



**Banners Gate & Parklands
Community & Neighbourhood Forum**

191st March 2025

bannersgateneighbourhoodforum.com

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Just in case you missed it — and there is more on page 8



Shakila Kosar, waiting for the arrival of John Perks, the Lord Mayor of Sutton Coldfield, who had expressed an interest in her British Sign Language classes held at Banners Gate Community Hall. Please read on to learn a little more of Shakila's life and how it lead to where she is today.

Shakila Kosar is a confident, professional woman with a merry smile and an air of competent efficiency. She is endlessly energetic: zapping from her job in Learner Support at BAES to Solihull College where she lectures; juggling the demands of running a home and a Community Interest Company with impressive aplomb.

It seems impossible to believe that Shakila's life has ever been anything other than fortunate, but behind her lies a story of deprivation and struggle which she has survived with will power, impressive determination and resilience.

She was born into poverty: the daughter of an alcoholic in the grip of a powerful gambling addiction. Home was a single room grudgingly provided by a mean-spirited relative. By the time the family were offered their first council house, when Shakila was twelve, there were seven of them crammed into the tiny room.



Shakila and Zehn (r), Shakila's son who is partially deaf and started Shakila on her journey and Amanuel, one of Shakila's students who is now a tutor.

The new house provided much needed space, but years of anxiety had taken their toll on Shakila's mother and she suffered from crippling headaches and depression. As the eldest daughter, responsibility for looking after the younger children fell upon Shakila's shoulders. Her elder brother helped with shopping and outside chores while Shakila scrubbed clothes by hand and scraped together pitifully poor meals. Dinner was often a cup of tea and two biscuits. Hardship and hunger were constant companions; childhood was non-existent and formal qualifications, a distant dream.

Escape came at the age of twenty-four when Shakila married and moved to London. Within two years she had given birth to two beautiful children and for a time life was sweet. When their landlord suddenly increased the rent, the little family found themselves homeless. Her husband found temporary accommodation with his mum, but Shakila and her babies moved into a homeless shelter.



The Lord Mayor arrives and is seated with other students.

The shelter was tough. Shakila shared the space with drug addicts, alcoholics and ex-offenders and the discovery that her son had only 20% hearing hit Shakila hard. Determined that she would escape the horrors of poverty, Shakila took driving lessons and found a part-time job. She earned extra money by sewing clothes and saved enough money for the deposit on a house.

Her son was making progress at a school with a deaf unit, but doctors warned Shakila that his hearing would continue to deteriorate. She felt that learning British Sign Language would ease some of the little boy's loneliness. This motivation was enough to keep Shakila focussed when sign language proved tricky and tiresome.



The Lord Mayor is introduced to Zehn and Amanuel and the other students.

Her son was told that he could never learn music at college, but Shakila's stubbornness kicked in and she enrolled him into a music academy. He loved it. He then went onto university and gained a degree in Music Technology and Sound Engineering.

Meanwhile, Shakila had become a volunteer, helping people with various disabilities to learn life skills. She wanted to do more, but without qualifications, options were limited. Once again, she rolled up her sleeves. This time she learned English and Maths and passed her teaching qualification. By this point, there were four children, so Shakila combined studying with running a home. She started to learn British Sign Language. She was so passionate about the language and the deaf culture. She found it very upsetting when she saw deaf people paying for their language, which she felt should be free.



Now it is time to learn and where to start.?

Having found it impossible to find free BSL classes, Shakila decided to set up a company offering just that. The first few years were a struggle. She had no funding to run the classes. It was costing her a great deal, she was in 3 jobs to keep the classes going. She did not give up, the drive she had to help the community to engage with the deaf was unbelievable. She had broken the barriers between the two communities. Deaf people in her classes felt happy and engaged with the hearing. They did not feel so isolated anymore. They felt a sense of inclusion. These classes are now hugely successful and Shakila is surrounded by enthusiastic and grateful learners both deaf and hearing.

Looking back on her journey, Shakila recalls, "I never gave up. Every time I got knocked down I got back up and I kept going until I got where I wanted to be".



...but where to begin - the alphabet.



The other students join the Lord Mayor.



The Banners Gate Community Hall at Reay Nadin Drive, Sutton Coldfield. B73 6UR. Shakila holds many classes in the hall and can be reached on 07825 255 042 or bslsilver2022@gmail.com.



Hi Tony thought I would share these with you. The Mayor of Solihull, Councillor Shahin Ashraf MBE, came to visit me in college.



The Mayor showed a huge interesting in British Sign Language and loved every minute of it. When she finishes at the end of her session, she has invited the class and myself to an afternoon tea at her chambers.



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Sutton Coldfield Sea Cadets & Royal Marines Cadets

Volunteers needed!

"I have been in cadets for 20 years, everything from a cadet to a volunteer. All the opportunities and life lessons I have gained from being a member of Sutton Coldfield have really helped me in my career. I now enjoy passing on what I have learnt to the new generation of cadets."

Sea Cadet
Adult
Volunteer,
aged 30



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



HOMECARING ANGELS



Providing Affordable
Compassionate Care in Your Home
Area's we cover

Walsall | Wolverhampton | Sutton Coldfield | Great Barr |
Birmingham

Our Services:

- Dementia & Alzheimer's care
- Shopping Assistance
- Companionship
- Personal Care
- Live-In Care
- Day and Night Sits
- Medication Support
- Shopping Support
- Incontinence Support



Why Choose Us?

At Homecaring Angels, we are committed to delivering high-quality, person-centered care tailored to your needs. Our professional and compassionate caregivers ensure love, dignity, respect, and independence for all our clients.

Contact Us Today!

Office: 01922 351351

Mobile: 07429081222

Email: homecaringangels@outlook.com

Website: www.homecaringangels.co.uk



HOMECARING ANGELS

Tracy.
I use Angels for my Dad's care at home. We have 4 calls a day and Amreen the primary carer is amazing. She is so caring, helpful and my dad adores her. Nothing is too much trouble, she handles my dad's dementia issues and take a big weight off our family. Me and my sister would not cope without her. I can not recommend their service enough.



John

I have been with Homecaring Angels for 7 months and I highly recommend them. The carer's are absolutely brilliant. No tasks too big. You are treated like a family member. The office staff support you fully with all your care requirements. 5 stars all the way!!

Michael.
I highly recommend Homecaring Angels. They have been excellent in the care service they have provided, they look after me as if I am a family member, no task is too big and they will do anything for me all I have to do is just ask.



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

Please Bring Donations to:

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



Urgent!
Food Donations Needed!
Now!

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.



Love cooking? Enjoy hosting?

Want to meet new people?

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



Volunteer with FoodCycle!

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

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




“Everyone is very friendly and I’ve met loads of new people. I love the flexibility that FoodCycle offers. There’s no regular commitment, so it fits around my schedule.”

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

 **Connect with your community**

 **Meet like-minded people**

 **Gain new skills**

Scan me to find your nearest location and sign up!



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

foodcycle.org.uk/volunteer/
Registered Charity Number 1134423


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

SUTTON COLDFIELD



TUNELESS CHOIR

singing like no one is listening



Tuneless choirs are for those who LOVE singing but just can't do it in tune!



No pressure to hit the right notes, no expectations and no judgement - its all about fun, participation and enjoyment!

We sing every Tuesday from 7.30 to 9pm during school term time at the United Reformed Church, Brassington Avenue, Sutton Coldfield B73 6AA (Sutton town centre)

Free Taster Session



No need to book, just turn up any Tuesday we sing. Thereafter, it's £9 'pay-as-you-go' whenever you want to sing or book a half-term in advance, equivalent to £7 per session. Refreshments included.



Contact:

Lisa Martin on 07969 436059

E: suttoncoldfield@tunelesschoir.com

W: www.tunelesschoir.com

SUTTON COLDFIELD TUNELESS CHOIR



singing like no one is listening

What our members say



"A truly 'feelgood' evening no matter how badly I sing"

"It's great fun and is a brilliant stress reliever - sing your worries away!"



"Great place to meet/make friends"

"Tuneless Tuesdays are a real confidence booster; they refresh, re-energise & I feel great!"

"Never fails to put a smile on my face and raise my spirits"

"Been told you can't sing? Then this is absolutely the place for you!"

"It's fab that we focus on the joy of singing, not the technical vocal stuff!"



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 through our website.



SQUARE PEG Activities
WHERE CHANGE BEGINS
Registered Charity Number 1185040

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

ExtraCare
Charitable Trust

New Oscott Village

SPRING Fayre

Saturday 29th March
10am-2pm

Market & Craft Stalls, games, food, refreshments, Children's entertainment, Balloon modelling, Punch & Judy & lots of fun

New Oscott Retirement Village
25 Fossey Drive B23 5LD

If you would like a stall at the fayre please email wendy.sweatman@extracare.org.uk



What people say...

“

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

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

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

”

Get in touch

If you...

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

...we'd love to hear from you!

Please contact:

Read Easy Birmingham North,
Tamworth & Lichfield

Referral Networker

T: 07590 829795

E: bntlnetworker@readeasy.org.uk

Visit us online:

readeasy.org.uk

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



Read Easy

Helping adults learn to read



Do you know someone who struggles to read?

Read Easy provides free and confidential one-to-one reading coaching for adults.

It's friendly, flexible and fun!



What we do

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

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

*Skills for Life Survey, 2011 (Dept. BIS)

Getting started is easy!

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

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

Who can learn?

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

Who can volunteer to help?

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

What books will we use?

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

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

* Published by Shannon Trust



Where do we meet?

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

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

How long will it take?

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

Certificates are presented at intervals to recognise progress.

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



Foot Health Care Clinic - Streetly
07379 119 365
Marie Bourgeois RFHP MCFH
Inside Francesco Hair Salon, 4 Burnett Road, B74 3EJ

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

- Qualified - Registered - Insured - DBS Checked

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



DANCE ARGENTINE TANGO

Every
Thursday 7.30-8.30pm
from 12th September



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

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

with

Franco & Julia

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



Contact: Julia 0779 008 4218

YOGA CLASS

One hour of stretching and relaxation for your body & mind

Banners Gate Community Centre

saturday 10.15 - 11.15

Book Now

Email

classeswithgem@outlook.com

PILATES CLASS

By Boutique Fitness and Wellbeing

Thursdays 10:15 am - 11:15 am

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

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

£7 per session

Contact Madge Reynolds for further details



07305330324



boutiquefitness66@gmail.com



2024 SINGING Course

Every Monday in September starting from the 9th
7:45pm - 9:00pm

Friends and family show 7th October

Sing yourself happy

Join the exciting singing course by Second City Sound in September 2024 for just £10!

Experience the joy of Acappella singing with a friendly and supportive chorus of women. Once you've mastered the song, you'll get to perform for family and friends.

Our group of musical artists want you!!!

