

Banners Gate & ParklandsCommunity & Neighbourhood Forum

191st March 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.

The Forum had an AGM at the Banners Gate Community Hall on Thursday 27th March. Two police officers were present, one from Sutton Coldfield and one from Kingstanding, Apart from other matters, we had a long discussion on the anti-social behaviour at the Greenway, which will continue next meeting on Thursday 29th May at 7.30pm when a progress report will be given.

For a progress report on the bins collection situation, please read Rob Pocock piece below and also the item on page 10.



Rob Pocock:

BIN STRIKE – WHAT'S IT ALL ABOUT?

Residents will have seen that the Unite Union have called a series of one-day bins strikes, and a ban on overtime etc. They have now stepped it up into an all-out strike. But this doesn't mean the collections have completely stopped. There will continue to be a basic collection service for your general 'grey bin' waste. So please still put out your grey bin for collection on your normal day. It may not be collected on the actual day, but the remaining crews still at work will endeavour to get to you as soon as they can. The aim is still for every house to get a basic collection every week.

The ongoing basic service is being run by workers who are not on strike. They are in other unions (eg Unison and GMB Union), or are agency workers not involved in the dispute. Please note they **are not strike-breaking**. They are fully legally allowed to

continue working. Please give them your support, they deserve a real pat-on-the-back for the job they are doing. The existing crews are braving pickets and intimidation to continue giving you a basic service. I'm grateful to them for that, and I'm sure all residents here are too.

As a reminder, the Council Depots are suspending the separate recycling service for the time being. So please do not put out your blue-lid recycling bin for collection. You can put everything you normally put out, including the recycling items, into the grey bin, or into separate sacks beside your usual grey bin. Also, on garden waste collections, these have been suspended too so everyone who has paid will now get a rebate. You don't need to do anything – the rebate should be made automatically to your bank.

So what is the dispute all about?
Basically, for some years there has been an overpayment to some grades of the bin workers. In a nutshell, they have been paid more than the job actually merits.

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com Next deadline: April 24th

The Council is now restoring the pay grade to what it should be. Most bin workers affected by the changes have accepted a compromise deal the Council has made.

There are now just 40 employees who are not accepting the new situation, and this small group are the cause of the whole dispute. Talks continue with the independent ACAS arbitration service aiming to find an agreement suitable to both sides. That's the only way this will all be brought to a final end.

Once the strikes are over, the Council is bringing in a major upgrade in the bin service. A note on this should have been in your Council Tax letter. Not before time!

Max Hatton:



Hello Gatepost readers! As we bid farewell to winter, we welcome the joys of spring! The days are getting longer, flowers are blooming, and we're all looking forward to the upcoming

Easter holidays. Whether you're planning

a getaway or enjoying a quiet break, it's the perfect time to relax and recharge.

This year marks the 80th anniversary of VE Day, and we're planning a number of events to celebrate this momentous occasion in May. Keep an eye out for more details in the coming weeks, as we'll be honouring the past while coming together as a community. Do you belong to a local volunteering group, faith organization, or school? There's a grant of up to £250 available to help celebrate the 80th anniversary of VE Day! Applications must be submitted by 3rd April at 12pm, so don't miss out on this opportunity to receive support for your local events.

Join us for the Full Town Council meeting on **Tuesday**, **13th May 2025**, at the Trinity Centre in Sutton Coldfield Town Centre. It's your chance to engage with local government, ask questions, and hear about the latest developments in our community. We hope to see you there!

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.

John Cooper

Much has been said and written by various parties about the situation relating to Libraries in the wider city. It is said that seven libraries will close on April 1st, it is also said that Boldmere library will not now close as the Town has agreed to pay for the maintenance of the building, the

Council has agreed to pay for the maintenance of the building, the running costs and the staffing costs.

I have to set the record straight on this subject: there is no agreement that the library will be saved because the Town Council has agreed to fund it going forward. As with any financial consideration, be it you in your own homes or local businesses no venture will be undertaken without knowing the cost of such undertaking. The Town Council have applied to BCC over many months and many times for the costs and terms of operation appertaining to Boldmere Library, I am sorry to say the the City are either unable or simply unwilling to provide that information.

As things stand Boldmere Library will be closed by the City, however it has back tracked somewhat in that it now claims "some money has been found" so the Library will not now close on April 1st but will continue until the "Summer".

It is my belief that Libraries are an important element of our lives, whatever age we may be and should therefore be provided and guarded as a base for all else we may wish to provide. This is a very fluid situation and I can only say at this stage that BCC has decided to close Seven Libraries throughout the City with three of our four being on the closure list and that remains to be the case for the time being.

The other pressing local issue is that of Parking Charges in Sutton Park, in spite of protests against this by residents and businesses and the Town Council, it seems the City still have this matter under consideration and have promised public consultation, something we eagerly await.

John Cooper March '25

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

townrangers@suttoncoldfieldtowncouncil.gov.uk

johncooper@suttoncoldfieldtowncouncil.gov.uk



Harold Jones, accepting a card and a gift, thanking him for 19 years service as the Banners Gate Neighbourhood Forum auditor. As he is 101 years old we wished him a long and happy retirement.



Chris and Gill collected 4 bags of litter from the plantation today. Mainly food packets and pop cans, obviously children rather than adults. Still a bit more

to collect but deep within the brambles so not easy, but the primroses and wood anemones are flowering.







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



Birmingham Live

A charity in Sutton Coldfield that provides counselling for children has shut down suddenly for good, just months after opening a town centre site.

Cherished has provided support and mentoring for girls and boys in the town and beyond for 14 years but its founder, Hannah Thomas, has confirmed it has now closed in an emotional social media post. The charity had moved into its Connection Hub in swish premises at the former TSB bank site at the Gracechurch Centre only last October. But the organisation, registered as You're Cherished with the Charity Commission, has now shut with Hannah citing financial pressures. In her post on Monday (March 24), Hannah, who started the charity in her teens, said: "It is with a heavy heart that we announce the closure of Cherished after 14 years of dedicated service to children, young people, and families.

"As CEO and Founder, I, Hannah Thomas, want to express my deepest gratitude to everyone who has supported our mission and been part of this incredible journey.

"As an 18-year-old girl with a dream to change children's lives, I could never have imagined the incredible work we would achieve.

"From supporting children in hundreds of schools across the Midlands to establishing community groups that run throughout the week, impacting hundreds of children, Cherished has provided purpose to thousands of volunteers and students, as well as comfort and support to many worried families.

