



Banners Gate & Parklands Community & Neighbourhood Forum

192nd April 2025

bannersgateneighbourhoodforum.com

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

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

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



Rob Pocock:

BRING BACK A BOLDMERE PHARMACY!

If you ever go shopping on Boldmere High Street you'll have spotted the closure of the Boots Chemist (pharmacy) store last year. Since that time we have been calling for a new pharmacy to be re-instated in the Boldmere shopping area. You would think this was a straightforward job, but that's far from the truth! Read on to see how YOU can help the cause.

The NHS have to issue a 'dispensing contract' to anyone wanting to run a pharmacy. As we mentioned last year, the NHS has a very long-winded way of doing this but **things are now in motion** at last. When Boots closed, they returned their 'dispensing contract' to the NHS. The NHS can then 're-tender' the contract for other local pharmacy companies or independents, to apply to take it back on. BUT ... before they can do this, they have to run a survey to make sure it's still needed.

That's what is happening now, and it will help enormously if YOU can make this point via the survey. This link will take you to the online survey: [Birmingham and Solihull](#)

[Pharmaceutical Needs Assessment Public Survey](#). It's a very fancy title - **but don't be put off, it's really simple** and should only take 5 minutes. All you really need to do is basically this:

Q4 in space at end, put 'bring back a pharmacy to Boldmere'

Q11 say NO and then in Q12 say 'bring back a pharmacy to Boldmere'

Q15 just put 'bring back a pharmacy to Boldmere'.

If you can't access the online link in this newsletter, just drop me an email to rob.pocock@birmingham.gov.uk and I'll send you a copy you can print off and post back to the local NHS. Note you need to do this before **the closing date 14th May**. Please also pass this news on to anyone else you think may wish to support this. Also by the way, a new pharmacy does not need to use the old Boots store, which is probably too big anyway for an independent pharmacy. A new pharmacy can open up in any vacant premises in the Boldmere shopping centre once they secure the new 'dispensing contract' from the NHS. We will keep you updated with progress.

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com **Next deadline: May 29th**

Bins Bulletin

At the time of writing the 'bins dispute' is still going on. But the Police have now stepped in to prevent the obstructive picketing at the depots, and that means the crews who are still at work can run a basic collection service



for your general 'grey bin' waste. So please still put out your grey bin for collection on your normal day.

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

Max Hatton:

Gatepost April

Hello Gatepost Readers! I hope you've all enjoyed the recent nice weather and a Happy Easter to you all!

The sun was shining and the streets were bustling as the Sutton Coldfield Food Festival brought the town centre to life! Thousands of residents and visitors came out to enjoy a weekend filled with mouth-watering street food, local produce, live music, and a buzzing

community vibe. The fantastic weather only added to the festive spirit, making it one of the most successful food festivals the town has seen. A huge thank you to the organisers, traders, and volunteers who made it all possible!

Over the Easter holidays, Sutton Coldfield was a hub of family-friendly fun. From Easter egg hunts in our parks to creative workshops at the library and bustling cafés full of families enjoying spring treats, the community really made the most of the break. A special thanks to our local attractions and businesses for hosting such fantastic activities!

Annual Town Council Meeting – Have Your Say! The Annual Town Council Meeting will take place on Wednesday 7th May from 6pm. This important event is your chance to hear about the council's work over the past year, plans for the future, and to ask questions or share your thoughts. Everyone is welcome—let's continue to shape our town together. Until next time Gatepost readers, have a great month.

Walmley Library Stories and Songs

Join us for a 40 minute session of Storytime and songs.
Activities for children aged 0-5.

Contact us today to find out more.

info@homestartbnw.org.uk
0121 323 5181



**HOME
START**

Birmingham North
West

Charity no. 1157767
Room 4 Kingstanding Wellbeing Centre, Dulwich Road,
Kingstanding, BIRMINGHAM, B44 0EW

**Walmley Library,
Walmley Road,
Birmingham,
B76 1NP**

**Monday
Morning's
09.20 - 10.00 &
10.10 -
10.50am**

**John Cooper:**

We certainly live in interesting times, the bin strike continues and one must admire those non striking staff and agency workers who at least in Sutton Coldfield offer something similar to a normal service, at least collecting the household waste. We have all read much about the causes of the strike and how many personnel it actually affects but one thing is crystal clear; the creation of the grade of the job the council now wishes to remove is the very job that was introduced to settle the dispute in 2017. We in Sutton Coldfield do not face the piles of rubbish on the streets that inner city Birmingham face on a daily basis but there are parts of Sutton that are very much affected.