Beacon Church, Collingwood Drive, Great Barr, Birmingham, B43 7JL



Elaine - 0121 384 4729



members@secondcitysound.org.uk



Fun Fitness With Aggy

Starts
9th Sept
2024

Chair Exercise Class

For older adults and those less able to stand

Mondays at 12:00

St Columba's Church Hall, Banners Gate Road B73 6TX

Free Parking. Wheelchair friendly.

£5 per person per class. Accompanying carers free.

Advance booking welcome but not required.



Fully qualified & insured instructor. CIMSPA accredited

Aggy Lewis funfitnesswithaggy@gmail.com m

for more info

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: 5)

See options 1 2 3 6

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 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Step 2: What are some options?

1 Council Support Schemes

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

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

2 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.

3 Debt Advice

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

BIRMINGHAM SETTLEMENT

(West Birmingham) Advice service on benefits, debt and managing your money
0121 250 0765
money.advice@bsettlement.org.uk
www.birminghamsettlement.org.uk

Help with options: 1 2 3 4 5 6

CITIZENS ADVICE BIRMINGHAM

Advice on benefits, debt, housing and more
0344 477 1010
enquiries@bcabs.cabnet.org.uk
www.bcabs.org.uk

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

THE PROJECT

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

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support
0121 227 6540
enquiries@centralenglandlc.org.uk
www.centralenglandlc.org.uk

Help with options: 6

Other Support

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

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

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

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

Turn2Us
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

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

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

The Refugee and Migrant Centre
Advice on immigration, housing & destitution, welfare & health, employment & education, resettlement and citizenship
0121 374 0140 | info@bham@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



4 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).

5 Hardship Payment

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

6 Challenge a Decision

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

Confidential advice

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

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

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 4 6

Other Support

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

Local Energy Advice Partnership (LEAP)
Energy and money saving service
0800 060 7567 | support@applyforleap.org.uk
www.applyforleap.org.uk

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

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



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 our website: www.scurc.org.uk

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

Read about how you can use [SignVideo BSL interpreting service for deaf people](#) to contact Birmingham City Council.

Contact Birmingham City Council using [SignVideo BSL interpreting service for deaf people](#)

Next Generation Text

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

Dial 18001 before the full national phone number.

Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

Age Concern	0121 362 3650	
Information, advice, support, day care, community hubs & cafes https://ageconcernbirmingham.org.uk/	info@ageconcernbirmingham.org.uk	
Age UK	0121 437 0033	
Information, advice, support, memory café, Carers Hub, local and national guides www.ageuk.org.uk/birmingham/	contactus@ageukbirmingham.org.uk	
Admiral Nurse Service	0121 301 5830	
Information advice & support in caring or supporting a person with dementia, groups, talks https://www.bsmhft.nhs.uk/our-services/services-a-to-z/	bsmhft.admiralnursingservice@nhs.net	
Alzheimer's Society/Dementia Connect	0333 150 3456	
Information, advice, literature on all aspects of caring, Cafes, Carer Support, Singing for the Brain www.alzheimers.org.uk	dementiasupport@alzheimers.org.uk	
BSMHFT Customer Relations/PALS	0800 953 0045 Text: 07985 883509	
Advice, support, information on NHS and social services, put you in touch with other sources of help https://www.bsmhft.nhs.uk/service-users-and-carers/customer-relations/pals/	bsmhft.customerrelations@nhs.net	
Birmingham Healthy Minds	0121 301 2525	
Free psychological therapies service for people who are feeling anxious, low in mood or depressed http://www.bsmhft.nhs.uk/our-services/birmingham-healthy-minds/	bsmhft.bhm@nhs.net	
Citizen's Advice Bureau (Birmingham)	08082787990 (local) or 0800 144 8848 Free, independent, confidential & impartial advice on rights, responsibilities, benefits https://www.bcabs.org.uk/	enquiries@bcabs.cabnet.org.uk
Birmingham Carers HUB (ran by Forward Carers)	0333 006 9711	
Support, info, advice, financial/welfare benefit advice, carers assessments, groups, befriending https://birminghamcarershut.org.uk/about-us/	info@birminghamcarershut.org.uk	
Birmingham Irish Association	0121 604 6111	
www.birminghamirish.org.uk/	http://www.birminghamirish.org.uk/contact-us	
CERS (Carer Emergency Response Service)	0121 442 2960 Free emergency back up service to provide support to carers	
https://birminghamcarershut.org.uk/carers-support/back-up-emergency-care/	info@cers.org.uk	
Mental Health: Urgent Help	0121 262 3555 or 0800 915 9292	
24 hour 7 days a week advise, information & support whether you have used services before or not https://www.bsmhft.nhs.uk/service-users-and-carers/how-to-get-urgent-mental-health-help/		
Samaritans (also have local branch)	116 123 (free to call)	
Offer safe place for you to talk any time you like, in your own way about whatever's getting to you http://www.samaritans.org/	jo@samaritans.org	
Social Care and Health	0121 303 1234	
Social care, community services, day care, respite, long term care, occupational therapy, safeguarding https://www.birmingham.gov.uk/health-social-care	acap@birmingham.gov.uk	
Social care, education, family services, info, advice: www.mycareinbirmingham.co.uk		
The Waiting Room	https://the-waitingroom.org/	
https://the-waitingroom.org/contact/ Information about health and social care	https://the-waitingroom.org/	

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

Alzheimer's Research Trust 5555 Research into dementia, information about dementia http://www.alzheimersresearchuk.org enquiries@alzheimersresearchuk.org	0300 111
Dementia Explained Info for children about dementia https://kids.alzheimersresearchuk.org/	
CQC: (Care Quality Commission) Inspection reports, search for care & care homes, concerns about care services/providers http://www.cqc.org.uk/ enquiries@cqc.org.uk	03000 616161
Carers UK Help, advise and support for Carers https://www.carersuk.org/	
Dementia UK (Admiral Nurses) & Sun 9 am – 5 pm, Bank holidays 9 am – 5 pm except 25 Dec Support for families facing dementia, information about dementia, caring, information guides https://www.dementiauk.org/ help-line@dementiauk.org	0800 888 6678 Admiral Nurse Helpline Open Mon – Fri 9 am – 9pm, Sat
Dementia Carers Count/Virtual Carers Centre https://dementiacarers.org.uk/ Free online Resources/Courses https://dementiacarers.org.uk/vcc/	https://
Safe and Well Visit (West Midlands Fire Service) Free home fire/safety check, tips, advise on reducing risks carried out by operational fire fighters https://www.wmfs.net/our-services/safe-and-well/ homesafetycentre@wmfs.net	0800 389 5525
Independent Age topics for over older people https://www.independentage.org/ advice@independentage.org	0800 319 6789 (free helpline) Advise, support, information guides around variety of
MIND (Birmingham) Mental Health information/advise, support Mental Health & Wellbeing Hubs https://birminghammind.org/ help@birminghammind.org	0121 262 3555
NHS 111 service people get the right advice and treatment when they urgently need it https://www.england.nhs.uk/ourwork/pe/nhs-111/	111 (free from landlines and mobiles) Helps
Healthcare at Home 0591 Eye and Hearing Tests at Home https://www.outsideclinic.co.uk/ info@outsideclinic.com	0808 239
<i>Please note other local & high street retailers may also provide these services so please check this and any cost first</i>	
The Silverline (Run by Age UK) groups, resources, friendship, conversation and support to those over 55 https://www.thesilverline.org.uk/ info@thesilverline.org.uk	0800 4 70 80 90 (24 hours a day) Confidential helpline,
Turn2us – benefits calculator, charitable grants & support	https://www.turn2us.org.uk

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

Grace Cares is a not-for-profit organisation

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

We collect, donate and sell pre-loved care equipment to enhance people's quality of life, support care workers and older people in need with grants and community groups and leave a better planet for future generations.

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



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



EXPECTING A BABY TOGETHER?

Helping couples prepare for the birth
of their baby



Family Foundations will help you:

- Prepare yourself, and your relationship for the birth of your baby
- Manage stress and handle difficult situations parenthood can bring
- Improve communication with your partner and resolve conflict
- Learn new skills and techniques to strengthen your relationship
- Understand the important role each parent plays in their child's life

Course details

Date: Prenatal Session- 16th April

Time: 9:15am-2:45pm

venue: Our Place Support, Farthing Ln, The
Royal Town of Sutton Coldfield, B72 1RN

Registration: Scan the QR code or Call centre
on 0121 354 4080





Sutton Coldfield District Children's Centres

Activity Calendar

13th January 2025 - 10th February 2025

Nothing makes children happier than having someone to play with.

Children learn so much through play,
we are helping their minds grow and develop when we take the time to play with them.

Sutton Coldfield Children's Centres

Activity Calendar

Monday

Check out the Startwell website for information on healthy eating and the importance of physical movement.

www.startwellbirmingham.co.uk



Health Visitor Hub

If you would like to speak to a Health Visitor please call them on: -
0121 683 2330

Tuesday

Duty

There is a worker on duty daily to help with any queries or support you and your family may need. All you need to do is call us on:

0121 752 1860

This is for any families with children aged 0-19 or 25 with SEND.

Little Talkers
1.15-2.15pm
(Referral Only)
Holland House CC



Wednesday

Play and Learn 0-5yrs

9:45am - 11:15am
at **Emmanuel Church**



EEE Advice

Are you aware you could be eligible for free 15 hours nursery place for 2, 3 and 4 year olds?

For more information call your local Children's Centre

Thursday

KIDS Family Group **(via referral to Kids** **West Midlands)**

9:30am - 11:30am
Holland House CC

Stepping Stones

1.15pm-2.15pm
(Referral Only)
at **Holland House CC**



Friday

Preparing for **Parenthood**

9.30-3.30pm
Holland House CC



Healthy Start

Pick up your FREE Healthy Start vitamins from any children's centre—please remember to bring your child's RED book



Sutton Coldfield Children's Centres





in association with
Spurgeons

Where can you find us?



Sutton Coldfield Family Hub at Holland House Children Centre

Holland Road, B72 1RE
Telephone: 0121 752 1860

**We are open Mon–Fri
8.30am - 4.30pm**



Emmanuel Church

Corner of Little Green Lane
and
Birmingham Road, B72 1YG
*Parking available on car park
opposite.*

Stepping Stones

Stay and play session for
children with additional needs
diagnosed or undiagnosed.

Footsteps

Set of 5 SEND parent/carer
workshops offering an insight
into a wide range of topics
(Referral only)

Preparing for Parenthood

Free antenatal session for
expectant families

Little Talkers

6-8 week programme to
support children over two who
may need support with speech
and language who do not at-
tend nursery.