"Since its inception in 2011, Cherished has provided unwavering support to thousands of children, offering them safety, connection, and love in a world that often feels overwhelming.

"Our programmes have empowered young people, nurtured emotional well-being, and provided a sense of belonging to those who needed it most."



Cherished's Connection Hub in Sutton Coldfield's Gracechurch Centre opened in October last year - but now the charity's founder has said the organisation has closed for good

Hannah continued: "Sadly, like many charities across the UK, we have faced ongoing financial challenges that have made it impossible to continue our work.

"The reality is that non-profits, which play a crucial role in supporting society through its struggles, are not receiving the necessary funding to sustain their impact.

"Despite our best efforts, we have reached a point where we can no longer continue.

"While Cherished as an organisation will be closing, the seeds we have planted through our work will remain.

"The love, kindness, and connection we have fostered in the hearts of those we have served will not be lost.

"We take comfort in knowing that the ripples of our efforts will continue to touch lives in ways we may never fully see."

Hannah concluded by saying: "Thank you for believing in my vision that every child needs to feel safe, seen, soothed, and secure.

"Thank you to my team for giving their lives to the mission, and thank you to our community for believing in our great work and entrusting your precious children with us.

"We are Cherished. Wherever we go, our values will follow.

"This was not a job; it was a lifestyle and a purpose that will not end. With love and gratitude, Hannah Thomas."

AGE CONCERN Birmingham

Later Life Planning Services

Now offering a drop in on the first Saturday of every month!

10am - 12pm



Age Concern Birmingham are working with Wills Made Clear Ltd to provide a quality, personalised and local service offering; Wills, Free Will Reviews, Powers of Attorney, Trusts, Equity Release and more at competitive prices.

To book an appointment contact us at info@ageconcernbirmingham.org.uk or call us on 0121 362 3650







Dnitea cate

Monday

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

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

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

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

Walking Group: 10:30am - weekly

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

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!

Stroke Support Group: 10am - 1st, 15th and 29th Only

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

Digital Awareness Session: 10am - 12pm - 1st, 8th, 15th and 29th Age UK's Digital Champions will be dropping in to help support with phone and devices!

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

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

Wednesday

Community Police drop-in: 11am until 12pm- 2nd, 16th and 30th Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

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

Digital Inclusion 3pm until 4pm - weekly

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

Thursday

Parkinson's UK: 10am until 12pm - 10th & 24th 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!

Saturday

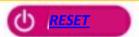
Legal Services Drop In: 10am until-12pm - First Saturday of the month - 5th Only

Drop in to speak to our legal partner Jane from Wills Made Clear if you need advice on a will, lasting power of attorney or trusts!



WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council.







Response to latest waste service industrial action

We know the ongoing bin strikes have been frustrating, and we're really sorry for the disruption this is causing you and your family.

Our teams are working hard every day to get the refuse trucks out with the remaining staff, but we're facing some tough challenges.

Some workers are being blocked from doing their jobs by Unite the Union, which isn't fair, and it's making collections even harder.

There are a lot of reports out in the local media and we wanted to make sure you are informed of why the situation has got this far and what we are doing to resolve it.

Heart and circulatory diseases kill 1 in 4 people in the UK.

Heart and circulatory diseases can affect anyone and everyone. Your donations will help fund the research breakthroughs needed to beat the heartbreak these conditions cause, forever.

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Clothes and Shoes

Bags and Accessories

Books, CDs and DVDs

Homewares

Toys and Games

Drop your donations direct to your local shop or call to book a FREE home collection.

British Heart Foundation

Units 6-7, Red Rose Centre, The Parade, Sutton Coldfield B72 1XX

0121 355 5848

For furniture collections visit: bhf.org.uk/collection

giftaid it

(DBritish Heart Foundation 2019, registered charity in England and Wales (225971) and in Scotland (SC039426).

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

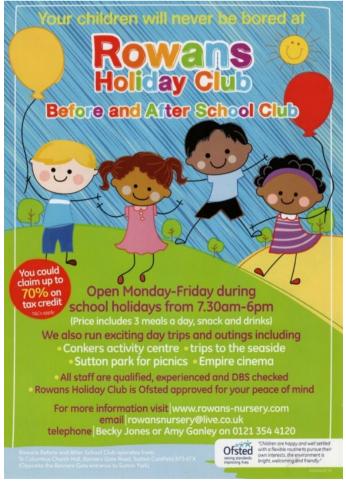
During the school holidays we run stay and play sessions with different activities which are bookable though our website.

SQUARE PEG
Activities
MARK SQUARE PEGS FIT IN
Registered Charity Number 1185040

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 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.





O V @ # SWhatshefredom slimmingworld.co.uk



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

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



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

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

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

https://www.justgiving.com/hopefoodnb

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

Church@4 a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk

All are welcome - there is no charge for anything

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

Both physically & mentally, especially as we get older"



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

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

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

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

New Oscott Village Gym

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

Contact us for prices and more information: 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





Remembering when....

Most of us age sixty plus generation were HOME SCHOOLED in many ways

My mother taught me TO APPRECIATE A JOB WELL DONE.

"If you're going to kill each other, do it outside. I just finished cleaning."

My mother taught me RELIGION.

"You better pray that will come out of the carpet."

My father taught me about TIME TRAVEL.

"If you don't straighten up, I'm going to knock you into the middle of next week!"

My father taught me LOGIC.

"Because I said so, that's why"

My mother taught me MORE LOGIC.

"If you fall out of that swing & break your neck, you're not coming to the shops with me."

My mother taught me FORESIGHT.

"Make sure you wear clean underwear; in case you're in an accident."

My father taught me IRONY.

"Keep crying, and I'll give you something to cry about."

My mother taught me about CONTORTIONISM.

"Just you look at that dirt on the back of your neck!"

My mother taught me about STAMINA.

"You'll sit there until all those sprouts are finished.

My mother taught me about WEATHER.

"This room of yours looks as if a tornado went through it."

My mother taught me about HYPOCRISY.

"If I told you once, I've told you a million times, don't exaggerate!"

My mother taught me about BEHAVIOR MODIFICATION.

"Stop acting like your father!"

My mother taught me about ANTICIPATION.

"Just wait until we get home."

My mother taught me about RECEIVING.

"You are going to get it from your father when you get home!"

My mother taught me MEDICAL SCIENCE.

