

# *The Gatepost Supplement February 2025*



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

**190<sup>th</sup> February 2025**

**[bannersgateneighbourhoodforum.com](http://bannersgateneighbourhoodforum.com)**

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**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](mailto:bslsilver2022@gmail.com).



## 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](mailto:admin@suttoncoldfieldseacadets.com)



[www.sea-cadets.org/suttoncoldfield](http://www.sea-cadets.org/suttoncoldfield)



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.


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!

Scan me to find  
your nearest  
location and  
sign up!

 **Connect** with your community

 **Meet** like-minded people

 **Gain** new skills



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

[foodcycle.org.uk/volunteer/](http://foodcycle.org.uk/volunteer/)  
Registered Charity Number 1134423



**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/](http://foodcycle.org.uk/volunteer/)



**Location**

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



**When**

Monday



**Time**

1:00 pm



**Contact**

[falconlodge@foodcycle.org.uk](mailto: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](mailto:suttoncoldfield@tunelesschoir.com)

W: [www.tunelesschoir.com](http://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 FEELS FIT  
Registered Charity Number 1185040

[www.squarepegactivities.org](http://www.squarepegactivities.org)  
[info@squarepegactivities.org](mailto: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 Fosseyway Drive B23 5LD

If you would like a stall at the fayre please email [wendy.sweatman@extracare.org.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](mailto:money.advice@bsettlement.org.uk)  
[www.birminghamsettlement.org.uk](http://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](mailto:enquiries@bcabs.cabnet.org.uk)  
[www.bcabs.org.uk](http://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](mailto:info@castlevalle.org.uk)  
[www.spitfireservices.org.uk](http://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](http://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](mailto:enquiries@centralenglandlc.org.uk)  
[www.centralenglandlc.org.uk](http://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](http://www.bswaid.org)

**Shelter**  
Housing advice  
0800 800 4444 | [england.shelter.org.uk](http://england.shelter.org.uk)

**MoneyHelper**  
Advice to help improve your finances  
0800 138 7777  
07701 342 744 (WhatsApp)  
[www.moneyhelper.org.uk](http://www.moneyhelper.org.uk)

**Step Change**  
Debt charity offering debt advice and money management  
0800 138 1111 | [www.stepchange.org](http://www.stepchange.org)

**Turn2Us**  
Information and financial support  
0808 802 2000 | [www.turn2us.org.uk](http://www.turn2us.org.uk)  
[benefits-calculator-2.turn2us.org.uk](http://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](mailto:listenandconnect@theaws.org)  
[www.theaws.co.uk/listen-connect](http://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](http://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](mailto:enquiries@centralenglandlc.org.uk)  
[www.centralenglandlc.org.uk](http://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](http://www.asirt.org.uk)

**Migrant Help**  
Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK  
Asylum helpline: 0800 8010 503  
[ASCorrespondence@migranthehelpuk.org](mailto:ASCorrespondence@migranthehelpuk.org)  
[www.migranthehelpuk.org](http://www.migranthehelpuk.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](mailto:info@bham@rmcentre.org.uk)  
[www.rmcentre.org.uk](http://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](http://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](http://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 | [dro@disability.co.uk](mailto:dro@disability.co.uk)  
[www.disability.co.uk](http://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](http://www.capuk.org)

Help with options: 3

### WARMER HOMES WEST MIDLANDS

Personalised energy advice service to households struggling to heat their home  
0800 196 8298 (option 1)  
[www.warmerhomesWM.org.uk](http://www.warmerhomesWM.org.uk)

Help with options: 1 2 4 6

## Other Support

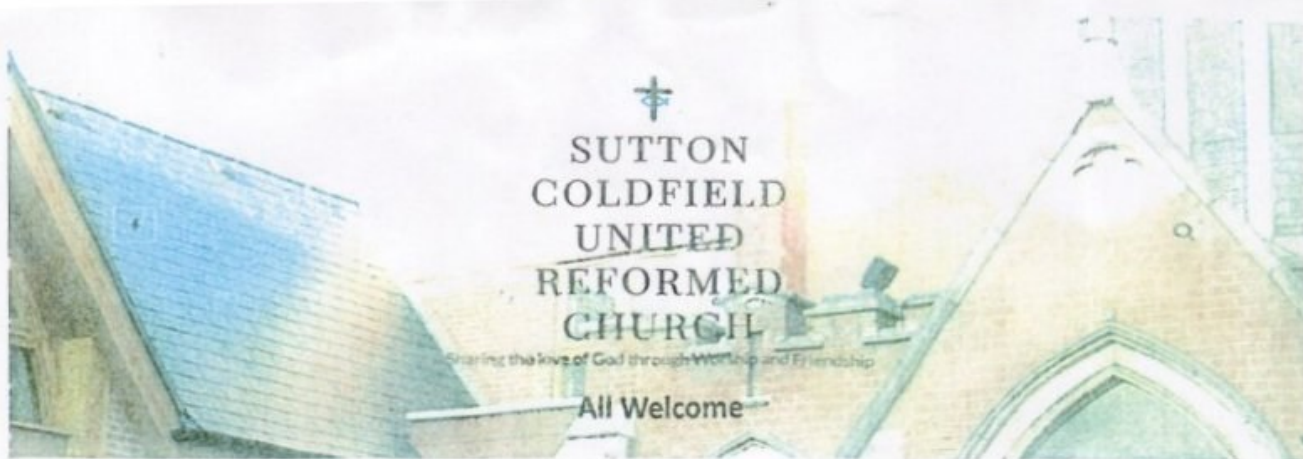
**Stop Loan Sharks**  
Investigates and prosecutes illegal money lenders and provides support for borrowers  
0300 555 2222 | [www.stoploansharks.co.uk](http://www.stoploansharks.co.uk)  
[reportaloanshark@stoploansharks.co.uk](mailto:reportaloanshark@stoploansharks.co.uk)

**Local Energy Advice Partnership (LEAP)**  
Energy and money saving service  
0800 060 7567 | [support@applyforleap.org.uk](mailto:support@applyforleap.org.uk)  
[www.applyforleap.org.uk](http://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](mailto:info@ageukbirmingham.org.uk)  
[www.ageuk.org.uk/birmingham](http://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](mailto:help@birminghammind.org)  
[www.birminghammind.org](http://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](http://www.scurc.org.uk)

## Useful Birmingham City Council phone numbers

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

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



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

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

# 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](http://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**  
Supporting families and children

## 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](mailto: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](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@birminghamcarershub.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

birminghamcarershub.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.birminghamcarershut.org.uk](http://www.birminghamcarershut.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@birminghamcarershut.org.uk](mailto:info@birminghamcarershut.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](mailto: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](mailto:dementiacarers@birminghamcarershub.org.uk)

Visit our website [birminghamcarershub.org.uk](http://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](mailto: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](mailto: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](mailto:info@ageconcernbirmingham.org.uk)

AGEconcern  
Birmingham

Birmingham  
City Council

SUTTON COLDFIELD  
NEIGHBOURHOOD  
NETWORK SCHEME

# Friends First

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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](mailto: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 like 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](http://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](http://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 only just after sunrise as Austrian 2-10-0 6976 hurries along near Wilfensdorf through featureless countryside on a misty and frosty Autumn morning with the 06.26 Bruck Ad Leitha to Vienna train.