KID's Family Group

Supportive session for children
with SEND and their families.
Offering tailored support for
professionals from KID's West
Midlands

Other activities and services available at our centres



- **1:1 Family Support:**
Do you need some advice and
support? Drop in to
see one of our
Family Support Workers be-
tween 8:30am - 4:30pm
- **Infant feeding support**
- **Bookstart**
- **Wellcomm screening**
- **Home safety assessments**
- **Domestic Abuse Support**



Sutton Coldfield Children's Centres



amy.millichope@birmingham.gov.uk

theWI
INSPIRING WOMEN



thewi



womensinstitute



womensinstitute



**Want To Make New Friends, Learn New Skills And
Be Part Of An Inspirational Organisation**

**We Are Opening a New
WI Group in Boldmere**

Come and Find Out More

First Wednesday of Every Month

7 -9pm

Newman Community Centre

13A Boldmere Road

Sutton Coldfield

B73 5UY

**For More Information Email;
cathmarsh73@icloud.com**

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

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

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

<https://bosf.org.uk/>

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

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

Everyone found the tour of Wylde Green

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

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



CARER'S ASSESSMENT & WELLBEING PAYMENT

A Carer's Assessment is for anyone 18 or over who is looking after another adult due to disability, illness, frailty or addiction and cannot cope without support. We'll look at how your caring role impacts on your physical, mental and emotional wellbeing, as well as what support may assist you.

As part of your Carer's Assessment, we'll encourage you to think about:

- Strengths and resources you have and how these can be best used
- What support would improve your wellbeing
- How a one-off Wellbeing Payment could make a real difference to you.

We can advise you on welfare entitlements, training, support groups and other services available locally. To complete your Carer's Assessment, we'll need check the following:

- Proof of ID and address
- Details about the care you provide
- That you care for a Birmingham resident

0333 006 9711

info@birminghamcarershushub.org.uk

Looking for a sitting or befriending service so you can get a short break from caring?



Caring For Carers

We've created 'Caring For Carers' for you to find a local personal sitting service to take care of your loved one for a short while.

caringforcarers.org.uk



Birmingham Carers Hub is a service run by Forward Carers. Forward Carers is an award-winning social enterprise that prides itself on making a real difference to carers. We work in partnership with other locally based not-for-profits and businesses to make communities 'Carer Friendly'.

For more information about who we are, what we do and the difference we make, check out:

forwardcarers.org.uk

Forward Carers is funded to operate Birmingham Carers Hub



CARING FOR A FAMILY MEMBER OR FRIEND?

If you help or support someone due to a disability, serious illness, frailty or addiction, **we're here to help.**



0333 006 9711

birminghamcarershushub.org.uk

Carers Hub :

"Caring for a family member or friend?"

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

What do we do?

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

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

Continued on next page...

...continued from last page

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

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

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

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

Additionally the website has:

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

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

Whether the person that you support is waiting for a dementia diagnosis, just received a diagnosis or they have been living with dementia for years, we are here to support you.

Birmingham Carers Hub partners, Age Concern Birmingham, Age UK Birmingham and Dementia Carers Count form the Dementia Carers Hub, offering specialist advice and information, support groups, dementia awareness sessions and online resources. Benefit from the combined expertise of their dedicated health professionals, trained advisors and welcoming group leads to guide and support you throughout your caring journey.



Forward Carers is funded and commissioned to manage Birmingham Carers Hub.

0333 006 9711

dementiacarers@birminghamcarershub.org.uk

birminghamcarershub.org.uk

Herbert Protocol Form

Complete the Herbert Protocol form and keep it in a safe place in case the police need it if the person living with dementia does go missing.



Dates & Times

Your Nearest Support Group is:

The next Carer Awareness Session is:

The next Dementia Carer Drop-in is:

Speak to our Dementia Carer Advisors on 0333 006 9711 or email dementiacarers@birminghamcarershub.org.uk

To find out about your local Dementia Carers Hub support group call 0121 437 0033 or email dementiacarers@birminghamcarershub.org.uk

Visit our website birminghamcarershub.org.uk



SUPPORT FOR DEMENTIA CARERS IN BIRMINGHAM

If you help someone living with dementia, we're here to help.



AGE concern Birmingham

Birmingham ageUK

DEMENTIA CARERS COUNT

Dementia Carers Hub:

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

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

You will benefit from:

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

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

Friends First

Safe local spaces to make new friends

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

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



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

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

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



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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

Befriending Service

Safe local spaces to make new friends

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

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



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

New friendship group:

Perry Beeches Baptist Church
Beeches Rd, Great Barr B42 2HF
Every Thursday starting 5th September
10am - 12pm

Ask for Claire on 0121 362 3650 or call 0121 360 7388 for info

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

AGEconcern
Birmingham

Birmingham
City Council

SUTTON COLDFIELD
NEIGHBOURHOOD
NETWORK SCHEME

Friends First

Safe local spaces to make new friends

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

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



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

New friendship group for over 50s:

Hargreave Community Lounge, Hargreave Close
Walmley. B76 1GR

Every Wednesday 11am to 12:30pm

Tea and coffee provided

Call Julia on 07985270599 for information

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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

2024



Christmas at Holy Trinity

FREE ADMISSION

Carols by Candlelight

Sunday 22nd December
at 6.30pm

A beautiful candlelit carol service with many well-known carols and readings, with Holy Trinity Parish Church Choir. The service is followed by complimentary mulled wine and mince pies in the Trinity Centre.



Other Advent and Christmas Services

ALL FREE
ADMISSION

Christingle

Sunday 1st December
at 4pm

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

Toy Service

Sunday 8th December at 10am

Bring new toys for children of all ages which will be donated to Action for Children for distribution to children who might otherwise not receive a Christmas present.

Crib Service

Tuesday 24th December at 3.30pm

Our ever-popular service for the whole family, where little ones get the chance to help us tell the story of the nativity in an informal way.



Midnight Eucharist

Tuesday 24th December
at 11.30pm

Starting before midnight, we celebrate the arrival of the baby Jesus at Christmas with a service of Holy Communion.

Christmas Day Eucharist

Wednesday 25th December
at 10am

Join us for Holy Communion as we celebrate the joyful arrival of Jesus on Christmas Day!

DIGNITY
delighted to sponsor

Friends of Holy Trinity Parish Church



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

Holy Trinity Parish Church is our closest place of worship and we are delighted to sponsor the fundraising events of Friends for the twelfth successive year.

Our funeral home features a beautiful interior and our friendly staff are available at all times to provide help and support to all the families we serve.

A Hazel & Sons Funeral Directors

43 Birmingham Road, Sutton Coldfield B72 1JF
0121 354 2145

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

DIGNITY

dignityfunerals.co.uk/local
Should be a Dignity Funeral Director, providing exceptional services to families across the UK.

CONTACT US

Friends of Holy Trinity Parish Church,
Church Hill, Mill Street,
Royal Sutton Coldfield, B72 1TF.

Tel: 0121 321 1144

Email: friends@htsc.org.uk
htsc.org.uk

Patron: Rt Hon Andrew Mitchell MP
Holy Trinity Parish Church is a
Registered Charity - No. 1133764.

BECOME A FRIEND

Support Holy Trinity Parish Church,
Royal Sutton Coldfield and keep
up-to-date with the latest news, with an
individual, family or lifetime subscription.
Contact us for more details.



HolyTrinityChurch6C

@HolyTrin

HOLY TRINITY PARISH CHURCH
ROYAL SUTTON COLDFIELD

CONCERTS AND EVENTS 2024-2025



htsc.org.uk

FRIENDS OF HOLY TRINITY
PARISH CHURCH, SUTTON COLDFIELD

Welcome

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

TICKETS FOR
ALL CONCERTS:

ADULT
£20

UNDER 18
£5

FAMILY
£45

Family tickets include up to
2 adults and 3 under 18s.

EARLY BIRD

SPECIAL OFFER

Purchase on or
before the 12th
October 2024 and
enjoy all 6 ticketed
events for the
price of 5.

The CBSO's Symphonic Six | BMOS Musical Theatre
Company | The Black Country Beatles | Lichfield Cathedral
Choir | Our Atlantic Roots | English Trombone Consort

ADULT £100 UNDER 18 £25 FAMILY £225

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

OCTOBER 2024

The CBSO's Symphonic Six

Saturday 12th October 2024
at 7.30pm

The CBSO's Symphonic Six presents an evening of live music entitled "From Classics to Jazz" featuring music by Jazz legends John Kirby, Raymond Scott, Duke Ellington and Benny Goodman and based on classics by Chopin, Beethoven, Schubert, Greig, Mozart and many more.

Sit back and relax while this fabulous six-piece band perform a selection of well known classics that have been given a jazz twist by musicians who took their inspiration from the classical masters.



NOVEMBER 2024

BMOS Musical Theatre Company

Saturday 23rd November 2024 at 7.30pm

BMOS Musical Theatre Company presents "Broadway Classics" - a thrilling evening of your favourite songs from classic shows from Broadway and London's West End.

Founded in 1886, BMOS has entertained tens of thousands of Midlandsers during its 138 year history and enjoys a headline show at Birmingham's New Alexandra Theatre every year - "Charlie and the Chocolate Factory" being their latest triumph in June 2024.

FEBRUARY 2025

The Black Country Beatles

Saturday 8th February 2025
at 7.30pm

Beatles tribute band The Black Country Beatles was started by Andy Harper, who plays the role of George Harrison, back in mid-2016.

The band play a wide range of the Fab Four's classics and have become a firm staple of the Midlands live scene with a solid following in the Black Country and beyond. You can look forward to hearing your favourite 1962 to 1970 hits performed by The Black Country Beatles' take on Paul, John, George and Ringo!



MARCH 2025

Lichfield Cathedral Choir

Saturday 29th March 2025
at 7.30pm

Directed by Ben Lamb and accompanied by Martyn Rawles, Lichfield Cathedral Choir presents a programme that explores the riches of the Anglican repertoire.

The Cathedral Choir can be traced back as far as 1315; they offer places for Choristers aged 7-13, Choral Scholars aged 16-18 as well as adult Lay Vicars and sing for seven choral services each week.



MAY 2025

Our Atlantic Roots

Saturday 10th May 2025 at 7.30pm

Cornwall based duo, Our Atlantic Roots (Mac and Laura Johnston) bring an uplifting blend of American & British alt-folk, with harmonies that are rich, dynamic and unite beautifully. Mac's guitar playing is full of character and accompanies lyrics that are both poetic and direct, hopeful, and authentic.

Mac and Laura merge genres from their country and folk roots. With over 4 million streams and hundreds of live shows under their belts, as well as on BBC TV and BBC Introducing, 'Our Atlantic Roots' is an emerging act to watch.



JUNE 2025

English Trombone Consort

Saturday 14th June 2025 at 7.30pm

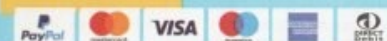
The English Trombone Consort presents 'Baroque to Boogie Woogie'. The consort was formed in January 2014 by four professional trombone players from the Midlands. Between them they have well over 100 years of professional performing experience, both in the UK and abroad, as soloists, orchestral players, and with various chamber ensembles.



The vast and diverse performing experiences of each of the four players brings together a mature and stylistic approach to the ensemble's diverse repertoire.