The sale of the Coleshill Road Nursery is another great blow to Sutton Coldfield, especially as the Town Council has been buying its florals from the Birmingham nursery service. Speaking for myself; in a cooperative relationship the cost of the Coleshill Road Nursery could have been saved by BCC if the facility had just transferred to the Town's ownership. The Town now supplies and manages all the florals, hanging baskets and rail-hanging planters and tubs throughout the town and will now have to buy these plants from outside sources.

The sale of any pre 1974 asset is a real loss to the Town as BCC pursue its fire sale throughout the wider City area. The Town will be poorer for it going forward as we are following the sale of the Town Council offices in King Edward's Square some years ago.

On a totally separate matter, I am sorry to report that our efforts, so far, to secure a crossing on Antrobus Road from the Boldmere Spinney to Mossy Bank for the school children at Boldmere J&I school, have been rejected by the Highways engineers having taken the view of others due it is said to other priorities. We will continue to fight for this important safety measure for parents and children.

John Cooper April '25

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

townrangers@suttoncoldfieldtowncouncil.gov.uk

johncooper@suttoncoldfieldtowncouncil.gov.uk

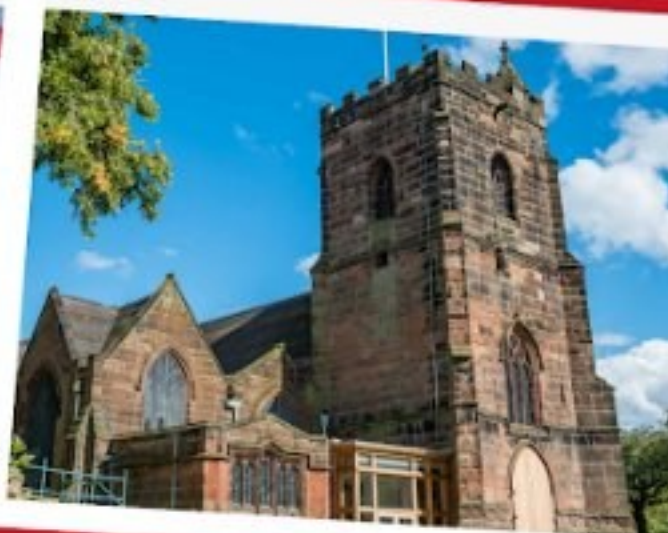
80th ANNIVERSARY

VE DAY BEACON LIGHTING

VICTORY IN EUROPE DAY
80th ANNIVERSARY

8 May 2025, arrive from 6.30pm

Holy Trinity Parish Church
Sutton Coldfield



To commemorate the 80th anniversary of VE Day on Thursday 8th May 2025 people across the country will be encouraged to get together, referred to as a shared moment of celebration. Holy Trinity Parish Church is hosting a beacon lighting funded by Royal Sutton Coldfield Town Council. Refreshments will be provided.

All are welcome. Should you have any questions, please do not hesitate to contact our team at enquiries@suttoncoldfieldtowncouncil.gov.uk



@royalsuttoncoldfieldtowncouncil
@RoyalSutCoITC
suttoncoldfieldtowncouncil.gov.uk



THE ROYAL TOWN OF SUTTON COLDFIELD ANNUAL MEETING

**Wednesday 7th May 2025 at
6:00pm
The Trinity Centre**

Local Government Act 1972
Notice of Annual Meeting

The Annual Town Meeting will take place on Wednesday 7th May at 6pm at The Trinity Centre (B72 1TF). Please note that due to capacity restrictions within the venue, you are requested to reserve your place in advance. To view the agenda and find out how to book your place please email enquiries@suttoncoldfieldtowncouncil.gov.uk



THE ROYAL TOWN OF SUTTON COLDFIELD CIVIC SERVICE

**Sunday 18th May 2025
at 10:00am
Holy Trinity Parish Church**

This annual service welcomes our civic guests and those who represent the many public and voluntary organisations within our town.
For more information, please email enquiries@suttoncoldfieldtowncouncil.gov.uk or telephone 0121 663 1765.



