run stay and play sessions with different activities which are bookable though our website.



www.squarepegactivities.org

info@squarepegactivities.org Square Peg Activities Limited, 37-39 Gate Lane, B73 5TR



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

If you would like to join Friends of King George V Playing Field and have your say about what improvements you'd like to see on the field, please come to our next meeting on Wednesday, April 9th at 7.45pm in the Banners Gate Community Hall.





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.





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



slimmingworld.co.uk

Faliant Strain Control

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

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

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

https://www.justgiving.com/hopefoodnb

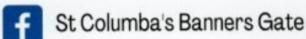
Hope Food – North Birmingham. A charitable incorporated organisation registered in England. Charity registration number 1195019. Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

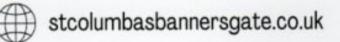
Church@4 a relaxed time for adults and children together

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

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







All are welcome - there is no charge for anything

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

Both physically & mentally, especially as we get older"



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

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

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

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

New Oscott Village Gym

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

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





ADVICE

COFFEE MORNING

ARE YOU 50+ AND LOOKING TO SOCIALISE?

JOIN OUR COFFEE MORNING WITH THE COMMUNITY

NAVIGATOR AND EXPLORE LOCAL

SUPPORT AND ACTIVITIES!

CONTACT RANJAN HOATH FOR MORE INFORMATION

DATES

9TH & 23RD JANUARY 6TH & 20TH FEBRUARY 6TH & 20TH MARCH 3RD & 17TH APRIL 1ST, 15TH & 29TH MAY 12TH & 26TH JUNE 10TH & 24TH JULY

10-12PM

VENUE: OUR PLACE COMMUNITY HUB
FARTHING LANE
B72 1RN
0121 354 4080

FUNDED BY





Another Eric tale March 2025

I would love to be reincarnated with a healthy and fulsome head of hair in the next life, in preference to a film star look. My parents both had poor hair, so I guess it was always in the genes.

When I sang with local Manor Musical Theatre some years ago in Oklahoma! My dream part was to play Curly, but I would have had to keep my Stetson on for the duration of the musical, hey ho. In fact, I have had a couple of standout moments over my life regarding my hair. Going back to when I was a



"Didn't you have a crewcut the last time I looked up?"

twelve-year-old schoolboy back in the mid-fifties, I asked the barber to give me the latest fashionable crew cut, without my parent's permission. Unfortunately, due to my fine hair it would not stand up so was more like a Perry Como. I was heartbroken and tried washing my hair before bed, brushing it backwards and wrapping a tea towel over my hair and tying it under my chin. The thought was that by the morning it would, on removing the tea towel, spring to the vertical, silly boy, no such luck. On arrival at school and standing in the front row at morning assembly, the headmaster did a double take when he saw me and said, "My goodness lad what have they done to you?"

The next hair

episode was about twenty years ago. I called into my local barber shop, promptly sat down and asked for a trim. The barber, in a swift action, clipped my hair from back to front extremely short. I said, "Whoa what are you doing?" He said, "You asked for a number two all over." Looking like an extra from The Last of the Mohicans, I said, "No I said just a trim please." At my age a number two is not even associated with a haircut. I told him to carry on. On arriving home my wife was very alarmed, stating that if we were going our anywhere, I would have to wear a cap. She also said, "I trust you did not give him a tip." I said that I had I suggested that he leaves the area post haste.



"YOU MEAN YOU PAID FOR THAT HAIRCUT "





Anja Pawson Local Campaigner in Sutton Vesey

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







During the half-term holiday, a resident alerted us to some **bins** that had been left at **Streetly Gate**. The litter was all over the field, so we quickly tidied everything back into the bins, and with the help of Councillor David Pears, it got reported to the City Council for collection. I am pleased to say that within two days the matter was resolved.





On 12th February, we held our first **save Boldmere Library community meeting**. Around 50 residents attended our meeting at Sutton Rose MACC and heard from lead volunteers from Shenstone Library, who we had invited, how they saved Shenstone Library from the brink of closure. We have started a **Boldmere Library Community Group** and if you would like to receive updates or get involved, please email us via veseyward@gmail.com We also spoke about our Library Campaign on **BBC Radio WM** which you can find on our Facebook page: **VeseyNews**.

New Oscott Village SPECIAL SUMMER OFFER!

START TRAINING TODAY

Special offer for Banners Gate forum subscribers

Get 7 months for the price of 6

or

14 months for the price of 12

Monthly memberships

also available

Come and have a look around

Why Choose Us?



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.

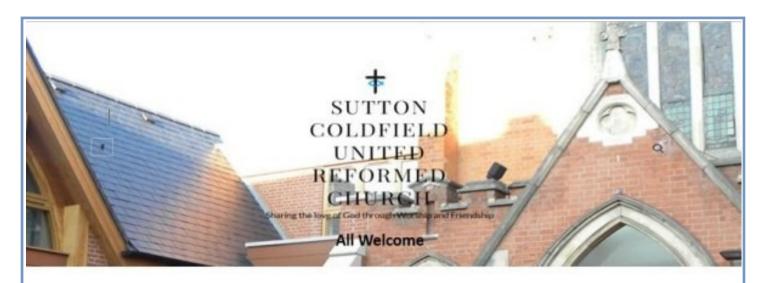
- ☆ Tailored Programs for Every Level: Our expert trainer understands the diverse needs of individuals. We offer personalized fitness programs catering to various fitness levels, ensuring everyone feels comfortable and supported on their wellness journey.
- Flexible Membership Options: We understand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

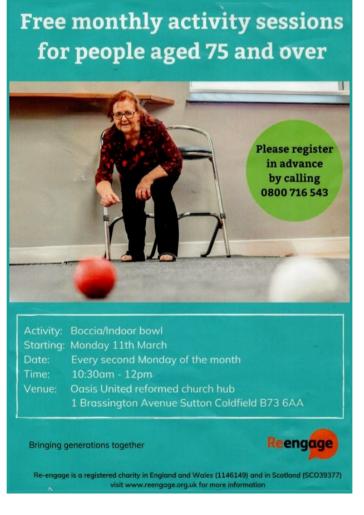
Sutton Coldfield United Reformed Church, 1 Brassington Avenue, Sutton Coldfield, B73 6AA

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









WHAT'S THE DIFFERENCE BETWEEN IGNORANCE AND INDIFFERENCE?