In tow are eleven four wheeled coaches which must have made for a most uncomfortable ride.

03/10/1972

Regards

Ledg.





Hi all,  
Two Beyer  
Garrett  
GMAM class  
climb away  
from City  
View at  
walking pace  
working a  
freight from  
Petermarits-  
berg to  
Greytown.  
To gain hight  
here at the  
water stop  
these two  
engines are  
moving at a  
crawl and  
have to  
negotiate  
two 180-  
degree  
curves, this  
being the  
first one.  
When we  
were there a  
train left  
Petermarits-  
berg every  
hour on the



hour. With one coming down from Greytown, this single line was extremely busy a train would be waiting at every passing loop to continue onwards. In the first picture the front engine is GMAM 4133 working the 11.00 to Greytown. The second picture a panoramic view of the first curve shows GMAM 4113 and GMAM 4168 working the 15.00 to Greytown as they make their way slowly round the curve.

Thursday 30th August 1973.

Regards

Ledg.

[www.scrs.club](http://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](http://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](https://www.facebook.com/BridgewaterPhotographyUK)**

**[www.bridgewater-photography.com](http://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](http://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](http://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](http://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](http://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](mailto:enquires@alzheimers.org.uk)

Or visit [alzheimers.org.uk/get-support](https://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](https://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



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

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



WELCOME TO OUR

# February Newsletter

HELLO FROM SUTTON COLDFIELD NNS!  
Welcome to our monthly Newsletter




Pete and Suzy after a successful Steering Group meeting, admiring the brilliant Sutton Coldfield Methodist Church Centre venue 😊

**THANK YOU!**

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

Hello All!

February is here and the notes of early Spring are intermittently in the air, hurrah! 

Last week we held an extremely well attended Steering Group meeting at the Sutton Coldfield Methodist Church Centre. It was great to see everyone including our friends at Erdington NNS, whom we will be closely collaborating with in the future.

We are pleased to discover all the NNS funded places for BSL training have been taken up! We currently have free Safeguarding Awareness training available to book, please see below for further details.

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

Want a confidential chat with a worker from Sutton Coldfield Adult Social Work Team?

The Sutton Coldfield Adults Team supported by Sutton Coldfield NNS and other partners are available to offer confidential information and advice on a range of care and support needs.

To have a chat please drop in on:

-  Tuesdays, 10am-1pm United Reformed Church, 1 Brassington Ave, B73 6AA
-  Thursdays, 10am-1pm Communitea Cafe, 76-78 Boldmere Rd, B73 5TJ



## CAPACITY BUILDING

CALL OUT for Volunteer Roles to be included in our new Sutton Coldfield NNS Volunteer Handbook

# LOOKING FOR VOLUNTEERS?

(within Sutton Coldfield)



Sutton Coldfield NNS is inviting all Sutton Coldfield based community groups and organisations within the voluntary, community and faith sector, to be included in our new **Volunteer Handbook for 2025**. The publication will include loads of volunteering tips for organisations, plus suggestions on what to consider when choosing a volunteering role for the first time. **The highlight will be a directory of volunteering opportunities where you are invited to submit listings.** The handbook will be available in digital and print form, which will be distributed in community venues.

To get involved, please complete the attached form with your volunteer roles to be included in the directory by **Friday 14th February 25**.

## Congratulations!

We had a busy January grants panel and are very pleased to announce three assets due to receive funding. We would like to congratulate the following community groups and organisations who will be delivering the following...

**Dance4U** - Will be providing accessible online dance lessons for disabled adults.

**Wheelchair Basketball** - Will continue and expand their inclusive sports hub at Wyndley Leisure Centre. The project involves a variety of accessible sporting activities and games, including wheelchair basketball, soft axe throwing and inclusive squash.

**YMCA Sutton Coldfield** - Will be setting up a new inclusive choir for disabled people called 'Step Up and Sing'.



## SPREAD THE WORD

## Culturally Appropriate Peer Advocacy Service



**Peer Advocacy Service  
Birmingham & Solihull**

**Our Aim**  
Our aim is to ensure that everyone has access to a peer advocate when they need one to enable them to overcome barriers, have their voice heard and have their needs met by mental health services. You can use our peer advocacy service if you are from an African, Caribbean or other racialised background and living in the community in Birmingham and Solihull with a mental health need. This service is free, confidential and independent from statutory mental health services.

A peer advocate is someone who can support you to speak up for yourself when you can and speak for you when you can't.

**Our peer advocates can help you to:**

- Understand your cultural needs that support your mental health
- Express your wishes, feelings and views about your care and treatment for your mental health in the community
- Access information and support for your mental health in the community in accordance with your individual choices
- Support communication with health professionals involved in your care and raise any issues or concerns
- Access other organisations that provide support on aspects of daily living, such as benefits and housing


**A Peer Advocate is Someone Who:**

- Understands your cultural needs and preferences
- Has their own lived experience of mental health issues
- Can support you by meeting with you regularly in the community or by speaking with you over the telephone or via video call according to your preferences.
- Can attend meetings with you subject to availability.

**Make a referral**

You can refer yourself to this service or ask a family member, friend or health professional to refer on your behalf. To request a referral form or for more information:

Tel: 07714 076 348

Email: [j.crew@sacmhf.co.uk](mailto:j.crew@sacmhf.co.uk)

Website: [www.sacmhf.co.uk](http://www.sacmhf.co.uk)

**Our Social Media:**

 KuumbaF

 @Sacmhf1

 @sacmhf



Sandwell African Caribbean Mental Health Foundation (SACMHF) work in partnership with Pohwer and Catalyst for Change in the provision of the Culturally Appropriate Advocacy Service.

**They offer a peer advocacy service at SACMHF primarily for people of African and Caribbean heritage and other racialised backgrounds, living with a mental health need in the community in the Birmingham and Solihull area. The service is free and independent from statutory services. They also offer community visits to talk about the services available.**

You can refer yourself to this service or ask a family member, friend or health professional to refer on your behalf.