Brought to you by Sutton Coldfield NNS in partnership with Inspire Activity



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

**ACCESSIBLE & ACTIVE SUTTON COLDFIELD
MONDAY 19TH MAY 2025**

AT WYNDLEY LEISURE CENTRE
Clifton Rd, Sutton Coldfield,
Birmingham, B73 6EB

**FOR
OVER 50'S**

**FOR OVER 18'S
WITH A
DISABILITY**

**FUN AND
FRIENDLY**

**TRY NEW
SPORTS**

**10AM
-2PM**

**HAPPY
HEARTS**

**ACTIVE
BODIES**

**HEALTHY
MINDS**

WELLNESS
STARTS WITH PLAY

**RUN JUMP
LAUGH**

**FUN FOR
ALL AGES**



@commgames



@commgames



@commgamesuk

Friends of King George V Playing Fields



The heather has all been mowed. It is clear to see as it is a different colour but cut short.



The wooden frame on the butterfly patch has all disappeared and not a lot growing.



Good news that the old dustbin and contents at the Cooksey Lane Car Park have been taken by the council. It has remained clean up to now.



Not much growing on the butterfly patch although there are some, as yet, unidentified seedlings.

But two rose bushes are growing well.



Sadly, the litter bin looks like it's been attacked by foxes or the wind.

New opening times for Household Recycling Centres



Our five Household Recycling Centres have new temporary extended opening hours from Monday 7 April.

Booking is required to help avoid excessive queues. You can [book a slot at a Household Recycling Centre](#) on our website.

Weekdays (Monday to Friday)

- Tyseley, Castle Bromwich, Perry Barr, Sutton Coldfield: 7am to 9pm
- Kings Norton: 10am to 10pm

Weekends (Saturday and Sunday)

- All sites 8am to 6pm



**Independent
Age**



Free benefits check for people over 65

**Are you getting all the
financial support you're
entitled to?**

Many older people miss out on extra money they could be getting each week. They may not know what financial support is available, or how to apply. Don't let that be you.



“

There must be a lot of people entitled to Pension Credit who just don't know they are. I'm grateful to Independent Age – they've made my life better. Making that call to them was one of the best things I've done.

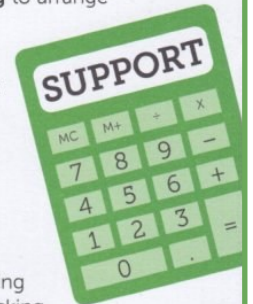
Call our Helpline for free on **0800 319 6789** (Monday to Friday, 8.30am to 5.30pm) quoting 'Free Guide 468'; or email helpline@independentage.org to arrange a benefits check.

Our advisers will help work out what you're entitled to. You might qualify for:

- Pension Credit
- Attendance Allowance
- Housing Benefit
- Council Tax Support.

Even if you think you're getting everything you're entitled to, it's always worth checking.

Find out what you could claim and get help to apply.



**Independent
Age**

Independent Age is a national charity providing support for older people facing financial hardship. We offer free, impartial advice and information on what matters most: money, housing and care.
independentage.org

Registered charity number 210729 (England and Wales) SC047184 (Scotland).

14-MAR-2014

StreetSafe ONLINE REPORTING TOOL

Reports on StreetSafe can help identify problem areas and focus work in your community.

The online tool allows you to drop a pin to the exact location where you don't feel safe.

You can anonymously report behavioural or environmental concerns such as:

- Poor lighting
- Lack of CCTV
- Signs of drug use
- Feeling of being followed/ have previously been followed
- Verbal harassment

Visit **Police.uk/StreetSafe**

StreetSafe is not a crime reporting tool.
To report a crime visit: **www.west-midlands.police.uk**



NYW10022

Sutton Cottage Redevelopment Plans



Extensive refurbishment

Integrated health service

Wellbeing hub for older adults

Work has begun on an £8.5 million scheme to transform Sutton Cottage into an integrated hub of healthcare services for older people.

Due to open to the public in the winter of 2025/26, the extensive transformation safeguards the future of the historic site as a one-stop health and wellbeing hub for over-65s.