I DON'T KNOW AND I DON'T CARE.

ARTELLO

The roads:

Just heard that South
Gloucesesestershire Police have
broken up an EDL riot in Chipping
Monkton, the men who were
seen fighting with sticks outside
Holland & Barrett.



FOR THOSE THAT HAVE NEVER SEEN A CATFISH !!



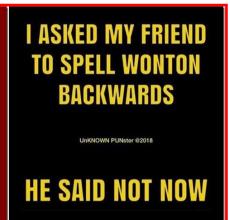
90% of bald people still own a comb. They just can't part with it. My wife called to tell me she saw a fox on the way to work.

I asked her how she knew it was on it's way to work.

She hung up on me.

vehicle to make sure it's

safe for the roads



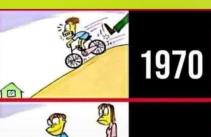
Read it out loud...

I was at the hardware store and asked the man "What gets rid of grime and stains?"

He said "Ammonia cleaner."

I replied "Oh sorry, I thought you worked here."

lgo fishing a
lot, and
usually use
licorice for
bait,a guy
asked me
what I
catch....told
him Allsorts



2023



This is why these toys matter.



Are you a good guesser? What are these objects. Answers on the bottom of page 27

This round disc found at the bottom of the sea:



1

This long piece of metal with a decorative hook:



2

This tiny mirror with a clip:



3



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.





to people in your community.

Volunteer with FoodCycle!



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



Location

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



When

Monday



Time

1:00 pm



Contact

falconlodge@foodcycle.org.uk



Family Friendly

Yes



Accessibility - Disabled Toilet

Yes



Accessibility - Disabled Parking

Yes



Accessibility - Flat

Yes

DANCE ARGENTINE TANGO



with Franco & Julia



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 25

- 1.- Minden crematory. I think you stumbled over a chamotte marker from a crematory that was used to track the identity of a body as it turned to ashes and was buried at sea."
- 2."It looks like a swing arm for holding pots over a fire. Sometimes called a fireplace crane. It would be held by two loops built into the side of the fireplace and can swivel over and away."
- 3. "It originally clipped onto a lipstick tube." "Solved! Looks like it is specifically the 'Looky Lipstick Mirror' from the '50s, that was quick. Thanks!"







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



'All Fired Up' exhibition

7th -16th March 2025

Lichfield Cathedral

19A The Close, Lichfield WS13 7LD



Come along and see our exhibition and sale of handmade pottery.

This is the second time that this has taken place at the cathedral.

It is an ideal opportunity to meet the potters and find out about the group.

For more information about the exhibition contact



events@midlandspotters.co.uk

For MPA information contact admin@midlandspotters.co.uk



- FUN, EASY, STEP-BY-STEP
- Develop impressive new skills in a warm and friendly atmosphere
- 3 hour sessions, morning or afternoon, for 3½ months
- Learn how to make Art you can give as gifts or sell at craft fairs
- Get Arty and make The Seasons your favourite day of the week!







"The comprehensive introduction to a wide range of techniques means everyone can find their medium" Gerry, Burford Branch



'I recommend the Seasons Art Classes to all my friends!' Mr. Kazim, Woodford



"Art class is my favourite part of the week." Sue, Maidenhead



0330 122 6145 Sutton Coldfield Cricket & Hockey Club, B75 7RS

STRICTLY LIMITED PLACES
CALL NOW



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

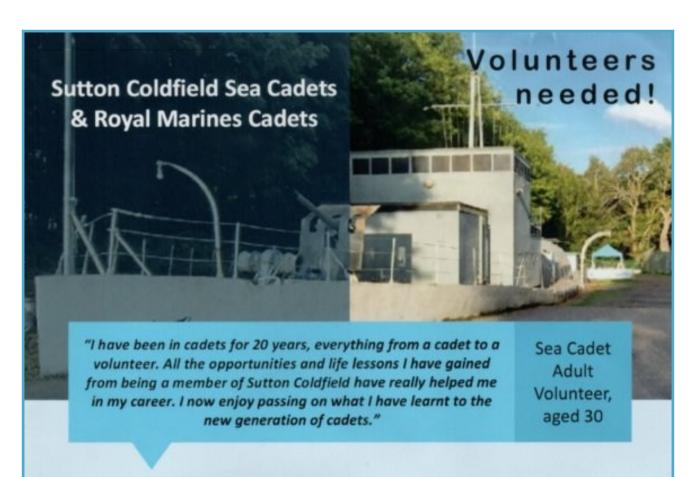
Need help with your daily housework chores?

Contact me for an informal chat/meeting to discuss your needs.

Flexible, reliable, trustworthy and with complete discretion.

Call Jackie, local ex-carer.

Telephone 07847 501696







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) (iii) @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



View in browser



NDSU NEWSLETTER Working together in

Working together in Birmingham's neighbourhoods







Welcome to Neighbourhood Development and Support Unit (NDSU)'s February newsletter (012) - for residents and stakeholders interested in Birmingham's vibrant voluntary sector and social economy.

This edition marks one whole year of NDSU newsletters - and our readership grows with each edition!