"If you don't stop crossing your eyes, they are going to get stuck that way."

My father taught me HUMOR.

"When that lawn mower cuts off your toes, don't come running to me."

(Eric March 2025)



Anja Pawson

Local Campaigner in Sutton Vesey

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

This month we presented our Antrobus Road petition for a safer crossing at the Town Council meeting, and we started a new petition to request pavement repairs for Kineton Road. We would be most grateful if you could sign our new petition here:

https://www.suttoncoldfieldconservatives.com/campaigns/campaign-repair-and-improve-kineton-road-pavement







Submitted our Antrobus Road Petition







Started our Kineton Road Pavement Petition





We quickly got this abandoned car on Sunnybank Road removed.

Email: veseyward@gmail.com

Facebook/Instagram: VeseyNews



You are invited: Wed 30th April, 7pm at Boldmere St Michaels Football Club

Please join us for a Q&A on BCC's increase in Council Tax for fewer services with Meirion Jenkins, Shadow Cabinet Member for Finance & Resources on Birmingham City Council.

COUNCILLOR MEIRION JENKINS JOHN COOPER AND ANJA PAWSON

MEETING AT BOLDMERE ST MICHAELS FOOTBALL CLUB

MEET CLLR MEIRION JENKINS ALONGSIDE COMMUNITY CAMPAIGNERS JOHN COOPER AND ANJA PAWSON

Q&A on Birmingham City Council's increase in Council Tax for fewer services with Meirion Jenkins, Shadow Cabinet Member for Finance and Resources on Birmingham City Council

WEDNESDAY 30TH APRIL 2025

7:00PM

Meeting at:

Boldmere St Michaels Football Club, Church Road, Sutton Coldfield, B73 5RY



For more information, please contact John and Anja at: veseyward@gmail.com

ANJA PAWSON AND JOHN COOPER OF VESEY NEWS - SERVING THE RESIDENTS OF BOLDMERE, NEW OSCOTT AND BANNERS GATE

Published by Jack Annett on behalf of John Cooper and Anja Pawson, all of 368 High Street, 872 1UP. Printed by Sutton Coldfield Conservative Association, 368 High Street, 872 1UP

New Oscott Village SPECIAL SUMMER OFFER!

Special offer for Banners Gate forum subscribers

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

Come and have a look around

also available

Why Choose Us?

START TRAINING TODAY



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

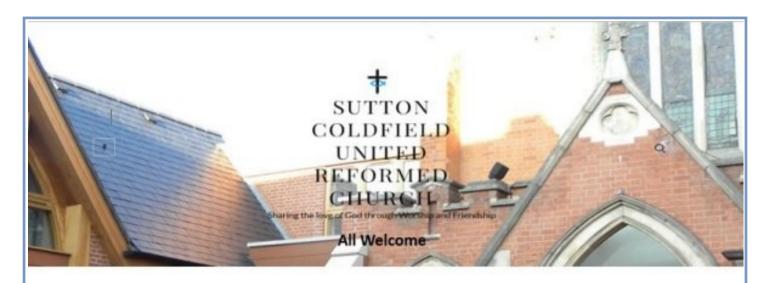
- ☆ Tailored Programs for Every Level: Our expert trainer understands the diverse needs of individuals. We offer personalized fitness programs catering to various fitness levels, ensuring everyone feels comfortable and supported on their wellness journey.
- Flexible Membership Options: We understand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

ExtraCare
Charitable Trust

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 NOISE DOES
A 747 MAKE
WHEN IT BOUNCES?

BOEING, BOEING, BOEING.

ART& Ho

FOR SALE
90S ICONIC SOOTY AND SWEEP
PUPPETS
ANY OFFER ACCEPTED
JUST WANT THEM OFF MY HANDS



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.



Police have confirmed that the man who tragically fell from the roof of an 18th floor Nightclub

Was not a bouncer

WHAT DO YOU CALL A MELON THAT'S NOT ALLOWED TO GET MARRIED?

CANTELOPE.

yeartengo

Bought two pints of milk in Aldi today. It was an impulse buy. I only went in for an angle grinder, a wet suit and a 40 ft



I'M READING A BOOK About anti-gravity.

IT'S IMPOSSIBLE TO PUT DOWN!

It was only a matter of time. First came the hybrids then the electric and now vegan...





The manager at the local IKEA is retiring, so I sent him a cake.



- 1. How many naturally occurring Noble Gases are there?
- 2. Picasso's art works from 1904 to 1906 were known as what period?
- 3. In the movie "Oppenheimer" released in 2023, who played the part of Nils Bohr?
- 4. Who in 1995 described the RFU as "57 Old Farts"?
- 5. Which songs with "House" in the title were UK top twenty hits for the following artists,[a] Siouxsie and the Banshees (1980), [b] Eels (1997), [c] Shakin' Stevens (1981), [d] Clean Bandit (2013) and [e] Living in a Box (1989)?.
- 6. In the 11th century, who was the wife of Leofric, the Earl of Mercia?
- 7. In Greek mythology who was the Muse of history?
- 8. What did Liverpool Polytechnic become in 1991 when it received university status?
- 9. In the human body what tissue connects muscles to bones? 10.In the children's books by Jeff Kinney, what is the name of "The Wimpy Kid"?
- 11. Who did Muhammed Ali defeat in the 1974 bout known as "The Rumble in the Jungle"?
- 12. What was the name of Joanna Lumley's character in the award-winning BBC sitcom "Absolutely Fabulous"?
- 13.In which country would you find the wine growing region of Barossa Valley?
- 14. Who was US President when Queen Victoria came to the throne?
- 15. When is the Blue Peter flag generally flown on a ship?
- 16.In Prokofiev's "Peter and the Wolf" which instrument represents the Wolf?
- 17. The city of Adelaide is named after the wife of which British monarch?
- 18. Alex Kapranos is the lead singer with which group?
- 19. Who played Shakespeare's wife in the TV comedy, Upstart Crow?
- 20. How do the Germans refer to the Knight in chess?

Answers • Jabujudg

1. Six. 2. Rose. 3. Kenneth Branagh. 4. Will Carling. 5.[a] "Happy House", reached no 17, [b] "Susan's House", no 9, [c] "This Ole House", no 1, [d] "Mozart's House", no 17 and [e] "Blow the House Down", no 10. 6. Lady Godiva 7. Clio. 8. John Moores University. 9. Tendons. 10. Greg Heffney. 11. George Foreman. 12. Patsy Stone. 13. Australia. 14. Martin Van Buren. 15. When it leaves harbour 16. French Horn. 17. William IV. 18. Franz Ferdinand. 19. Liza Tarbuck. 20. Das

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:



This metal plate on the baseboard of an old house:



This wooden barrel strapped to a tree in Yorkshire, England.