To request a referral form or for more information please call 07714076348 or email [j.crew@sacmhf.co.uk](mailto:j.crew@sacmhf.co.uk)

## CAPACITY BUILDING

### FREE Safeguarding Awareness Training

Sutton Coldfield NNS will be supporting local community, social enterprise, voluntary or faith sector organisations with **two free places to attend a new safeguarding course from Our Place Support.**

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

Key Learning Outcomes include :

- Understand what safeguarding in children, young people and adults means.
- Know key safeguarding legislation and guidance
- Understand the need for effective safeguarding
- Know the different categories of abuse and maltreatment
- Recognise the behavioural and physical indicators of abuse and maltreatment
- Know how to respond and report safeguarding concerns including how to handle disclosures of abuse

Join us for an interactive session, delivered by experienced facilitators with a depth of expertise in safeguarding, either online or in person.



Wednesday 12 February 2025



10:00am - 13:30pm



In person at Our Place Support, Farthing Lane Birmingham B72 1RN

To book click [here](#)



Monday 31 March 2025



10:00am - 13:30pm



Online

To book click [here](#)



To gain your free access please email us at [nns@ageconcernbirmingham.org.uk](mailto:nns@ageconcernbirmingham.org.uk) and we will supply you with a code.

## Our Place Support Networking Meet Up



### Our Place Support Networking

Free Informal Networking for  
Sutton Coldfield Voluntary, Community &  
Faith Sector

Our Place Support Networking Meetings provide a supportive, uplifting space for voluntary sector partners to support one another, connect and build on the fantastic provision we have in Sutton Coldfield.

The next meeting is on 12th February, 10.30am-12noon.

If you're a community partner interested in attending, join the mailing list by emailing [networking@ourplacesupport.org](mailto:networking@ourplacesupport.org)



## STORY OF DIFFERENCE

## North Birmingham 4 Ukraine (NB4U) – Festive Meal



When Ukrainians fled from their homes and moved to England under the Homes For Ukraine scheme NB4U welcomed a large number of families and individuals in Sutton Coldfield. They offered a range of wellbeing activities to support them settling into a new community and a totally different life to the one they lived in Ukraine. What became evident after a few months was that elders who had fled Ukraine, either on their own or with their families, were reluctant to engage with any of the activities or support offered.

They were an isolated group who were finding it difficult to integrate either with the Ukrainian community in Sutton Coldfield or with their new community in Sutton Coldfield. As a result NB4U set up a luncheon club specifically for elders who meet monthly at the United Reformed Church café. These elders are not living the lives they had planned before Russia invaded Ukraine, they are living in very different accommodation, have very limited support networks and are missing family and friends who are still in Ukraine. As a result of this situation NB4U applied for an NNS microgrant to treat the elders to a festive meal in an opulent environment. On the day, eleven elders came together to enjoy a festive meal. They reported feeling sad to have left behind family and friends, so we wanted an opportunity to build happy memories for them in the place where they have been given sanctuary. The meal was delicious, the setting unique, everyone had a fabulous time, enjoyed each other's company and had a positive experience to share with their family and friends.

"It was heartwarming to relax with friends in a place where I felt safe and could build some happy memories."

"It was good to see a place that I haven't been to before and wouldn't normally experience. Seeing and tasting a traditional British Christmas menu was good. I had the beef and Yorkshire pudding. Being able to share the experience with other older Ukrainian people is comforting. Knowing that such care is being taken of us. I do not feel alone (isolated) with my problems as a displaced person in the UK. I wish you all a lot of health and we are very grateful for the friendly support that we are given here. You are forever in our hearts. Thank you."



SPREAD THE WORD

## Inclusive Sports Hub, Wyndley Leisure Centre



INCLUSIVE SPORT PROGRAMME



## Wyndley Leisure Centre

Clifton Rd, Sutton Coldfield, Birmingham B73 6EB.

**Inclusive sports hub**  
**February 2025**  
**6th, 13th, 27th,**  
**March 2025**  
**13th, 27th**  
**11am to**  
**2pm**

*Specialised activities  
 organised, delivered by  
 qualified instructors*

*Bollywood dancing  
 Bhangra dancing  
 Yoga  
 Circus Skills and more.*

**Wheelchair Basketball**  
**Wheelchair Rugby League**  
**Squash**  
**Badminton**  
**Hockey**  
**Football**  
**Adaptive Boxing**  
**Boccia**  
**New age Kurling**  
**Dodgeball**  
**Soft Archery**  
**Soft Axe Throwing**  
**Inclusive Quidditch**  
**Wheelchair American Football**  
**and many other activities**



Please email or ring to book attendance: **Andy Craddock, 07855391871, [Makechangebwcb@gmail.com](mailto:Makechangebwcb@gmail.com)**

**An Inclusive Sports Hub will be starting on Thursday 6th February 25, 11am–2pm at Wyndley Leisure Centre.** Organised and delivered by qualified instructors, specialised activities available to try will include wheelchair basketball, wheelchair rugby league, squash, badminton, hockey, adaptive boxing... to name a few!

**To book** please call 07855391871 or email [makechangebwcb@gmail.com](mailto:makechangebwcb@gmail.com)

### 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](mailto:nns@ageconcernbirmingham.org.uk)

**Sutton Coldfield NNS**

**AGEconcern**  
 Birmingham

**Compass Support**  
 Part of The Pioneer Group

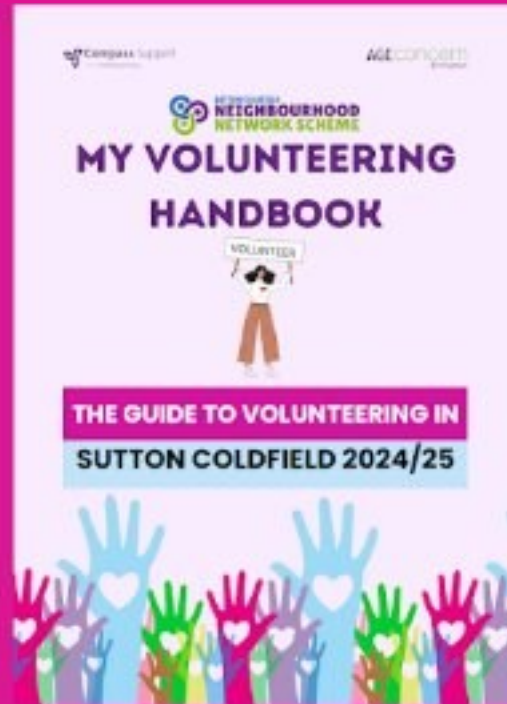


GET INVOLVED

## 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](mailto: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*



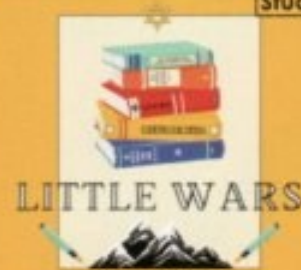
By Bill Bryson & Tim Whitnall  
**26 Nov – 7 Dec 2024**  
*Based on the best-selling book*



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](http://highburytheatre.co.uk)