If you have found the newsletters useful, or if you have anything you would like to share - or ideas for what you would like to see more of - we would love to hear from you via email: ndsu@birmingham.gov.uk

Our one year anniversary newsletter includes;

- NDSU's Funding Fair in March support for your voluntary organisation & spotlights on UKSPF Aston & Newtown
- The latest Assets of Community Value and information about how you can nominate ACVs in your area
- Good news from Selly Oak NNS
- February's Councillor Ward Forum Meetings (WFMs)
- Voluntary, Community, Faith and Social Economy (VCFSE) sector updates
- and more.

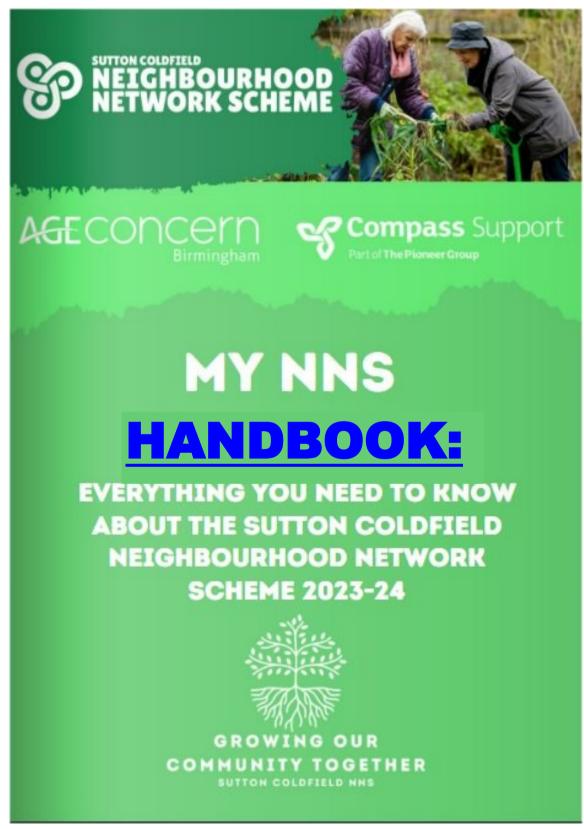
Kind regards

Neighbourhood Development and Support Unit (NDSU)

Neighbourhoods, City Operations, Birmingham City Council







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

https://birmingham.connecttosupport.org/



UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello Sutton Coldfield Community!

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

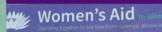
Sowhat's new?

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

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

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

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





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

EASY LIVING MOBILITY. EASY LIVING MOBILITY. T 0121 350 7415





ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415











Saving Service

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

HOW IT WORKS:

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

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

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

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

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

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

Call us now on 0800 060 7567

www.applyforleap.org.uk

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



ARE YOU ELIGIBLE?

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

· receive Housing Benefit

disability related benefit

· receive an income or

· have a low income

· receive tax credits



LOVE TO PLAY

ROLE PLAY SESSION

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

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

CONTACT BECKY- 07940547492 BECKY@LOVEFORBABIES.CO.UK

LOVEFORBABIES F



Here's your quiz.

- 1. Which artist painted "The Persistence of Memory"?
- 2. Which superhero lived in Castle Greyskull?
- 3. The song "Oh, What a Beautiful Morning" originates from which musical?
- 4. According to the Book of Genesis where did Noah's ark come to rest?
- 5. Which songs with "Year" in the title were UK top twenty hits for the following artists,[a] Busted (2003), [b] Three Degrees (1974), [c] Zager & Evans (1969), [d] Mike & the Mechanics (1989) and [e] Noah and the Whale (2008)?
- 6. Who in 2000 became the first First Minister of Wales?
- 7. The scene of a big nuclear disaster, in which former Soviet republic is Chernobyl?
- 8. Where in the human body would you find the Zygomatic bones?
- 9. In the novel Gulliver's Travels, what is Gulliver's first name?
- 10. Who played Winston Churchill in the following movies, [a] Young Winston (1972), [b] The King's Speech (2010), [c] Churchill: The Hollywood Years (2004), [d] Churchill (2017) and [e] Darkest Hour (2017)?
- 11. The German football team Hertha BSC is based in which city?
- 12.In which novels by Jane Austen do the following characters feature,[a] Anne Elliot, [b] Tom Bertram, [c] Elizabeth Bennet, [d] Harriet Smith and [e]Fanny Dashwood?
- 13.In the TV sit-com "Cheers", what job does Cliff have?
- 14. Which pre-decimal British coin was known as a "tanner"?
- 15.Of what is Plutophobia the irrational fear of?
- 16. Which two Asian countries are separated by the Palk Strait?
- 17. Which three members made up the final and best known lineup of the girl band Destiny's Child?
- 18. First published in 1920, what was the title of Agatha Christie's first novel?
- 19. Who immediately preceded Queen Victoria on the British throne?
 - 20. In which country is the opera "Turandot" set?

1. Salvador Dali. 2. He-Man. 3. Oklahoma. 4. The mountains of Ararat. 5. [a] "Year 3000" reached no 2, [b] "Year of Decision no 13, [c] "In the Year 2525" no 1, [d] "The Living Years" no 2 and [e] "5 Years Time" no 7. 6. Rhodri Morgan. 7. Ukraine. 8. Skull. 9. Lemuel. 10. [a] Simon Ward, [b] Timothy Spall, [c] Christian Slater, [d] Brian Cox and [e] Sense and Sersibility. 13. Postman. 14. Annersield Park, [c] Pride and Prejudice, [d]Emma and [e] Sense and Sensibility. 13. Postman. 14. Sixpence (6d). 15. Wealth. 16. India and Sri Lanka. 17. Beyonce Knowles, Kelly Rowland and Michelle Williams. 18. The Mysterious Affair at Styles. 19.William IV. 20. China.