The hub will provide an integrated set of secondary, community and primary care services (e.g. respiratory, diabetes, podiatry, dietetics, chronic kidney disease, frailty, musculoskeletal services).

That means patients will be able to see more than one specialist in a single visit, delivering a more personalised and holistic approach to healthcare.

NHS

While construction work is going on ...

Maintaining clinical service delivery as close to Sutton Cottage as possible is a priority, particularly when NHS services are under severe pressure.

To achieve this, we've temporarily moved some of our adult clinics into Portakabins behind Sutton Cottage, in Duke Street.

We will continue to do all we can to minimise disruption around the site. We have rented 19 spaces in South Parade car park for staff to use, to help relieve some of the pressure on parking in Duke Street.

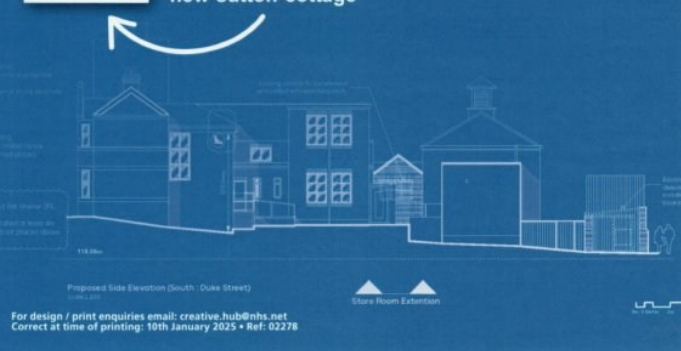
The NHS is innovating to deliver the care people need closer to home, easing the pressure on our acute hospitals.

Sutton Cottage - a proud part of the Royal Town's past; now secure as a beacon for community-based healthcare delivery in the future.



Comments or Questions?

Please email us at info.bchc@nhs.net
Scan the QR code on the left for future updates, or visit: bhamcommunity.nhs.uk/new-sutton-cottage




BRITISH ELDERLY CARE SERVICES

Delivering Complex care with independence

Our local caregivers provide home care while maintaining freedom.

Contact : **BRITISH ELDERLY CARE BIRMINGHAM**
Address : 68A Reddip Hill, Sutton Coldfield, Birmingham, B75 7BG
rose@britishelderlycare.com
Tel : 01213691699
www.britishelderlycare.com

• Hourly care • Complex • Live-in care • Short breaks
• Respite care • Companionship • End of life care • Night care

Compassionate care just for you.

Dementia
With our caregivers' high-quality training and experience means that they are well-equipped to deliver positive and compassionate support to anyone living with Alzheimer's, vascular and many other kinds of dementia.

Companionship
Even the most independent people appreciate the comfort of a smiling face and a friendly chat. Our hourly companionship care service provides regular home visits from a local caregivers, delivering peace of mind to clients and their family.

Respite
Even the most dedicated of family carers sometimes need a break. Our respite care package will ensure your loved one's wellbeing is maintained while you get the break you need to come back refreshed – a benefit for you both.

Complex care
Complex care, also known as long-term care or continuing care, is given to patients with significant, continuing healthcare issues such as chronic illness and disabilities that can arise after receiving hospital treatment. Complex care is usually provided to individuals by a team of healthcare professionals, including nurses, doctors, therapists, social workers, and case managers. We all work together to develop a care plan that meets the individual's unique needs.

After Stroke
Our trained and experienced caregivers can assist with recovery after a stroke. We will create a bespoke care package that ensures all recovery needs are met, while maintaining a dignified life at home.

BRITISH ELDERLY CARE SERVICES
• Supportive • Honest • Innovative • Credible

Building a Better Lifer for you and your loved ones.

Later Life Planning Services

Now offering a drop in on the first Saturday of every month!
10am - 12pm



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

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



communita cafe

What's On April 2025

Opening Times

Monday to Saturday 8:30am - 4pm

APRIL

76/78 Boldmere Road, Boldmere, B73 5TJ

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

Monday

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

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

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

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

Walking Group: 10:30am - weekly

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

Tuesday

Allotment Group: 10am until 12pm - weekly

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

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

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

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

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

Digital Awareness Session: 10am - 12pm - 1st, 8th, 15th and 29th

Age UK's Digital Champions will be dropping in to help support with phone and devices!