BOOK TICKETS

Visit htsc.org.uk
or call 0121 321 1144





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

Alan Ledger

MEET THE PHOTOGRAPHER

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

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

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

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

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

ALAN'S BIOGRAPHY

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

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

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

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

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

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



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

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

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

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

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



Hi all,

It's nice for a change not to have to travel very far from home to see steam in action which is the case near Tamworth Staffordshire. Here we are at the Statfold Farm Railway in the late afternoon winter sunshine as two

0-4-0 narrow gauge tank engines Marchlin and Ogwen head back to the terminus at Statfold Farm with a nice train of wooden coaches. It's always worthwhile to see the steam gala here as there will be 12 or 13 engines at work taking people around the circuit out in the countryside. You can go mad on one of these days taking dozens of photographs, always a great day out. Give it a try.

Sunday 17th March 2024.

Regards Ledg.



Hi all,

Christmas is fast approaching once again which means the return of the Polar Express running between Birmingham Moor Street station and well Lapland! (Dorridge) After the snow last week two glorious days followed with bright winters light and blue sky. Then Saturday arrives with rain thick dark overcast clouds and high winds on the first day of the service. Marvellous.

So, I ventured out much to the amazement of everyone to take this photograph traveling by train into town then bus out to Tyseley with just 5 minutes to spare before it came through. So, Tyseley's Castle 7029 "Clun Castle" has charge of the 13.30 from Dorridge here and is cracking on along the down main with the road (clear signals) through the crossover onto the down slow at Tyseley north junction at about 50mph, the junction speed.

The line to the right goes off to Stratford Upon Avon over the north Warwick via Shirley and Henley in Arden.

Maybe try again next weekend if the weather is more kind. There's a slight blur on the front of the engine due to very poor light.

Saturday 23rd November 2024.

Regards,

Ledg.

www.scrs.club

SUTTON COLDFIELD

RAILWAY SOCIETY



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

Free Parking & Full Disabled Access
Wednesday evenings at 7.30pm for 7.45pm
until 9.30pm



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

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



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

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

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



Opposite CEX on the corner.



CHOCOLATE WORKSHOPS

On the corner opposite CEX in The Parade

BIRTHDAY PARTIES
SCHOOLS
CORPORATE
TEAM BUILDING
CLUBS



PROSECCO NIGHTS
HEN/STAG
BABY SHOWERS
SOCIAL
AND MORE

MILITARYCHEF.CO.UK

VETERAN OWNED AND OPERATED



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

Love For Babies

Fun Interactive Baby & Toddler Sessions

Baby Massage - Baby Yoga - Baby Signing
Baby Spa - Pre School Role Play Sessions

Baby Sessions:
Tuesdays & Thursdays
Beacon Church
Pheasey

Role Play Sessions:
Wednesdays
St Columba's Church
Banners Gate

Contact us for more information or to
book your space



Contact:

07940547492
becky@loveforbabies.co.uk
Love for babies f
www.loveforbabies.co.uk



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

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

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

Trio Of Love 4 Week Course

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

Baby Massage & Spa 5 Week Course

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



Love To Spa

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

Love To Play

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



Here is a new class starting at St. Columba's Church. For details please call 07940547492 or go to
www.loveforbabies.co.uk or email becky@loveforbabies.co.uk



Boldmere Ballet School and Sutton Stage School

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

Pre-School Ballet and Dance - 4pm Fridays

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

Royal Academy Classical Ballet - Ages 4+
Weekdays

Acrobatic Dance - Ages 5+ Fridays

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

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

EXAMS - FESTIVALS - SHOWS

07932 065 949 jane@theatredance.co.uk
www.theatredance.co.uk



Let Bridgewater Photography capture your special moments

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

Bridgewater Photography service covers:

- Products
- Marketing Photography
- Business Events
- Special Occasions
- Engagement Photo-shoots
- Weddings
- Family Photo-shoots
- Portraits
- Maternity, Newborn and Baby Photo-shoots

BRIDGEWATER
PHOTOGRAPHY

Call Donna on 079 1321 3299

Customer comments:

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

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

www.facebook.com/BridgewaterPhotographyUK

www.bridgewater-photography.com



Are you pregnant or have children under the age of 4?

You could get help to buy:

Plain cow's milk


Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

  @NHSHealthyStart

What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Infant formula

✓ It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you collect them.

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

Or call us on 0300 330 7010

Our contact centre is open Monday – Friday, 8am – 6pm (except public holidays)



Follow us on Facebook and Twitter
[@NHSHealthyStart](https://www.facebook.com/NHSHealthyStart)

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



NHS Healthy Start

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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

In addition, you must be receiving any of the following:

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

You will also be eligible for NHS Healthy Start if:

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

How to apply

- Visit www.healthystart.nhs.uk
- Fill in the online application form
- Receive your prepaid card in the post
- You'll need to activate your card to get your PIN before using it
- Shop for healthy food and milk in most retail stores that sell the eligible food and milk items and accept Mastercard® payments
- You'll need to insert your card into the card reader and enter your PIN the first time you use your card

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

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



Alzheimer's Society Dementia Support

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



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



If you need help call 0333 150 3456

Email us at enquires@alzheimers.org.uk

Or visit alzheimers.org.uk/get-support

Talk to someone who understands

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

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

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

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

“

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

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

”

Get the help and support you need

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

Call **0333 150 3456**

Or visit alzheimers.org.uk/get-support

Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.



Registered with
**FUNDRAISING
REGULATOR**



Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity no. 296645

DSSU



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD MHS



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



AGEconcern
Birmingham



Compass Support
Part of The Pioneer Group

MY NNS

HANDBOOK:

**EVERYTHING YOU NEED TO KNOW
ABOUT THE SUTTON COLDFIELD
NEIGHBOURHOOD NETWORK
SCHEME 2023-24**



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD MHS

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

<https://birmingham.connecttosupport.org/>



WELCOME TO OUR

March Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



The team enjoying lunch in the Community Cafe, after a successful morning working on our Sutton Coldfield NNS strategic plan. Exciting ideas and objectives moving forward!

THANK YOU!

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

Hello All!

March... fueled by the sunshine is a busy month! Many local assets have events, news and activities they would like to tell you all about, so we shall keep this introduction brief!

Just one highlight... Sutton Coldfield NNS have commissioned an excellent array of FREE training over the next couple of months. Do have a look and sign up, places are limited so don't leave it too long!

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

SPREAD THE WORD

Age Concern Birmingham Later Life Guide OUT NOW!

AGEconcern
Birmingham

The latest issue of Age Concern Birmingham's 'Your local Later Life Guide' is out now. Have a read [here](#). It's jam packed full of useful information regarding Age Concern Birmingham's services, all in one place.

Are you involved in running a local group that has received funding from Sutton Coldfield NNS?

Would you be willing to be interviewed for 30 minutes by Nicole, a researcher from BVSC about your organisation's experience of the NNS and your funding? This helps build a case for renewed NNS funding from BCC in the future. Book in for an interview with Nicole here: <https://calendly.com/bvscadmin/nns-evaluation-interview-1>



SPREAD THE WORD

Sutton Park Grange Care Home Community Cuppa




'COMMUNITY CUPPA'
Sutton Park Grange Care Home


**First & Third Tuesdays
every month
from 2 - 4pm**

Join us for
Coffee, Cake &
Chat in a warm
welcoming
environment


Call Karen on
0121 269 1235
for more details

Sutton Park Grange Care Home have launched a new 'Community Cuppa.' If you know of anyone who is feeling lonely and would like some company in a warm welcoming environment please do share as they will get a friendly welcome along with a hot drink, cake and chat.

 **1st and 3rd Tuesdays every month**

 **2-4pm**

 **Sutton Park Grange Care Home,
136 Birmingham Rd, B72 1LY**

 **Call Karen on 0121 269 1235 for further details**

SPREAD THE WORD

Focus Birmingham Sutton Social



Join us for a chance to socialise with other visually impaired adults!

£2
per session


**Every Tuesday
10:30 am - 12:30 pm**


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

If you'd like to know more, please contact
**Hayley Phillips on 0121 281 5811
or 0121 393 4849**




Sutton Social Hub is a weekly group designed to reduce social isolation for people living with a visual impairment. Hot drinks, plenty of biscuits and lots of different activities, including seated exercise, games and guest speakers will be on offer. **Only £2 to join.**

 **Every Tuesday**

 **2-4pm**

 **Sutton Coldfield United Reformed Church,
1 Brassington Ave, B73 6AA**

 **Call 0121 393 4849 or 0121 281 5811**

Sport, friendships and development for those with learning disabilities

Special Olympics Sutton Coldfield provides training and competitive sports for those with all levels of learning disabilities, aged 18-50+.

Our Sports & Sessions

Football

Wednesday 6.30 - 7.30,
league matches every 4th
Sunday

Badminton & Table Tennis

Wednesday 7.30 - 8.30

Boccia

Thursday 6.00 - 8.00

We welcome all,
whatever your
experience.

We offer free trial
sessions for all
newcomers.


Contact

Stuart Finnes
0756 333 7561

Special Olympics Sutton Coldfield


Special Olympics Sutton Coldfield provides training and competitive sports for those with all levels of learning disabilities, aged 18-50+. All welcome whatever your experience. Free trial available for newcomers.

Football


 **Wednesday, 6.30-7.30pm**

League matches every 4th Sunday

Badminton & Table Tennis

 **Wednesday, 7.30-8.30pm**

Boccia

 **Thursday, 6-8pm**

For further information please call 0121 333 7561

The Special Olympics team are also looking for volunteers, please do get in touch to find out more.

SPREAD THE WORD

NHS Falls Prevention Drop in
Tesco New Oscott

Birmingham Community
Healthcare Charity
Registered Charity No. 1009427

NHS
Birmingham
Community Healthcare
NHS Foundation Trust

NHS Falls Prevention

Come and speak to your community NHS
professionals about ways you can stay well

Location: Tesco New Oscott, 11 Princess Alice
Drive, Sutton Coldfield B73 6RB

Date: Friday 14th March

Time: 10:00am - 1:00pm

**FREE OF
CHARGE**

Contact us: bchc.charity@nhs.net
Funded thanks to



Birmingham
City Council



A member of the Falls Prevention team will
be holding a stall at Tesco New Oscott on
Friday 14th March, giving free advice about
reducing risk of falls and frailty.

Friday 14th March 25

10am-1pm

Tesco New Oscott,
11 Princess Alice Drive, B73 6RB

SPREAD THE WORD

New Friends First Group
Age Concern Birmingham

Friends First

Safe local spaces to make new friends

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

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



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

New friendship group for over 50s:

Mere Green Common Room
Mere Drive off Cremorne Road
Mere Green B75 5AN
Every Monday
12:30pm - 2pm

You're welcome to bring lunch!

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



AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

Age Concern Birmingham are starting a
new 'Friends First' friendship group for the
over 50's in Mere Green. If you are looking
to meet more likeminded people, this
group could be for you!

Every Monday

12.30-2pm

Mere Green Common Room,
Mere Drive off Cremorne Rd, B75 5AN

call 0121 362 3650 for more information



Neighbourhood Networkers out and about...