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!









The February 2025 edition of OUR NEWS is here

We are pleased to bring you the latest edition of our newsletter for Neighbourhood Watch supporters across England and Wales.

Highlights from the February 2025 edition of Our News include:

- * Guidance on spotting Romance fraud and scams
- * SimpliSafe demonstrates the importance of Professional Monitoring when it comes to home security
- * Phonely provides answers and information on how to prevent scam calls with their services
- * We celebrate a decade of partnership with Patlock!

READ THE FEBRUARY EDITION OF OUR NEWSLETTER

We hope you enjoy this edition of Our News - please share with your neighbours, friends, and professional networks.



Message Sent By
Ruby Smart
(Neighbourhood Watch Network, Head of
Communications and Digital, National)







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)







Keeping you and your loved ones safe online

Keeping you and your loved ones safe online

This Safer Internet Day we are starting a conversation about how to spot, respond to and report all types of scams online. Scams can take many forms and may target anyone, including young people. Use these top tips to keep you and your loved ones safe online.

• Talk to your children, or young people you know, about how they use the internet or what apps they are downloading. Let them know you are here to listen to any concerns they have.

Take online security measure seriously. Use STRONG and SECURE passwords and enable <u>two-step verification</u> (2SV) on your phone, social accounts and more.

- Set up parental controls on your child's tablet or smart phone to stop unwanted purchases and limit harmful content. Be honest about the restrictions and why you are doing this.
- Is it just too good to be true? Then it probably is. Beware of online scammers who will rush you into purchasing or play with your emotions to get you to buy something.

Anyone can be a victim of a scam. Scammers will target anyone so talk to your family members openly about this. Take a look at Action Fraud's <u>website</u> for the latest scams and phishing techniques.

Know where to get help if something goes wrong:

In England, Wales and Northern Ireland, you can report fraud and cybercrime online to Action Fraud or by telephoning 0300 123 2040.

Remember, if you or anyone else is in immediate danger, call 999 immediately.

For further crime prevention advice around online safety, please visit our website: Online safety | West Midlands Police



Message Sent By

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







WMFS Monthly Newsletter

Welcome to the February newsletter from West Midlands Fire Service (WMFS). Welcome to the latest edition of our newsletter. This month, we're talking about how to dispose of batteries safely, Valentine's Day, upcoming religious days and a right royal date for one of our firefighters!

If you have any feedback on our newsletters, or there's anything you'd like to see more of, just give us feedback or reply using the buttons at the bottom of the email!

Make it a safe month WMFS

Please dispose of batteries safely

What do you do with your old batteries? In the space of just one week, around 200 of our firefighters responded to fires at scrap metal yards, breakers, and recycling sites. It's suspected that improperly discarded batteries played a role in these incidents. The solution is simple – please dispose of your batteries responsibly. They can ignite fires in refuse trucks, recycling plants or landfill sites.



How to dispose of batteries safely:

take them to a designated battery recycling location – supermarkets often have them

check with your local council for local disposal arrangements

visit the Recycle your Electricals website for info on recycling a range of items – including vapes.

Let's work together to keep our communities and firefighters safe!







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





FOR FAMILIES

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.

<u>FOR EVERYONE</u>

Everyday

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

Thursday 6th March

Trinity Ward - Council Advice Surgery 2-4pm - Monthly advice surgery with Councillor David Pears.



Friday 7th March

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 March

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 27th March

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.

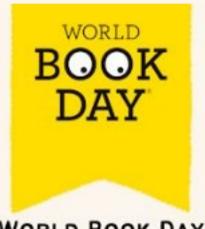
Every Thursday

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>



WORLD BOOK DAY
THURSDAY 6TH MARCH 2025

Sutton Coldfield Library Opening hours:

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

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

Wednesday: CLOSED

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

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

Saturday: CLOSED

Sunday: CLOSED

What's On at Streetly Community Library Spring 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 8th March 2.30-3 Saturday Story Time

Tuesday 4th March 9.30-1 Citizens' Advice Bus on library car park - no appointment needed
Saturday 8th March 10.30-11.30 Friends of Streetly Library Meeting - all welcome
Saturday 15th March 10-12 Mental Health Drop-in

Tuesday 18th March 9.30-1 Citizens' Advice bus on library car park - no appointment needed
Saturday 22nd March 10.30-12.30 Comic Relief Coffee Morning - hosted by FOSL
Saturday 29th March 11-12.30 Lego Fun

Saturday 29th March Take-home Mother's Day craft - while stocks last
Saturday 12th April 10-12 Mental Health Drop-in

Wednesday 23rd April 4-6 World Book Night Cheese & Wine Event - hosted by FOSL Saturday 26th April 11-12.30 Lego Fun

Saturday 10th May 11-3 VE Day 80th Anniversary Celebration - save the date!

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
- Resources & ongoing support

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

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



Scan to learn more about our services:





w.birminghamsettlement.org.uk Registered Charity: 517303

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

Find us:

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

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

Active Wellber



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

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



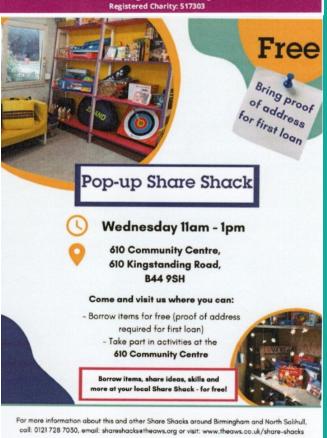
OPEN ALTERNATE TUESDAYS (from 18 April 2023) 10.15AM - 12.30PM



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

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

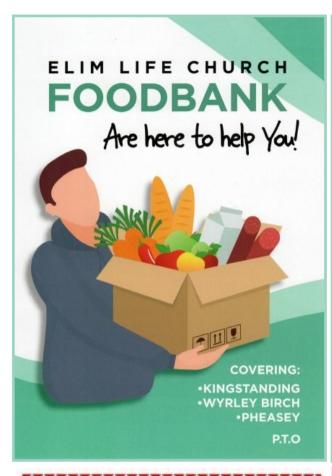
It's Free!