3

2



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 Very hard picture to interpret, but it could be the epiphysis (growth plate) of an immature whale's vertebra. See example.



- 2. It's a coal furnace damper. It would have rods or a chain connected to the furnace in the basement or other room."
- 3. That's a beekeeper's swarm trap. The natural reproduction of a honeybee hive is to spin off one (or more) swarms in the spring. Those swarms hang in a tree or under an eave while they send out scouts to look for a place to establish a new hive. Once a suitable place is found, they move in and start building. These traps give them a place to move into, but the beekeeper will keep an eye on them and transfer them to a hive before they get too far along. It's a free colony and is easier than having to remove them from someone's shed or BBQ grill.







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



- 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!



ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE!



"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 6 43 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	7 th 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	25 th 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					

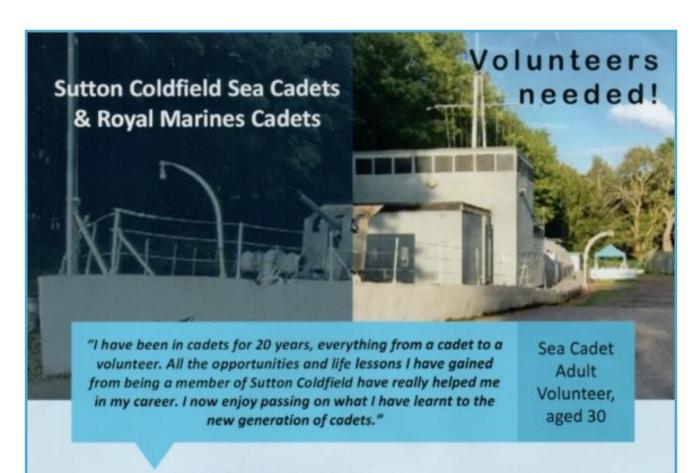
Need help with your daily housework chores?

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

Sowhat's new?

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

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

We are also delighted to announce that we are now open on Sundays, even more apportunity for you to shop for a cause! Supporting Birmingham and Solihull Women's 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





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

EASY LIVING MOBILITY® EASY LIVING MOBILITY Louise Pugh Store Manager G 0121 300 7415 www.easylvingrozbilly.co.uk www.easylvingrozbilly.co.uk www.easylvingrozbilly.co.uk 167 Sudon Road, Sudon Codfield, Birmingham, B23 57N







ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415









LEAP -The Energy and Money Saving Service

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

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

www.applyforleap.org.uk

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

FREE FOR LOCAL RESIDENTS



ARE YOU ELIGIBLE?

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

· receive Housing Benefit

disability related benefit

· receive an income or

· have a low income

· receive tax credits



LOVE TO PLAY

ROLE PLAY SESSION

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

£6.50 PER CHILD INCLUDES SNACK & DRINK

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





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 two-step verification (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.

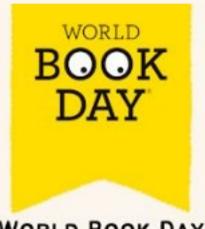
Every Thursday

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 5th April 2.30-3 Saturday Story Time

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

Tuesday 15th April 10.30-11.30 Easter Craft Session - £1 per child, please book at the counter

Wednesday 23rd April 4-6 World Book Night Cheese & Wine Event - hosted by FOSL;

bring a favourite poem or quote to share

Saturday 26th April 11-12.30 Lego Fun

Tuesday 29th April 9.15-10.45, 11-12.30 & 1-2.30 Community First Aid Sessions - £2 perperson including a face shield keyring, please book at the counter

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

Friday 16th May 12.30-2.30 Beginners' ICT Course - £2 refundable deposit secures your place

Saturday 17th May 9.30-11 & 11.15-12.45 Community First Aid for Families - £2 per person

Including a face shield keyring, please book at the counter
Streetly Community Library, Blackwood Road, Streetly, B74 3PL

01922 654864 streetlylibrary@walsall.gov.uk



Celebrate World Book Night

23 April 2025

Join the Friends of Streetly Library for a Cheese & Wine Social Event and share your love of reading

Date: Wednesday 23rd April 2025

Time: 4-6pm

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

Contact: 01922 654864 streetlylibrary@walsall.gov.uk



www.worldbooknight.org

©WorldBookNight

read – The Reading Agency Ltd • Registered number: 3904882 (England & Wales) Registered charity number: 1085443 (England & Wales)

Community First Aid Courses at Streetly Community Library

Tuesday 29th April 2025

9.15-10.45am, 11am-12.30pm and 1-2.30pm



Multi-Award-Winning Provider for First Aid and Mental Health Training

Gain the knowledge and confidence to act in emergency situations

Covers unresponsive casualties breathing and not breathing, choking,
burns and scalds

First aid for adults, children and babies

Please ask at the counter to book your place

£2 per person which includes a face shield keyring with LED torch

All proceeds to the Stan Bowley Trust

Blackwood Road, Streetly, B74 3PL 01922 654864 streetlylibrary@walsalll.gov.uk

Community First Aid Courses for families at Streetly Community Library

Saturday 17th May 2025 9.30-11am and 11.15am-12.45pm



Multi-Award-Winning Provider for First Aid and Mental Health Training

Gain the knowledge and confidence to act in emergency situations

Covers unresponsive casualties breathing and not breathing, choking,
burns and scalds

First aid for adults, children and babies

Please ask at the counter to book your place

£2 per person which includes a face shield keyring with LED torch

All proceeds to the Stan Bowley Trust

Blackwood Road, Streetly, B74 3PL 01922 654864 streetlylibrary@walsalll.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



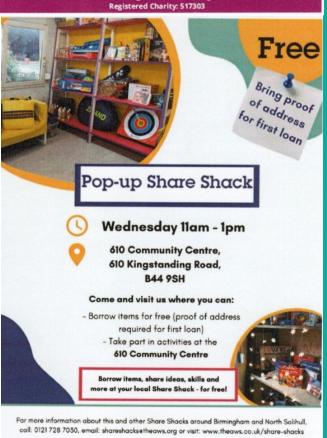
OPEN ALTERNATE TUESDAYS (from 18 April 2023) 10.15AM - 12.30PM

▼ Simbohan Cay Cancil

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

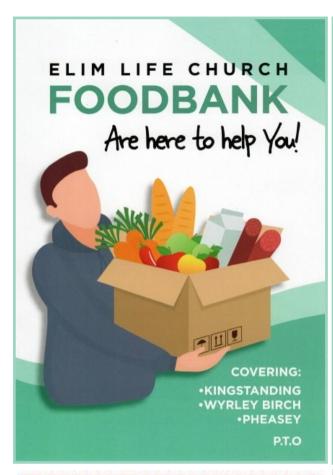
It's Free!