# HIGHBURY CINEMA

## FIRST FILMS FOR 2024/25 SEASON



12A

Sun 15 Sep 2024

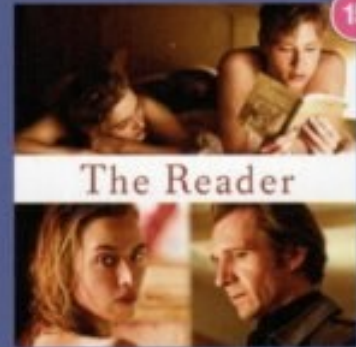
*Sometimes you must just  
make a break for it*



12A

Sun 20 Oct 2024

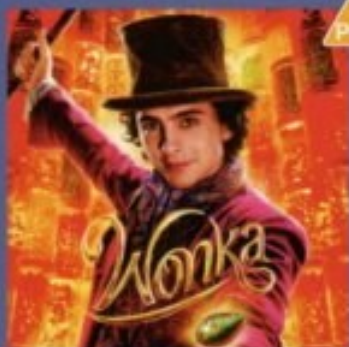
*One love, one heart*



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](https://highburytheatre.co.uk)



## What's on next?

Highbury Players present

### The Father

**25 Feb - 8 March 2025 at 7.30pm**

by **Florian Zeller**

translated by **Christopher Hampton**

directed by **Claire Armstrong Mills**

André is an elderly man with dementia. His daughter Anne tries to balance her love for her father with the demands of her own life and her relationship with Pierre.



Highbury Cinema presents

### The Color Purple

**7pm on 2 March 2025**

Director **Blitz Bazawale**

Released **2023**

Duration **2hr 21m**

Certificate **12A**

**A story of hope, faith and resilience in an often cruel world**

An often harrowing story of love and resilience, this musical film combines the best of Alice Walker's novel, the 1985 screen adaptation and the 2005 stage musical.



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





## What's on next?

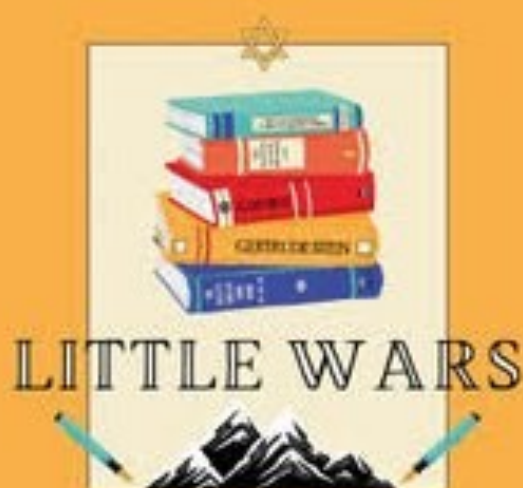
Highbury Players present

### 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/](http://highburytheatre.co.uk/)



## What's on next?

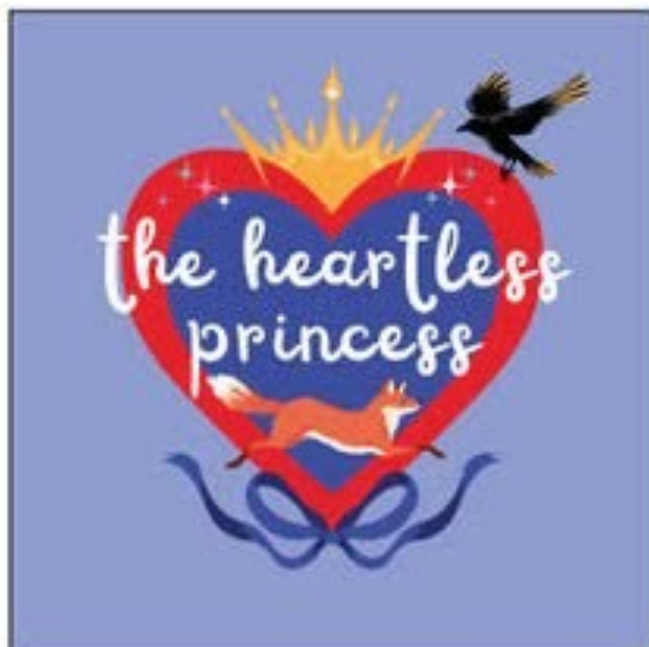
Highbury Players present

### 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/](http://highburytheatre.co.uk/)





<https://suttoncoldfieldtownhall.com/events/>



## 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

01 Mar



**Have A Word -  
Murderers Row**

02 Mar



**The Dinosaur That  
Pooped**

Starts 03 Mar 2025



**Revision on Tour:  
Macbeth**

05 Mar



**Revision on Tour:  
Macbeth**

06 Mar



**Revision On Tour: Dr  
Jekyll & Mr Hyde**

07 Mar



**QUEENZ: Drag Me To  
The Disco!**

08 Mar



**A Country Night in Nashville**

The Alexandra Birmingham,  
Birmingham

09 Mar



**Candace Bushnell - True  
Tales of Sex, Success and  
Sex and the City**

Starts 11 Mar 2025



**NOW That's What I Call A  
Musical**

The Alexandra Birmingham

Starts 17 Mar 2025



**The Rocky Horror Show**

Starts 22 Mar 2025



**Theatre Tour**

24 Mar



**Great Big Dance Off**

25 Mar



**Seven Drunken Nights - The  
Story of the Dubliners**

26 Mar



**Killer Couples with Emma  
Kenny**

27 Mar



**Steve Steinman's Vampires  
Rock - Eternal Love The  
Musical**





### RB&O: SWAN LAKE (LIVE SCREENING)

Thu 27 Feb



### SEVEN DRUNKEN NIGHTS

Sun 2 – Mon 3 Mar



From BBC's Scam Interceptors

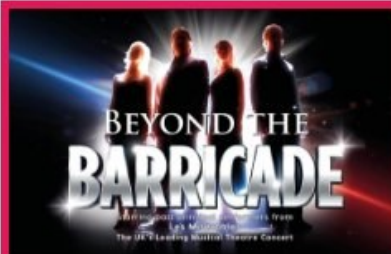
### NICK STAPLETON'S HOW TO BEAT SCAMMERS