SPORT ENGLAND

See next page

Share Shack



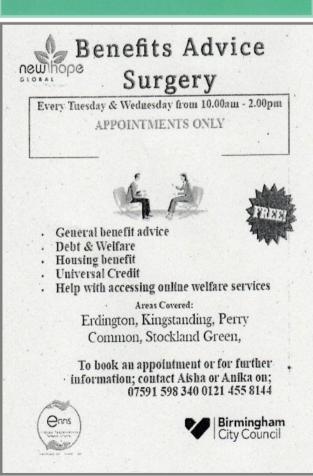


Need help with your daily housework chores?

Contact me for an informal chat/meeting to discuss your needs.

Flexible, reliable, trustworthy and with complete discretion.

Call Jackie, local ex-carer. Telephone 07847 501696





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

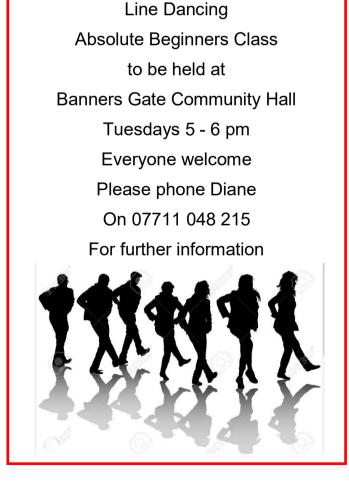


FREE first aid sessions in your local area

















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?

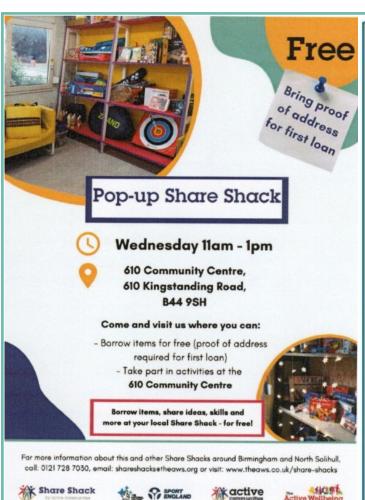
Would you like help to identify and set life goals?

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.





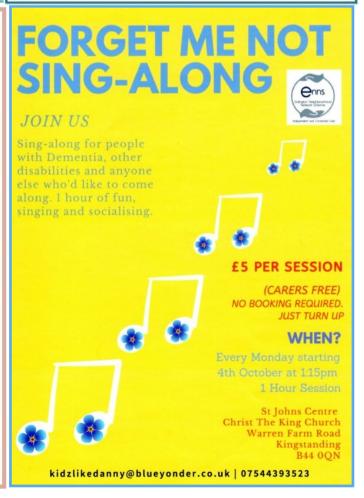
Home visiting Podiatrist



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.





ADOPT DONATE MEMBER SHOP



Today is World Pangolin Day (15 February) and to celebrate we are looking at a recent success in the prevention of the illegal trafficking of these precious species.

Pangolins are heavily trafficked for their meat, considered a delicacy in Asia and Africa, and their keratin scales are used in traditional medicine. Their skins have also been in demand in the Americas for leather goods. 2019 data revealed that **one pangolin is poached every three minutes**.



Funded by the UK government through the <u>Illegal Wildlife Trade Challenge Fund</u>, WWF is working to prevent the trafficking of pangolins and other targeted species in Bagmati Province - the main illegal wildlife trade (IWT) routes through Nepal.

Through this project we have **trained 360 police officers** along major IWT routes and border areas in Nepal on what IWT is, how it affects wildlife, how to control IWT and identify wildlife parts and products.

These included training sessions to help officers understand what pangolins look like, how to identify their scales and how traders operate.

You can support projects like this by making a donation. Help bring our world back to life.

DONATE TO PROTECT NATURE



Shop

Join

Will you catch a wild romance?

Love is in the air! In this guide, we're sharing some of our favourite courtship displays taking place in the bird world that you can see right now.

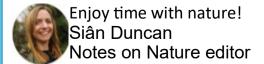
A date with nature



Have you noticed more birdsong recently? An old myth holds that birds chose their mates on Valentine's Day. Perhaps there is something in it, as signs of courtship are all around, including birds singing to attract a mate.

In our courtship special, we look at what you can see now. Head to a lake to look for dancing Mute Swans or to the open countryside for high flying Skylarks. Read now for all this and more.

It's also National Nestbox Week and a great time to put up a box. Take a look at our ultimate guide to nestboxes for all you need to know, including which box for which bird and where to put one.



Which?

Why scammers want your social media accounts

Access to your social media account can be a cash cow for scammers. Whether it's to sell your data or to scam your contacts out of money by impersonating you, there are lots of reasons why fraudsters try to hack their way in.

Our scam experts have rounded up the methods fraudsters use to access your social media and the steps you should take if your account is ever compromised.

Dodgy texts impersonating brands

Scammers are impersonating well-known brands, including Amazon and O2, to try to steal your personal information.

One example we've seen is a text telling you there's a 'significant price reduction' on your recent Amazon order. It then leads to a malicious website which asks for your card details. Check out these examples so you don't get caught out.

Debt scam warning

A letter, call, email, text or doorstep visit demanding payment can be an alarming and confusing experience – particularly if it comes out of the blue.