SPORT ENGLAND

See next page

Share Shack



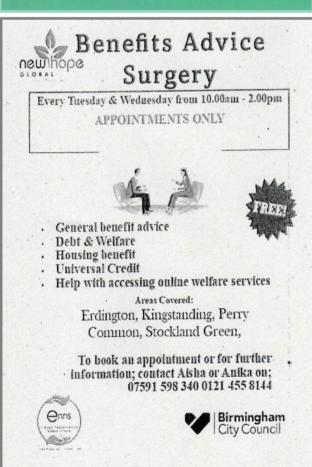


Need help with your daily housework chores?

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

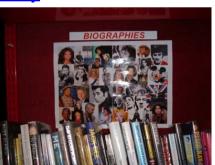
Email: mobile.library.service@birmingham.gov.uk

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

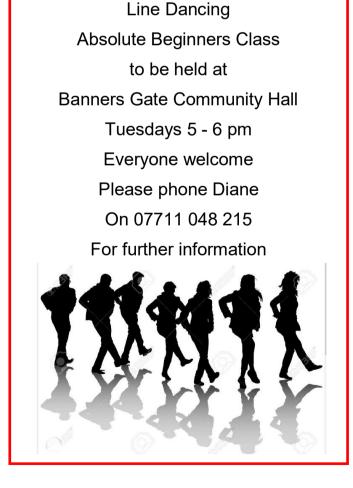


FREE first aid sessions in your local area

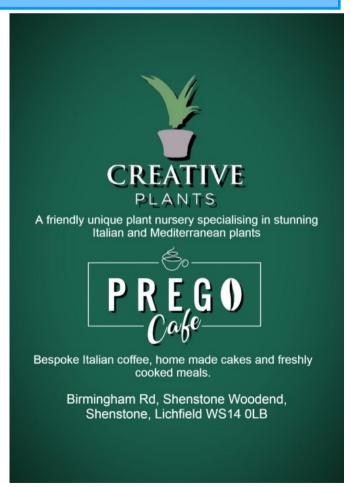
















Let your inner beauty emerge

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?

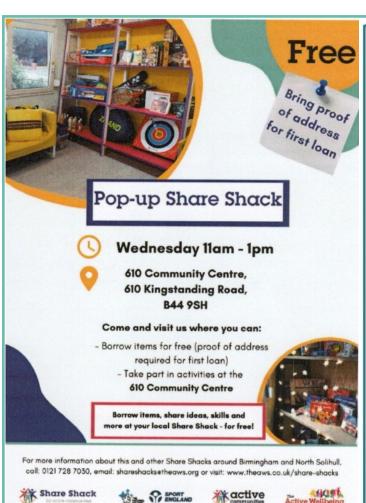
If these questions resonate with how you are feeling, Heal and Transform can offer you a number of services to help support and guide you to reach your goals.

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: healandtransform.co.um
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.





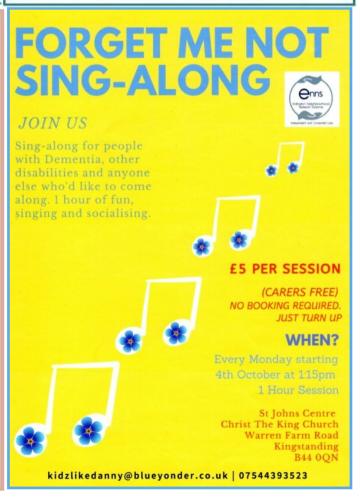
Home visiting Podiatrist



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.





DONATE

MEMBER

SHOP



In the 1980s, wild giant panda populations were dwindling; just 1,114 wild pandas remained. But thanks to decades of research and work to protect them, the charismatic giant panda – WWF's famous symbol – is a conservation icon turned conservation success.

There are now just over **1,860 giant pandas in the wild**, and in 2016, the giant panda's conservation status was downgraded from 'endangered' to 'vulnerable'. This is a big panda paw step in the right direction. You can help ensure this progress continues by becoming a panda adopter today.

PROTECT PANDAS

The Panda Protectors Of Wanglang

One of the places we're working to protect precious panda habitat is Wanglang National Nature Reserve, where trees over 400 years old still stand strong in the virgin forest. Not immune to human and environmental threats, the area is impacted by unsustainable harvesting of forest products (such as mushrooms), and overgrazing, natural disasters, and potentially natural bamboo flowering and die

We're supporting the work of rangers like Xinrui, a committed panda protector, to protect giant panda habitat.



Giant panda conservation came to Xinrui's life when he was just 14 through school talks in the early days of WWF's nature education work. A seed was planted in his heart and his passion for pandas was ignited. He's now a full-time ranger at Wanglang National Nature Reserve.

His work includes biodiversity monitoring (using methods such as camera trap monitoring, collecting fecal samples, and conducting vegetation surveys) and sharing the wonder and importance of giant pandas and their habitat with young children and local communities.

WHETHER THE WORLD IS GOOD OR NOT – IT'S ALL BASED ON OUR ACTIONS. EVERYONE IN THIS WORLD. NATURE FEEDS EVERYONE. IT'S THE BASIS OF OUR WORLD. SO, EVERYONE NEEDS TO REALISE THAT THEY CAN TAKE ACTION.

Li Xinrui, Wanglang NNR Ranger

MORE ABOUT OUR PANDA WORK



Shop

Join

Touch down: your guide to spring migration is here

Get ready to witness one of nature's wonders as migrant birds fly thousands of miles back to the UK. Chiffchaffs have already started to sing on our shores, but who's due to land next?

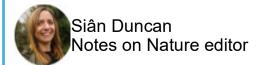
Check the arrivals board



One of the many joys of spring is seeing the first migrant birds return. From March onwards we can enjoy a steady stream of our 'old friends' flying back from their wintering grounds, returning here to nest and raise chicks.