Tue 4 Mar



### ROTARY SCHOOLS ANNUAL SCHOOLS' CONCERT

Wed 5 Mar



### BEYOND THE BARRICADE

Thu 6 Mar



### THE ROY ORBISON STORY

Fri 7 Mar



### PETER ANDRE IN THE BEST OF FRANKIE VALLI

Sat 8 Mar



### 90S LIVE

Sun 9 Mar



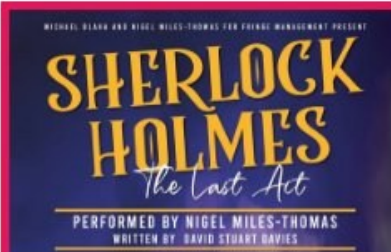
### AN EVENING WITH KALEB COOPER

Tue 11 Mar



### HA!MILTON

Wed 12 Mar – Wed 2 Jul



### SHERLOCK HOLMES: THE LAST ACT!

Wed 12 Mar



### DREAMCOAT STARS

Thu 13 Mar





**KATE MOSSE -  
UNLOCKING THE  
SECRETS OF THE  
LABYRINTH**

Fri 14 Mar



**HERE WE GO AGAIN -  
THE MAMMA MIA  
TRIBUTE**

Sat 15 Mar



**SAM RABONE'S BIG  
BOSTIN' VARIETY  
SHOW**

Sun 16 Mar



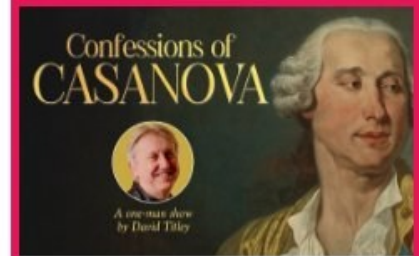
**STORY OF SOUL**

Thu 20 Mar



**LEGEND - THE MUSIC  
OF BOB MARLEY**

Fri 21 Mar



**CONFESSIONS OF  
CASANOVA**

Fri 21 Mar



joined by Chanteuse Chamber Choir

**TENORS UNLIMITED**

Sat 22 Mar



**RB&O: ROMEO &  
JULIET (LIVE  
RECORDING)**

Sun 23 Mar



**LICHFIELD GOTTA  
DANCE 2025**

Mon 24 – Tue 25 Mar



**GORDON BUCHANAN:  
LIONS & TIGERS &  
BEARS**

Wed 26 Mar



**QUILL**

Thu 27 Mar



**MERRY OPERA: DIE  
FLEDERMAUS**

Thu 27 Mar





Ballet & Dance

## Class on Stage

Ever wondered just how ballet dancers do what they do?

Sat 1 Mar

Tickets £15

Have you ever wondered just how ballet dancers prepare for each of their performances? Look no further than Class on Stage!

This is your chance to look behind the scenes and come and watch the dancers of Birmingham Royal Ballet warm-up and complete their final preparations ahead of one of their performances.

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

Get ready for a night of unfiltered laughter and pure energy as **Kat B** and **Richard Blackwood** take the stage together! A guaranteed evening of high spirits and side-splitting comedy – just bring your friends & family, and we'll bring the laughs!

On stage for the night:

- **Kat B** (BBC, MTV)
- **Richard Blackwood** (MTV, ITV, BBC, Channel 4)

Both Kat B and Richard Blackwood are celebrated UK entertainers with deep roots in comedy, captivating audiences from all backgrounds with their unique style and sharp humour.

Beyond the comedy scene, they've made their mark in acting, with Blackwood known for his roles in popular series like *EastEnders*, and Kat B appearing in various notable UK shows and productions.

As influential figures in the entertainment industry, they've paved the way for new generations of British comedians and actors.

Known for their vibrant stage presence, these powerhouse performers bring a dynamic mix of comedy, music, and storytelling that electrifies the room. Richard Blackwood's background includes a UK garage and hip-hop music career, while Kat B has collaborated with artists, bringing musical flair to his performances.

Together, these heavyweight entertainers showcase the versatility, humour, and heart that make them beloved across the industry. This double header promises raucous laughter, high energy, and comedy that holds nothing back.

Comedy & Spoken Word

## Double Trouble: Kat B & Richard Blackwood

A guaranteed evening of high spirits and side-splitting comedy.

Sat 1 Mar

Tickets £24



Family & Pantomime, Musicals

## Chitty Chitty Bang Bang

A fun-filled hit for all the family

Tue 4 Mar – Sun 9 Mar

Tickets from £26

THE MOST FANTASMAGORICAL MUSICAL OF ALL TIME flies into BIRMINGHAM HIPPODROME for ONE WEEK ONLY!

A brand-new production of this much-loved family favourite stars **Ore Oduba** (*Pretty Woman*, *Strictly Come Dancing* winner, *The Rocky Horror Show*) as Caractacus Potts and **Liam Fox** (*Emmerdale*) as Grandpa Potts. Directed by **Thom Southerland** (*Titanic*, *Parade*), choreographed by **Karen Bruce** (BBC's *Strictly Come Dancing*, *The Bodyguard*) and designed by **Morgan Large** (*Newsies*, *Joseph and the Amazing Technicolour Dreamcoat*), this ravishing award-winning musical is bursting with unforgettable songs by the Sherman Brothers including *Toot Sweets*, *Hushabye Mountain*, *Truly Scrumptious* and of course the Academy Award-nominated title song, *Chitty Chitty Bang Bang*.

Based on Ian Fleming's timeless story for children and later made into the famous 1968 film, in **CHITTY CHITTY BANG BANG** we meet absent-minded inventor Caractacus Potts who restores a broken-down old racing car with the help of his children, Jeremia and Jeremy. Soon the family discover the car has magical powers, and along with the delectable *Truly Scrumptious* and *Grandpa Potts*, they end up on a fantastical adventure to far off lands. Their heart-warming journey makes **CHITTY CHITTY BANG BANG** a fun-filled hit for all the family.

The crowning glory of Broadway, the West End and beyond, the international smash hit musical **SIX** makes its royal return to Birmingham following multiple previous sell-out successes! Winner of over 35 international awards including the Tony Award for 'Best Original Score' and 'Best Costume Design', double winner of the WhatsOnStage Award for 'Best West End Show' and a Gold-Disk winning album, this sell-out Tudor take-off has "an incredibly strong and powerful message" (*The Australian*) and is "pure entertainment" (*The New York Times*). From Tudor Queens to Pop Princesses, the six wives of Henry VIII take to the mic to tell their tales, remixing five hundred years of historical heartbreak into an 80-minute celebration of 21st century girl power. These Queens may have green sleeves but their lipstick is rebellious red. Think you know the rhyme, think Divorced. Beheaded. LIVE!

Musicals

## SIX

Smash hit musical makes its royal return following multiple previous sell-out successes!

Tue 11 Mar – Sat 15 Mar

Tickets from £26



Musicals

## Calamity Jane

THE WHIP CRACKIN' MUSICAL CLASSIC

Tue 18 Mar – Sat 22 Mar

Tickets from £20

Gosh almighty! Grab a posse because the whip crackin' musical comedy classic **Calamity Jane** is a rollin' on over the plains to Birmingham for one week only. Based on the much-loved Doris Day movie, this plumb fancy new production stars the multi-award-winning West End actress and singer **Carrie Hope Fletcher** (*Cinderella*, *Les Misérables*) and begins its UK and Ireland tour in January 2025.