It could be a scammer posing as a bailiff or a genuine debt collector chasing payments after fraudsters have racked up debt in your name. Here are some tips to help you act quickly and stay calm should you receive an unrecognised debt demand.

Scam sharer tool

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

Which?

WhatsApp delivery scam

Delivery scams are some of the most common and often most convincing scams, especially if you were expecting a parcel to arrive.

The latest example we've spotted begins with a WhatsApp message telling you that Evri has failed to deliver your parcel, with a link to reschedule your delivery that leads to a malicious website. Take a look at this example so you know what to do if you receive a similar scam message.

5 ways to protect your family from scams

Eight in 10 children aged between eight and 17 encounter online scams every month, while almost half see them at least once a week and one in five are exposed every day.

As worrying as this is, parents and guardians are not powerless in the fight against online harm. Our experts have rounded up some <u>simple</u> steps to reduce risks.

7 signs to spot a romance scammer

February is a prime time for romance fraudsters.

Media headlines sometimes blast romance fraud victims for being duped by someone they've never met in person. But it's fraudsters who deserve our derision, not victims. We explain the tactics they use, how to check you're not dating a scammer and how to get your money back if you fall victim.

Scam sharer tool

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

Which?

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

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

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

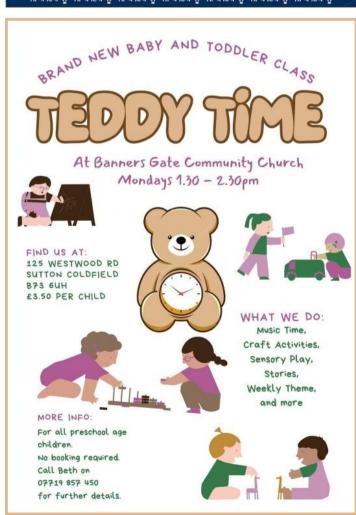
















G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers. We also have a soft play for the 0-2 years old. To find out available dates please contact us on the following: Facebook: Gandt party-hire

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

Limited Place

A 5-week course that will cover the following

- · The right way to socialise
- Eye contact
- Sit and stay
- Effect of food on behaviour
- Loose lead walking
- Recal
- Building confidence
- Toilet training
- Teething
- · Gate and door manners
- Understanding threshold





Classes available now in Sutton Coldfield - Saturday afternoor





TO BOOK YOUR PLACE PLEASE CONTACT ERICA

Text or call: - 07704 523 733





Check out the OB Code for further details and reviews





"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105 07796 546172

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

Blythe Cottage, Dexter Lane Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172





...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



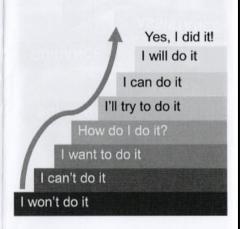
Laundry/Cleaning



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

www.birminghamsettlement.org.uk

Registered Charity: 517303







THE WALKING GROUP IS BACK!



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

Anyone affected by Cancer is welcome.

All abilities catered for.

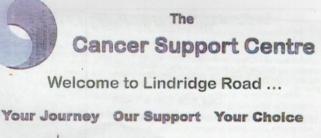
To register please call 0121 378 6295 or email info@suttoncancersupport.org.













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

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

The Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 GJB

Website: www.suttoncancersupport.org

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



YOGA

Tuesdays 12.00 - 12.45
Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



Suitable for all abilities and fitness levels.

For clients of the Centre. We ask for a £5 donation per session.



www.suttoncancersupport.org

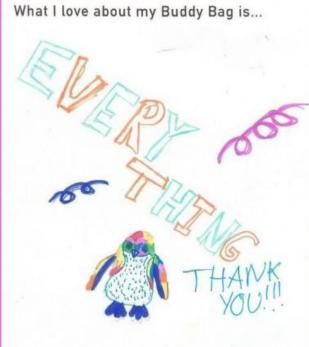
Telephone: 0300 012 0245 email: info@suttoncancersupport.org

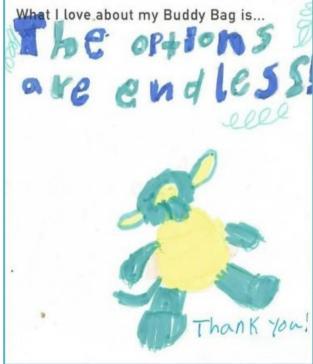
The Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 6JB

Charity number: 1089658

Reg Companies House, Cardiff No: 4202897









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



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

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity foundation

FT ADVISER TOP 100 FINANCIAL ADVISERS MEMBER 2021

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

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

NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

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

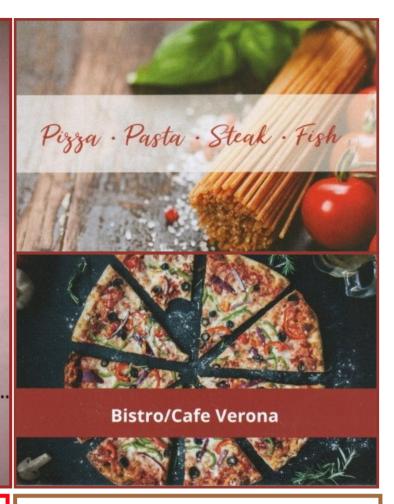
NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



SUTTON COLDFIELD JAZZ CLUB

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

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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

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.