To help you know what birds are flying in and when, take a look at our guide to spring arrivals. This month listen out for Chiffchaffs and their unmistakeable "chiff-chaff, chiff-chaff, chiff-chaff" call. Swallows, too, are likely on the move, so keep an eye out for these elegant acrobats particularly near water. Find out what more you could see this month and learn about the magic of migration!

Enjoy your week in nature.



Four sneaky text scams

For some mobile users, barely a day goes by without receiving a dodgy text. These scams, known as 'smishing', are popular tools for fraudsters and some are sneakier than others.

We've rounded up four particularly nasty examples to watch out for, including a fake emergency text and a convincing delivery text scam.

Rogue traders conned a victim out of £6,000

After contacting what appeared to be a well-reviewed local roofing company, Maureen was scammed out of £6,250 by rogue traders.

Initially Santander refused to reimburse her, but after our scams expert stepped in and investigated, the bank agreed to pay up. Find out what you need to do to recover your money if something like this happens to you.

Trending job scams to watch out for

Scammers are preying on job seekers again with appealing, but too-good-to-be-true, offers.

The latest examples we've seen have been fraudsters impersonating genuine recruitment firms to make their scams even more convincing. See what these scams look like so you can avoid falling 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.

Latest scams doing the rounds

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

The latest warnings to be aware of include a Royal Mail scam text, fake Apple ID emails and a dodgy energy-saving device. Take a look at the full list based on your reports to our Which? Scam Action Alerts Facebook community and to our scam-sharer tool.

5 tips to help older people avoid scams

Fraudsters regularly target older people in the hopes of stealing substantial savings built up over a lifetime, with older scam victims losing an average of almost £4,000 each.

We've rounded up <u>five tips to reduce scams risks for older</u> <u>people</u>, including how to deter dodgy doorstep sellers and protecting against scam callers.

What went wrong with Booking.com?

Our investigation into Booking.com found hundreds of people complaining that they'd paid for accommodation that didn't exist.

From bad reviews being hard to spot to scam listings not being removed for months, find out why.so.many.people-have-been-defrauded-on-the-site.

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.

Watch out for bogus QR codes

Quick Response (QR) codes, are those black and white patterned squares you scan with a smartphone. They have become popular methods to pay for parking or at restaurants, but they've also become a useful tool for scammers.

These nasty scams can convince you to scan a dodgy QR code to pay for parking, only to sting you with a monthly subscription trap. Find out the six checks you can make to tell if a QR code is safe to scan.

Be savvy about email scams

Email scams, also known as 'phishing' scams, often involve a fraudster sending you an email purporting to be from a well-known brand or retailer.

They could contain malicious software, or links to dodgy websites that aim to steal your financial details. If you suspect an email is a scam, don't click on any links or download any attachments – <u>our experts</u> <u>explain how to spot and report this kind of scam.</u>

Dodgy ads for driving licenses, tests and lessons

Learner drivers should be wary of scam adverts running on Facebook and Instagram that claim to offer discounted driving lessons, test slots and even full UK driving licenses that you don't need to take a test for.

Check out our latest findings and <u>learn how to spot, avoid and report</u> these scams.

Scam sharer tool

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

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

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

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

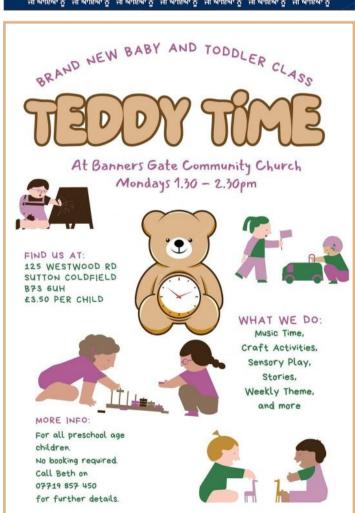
















G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers. We also have a soft play for the 0-2 years old. To find out available dates please contact us on the following:

Facebook: Gandt party-hire

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



Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes.

Grant & Natasha

Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS









TO BOOK YOUR PLACE PLEASE CONTACT







CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE!



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105 07796 546172

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

Blythe Cottage, Dexter Lane Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172





...Your tech problems solved

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





Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team ?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

Birmingham City Council

Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



developing communities, changing lives

Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding



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

www.birminghamsettlement.org.uk

Registered Charity: 517303







THE WALKING GROUP IS BACK!



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

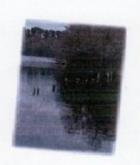
Anyone affected by Cancer is welcome.

All abilities catered for.

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

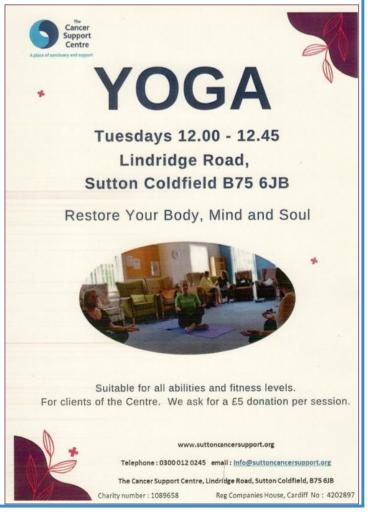




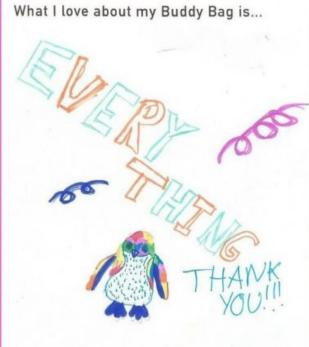


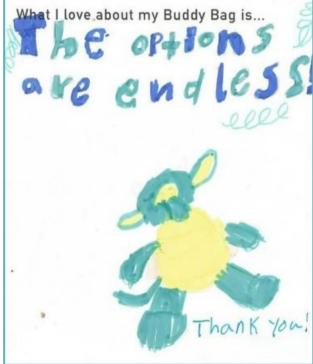














Ask your Four Oaks Financial Services Ltd adviser about our Lifestyle Financial Planning Service - we will be happy to show you how our cash flow modelling software can predict your financial future.



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

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity foundation

FT ADVISER TOP 100 FINANCIAL ADVISERS MEMBER 2021

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

Registered in England and Wales, Registered Number 4814506

Registered Address: 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 ONX.