Meet the fearless, gun slingin' Calamity Jane – biggest mouth in Dakota territory and always up for a fight. She'll charm you hog-eyed though, especially when trying to win the heart of the dashing Lieutenant Gilmartin, or shooting insults at the notorious Wild Bill Hickok. But when the men of Deadwood fall hard for Chicago stage star Adelaide Adams, Calamity struggles to keep her jealousy holstered. Her heart's a thumpin'... but who for?

With the sure-fire classic songs *The Deadwood Stage* (*Whip-Crack-Away*), *The Black Hills of Dakota*, *Just Blew in from the Windy City*, and the Oscar-winning *Secret Love*, The Watermill Theatre's Production of **Calamity Jane**, is directed by **Nikolai Foster**, co directed and choreographed by **Nick Winston** and features musical supervision by Olivier, Grammy and Tony Award winner **Catherine Hayes**.

What are you waiting for, you wild coyotes? Whip-crack-away and book now!

**FABRIC** presents a celebration of youth dance in the Midlands. The festival welcomes young dancers from every background, every dance genre and every level of experience to enjoy a colourful wave of youth dance.

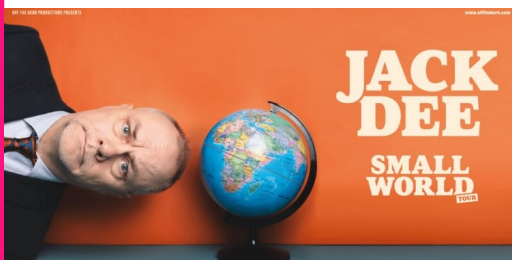
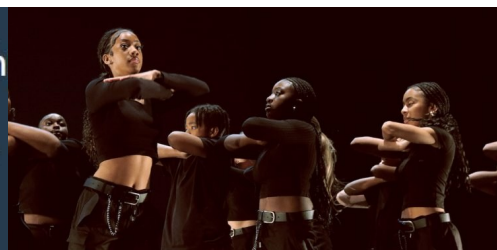
Ballet & Dance

## FABRIC - Applause Youth Dance

Come see a celebration of youth dance in the Midlands

Sat 22 Mar – Sun 23 Mar

Tickets from £12



Comedy & Spoken Word

## Jack Dee: Small World

Jack Dee returns to Birmingham Hippodrome

Sun 23 Mar

Tickets £34

CULTURE WARS, THE ENVIRONMENT, BRITISH FOREIGN POLICY and SOCIAL JUSTICE: these are just a few of the topics that Jack spectacularly fails to address (or even mention for that matter) in his brand new show. Instead, for reasons known only to him, he doubles down on his fascination with the meaningless small things of life like Zoom protocol, what's new in the world of radiators and the worst careers advice office in the world.

Join Jack as he guides you through his varied life and career with his customary charm and well known gift for talking absolute rubbish on any given subject.

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



# the Rep

'A MASTERCLASS IN IRISH STORYTELLING'

## MYRA'S STORY

WRITTEN BY BRIAN FOSTER STARRING FIONNA HEWITT-TWAMLEY

### MYRA'S STORY

Sat 1 Mar 2025

*This is not to be missed."*

★★★★★ – *Broadway Baby*

The incredible story of middle-aged homeless alcoholic, Myra McLaughlin living rough on the streets of Dublin. As she begs from passers-by at her regular spot by Ha'penny Bridge, Myra recreates her rollercoaster backstory. Playing all the larger-than-life Dublin characters, acting out all the hilarious, tragic and heart-breaking events in her life that have taken her to this pitiful state.

*Will wring laughter and tears from even the stoniest of hearts"*

★★★★★ – *British Theatre Guide*

Written by Irish playwright **Brian Foster**, this one woman play has been seen by over 150,000 theatregoers across Ireland, UK, USA and Canada.

*vibrant and lyrical"*

★★★★ – *WhatsOnStage*

You'll laugh with Myra. You'll cry with Myra. What you'll never do is forget her.



### AN AUDIENCE WITH JOAN BAKEWELL

Wed 5 Mar 2025

Spend an evening in the company of **Joan Bakewell**, renowned journalist, television presenter, author and playwright.

**Joan** first rose to fame with BBC2's ground-breaking *Late Night Line Up*, earning widespread acclaim for her outstanding arts coverage and fearless campaigning stance on issues like censorship, abortion, divorce, race, and equality.

More recently, she has showcased her passion for the Arts and delighted audiences as the host of the two popular TV series *Portrait Artist* and *Landscape Artist of the Year* on Sky Arts.

Her many accolades include the prestigious *Humanist of the Year* award, a Life Peerage granted by the Labour Party in 2011, and the presidency of Birkbeck, University of London. The list goes on...

A staunch advocate for women's rights and equality, **Joan** was appointed 'Voice of Older People' by the UK Government in 2008. To this day, she continues to inspire, regularly appearing on TV and radio, producing thought-provoking documentaries as well as writing for the national press.



### BOY BLUE'S CYCLES

Fri 7 Mar–Sat 8 Mar 2025

*A triumphant celebration of the shared pleasures of dance"*

★★★★★ *The Independent*

Winners of the 2024 Sky Arts Award for Dance, **Boy Blue** are the UK's most celebrated hip-hop dance theatre company. Since the company was founded in east London, 2001, by composer **Michael 'Mikey J' Asante MBE** and choreographer **Kenrick 'H2O' Sandy MBE**, they have been a radical force, breaking boundaries and creating "choreographic gold" (The Guardian).

**Cycles** is movement at its most fluid, distilled and skilled. Resolute and unapologetic, **Boy Blue's** latest production is a tenacious exploration of hip-hop dance in all its forms. **Cycles** was nominated for the 2024 Black British Theatre Awards.

*Dancing that captivates"*

★★★★ *The Guardian*

Experience the connection between the movement on stage and the rhythm, groove and bounce of the music, as nine powerful dancers fill the space in what feels like unending motion.

*Terrific new piece from Hip-Hop Company Boy Blue is a love letter to the euphoria you experience when you completely surrender to music"*

★★★★ *The Guardian*

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!