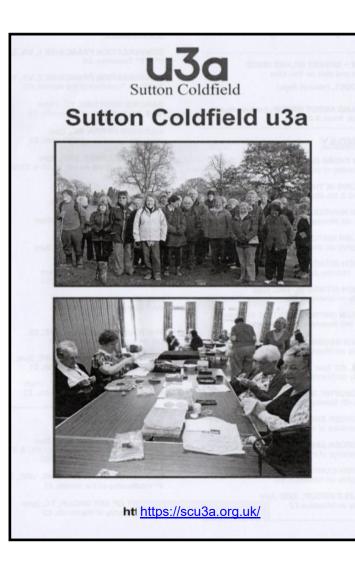


For more details, please see our Facebook Page as listed below: https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/

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



North Birmingham Bridge Club 338 Boldmere Road, Sutton Coldfield. B73 5EU

We invite you to free taster sessions

Bridge for beginners

A regular bridge session

Make new friends

Stimulate the brain
Comfortable and welcoming
Age no barrier

Call Sue on 0121 580 7538

6241520065686









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

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



Call Sue on 0121 580 7538

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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:

<u>www.suttoncoldfieldcreativestitchers.co.uk</u>







STREETLY FLOWER ARRANGERS' CLUB



The demo was by Leena Patel called Holidays food and the hot sun, so it was just what we needed on a damp drizzly day.

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

Next meeting Tuesday 11th March - Workshop



with popular, talented Florist/
Tutor Claire
Bond - why not join us? We are a friendly, enthusiastic Club, visitors always very welcome - and this will be special!
Further details:

Chris Reeves tel. 0121 354 6264

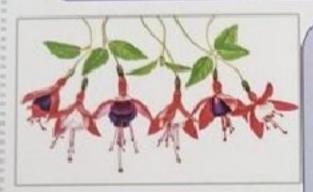
See photos on next page



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.

We held the first meeting of 2025 in February, and we were delighted to welcome a lovely full room. The weather has not been very encouraging to gardeners so far this year, but we all know that spring is on the way, and the sun will shine!! We kicked the year off with one of our own members, Lottie Hammond giving us a talk on wildlife gardening, Lottie works as a ecologist and landscape architect, and a lot of her work seems to involve her working in the middle of know where, in the middle of the night, tracking bats, newts, badgers and all sorts of creatures that are so important to the biodiversity of our landscape. Lottie also spoke about the importance of our gardens, no matter large or small. We can all play our part to preserve our wildlife. Water plays a huge part in all gardens, and no matter how small, will attract beneficial insects and other creatures instantly. As a keen gardener, we can often become too keen on weeding, and this is not always a good thing. Maybe we can leave a small patch of nettles. They can be a great food source for caterpillars and ladybirds, and frogs and toads will happily shelter beneath their leaves. Chopped up nettles are also a great compost activator and are also high in minerals. They can also be used to make a natural organic plant food, and all for free!!!!

Next month we have the return of a great friend to our club, Mick Poultney, the original compost king. Mick will be speaking to us on how to make your own compost at home, ready for use in a month!!!! An entertaining evening will be guaranteed, so please come along and join us, you can come as a visitor for just £2, and membership that covers the whole year, plus entry to the show is just £10. We meet the second Thursday of each month, at Banners Gate Community Church in Westwood. Doors open at 7.30p.m. for an 8.00p.m. start. Refreshments are always available, and there is plenty of parking. If you would like any more information, please take a look at our website or Facebook group, or give our secretary Gail a call on 07307857440

The attached pictures are from a few years ago when our society was asked to put on a display for Sutton Coldfield In Bloom.

See photos on next page.



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)

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

Guests Welcome

Non-members £6 entry

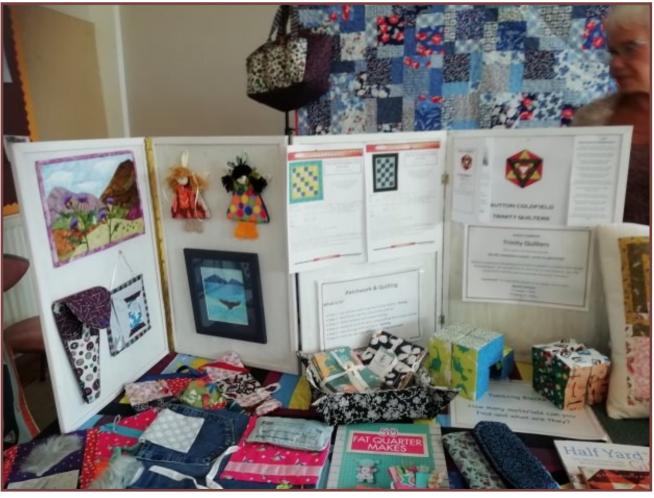
Membership includes

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.





COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

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

NEIGHBOURHOOD AGE CONCEYN

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





Angel beads ltd,





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

Support is available in Birmingham

money?

about

Worrying



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 @ @



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





















ASIRT









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

Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

enquiries@bcabs.cabnet.org.uk

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

Help with options: 1 2 6 6

www.bcabs.org.uk



Advice on benefits, debt, housing and more

Help with options: 1 2 3 4 6 6

Help with options: 1 2 3 4 6 6

Benefit, debt and housing advice

0121 453 0606 www.theprojectbirmingham.org





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)

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

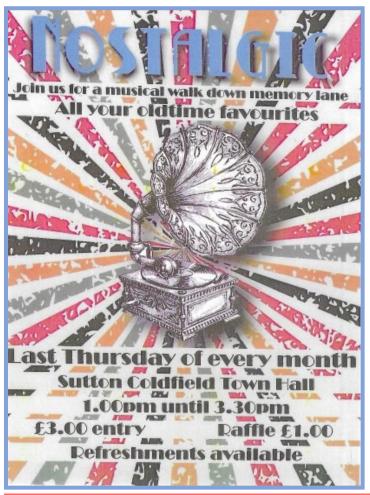
Age UK Birmingham

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. 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/ charitvId/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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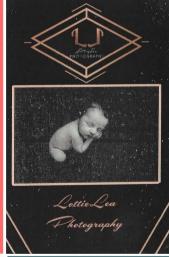


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Don't miss outon HEALTHY START food and vitamin vouchers worth over £900 per child*

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fruit, veg, milk
and vitamins for
you and your family.
Worth up to
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You may qualify for Healthy Start vouchers if you're at least 10 weeks pregnant or have a child under four years old. Your family must also receive one of the following:

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

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

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

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

** If your child as under one, you'll receive two f4.25 youchers per week.

If your child is 1-4 years old, you will receive one f4.25 youther per week.