Last week Neighbourhood Networker Manjit visited the BSL
course run by BSL Silver. Sutton Coldfield NNS are currently
funding the sessions taking place at Banners Gate
Community Centre and it's been going really well! Manjit
returned inspired, demonstrating to the team signs she had
learnt as a result of one session. If you would like to learn
something new, why not have a little look at our training
timetable below.

CAPACITY BUILDING

Spring Training Timetable

Why not learn something new?



Sutton Coldfield NNS are funding an exciting variety of FREE training opportunities this Spring. Two places each will be available on every course to any not-for-profit community, voluntary, faith and social enterprises based in Sutton Coldfield.

Emergency First Aid at Work

The **Qualsafe Level 3 Award in Emergency First Aid at Work** is designed for those who have a specific responsibility at work, to provide first aid in a range of emergency first aid situations. It is also ideal for people who have a specific responsibility to provide basic first aid in voluntary and community activities. Learners will develop the skills and knowledge needed to deal with a range of emergency first aid situations, including: managing an unresponsive casualty, CPR, choking, shock, wounds and bleeding and minor injuries.



Monday 28th April 2025



8.30am-4pm



21 Gate Lane, Boldmere, Sutton Coldfield, B73 5TR

To book please email nns@ageconcernbirmingham.org.uk

Welfare Benefits Training

Sessions will be designed to provide participants with a comprehensive understanding of welfare benefits, eligibility criteria, application processes, and best practices for advising individuals on their entitlements. Our training aims to empower attendees with the knowledge and skills required to support individuals in accessing the benefits they are entitled to.



Coming soon! Location to be Boldmere Methodist Church.

To register your interest, please email
nns@ageconcernbirmingham.org.uk

Equity and Diversity Training

Develop knowledge and understanding around equity and diversity by engaging in meaningful conversation and practical exercises with others. It will enable people to explore their inner thoughts and question biases, which may affect professional practice.



Tuesdays 29th April, 6th, 13th and 20th May 2025



10am - 1pm



Venue to be confirmed

To book please email nns@ageconcernbirmingham.org.uk

Safeguarding Awareness Training

Learn how to protect vulnerable individuals and promote a safe environment through Our Place Support's CPD approved Safeguarding Awareness Training.



Monday 31 March 2025



10:00am - 13:30pm



Online

To book please email nns@ageconcernbirmingham.org.uk

To gain your free access please email us at nns@ageconcernbirmingham.org.uk and we will supply you with a code.

STORY OF DIFFERENCE

The Smilers Club



The Smilers Club are a group who meet weekly at Boldmere Methodist Church. The Smilers have been in existence for 30 years, a true mark of community success! They are a social group for older adults aged over 50 and offer a varied programme of activities such as pampering, flower arranging, trips out and visiting specialist speakers.

Last year the Smilers received NNS funding to sustain and grow the successful group enabling them to

attract new members through the promotion of new activities. The NNS grant is currently being used to fund resources for activities, workshops, along with room hire and refreshments. The group have created new leaflets and posters in a promotional push to increase their membership, which was also assisted thanks to their feature within the Sutton Coldfield Charitable Trust's newspaper, 'Charitable News'!

"After I lost my husband over two years ago, I felt alone and lost. Coming to Smilers with my friend and neighbour, it was lovely to be among other ladies. I enjoy the company and especially the trips out. Everybody is so friendly. I really look forward to Thursdays, Jean and Pauline arrange lots of different things and to be honest I would be lost without Smilers."



"The Smilers Club meet on Thursdays from 10.30am-12.30pm at the Methodist Church on Boldmere Road. Over 60's are welcome to come along for a cup of tea or coffee and enjoy a chat with our members about the sort of things we offer, like workshops, speakers, bingo, raffles, day trips, holidays - it may be just what you are looking for! A chance to chill and chat, enjoy a cuppa and make new friends!

For further information call Jean on 07763 150898"

SPREAD THE WORD

Successful Ageing

Our Choir – Community Voices



Successful Ageing is a unique project in **Sutton Coldfield** for people aged 45+ to socialise and enhance their physical and mental wellness.

Friday (indoor)

9.15am – 11am
Four Oaks Methodist church, B74 2UU



Weekly structured wellness sessions for 40 plus individuals

**Tuesday (outdoor)**

9.15am – 11am
Blackroot Bistro, Sutton Park, B74 2YU

— Live Well, Age Gracefully —

Contact: 07515737805 | www.successfulageing.org

WINGS Community projects funded by SCCT

Community Voices

Please join us for an informal concert!



(Sutton Coldfield)



(Weoley Hill)

Saturday 22nd March at 2:30pm
Four Oaks Methodist Church
155 Lichfield Rd, Sutton Coldfield B74 2UU

Entrance free – refreshments available
Donations to church funds

Successful Ageing provides structured wellness sessions for people aged 45+.

Fridays, 9.15–11am

Four Oaks Methodist Church B74 2UU

Tuesdays, 9.15–11am

Blackroot Bistro, Sutton Park B74 2YU

Our Choir and Weoley Hill Community Choir are having an informal concert. Do pop along!

Saturday 22nd March 25, 2.30pm

Four Oaks Methodist Church B74 2UU

Entrance free, refreshments available

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

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

To find out more about the Sutton Coldfield NNS you can visit

<https://suttoncoldfieldnns.blogspot.com/>

0121 362 3650

nns@ageconcernbirmingham.org.uk

[Sutton Coldfield NNS](#)

AGEconcern
Birmingham

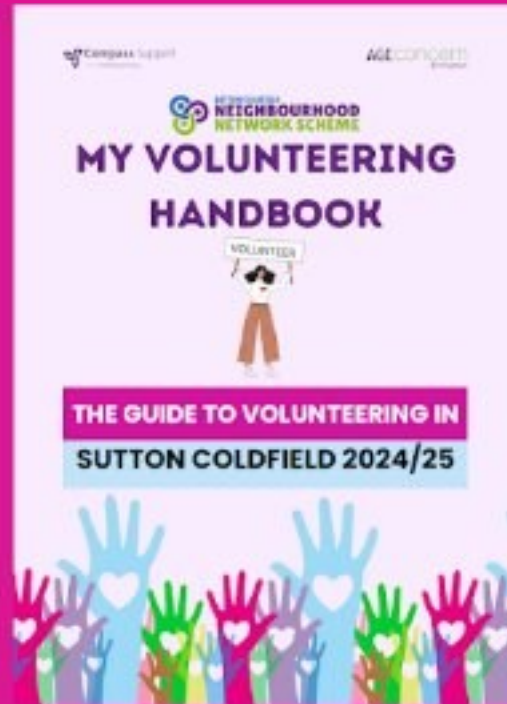
Compass Support
Part of The Pioneer Group

GET INVOLVED

READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

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




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


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


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

To find out more about the Sutton Coldfield NNS you can visit

 <https://suttoncoldfieldnns.blogspot.com/>

 0121 362 3650

 nns@ageconcernbirmingham.org.uk

 [Sutton Coldfield NNS](#)



HIGHBURY PLAYERS

PLAYS FOR 2024/25 SEASON



By David Seidler
10 – 21 Sept 2024
Let courage reign



By Tim Firth
15 – 26 Oct 2024
A comedy in thick fog



By Bill Bryson & Tim Whitnall
26 Nov – 7 Dec 2024
Based on the best-selling book



By Laura Wade
21 Jan – 1 Feb 2025
Nostalgia ain't what it used to be



By Florian Zeller
25 Feb – 8 Mar 2025
Anthony's mind is fading; his daughter is challenged



By Steven Carl McCasland
10 – 15 Mar 2025
Everyone has a confession. Someone has a secret



By Franklyn Black
8 – 19 April 2025
Who has stolen the princess's heart?



By Simon Woods
19 – 24 May 2025
Politics & marriage. Bitingly funny, ultimately shocking



By Richard Harris
10 – 21 June 2025
A comedy with two left feet

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

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



0121 373 2761

highburytheatre.co.uk



HIGHBURY CINEMA

FIRST FILMS FOR 2024/25 SEASON



12A

Sun 15 Sep 2024

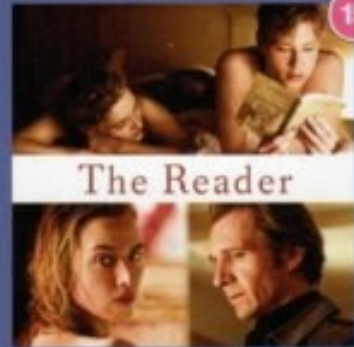
*Sometimes you must just
make a break for it*



12A

Sun 20 Oct 2024

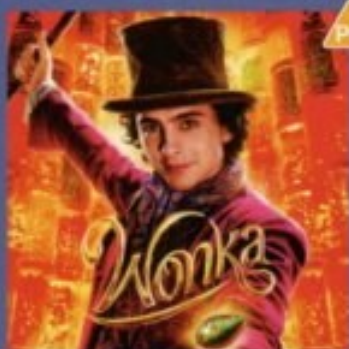
One love, one heart



15

Sat 16 Nov 2024

*Complex, moving,
thought provoking*



PG

2:30pm, Fri 27 Dec 2024

*Music, adventure, comedy
and chocolate*

Films all start at 7pm unless otherwise stated.
Films for the remainder of the season will be
shown in 2025 on the following dates:

Sun 5 January
Sun 26 January
Sun 16 February
Sun 2 March

Sun 13 April
Sun 11 May
Sun 22 June

How to book tickets

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

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

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

Leave a message on our answering machine,
also on telephone number 0121 373 2761.

Please clearly leave your name and
telephone number and we will ring you back
the next time the Box Office is open.

Tickets for plays: £12

Tickets for films: £5

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



Follow us on social media



/HighburyTheatre



@highburytheatre



@highburytheatrecentre
#thehighburyplayers
#discoverhighbury

@highburyplayers
#highburycinema

Highbury Theatre, Sheffield Road, B73 5HD | 0121 373 2761 | highburytheatre.co.uk



What's on next?

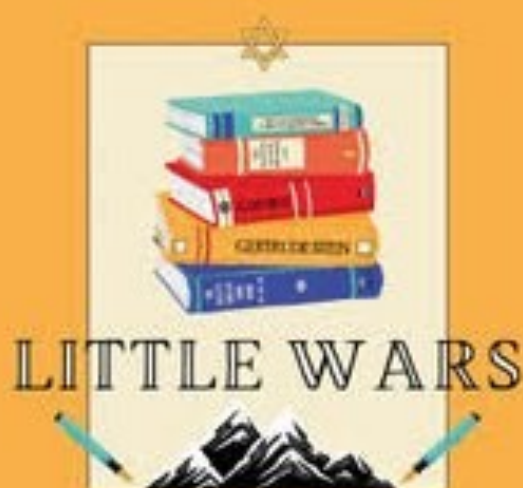
Highbury Players present

Little Wars

10-15 March 2025 at
7.30pm (in the Studio)

by **Steven Carl McCasland**
directed by **Maura Judges**

A dinner party during the Second World War unites celebrated writers Agatha Christie, Lillian Hellman, Dorothy Parker, Gertrude Stein and Alice B. Toklas with a mysterious guest. Everyone has a confession. Someone has a secret.