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- ✓ 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](http://slimmingworldkitchen.co.uk)

*Slimming*<sup>®</sup>  
—WORLD—

touching hearts, changing lives





# STUDIO27

## TIMETABLE

ALL CLASSES ARE 45 MINS  
UNLESS SPECIFIED

**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

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](http://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](http://www.ageukbirmingham.org.uk)

[www.ageuksandwell.org.uk](http://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](mailto:info@ageukbirmingham.org.uk)

[www.ageukbirmingham.org.uk](http://www.ageukbirmingham.org.uk)



[info@ageuksandwell.org.uk](mailto:info@ageuksandwell.org.uk)

[www.ageuksandwell.org.uk](http://www.ageuksandwell.org.uk)



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

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

## **Information and Advice**

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

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



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



## Opening Hours

Our phone lines are open:

**Monday – Friday**

**9:30am – 3:30pm**

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



## Information Guides

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

[www.ageuk.org.uk/services/information-advice/guides-and-factsheets/](http://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](mailto:dementiacarerhub@ageukbirmingham.org.uk)

🌐 [www.ageukbirmingham.org.uk](http://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](mailto:Jordanne.francis@wittonlodge.org.uk)  
W: [www.wittonlodge.org.uk](http://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](mailto: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](http://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](mailto: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](mailto:rachel.mackay@careuk.com)

**care UK**





SUTTON PARK  
GRANGE  
CINNAMON LUXURY CARE

# Dementia Friendly CINEMA

LAST WEDNESDAY OF EVERY MONTH  
LAUNCHES WEDNESDAY 26<sup>TH</sup> 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](mailto:sutton.enquiries@cinnamoncc.com) to reserve your space.



Sutton Park Grange Care Home Birmingham Road, Sutton Coldfield, Birmingham, B72 1LY  
[www.cinnamoncc.com/suttonparkgrange](http://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](mailto: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](http://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](mailto:bslsilver2022@gmail.com)

[www.bslsilver.co.uk](http://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](mailto:sheilapennell@talktalk.net)





**Lucy**



**Terence**

## Calling all cat lovers ..

### Can you help? Can you adopt? Can you foster?



**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](#)

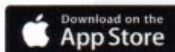
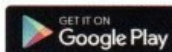





# Can you help us save more food?

**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](https://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](https://birminghammind.org)



Email us anytime on:  
[help@birminghammind.org](mailto: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](mailto:gap.huboffice@gmail.com)



[gap.huboffice@gmail.com](mailto: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](mailto: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](mailto: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](http://www.suttoncoldfieldcreativestitchers.co.uk)





## **Our regular Monthly Litter Picks for 2024**

**Starting on Sunday 11<sup>th</sup> Feb at 2pm.**

**Meet in The Church Tavern Car Park.**

**B42 2LA**

**Please wear suitable clothing and foot ware.**

**All equipment provided**

**Everyone is welcome. So come along get out-  
side and check out your park**

**Weather permitting .**

**If Snow / heavy rain falls it will be  
cancelled.**

photo courtesy of Dave Hurley



# SandNats 2024



For further information please contact:  
Membership Secretary

[membership@sandnats.org.uk](mailto:membership@sandnats.org.uk)

Website: [sandnats.org.uk](http://sandnats.org.uk)

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

October 2024.

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

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

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

Photos below.







November 2024.

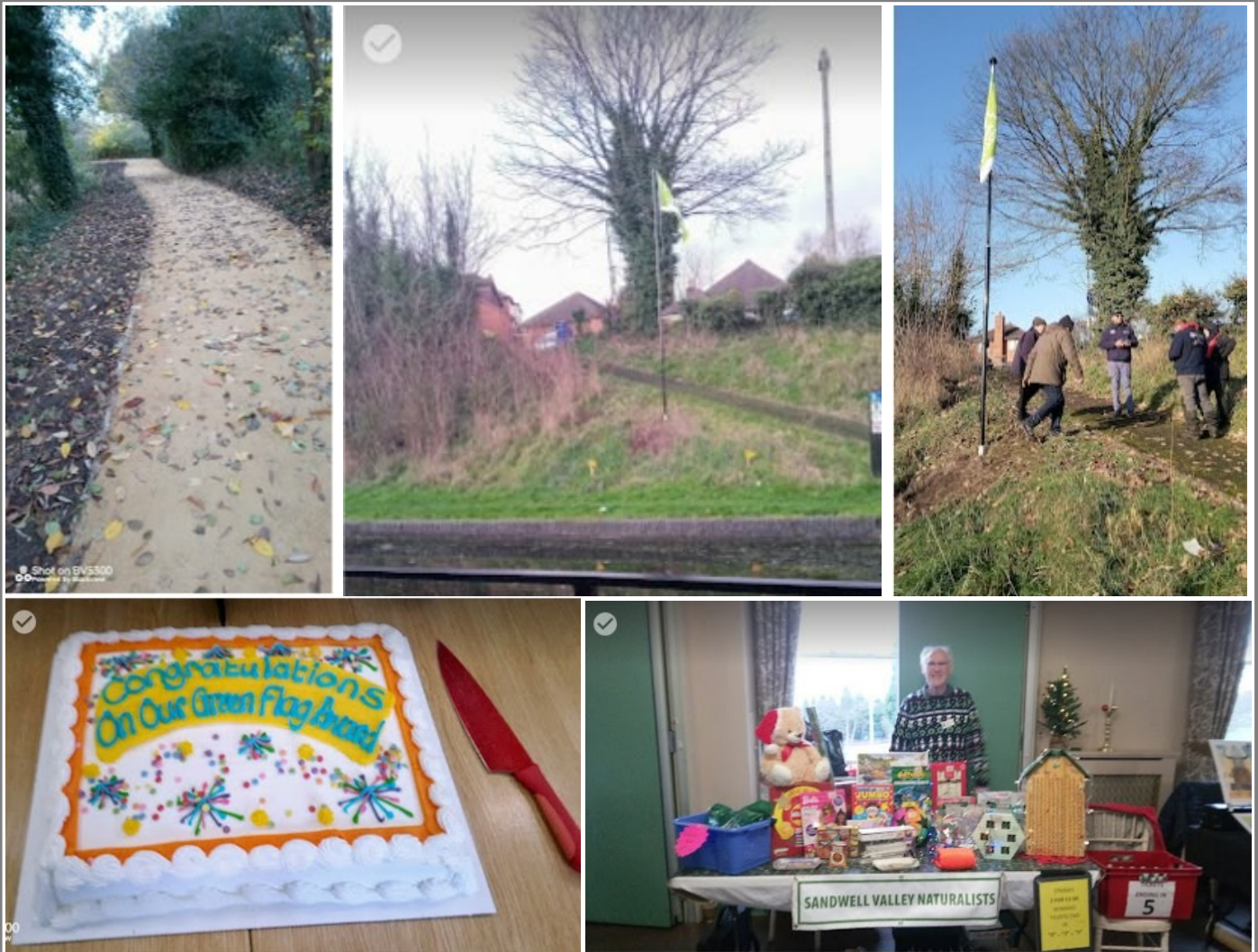
FoPPs did two litter picks in November, one along the Tame Valley Canal (TVC) towpath and another one on Perry Park. In total we collected approx. 16 separate bags of litter and one Rudolph the Red Nosed Reindeer.

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

Photos below.







December 2024.