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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 be stimulated.

"Friends on Fridays" 10.30am - 12.30pm

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

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



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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



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





Cafe Oasis

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3 Puddings £6

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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





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*Groups (5 to 10 people)

1 hour session £40 1.5 hour session £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!

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or email: chong.fouroaks@gmail.com



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

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Pregnancy YogaLates



Pregnancy YogaLates



Sutton Park Surgery

See front page



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 - Neuralgia
 - Sports injuries

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

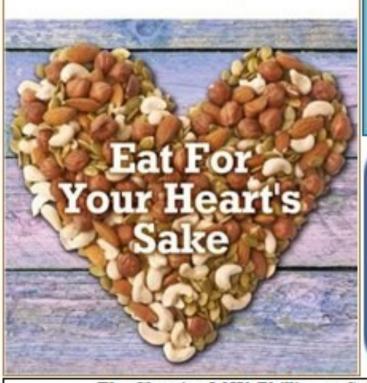
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Worship and Communion Service Sunday 10:00am

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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at the Gate with K & S CREatE

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

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





we are here to listen, call today

Val: 07964 213 229 / Kellvanne: 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' $(3.4m \times 2.2m)$

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

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

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



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





HATHA YOGA



Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



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sue@petstay.net 07724 212204 www.petstay.net 0121 769 2706



West Midlands North Branch

89 Blackwood Road, Sutton Coldfield B74 3PW Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets





SWIMMING LESSONS

for ages 4 and upwards: Wednesday & Friday Evenings Local Pools ~ All Abilities Badge Work ~ Qualified Instructors 0121 353 6616

www.swimminglessonsinsuttoncoldfield.co.uk



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

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

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

Plastering internal & external specialist

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

Lee Nugent

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



Paul White Electrical

No Job too small

07403445651

Paul Andrew White Electrician

111 Wandsworth Road Birmingham B44 9LY

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





Give your little Mozart a musical head-start

- multi-sensory games and activities
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www.rhythmcircle.co.uk

Katie Ingle T: 0788 886 7850

F: kiltrfitness@outlook.com IG: @kiltrfitness

FB: kiltrfitness

Personal Training

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

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

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



Sports Massage 360



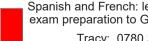
Amy Johnson (Bsc). Recommended since 2014. 206 Westwood Road B73 6UQ 0770 7006802



HOME TUITION



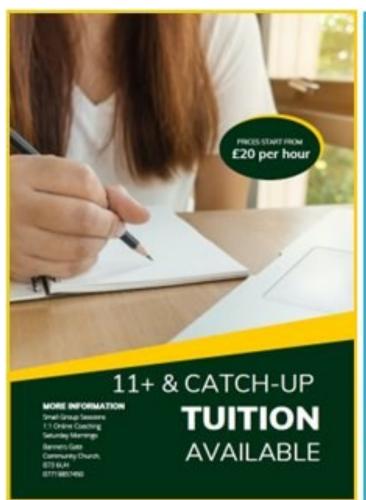
Key Stage Two SATs tuition: English comprehension, spelling, punctuation, and grammar.



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Tracy: 0780 329 3351









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Nikki Southwick-Gough Nutritional Advisor T: 0121 4139878

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

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





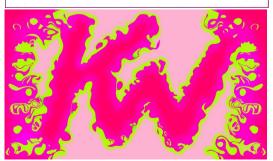




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We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.

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

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

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



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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: Jenna@robotreg.co.uk 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 March - 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 07837 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	Community Hall Community Hall Community Hall Community Hall Community Hall	Adam Claxton Shakila Kosar Shakila Kosar Shakila Kosar Diane Pursall	27 90 15 255042 255042 255042 747 4659
Tues 9.15 - 1.15pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 8.00 - 9.00 7.45 pm	Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 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	Baby Sensory Guide Dog Training Pregnancy Yoga SlimmingWorld	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	The Creation Station Repertoire Dance Studio Sign Language Classes Amalia's Dance Academy	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 meet weekly on Sunday mornings from 10.30am for fellowship, worship, prayer and learning together in an informal setting, with other gatherings throughout the week.

To find out more visit our website at www.bannersgatechurch.com.

Useful telephone numbers

Sutton and Kingstanding

Police: 101

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

BANNERS GATE COUNSELLING CENTRE

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

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

> St Columba's Church

Coffee Morning

Every Friday of the month

10.00 - Noon

All Welcome

The Townswomen's Guild

Thurs. 20th March - AGM Thurs. 17th April - Talk Sicily

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

Scout Group and the 15th Sutton Coldfield West Scout Group have merged and are now named the 33rd

The 18th Sutton Coldfield West

Headquarters are at the Scout Hut, Coppice View Road. B73 6UE.

33rd Sutton Coldfield Scout Group,

H.Q. Coppice View Road

Beavers 5.30 p.m. – 6.45 p.m. ages 6 - 8 years Scouts 7.00 p.m. – 9.00 p.m. ages $10 \frac{1}{2} - 14$ years Monday Beavers 5.40 p.m. - 6.40 p.m. ages 6 - 8 years Tuesday

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

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

Email: margaretdrummond1@btinternet.com

Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100

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

For more information contact Carol Gardner on 350 7191. Day/Time Contact Activity Venue

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