Highbury Friends present

The Train Rattle Poets

27 & 28 April 2025 at
7.30pm (in the Studio)

An evening of spoken (and sung) words with local poets Linzi Winterburn, Phil Astle and Laurence Inman and featuring the songs of vocalist and guitarist Andy Jenkins.

A limited number of open mic slots will be available and can be booked before 7.15 pm on the night.



The Train Rattle Poets

AN EVENING OF SPOKEN (AND SUNG) WORDS

Tickets available from
Box Office, Highbury Theatre,
Sheffield Road, B73 5HD

Tel: 01223 373 374 or online
via highburytheatre.co.uk/



What's on next?

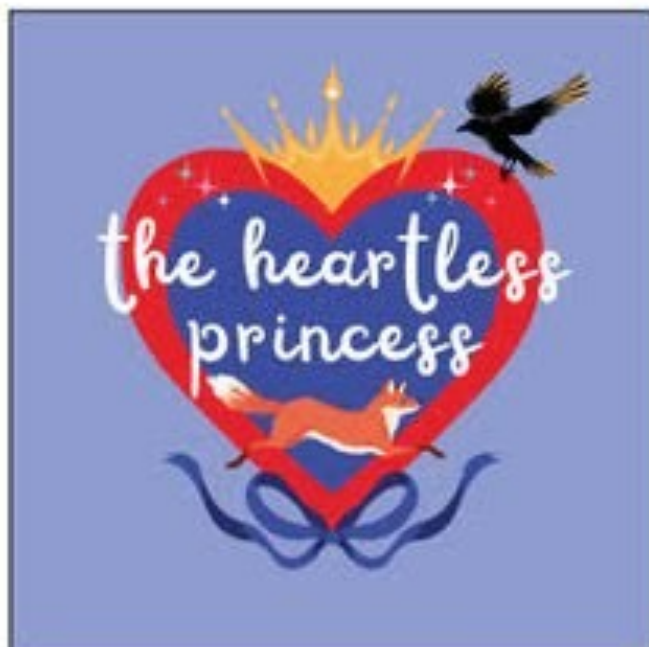
Highbury Players present

The Heartless Princess

8-17 April 2025 at 7.30pm
and 12 April at 2.30pm

by Franklyn Black
directed by Nicki White

A fairytale fantasy. Princess Allegra is to marry Prince Alexis, but the evil Duchess Potassia has plans of her own to destroy their happiness.



Highbury Cinema presents

WALL-E

7pm on 13 April 2025

Director **Andrew Stanton**

Released **2008**

Duration **1hr 35m**

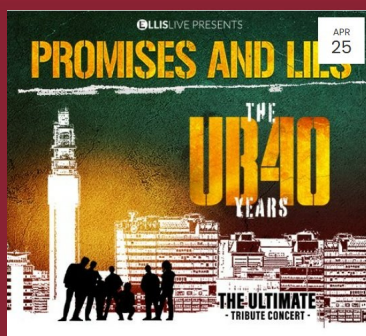
Certificate **U**

Wonderful things come in small packages

An animated romantic science fiction film, following our "rough around the edges" hero in search of love. A classic for young and old.



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



SUPPORT US

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



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

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

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

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

ALEXANDRA THEATRE BIRMINGHAM

27 Mar

**Steve Steinman's
Vampires Rock -**

28 Mar

**Ellen Kent: La Bohème**

29 Mar

**Ellen Kent: Madama
Butterfly**

Starts 01 Apr 2025

**Ghost the Musical**

Starts 04 Apr 2025

**Coffee, Cake and
Cadenzas****That'll Be The Day****Menopause The
Musical 2****Horrible Histories:
Terrible Tudors**

Starts 10 Apr 2025

**Horrible Histories:
Awful Egyptians**

Starts 14 Apr 2025

**Chicago**

25 Apr

**The George Michael
Singers 2025 Live**

27 Apr

**Harry Hill: New Bits &
Greatest Hits**

Starts 29 Apr 2025

**The Girl On The Train**

Starts 06 May 2025

**An Inspector Calls****Science Museum - The
Live Stage Show**

12 May

**Mark Normand**

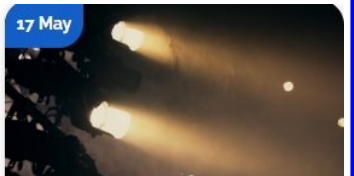
14 May

**The Illegal Eagles**

15 May

**Nick Mohammed is Mr
Swallow: Show Pony****Sophie McCartney -
One Foot in the Rave**

17 May

**...Earnest?**

18 May

**The Elvis Tribute Artist
World Tour**

Starts 20 May 2025

**Ghost Stories****The Lion, The Witch &
The Wardrobe**

01 Jun

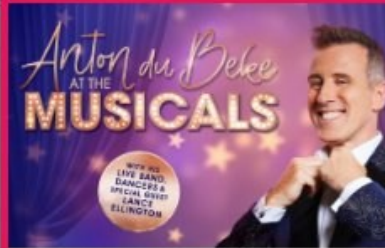
**Empire Live: Booze &
Brews**



Live Recording

NT LIVE: DR STRANGELOVE

Sat 29 Mar



ANTON DU BEKE: AT THE MUSICALS

Sat 29 Mar - SOLD OUT | New date added - Mon 27 Oct



Presented by Lichfield Musical Youth Theatre

EVITA

Tue 1 – Sat 5 Apr



Performed at Lichfield Cathedral

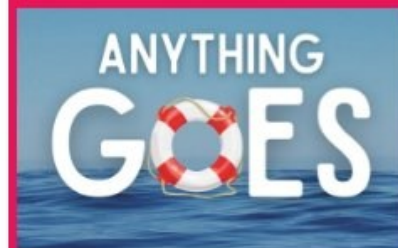
BIRMINGHAM BACH CHOIR: JS BACH - MASS IN B MINOR

Sat 5 Apr



RB&O: TURANDOT (LIVE RECORDING)

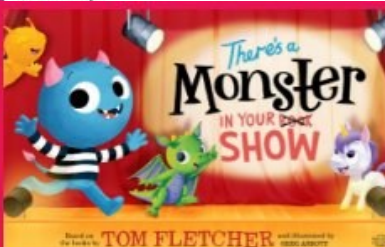
Sun 6 Apr



Presented by Lichfield Operatic Society

ANYTHING GOES

Tue 8 – Sat 12 Apr



THERE'S A MONSTER IN YOUR SHOW

Mon 14 – Tue 15 Apr



DRACULA

Wed 16 – Thu 17 Apr



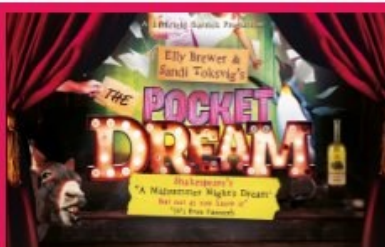
CRAIG REVEL HORWOOD: FAB-U-LOUS

Fri 18 Apr



TOP HAT SPOKEN WORD OPEN MIC

Tue 22 Apr



By Elly Brewer & Sandi Toksvig | A Lichfield Garrick Production

THE POCKET DREAM

Thu 24 Apr – Sat 3 May



ANDRÉ RIEU'S 75th BIRTHDAY CELEBRATION: THE DREAM CONTINUES

Sat 26 Apr



**YOUNG GARRICK
LICHFIELD: JUNIOR
(AGE 7-11)**

Sat 30 Nov 2024 – Sun 27 Apr 2025



**YOUNG GARRICK
LICHFIELD:
INTERMEDIATE (AGE
11-14)**

Sun 19 Jan – Sun 27 Apr



Reduced to £50 per term with
generous funding from the Conduit
Trust for the first year only!

**YOUNG GARRICK
LICHFIELD: SENIOR
(AGE 14-18)**

Sat 30 Nov 2024 – Sun 27 Apr 2025



By Alan Bennett. Presented by the
Lichfield Players.

HABEAS CORPUS

Wed 30 Apr – Sat 3 May



Presented by Brownhills Musical
Theatre Company.

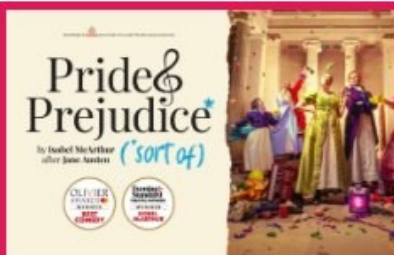
**JESUS CHRIST
SUPERSTAR**

Tue 6 – Sat 10 May



**UK PINK FLOYD
EXPERIENCE**

Sun 11 May



**PRIDE AND
PREJUDICE (SORT OF)**

Tue 13 – Sat 17 May



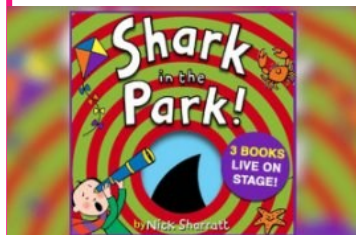
**RB&O: DIE WALKURE
(LIVE SCREENING)**

Wed 14 May



**AN EVENING WITH
JORDAN ADAMS: ONE
NIGHT ONLY**

Sat 17 May



Family & Pantomime

Shark in the Park

Get ready for the fin-tastic, family musical

Sat 29 Mar – Sun 6 Apr

Tickets from £16

Timothy Pope is looking through his telescope – but wait, is that a Shark, in the Park!?

From the creative team behind 'The Hairy Maclary show' and 'You Choose' – see all 3 of **Nick Sharratt's Shark in the Park** books live on Stage! Featuring the complete series – **Shark in the Park**, **Shark in the Dark** and **Shark in the Park on a Windy Day** – this fin-tastic, family musical follows Timothy Pope (and his telescope!) on his exciting adventures.

We are very excited to announce our first Education Conference on **Monday 31 March**.

The day will provide an opportunity for teachers to engage with the wider sector and award-winning companies, enhance skills and knowledge, provide strategies and take inspiration back to the classroom. The format will comprise of keynotes, workshops, a Q&A session and plenty of time to network and connect with others in the sector.

We are proud to announce that the companies taking part in this years education conference will be **The Paper Birds**, **Geese Theatre Company** and **Highly Sprung**.

Events & Venue Tours

Hippodrome Education Conference

Mon 31 March



Musicals

Only Fools and Horses The Musical

Cherished material from Britain's best loved TV series.

Mon 31 Mar – Sat 12 Apr

Stick a pony in your pocket -The Trotters are back and coming to Birmingham Hippodrome! The smash hit show **Only Fools and Horses the Musical** – direct from a record-breaking four-year sold-out run-in London's West End – featuring Del Boy, Rodney, Grandad, Cassandra, Raquel, Boycie, Marlene, Trigger, Denzil, Mickey Pearce.

Starring comedy legend **Paul Whitehouse** reprising his role as Grandad and based on **John Sullivan's** legendary television show, this critically acclaimed home-grown musical spectacular features cherished material from Britain's best loved TV series.