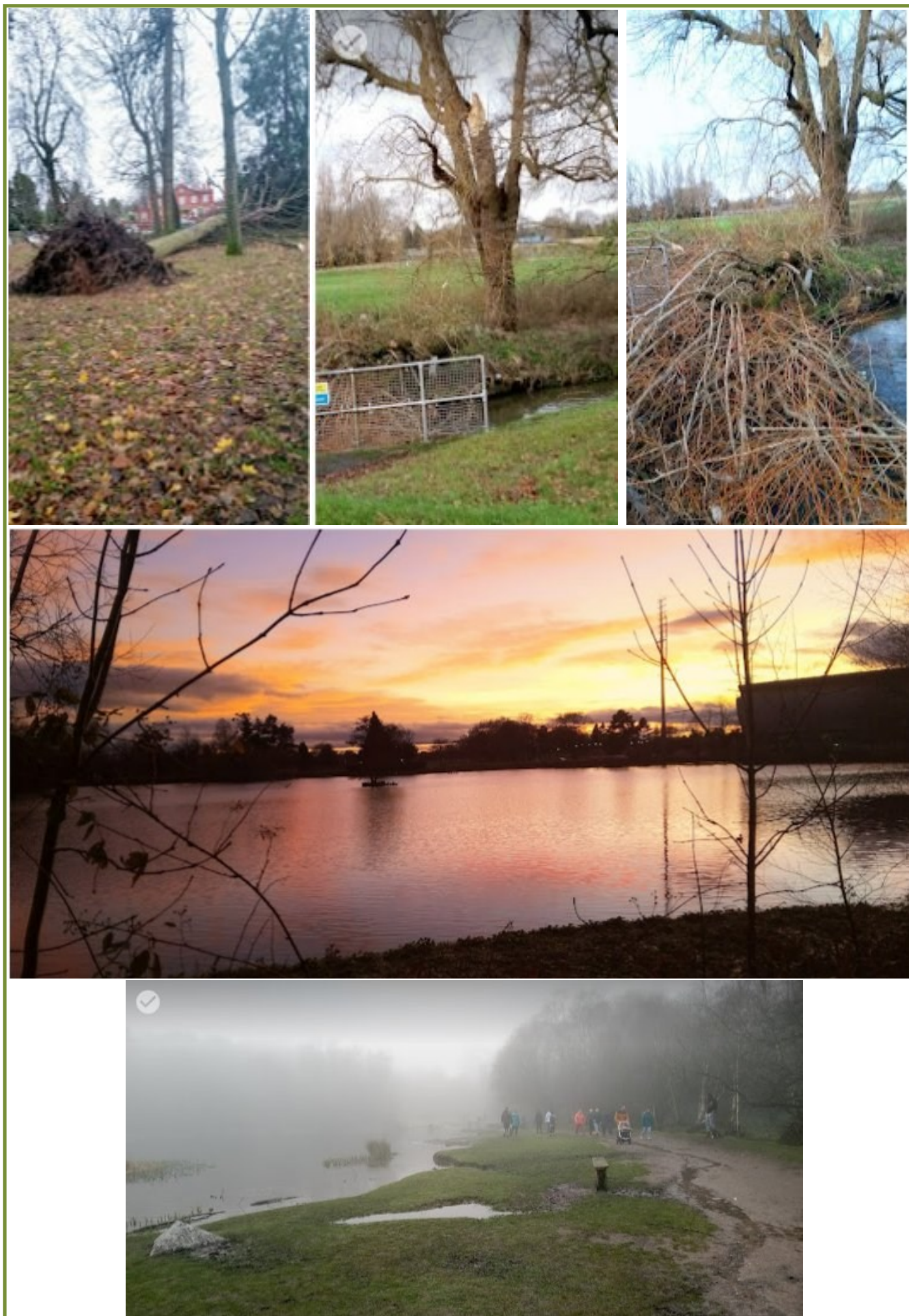
It was an eventful month with Storm Burt causing several trees to fall in Birmingham parks and streets, (including Perry Park and Lightwoods Park) - though we did have a wonderful sunset on the 15th Dec. We carried out another Big River Watch in Sutton Park (see photos).



On a foggy Boxing Day we went for a walk in Sutton Park, it was extremely busy with hundreds of people walking their dogs, running or in groups. Though it was not raining or particularly cold it was very muddy after all the rain we had had.

Photos below.









# Love For Babies

**Fun Interactive Baby & Toddler Sessions**

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

<b>Baby Sessions:</b> Tuesdays & Thursdays Beacon Church Pheasey	<b>Role Play Sessions:</b> 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



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Something suitable for all ages*

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- A great bonding experience
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- 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)
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- Ballet Classes
- Adults Ballet
- Hip Hop
- Contemporary
- Modern Dance/Free Style
- Acro Dance
- Private Lessons

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10:00am - 10:30am  
followed by a 30-minute stay & play

**'RAINDROPS' & 'RAINBOWS' (AGE 2 - 4 YEARS)**  
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followed by a 20-minute stay & play and access to soft play

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



**Book now!** [pyjamadrama.com](http://pyjamadrama.com)

or contact [sinead@pyjamadrama.com](mailto:sinead@pyjamadrama.com) / 07581 236823





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**INTERESTED?**

**Contact us for more information**

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

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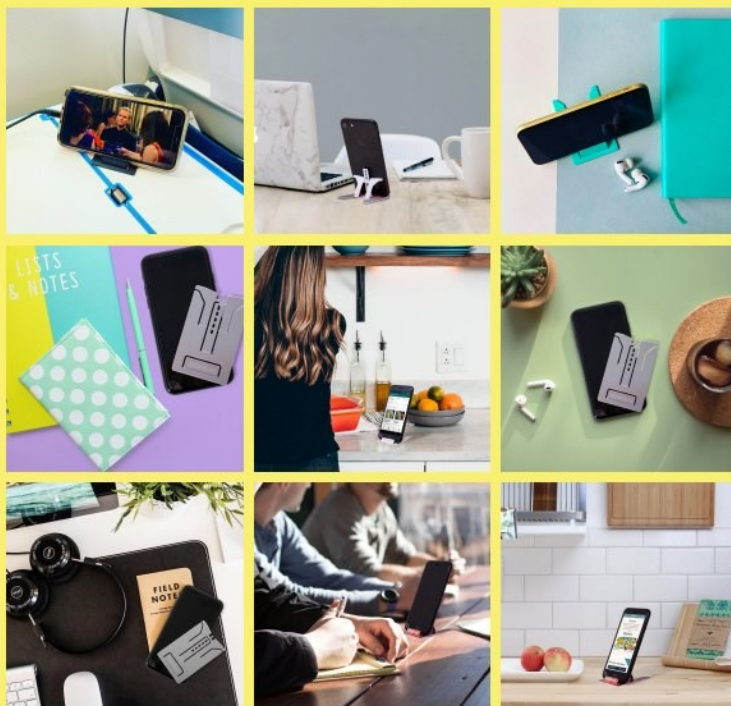
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## Banners Gate Neighbourhood Forum Meetings

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