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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

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

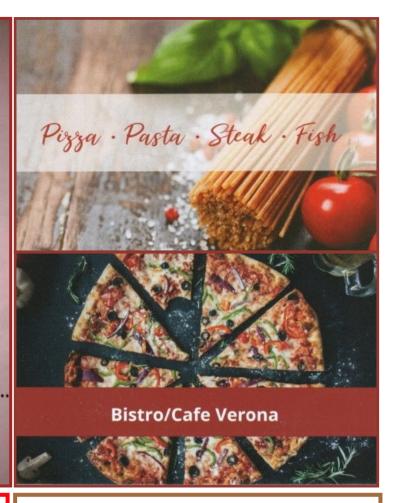
NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



SUTTON COLDFIELD JAZZ CLUB

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

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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

SCCT

Contact: Colin - 07966-745741

https:/

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

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

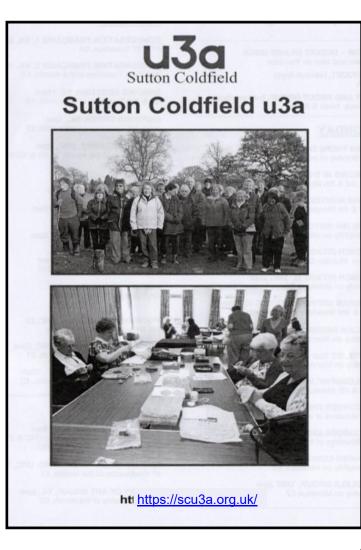


For more details, please see our Facebook Page as listed below: https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/

Or Contact: Sandra on 07932-395158









Who do you think you are?

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

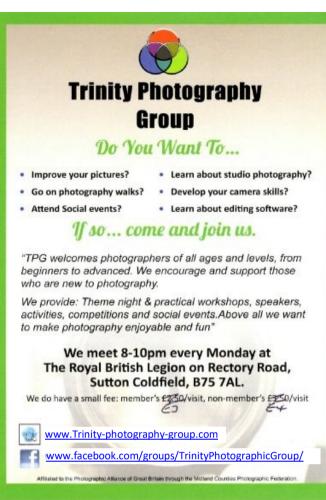
Family History can be a lonely activity and you may prefer the companionship of others on the trail of their ancestors' past. If that's the case, our U3A Genealogy Group is a great place to share tips, find help and get advice!

Why not contact:

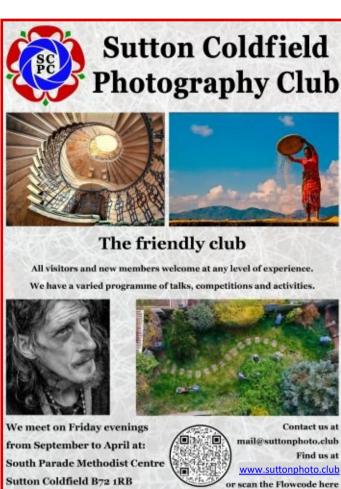
Sutton Coldfield U3A Genealogy Group

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

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





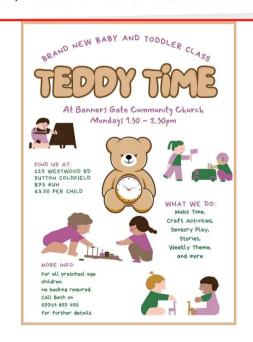


CYCLE-WITH US

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

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

Enquiries John Bedford 0121 353 5136



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www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

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

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk







STREETLY FLOWER ARRANGERS' CLUB



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

We had a workshop this month at Streetly which was very successful. We all learnt some new techniques and had lots of laughs.

Next meeting Tues 8th April - Demonstration with Sharon Badger 'A New Lease of Life '. - why not join us? We are a friendly, enthusiastic Club and visitors are always welcome.

Further details: Chris Reeves: tel. 9121 354 6264



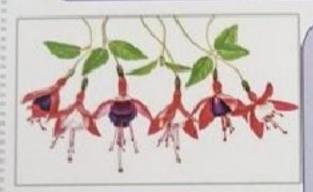




Do you love plants? Enjoy looking at gardens? Spending time with like-minded people?

Come and join us at

"The Royal Sutton Coldfield Fuchsia & Gardening Guild"



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

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

Banners Gate Community Church, Westwood Rd, B73 6UH

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

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

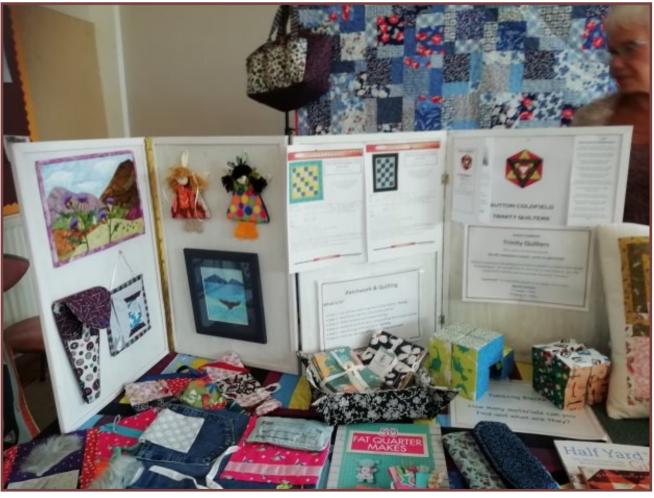
Membership includes

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





Melanie Wright

Facebook: @angelbeadsuk

Angel beads ltd , 07490133151 www.angelbeads.co.uk Instragram: angelbeadsltd



Other Support

Birmingham and Solihull Women's Aid

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

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

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

Step Change

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

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

The Active Wellbeing Society

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

listenandconnect@theaws.org www.theaws.co.uk/listen-connect

Healthy Start Vouchers

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

Central England Law Centre

Accredited immigration and asylum advice. Legal advice to access services and financial support 0121 227 6540 enquiries@centralenglandlc.org.uk

www.centralenglandlc.org.uk

Advice on immigration and support options for people facing destitution because of the precarity of their immigration status 0121 213 5893 | www.asirt.org.uk

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

e Refugee and Migrant Centre

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

About this leaflet

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

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

































Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options @@ @

My money doesn't stretch far enough

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

See option 00



I have debt

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

See option (6)

I am waiting on a benefit payment or advance

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

See options @ @



Step 2: What are some options?