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

Our knowledgeable volunteers and Visitor Services Assistants will share captivating stories from the theatre's past as you peek behind the scenes and explore the public and private areas of this fascinating building. You will also get to meet one of our technicians who will explain just what it takes to get a show onto our stage.

Please note that the tour does not include access to the Hippodrome stage due to the different needs of each production. Each tour is fully accessible apart from the auditorium boxes, which are accessed via stairs.

Events & Venue Tours

Behind The Scenes Tours

25/26

Sat 5 Apr – Sat 23 Aug



Ballet & Dance

Aakash Odedra Company

Songs of the Bulbul

Discover a new dance by Aakash Odedra

Tue 8 Apr – Thu 10 Apr

"A tribute to my mother 'Kay'... my smiling bulbul who left her cage." **Aakash Odedra** Birdsong is ephemeral – like dance, it exists only in the moment – sung once, then lost to time. Nightingales, or "Bulbuls", hold a special place in Persian culture, with their song representing a spiritual seeker, yearning for union with the divine. Their passionate songs are often directed towards the rose, symbolising both earthly beauty and the divine.

Songs of the Bulbul (Winner of Best Show Edinburgh International Festival), a new dance work by Hippodrome Associate **Aakash Odedra** with choreography by **Rani Khanam** and music by **Rushil Ranjan**, is inspired by the ancient Sufi myth of a bulbul captured and held in captivity.

With a post show Q&A Tue 8 April.

Due to popular demand, following his sell-out tour, **Sir Tim Rice**, the multi-award-winning, internationally renowned lyricist, will return to theatre stages with his extraordinary live musical theatre event – **My Life in Musicals – I Know Him So Well**. The show will see **Tim Rice** reflect on his illustrious career at the heart of musical theatre, sharing anecdotes behind the songs – the hits and the misses along with stories of his life and live performances from the wonderful catalogue of songs that are synonymous with his name and that of his collaborators. Musical accompaniment will be from an array of some of the UK's leading West End singers and musicians led by Musical Director **Duncan Waugh**. Tim is associated with writing the lyrics for so many of the world's much-loved hit musicals – **Joseph and the Amazing Technicolor Dreamcoat**, **Jesus Christ Superstar**, **Evita**, **Chess** and the Disney productions **The Lion King**, **Aladdin** and **Beauty and the Beast**. His work has not been limited to musical theatre alone with **Evita** transferring to the big screen and theme music for the James Bond movie **Octopussy**. With the show packed full of songs including **Don't Cry For Me Argentina**, **Any Dream Will Do**, **A Whole New World**, **Can You Feel The Love Tonight**, **I Don't Know How To Love Him**, **Circle of Life**, **Chess**, **Hakuna Matata**, **Another Suitcase in Another Hall**, **I Know Him So Well**, **All Time High**, **Must Love Me**, **One Night in Bangkok**, **My Life in Musicals** is an absolute must for fans of musical theatre and brilliant music. Regarded by many as one of the world's greatest lyricists Tim Rice commented "My Life in Musicals is a show in which I reveal all (well, nearly all) of the secrets behind the creation of some of the best-known songs featuring my lyrics. I have had the good fortune to work with some of the greatest composers of our time, including **Andrew Lloyd Webber**, **Bjorn Ulvaeus** and **Benny Andersson**, **Elton John** and **Alan Menken**, without whose wonderful melodies I'd be at home watching television. You'll probably know quite a few of the songs – and will therefore be relieved to hear I won't be singing them. All musical aspects of the show I hand over to the outstanding **Duncan Waugh Band** and **West End Singers**. There will be plenty of stops in between the hits during which I'll tell you how they happened and, in some cases, nearly didn't. Actually, I might sing a little – but not **Don't Cry For Me Argentina**."

Musicals, Opera & Music, Workshops & Talks

Tim Rice - My Life in Musicals

Stories of his life and live performances from his wonderful catalogue of songs

Sun 13 Apr



Musicals

Kinky Boots

Strutting back to Birmingham

Tue 15 Apr – Sat 19 Apr

The Broadway and West End phenomenon, **Kinky Boots The Musical**, is strutting back to Birmingham in a brand-new production with a star cast including **Strictly Come Dancing's Johannes Radebe**, **Dan Partridge (Grease)**, **Courtney Bowman (Six)**, **Scott Paige (The Addams Family)** and **Newton Matthews (Get Up Stand Up! The Bob Marley Musical)**. This joy-filled sensation, based on a true story and hit movie, features Tony® and Grammy® winning music and lyrics by pop icon **Cyndi Lauper**, a hilarious and life-affirming book by Tony Award winner **Harvey Fierstein** and is directed by **Nikolai Foster (Grease and An Officer and a Gentleman)**.

After inheriting his family's failing shoe factory and with a relationship on the rocks, life is proving to be very challenging for **Charlie Price**. That is until he meets **Lola**, a drag queen whose sparkle and unsteady heels might just hold the answer to saving the struggling business.

Guaranteed to RAISE YOU UP and celebrate everybody's individuality, don't miss **Kinky Boots the Musical** at Birmingham Hippodrome.

*Please note: **Johannes Radebe** will not be performing at **Wed 16 & Thu 17 April 2pm** performances when the role of **Lola** will be played by **Newton Matthews**.

For What's On at Birmingham Hippodrome please click [here](#).

the Rep



THE WORST PRINCESS

Tue 22 Apr 2025



A THOUSAND SPLENDID SUNS

Fri 11 Apr–Sat 3 May 2025



MARRIAGE MATERIAL

Wed 25 Jun–Sat 5 Jul 2025

Feisty Sue is not your everyday fairy tale superstar, in fact she's The Worst Princess. After being rescued by her twit of a prince she's ready to start her happy end. But first she'll have to make friends with a dragon, escape from a tower and set the Prince's pants on fire with her new fire-breathing bestie. Will Sue find her happily ever after?

Enjoy laugh-out-loud comedy, cool puppets, sing along pop anthems and a dazzling larger-than-life dragon as this bestselling picture book is brought to life on stage.

Audience Comments

"It was an absolutely brilliant show, the children were utterly captivated by the actors and the puppets."

"The set and costumes were excellent. The storyline, dialogue and songs drew us all in and we had a brilliant time."

"Brilliant songs and empowering message."

"Heartbreaking and uplifting. This is storytelling at its very best."

★★★★★ **Broadway World**

on Roxana Silbert's 2019 production of *A Thousand Splendid Suns*

The Rep presents a powerful new production of A Thousand Splendid Suns, Khaled Hosseini's spiritual sequel to The Kite Runner.

In 1992 in an Afghanistan ravaged by war, an orphaned Laila is left alone in an increasingly threatening world. Her older neighbour Rasheed is quick to open his home and takes Laila as his second wife.

Rasheed's first wife Mariam has no choice but to accept her younger, and now pregnant, rival. As the Taliban take over, life for all of them becomes a desperate struggle against starvation, brutality and fear, and the two women find themselves unlikely allies.

"Everything theatre should be. It's gripping, heart-rending, painful to watch at times and at others inspiring"

★★★★★ **Whatsonstage**

on Roxana Silbert's 2019 production of *A Thousand Splendid Suns*

Former Rep and Hampstead Theatre Artistic Director Roxana Silbert returns to Birmingham to direct this unflinching, life affirming drama, in which love grows and sustains the human spirit even during the hardest of times.

"Superb... an emotional family drama and a real education"

★★★★★ **Evening Chronicle**

on Roxana Silbert's 2019 production of *A Thousand Splendid Suns*

Three Generations. Two Love Stories. One Family Secret.

"In our shops we will be Kings of England. And we will make this place our place."

The Bains' corner shop in Wolverhampton has been at the centre of the family for three generations.

In 1969, Mrs Bains is balancing running the business, caring for her ailing husband and the demands of her two headstrong daughters, who each have their eye on a different kind of future.

In the present day, a family tragedy pulls Arjan Bains back from a life in London. The shop represents everything he was trying to escape, but with his mother insisting it remain open, how long can he stay away?

"Sanghera's tender and funny book is a cracking and pacy read"
The Observer (on Sathnam Sanghera's original novel)

Gurpreet Kaur Bhatti (*A Kind of People*) adapts the critically acclaimed novel from Sathnam Sanghera (*Empireland*), a sweeping family portrait directed by Iqbal Khan (*East Is East*).

"Khan's sense of vision for this production is hugely impressive"

★★★★★ **The Guardian**
East Midlands Theatre on Of Mice and Men

100% Free Food
100% convenient
100% delicious!

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

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



order your first box today at
slimmingworldkitchen.co.uk

Slimming[®]
—WORLD—

touching hearts, changing lives



MONDAY

Circuit 9:30am

BoxFit 10:30am

Pilates 5:15pm
(1st class 13th May)

Zumba 7:45pm

TUESDAY

Pilates 9:15am

Adult Dance 11am

Yoga 12:15am

Kids Yoga 4:30pm

Yoga 5:15pm

BoxFit 6:15pm

BoxFit 7:15pm

WEDNESDAY

Circuit 9:15am

Meditation & Mindfulness
10-10:45am

Parent & Toddler/Baby Dance
11:00-12:00pm

Under 12 Dance 5pm

Adult Dance 6:15pm

Zumba 7:15pm

THURSDAY

Circuit 9:15am

FRIDAY

Zumba 9:30am

SATURDAY

Circuit 7:15am

BoxFit 8:00am

Under 5 Dance 9am

Under 8 Dance 9:45am

Over 12 Dance 10:30am

Street Dance 11:15am

STUDIO27





TIMETABLE

ALL CLASSES ARE 45 MINS
UNLESS SPECIFIED

STUDIO TWENTY SEVEN

www.studio27wellbeinghub.co.uk

Additional wellbeing offerings here at Studio27 Wellbeing hub

 Personal Training
  1-2-1 Wellbeing Support
  Nutritional Guidance
 

- Membership & Pricing -

Basic	Standard	Premium	Unlimited
£25 month	£45 month	£60 month	£99 month
4 classes per 4 weeks	8 classes per 4 weeks	12 classes per 4 weeks	Unlimited classes
Youth	Under 12	Under 8	Under 5
£37 month	£35 month	£30 month	£20 month

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

Pay as you go
Current prices Price from 1st July 2024
 Adult £7 Adult £8.50
 Child £6 Child £7.50

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

Information and Advice

We offer free information and advice to support you and your loved ones in later life.

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

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

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

Local services

Birmingham Sandwell

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



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



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

Information and Advice

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

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



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

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

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



Information Guides

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

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

Our drop in service is open Monday to Friday 9.30 - 3.30 at Stratford House, Stratford Place. Birmingham B12 0HT.

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

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

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



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

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

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

☎ 0121 437 0033



Carers Support Group

**SUTTON COLDFIELD UNITED
REFORMED CHURCH**

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

**2 Course
Hot Meal
£2**

**Free
Massages**

**All
Welcome**

**1 Brassington Avenue, Sutton Coldfield, B73 6AA
cafe.oasis@scurc.org.uk**

**Birmingham City
Council are completing
face to face
Occupational Therapy
Assessments
in your community**

Occupational Therapy Clinics

Drop-in clinics are running daily
across Birmingham, from
9.30am- 2pm.

No need to book.

For more information about
clinic venues visit:

[https://birmingham.connecttosupport.org/
occupational-therapy/occupational-therapy-
clinics-in-the-community/](https://birmingham.connecttosupport.org/occupational-therapy/occupational-therapy-clinics-in-the-community/)



**Birmingham
City Council**

Tuesdays: United Reformed Church, 1, Brassington Avenue, Sutton Coldfield, B73 6AA
AM session: 9:30 –12pm; PM session: 12:30pm- 2pm

ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

Welcome to a new era of service and support
for Erdington residents.

Jordanne Francis
Health and Wellbeing
Officer

T: 0121 320 1930
T: 0121 827 6295
M: 07458 130587
E: Jordanne.francis@wittonlodge.org.uk
W: www.wittonlodge.org.uk

WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

Welcome to a new era of service and support for
Erdington residents.



ARTHRITIS HELPLINE

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

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

CALL US FOR FREE
0800 5200 520

VERSUS
ARTHRITIS



CALL US FOR FREE
0800 5200 520

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



✉ helpline@versusarthritis.org

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

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

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

PHYSICAL ACTIVITY RESOURCES AND INFORMATION FOR YOUR PATIENTS

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



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



VERSUS
ARTHRITIS

VERSUS ARTHRITIS RESOURCES

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

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

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

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

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

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



VERSUS
ARTHRITIS



Join us for
our next
event


**Mercia Grange care home,
Sutton Coldfield**

**Coffee, cake &
friendship cafe**

**First Tuesday of every month
2pm - 4pm**

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

care UK 



Join us for
our next
event

Mercia Grange care home,
Four Oaks

Feel good fitness

Last Thursday of every month,
2pm - 3pm

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

Trusted to care.



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

care UK



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH
LAUNCHES WEDNESDAY 26TH JULY 2.30- 4.30PM

Join us at Sutton Park Grange for our Dementia Friendly Cinema.

Join us with your carer, partner or friend where you will be welcome to watch an appropriate film and enjoy popcorn and refreshments.

For more information please call please call Karen on **01217 562 174** or email: sutton.enquiries@cinnamoncc.com to reserve your space.



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



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

Sutton Park Grange has been designed with the people we care for in mind – whether it is the personalisation of their care plans, the careful selection of the décor in their room, their dining experience, hobbies or personal preferences...

At Sutton Park Grange, people will always come first

For more information or to book your personalised tour please call our Team on **01217 562 174** or email sutton.enquiries@cinnamoncc.com to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





British Sign Language (Birmingham)

Classes on:

Banners Gate Community Centre, Sutton Coldfield B73 6UR

The Great Barr Community Hub

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

Here are some of the cats currently looking for a home:



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



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

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

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

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

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

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell
sheilapennell@talktalk.net





Lucy

Calling all cat lovers ..
Can you help?
Can you adopt?
Can you foster?



Terence




Polly

Jo Jo



Team Cat Rescue has lots of cats and kittens looking for their forever homes. Owners often have to give them up for a variety of reasons - usually a change of circumstances meaning they can no longer care for their beloved pet. And some come into care because they are found wandering and abandoned. If you are not ready to adopt, how about fostering? Or helping Team Cat Rescue with driving or fund-raising? If so, contact Coordinator Lynne of Team Cat Rescue on 0121 373 4596.

** Team Cat Rescue is local and well-established in North Birmingham - and have been helping rescue and rehome cats and kittens for 25 years **


 Birmingham and Solihull
 Integrated Care System
Caring about healthier lives

Annual health checks for those who are diagnosed with dementia


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

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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?


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

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

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



How long does an Annual Health Appointment last?

- 20-30 mins





What help might you need?



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

What happens during the Annual Health Check?

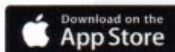
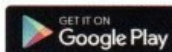
- The Health Care Professional will ask all about you and how things are at home
- Review medication/weight/height and carry out blood tests
- Identify any changes in behaviour and offer some solutions
- Review planning for the future conversations by identifying a person's wishes and preferences
- Offer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

Can you help us save more food?

OLIO
The Food Sharing App



Yes you can!

It's easy to give back to the OLIO community



Spread the word

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



Add to OLIO

Your neighbours will
love your spare food or
household items.



Volunteer

Feel great
& do good
at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO

f @OLIOex i @OLIO_ex t @OLIO_ex

It's okay...

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



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



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



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -



LivingWell
UK





COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker
07565542976
gap.huboffice@gmail.com



gap.huboffice@gmail.com



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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

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

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

To discover everything you need to know about the Sutton Coldfield Neighbourhood Network Scheme as a whole, you can also read our **NNS Handbook** at

<https://www.calameo.com/read/00067546760ea7e9396a0>

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB













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

(Ian – Sutton Coldfield)



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

(Derek – Sutton Coldfield)

-  Do you enjoy playing or listening to live music?
-  Do you like socialising and meeting friendly people?
-  Are you a beginner or an experienced guitarist?
-  If so, the Sutton Coldfield Acoustic Guitar Club is the place to go.
-  We meet at the Royal British Legion Club, Rectory Road, Sutton Coldfield, B75 7AL on the first Tuesday of every month: 8pm to 10.30pm (Doors open 7.30pm)
-  All guitarists, guitarist/singers, solo performers, duos or ensembles and, of course, listeners are warmly welcomed.
-  Whatever standard you are - the idea is to have a go and enjoy yourself.
-  You'll hear music of many genres from across the ages – classical, jazz, pop, rock, folk and some that defies categorisation!
-  £3.00 entrance fee. Pay at the door (No club membership fee).
-  There is a well-stocked bar and free parking. The club is also easily accessible by public transport.
-  We look forward to seeing you for a great night out.
-  For more details, please visit our Facebook Page – search for The Sutton Coldfield Acoustic Guitar Club

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

SCCT
Sutton Coldfield Charitable Trust



Banners Gaters clearing fallen leaves near Longmoor Pool.



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

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

We need more helpers, contact Gill on thechants@btinternet.com if you'd like to join us, or call the editor on 0121 605 4947

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



Join FOPPs Regular Litter Pick

**every second sunday in the
month.**

We meet usually in the Church Tavern
carpark or in the carpark next to the new
kids playground. Everyone welcome all
equipment supplied, but Please wear
suitable shoes and clothing .

Updates will be on Facebook or WhatsApp
Friends Of Perry Park giving details of the
next Meeting date.

Weather Permitting





We now have new benches in Perry Park.
The ones shown here are around the lake.



Our last litter pick, 16 bags plus one plastic reindeer, collected by 10 volunteers.



The new kids play area intended for children up to 12 years. Photo taken on the first Sunday after it had been declared open. There were approximately 200 children and parents in the play area on a sunny Sunday in March. It has taken FOPPs 3 years to get this play park reinstated. So it was encouraging to see it in use.



Love For Babies

Fun Interactive Baby & Toddler Sessions

Baby Massage - Baby Yoga - Baby Signing
Baby Spa - Pre School Role Play Sessions

Baby Sessions: Tuesdays & Thursdays Beacon Church Pheasey	Role Play Sessions: Wednesdays St Columba's Church Banners Gate
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Contact us for more information or to book your space

Contact: 07940547492
becky@loveforbabies.co.uk
Love for babies f
www.loveforbabies.co.uk



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

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

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

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

Trio Of Love 4 Week Course
Combines Massage, Yoga & Signing through a holistic approach. Supporting all areas of your babies development

Baby Massage & Spa 5 Week Course
4 sessions of baby massage followed by a full relaxing baby spa experience to complete your course

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









Amalia's Elite Dance Academy

We offer

- Creative Movement (Baby Ballet)
- Baby Acro Dance
- Ballet Classes
- Adults Ballet
- Hip Hop
- Contemporary
- Modern Dance/Free Style
- Acro Dance
- Private Lessons

Contact us for more

★★★★★
★ Trustpilot

pyjama drama
Teaching life skills through drama and imaginative play

Fun classes that develop life skills in babies & young children

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

'RAINDROPS' & 'RAINBOWS' (AGE 2 - 4 YEARS)
11:00am - 11:40am
followed by a 20-minute stay & play and access to soft play

Get school-ready!
Develop concentration, cooperation, creativity, listening skills, and learn how to make friends






Tuesdays from 12th Sept 2023 at Sutton Coldfield Library, Red Rose Shopping Centre, 45 Lower Parade, Sutton Coldfield. B72 1XX

3-week trials only £12, classes £6 thereafter



Book now! pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



Prince's Trust

**START
SOMETHING**



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

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

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



INTERESTED?

Contact us for more information

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

wcg.ac.uk

0300 456 0049

info@wcg.ac.uk

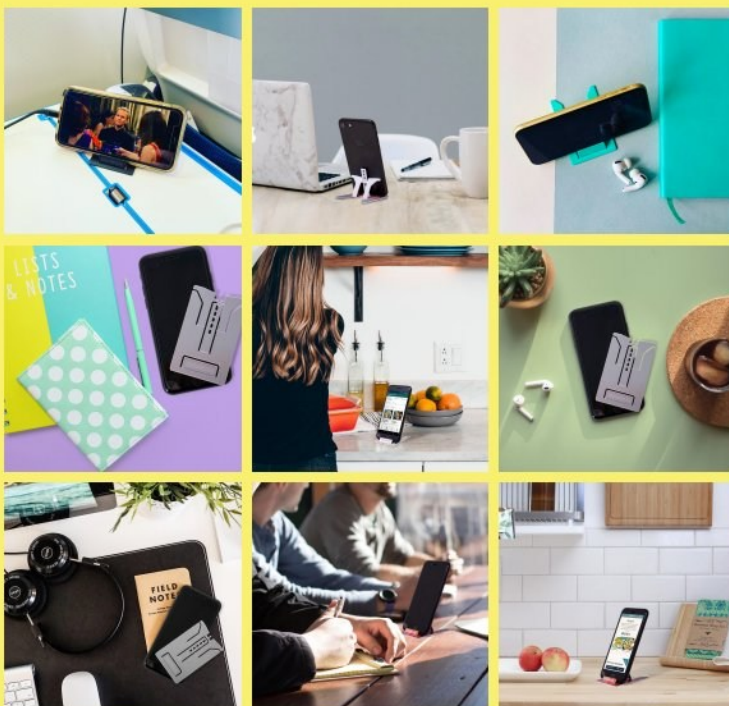
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Travel. Work. Play. Relax.

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



Made with  in the West Midlands.



SCAN ME

for more info on how
and where to use it

standeazy.com

THE PERFECT STOCKING FILLER!

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



Banners Gate Neighbourhood Forum Meetings

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

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

If you need any information please message on 07964 213 229