Ocuncil Support Schemes

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

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

Maximise Your Income

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

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

Benefit Advance

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

6 Hardship Payment

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

money.advice@bsettlement.org.uk

www.birminghamsettlement.org.uk

(West Birmingham) Advice service on

benefits, debt and managing your money

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 6 6





Help with options: 1 2 3 4 6 6

SPITFIRE SERVICES

0121 250 0765

Advice on benefits, debt, housing and more Advice on money, benefit, housing and employment issues 0121 747 5932 | info@castlevale.org.uk www.spitfireservices.org.uk enquiries@bcabs.cabnet.org.uk www.bcabs.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

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

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

Help with options: 1 2 3 4 6 6

Help with options: 1 2 3 4 6 6

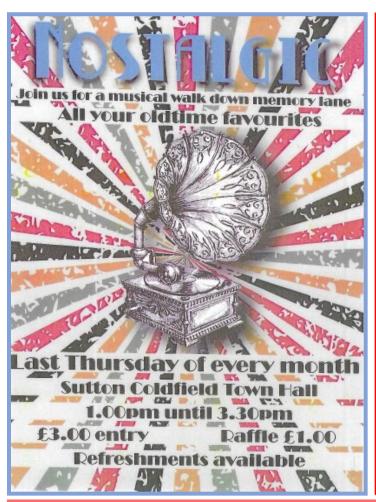






0121 227 6540





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

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

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

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

https://link.justgiving.com/v1/charity/donate/ 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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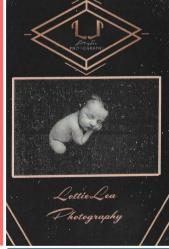


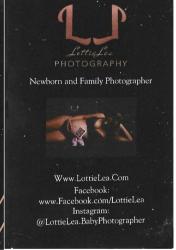
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No Rogue Traders Here works in partnership with Trading Standards to keep a list of traders across the West Midlands who have been interviewed and quality checked.

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

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Phone no. 0121 386 2639

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



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

and your family. Worth up to

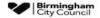
You may qualify for Healthy Start vouchers if you're at least 10 weeks pregnant or have a child under four years old. Your family must also receive one of the following:

- Income Support
- Income-based lobseeker's Allowance
- · Income-related Employment and Support Allowance
- Child Tax Credit (with a family
- · Universal Credit (witha family take-home pay of £408 or less per month).

ou 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











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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 1QV

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 194

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 B72 1PH 0121 323 4200



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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



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





Cafe Oasis

Freshly Cooked Meals Home Delivered

New menu every Friday Deliveries made on Tuesday and Friday

4 Meals £15

3 Puddings £6

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

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

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



Cafe Oasis

Monday, Tuesday, Thursday & Friday.

10.00am - 2:30pm

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

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

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







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Thick overgrown & involuted nails,
fungal nails, athletes foot,
Corns, callouses, verruca's,
Cracked heels, dry skin conditions.
Insole therapy for flat feet etc.

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- Year 12 A-level Maths
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- Edexcel/Pearson examiner
- Taking on students
- jsw7fr@hotmail.co.uk



Do you want to learn Mandarin Chinese?

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

*Private 1-to-1 classes

*Small groups (2 to 4 people)

 1 hour session
 1.5 hour session
 2 hour session

 £35
 £40
 £50

 (Under £27 per hour)
 (£25 per hour)

*Groups (5 to 10 people)

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

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

*10% for advance payment of 10 or more sessions

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

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

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

Email Luc at luchubbard@hotmail.com



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Contact Gary on 07921 132 860

or email: chong.fouroaks@gmail.com



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



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

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

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

Where:

Walsall Arboretum Visitor Centre steps

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

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

⑤ 5k your way: move against cancer I **⑥**@cancer5kYourWay

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

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

And register with parkrun to get your barcoo

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

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Tuesdays 6pm

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Rehabilitation Exercises

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Improve Flexibility & Mobility

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Improve Balance & Coordination

The Loft Pilates & Yoga Studio







Pregnancy YogaLates



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Pregnancy

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07886089473

Pregnancy YogaLates





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

Osteopathic Treatment can help with the following:

- Generalised aches and pains
- Joint Pains
- Osteoarthritis / Arthritic pain
 General, acute & chronic backache
 - Neck pain
 Frozen shoulder / Tennis elbow
 Sciatica
 - Muscle spasms
 - Neuralgia
 - Sports injuries

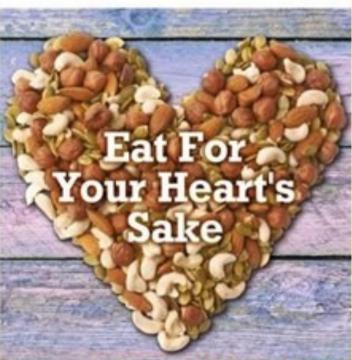
Call or email me for any questions or appointments on; 07855389528 or stephiescostoopathy@hotmail.com

The Clarence Spa, 312 Clarence Road, 874 4LT











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HANDLES / HINGES/ LETTERBOXES REPLACED





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 15th April 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' $(11.6m \times 6.4m)$

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:



0777 333 9214



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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Email: suttoncoldfield@babysensory.co.uk

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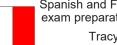
Amy Johnson (Bsc). Recommended since 2014. 206 Westwood Road B73 6UQ 0770 7006802



HOME TUITION



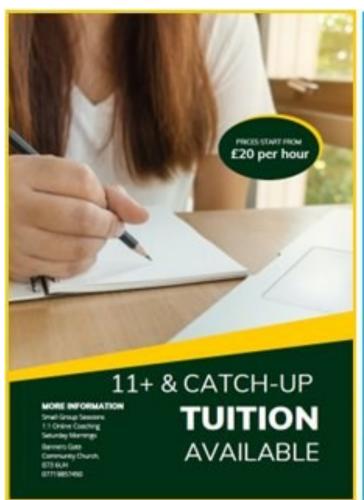
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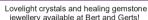
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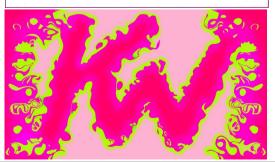








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St Columba's Church Hall

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>

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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 15th April - at 9.30 to noon, please note new times.

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

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 15th April 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

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.

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

Thurs. 17th April

Thurs. 15th May

Lichfield

The Townswomen's Guild

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

Maria Mitchell - Sicily

Lola Lamour - Lord

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 yearsTuesday

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