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

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

Wednesday

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

Advice Cafe: 11am until 1pm - weekly

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

Digital Inclusion 3pm until 4pm - weekly

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

Thursday

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

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

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

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

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

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

Friday

Art Group: 10am until 11.30pm - weekly

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

Advice Cafe: 11am until 2pm - weekly

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

Chatty Cafe: 2pm until 4pm - weekly

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

Saturday

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

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

FUNDING BULLETIN

Neighbourhood Development and Support Unit (NDSU)



Welcome to Birmingham City Council's April's Funding Bulletin by Neighbourhood Development and Support Unit (**NDSU**).

This is our monthly newsletter with information about funding available to eligible voluntary, community, faith and social economy organisations (VCFSEs). In this newsletter we share opportunities both within Birmingham City Council as well as funding available 'externally'.

Highlights of this month's Funding Bulletin (more detail below the introduction):

- Good news for **Neighbourhood Forums** in Birmingham (NDSU)
- Deadline approaching - **The Lord Mayor of Birmingham's Charity** - Funds for local not-for-profit organisations and charities that impact the people of Birmingham - *applications close Friday 25 April*
- Changes to **The National Lottery's Reaching Communities** grants
- **Heritage at Risk Capital Fund** - aimed at preserving England's most vulnerable historic sites
- New grant fund, **Roots & Routes** for youth-led (18-30) organisations, who are fighting for climate justice in England

Barclays 'Community Football Fund' is now '**Barclays Community Sport Fund**' opening this month.

You may already be aware of / subscribed to our **NDSU Newsletter**, which shares information relevant to VCFSEs in the city - [read the April edition online](#).

If you have been forwarded this newsletter, or are reading it via an online link, you can [sign up to receive our newsletters online to receive them directly to your inbox](#).

If you have anything you would like to share in a future newsletter, or if you have been successful with funding please let us know – we'd love to hear from you. nds@birmingham.gov.uk

Kind regards

Neighbourhood Development and Support Unit (NDSU)
Neighbourhoods, City Operations, Birmingham City Council

[Learn more about NDSU](#)

DONEGAL ROAD ALLOTMENTS

PLANT SALE

On Saturday 17th May 2025
10:00am - 2:00pm

Vegetable Plants, Bedding Plants,
Hanging Baskets
Refreshments



Donegal Road, B74 2AA
Enquiries: 0121 354 6182

**Hanging Basket
Demonstration**

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

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

We particularly need good quality:

- Clothes and Shoes ☐
- Bags and Accessories ☐
- Books, CDs and DVDs ☐
- Homewares ☐
- Toys and Games ☐

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

British Heart Foundation

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

0121 355 5848

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

giftaid it

©British Heart Foundation 2019, registered charity in England and Wales (225971) and in Scotland (SC039426). BH05372

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 SQUARE PEGS FIT IN

Registered Charity Number 1185040

www.squarepegactivities.org

info@squarepegactivities.org

Square Peg Activities Limited,
37-39 Gate Lane, B73 5TR

Regular activities include:

- Pool
- Table Tennis
- Scalextric
- Darts
- PS5
- Get Creative
- Chill & Chat
- Coffee Bar

The GATE

Youth Club

Fridays 7.30-9pm term time starts
7th March 2025
Ages 11-16

Banners Gate Community Church
Westwood Road
Email: bannersgatechurch@gmail.com



Your children will never be bored at

Rowans Holiday Club

Before and After School Club



You could claim up to 70% on tax credit
TSC's apply

Open Monday-Friday during school holidays from 7.30am-6pm
(Price includes 3 meals a day, snack and drinks)

We also run exciting day trips and outings including

- Conkers activity centre • trips to the seaside
- Sutton park for picnics • Empire cinema
- All staff are qualified, experienced and DBS checked
- Rowans Holiday Club is Ofsted approved for your peace of mind

For more information visit www.rowans-nursery.com
email rowansnursery@live.co.uk
telephone Becky Jones or Amy Ganley on 0121 354 4120

Rowans Before and After School Club operates from St Columba Church Hall, Banners Gate Road, Sutton Coldfield B73 6TX (Opposite the Banners Gate entrance to Sutton Park)

Ofsted
raising standards
improving lives

"Children are happy and well settled with a flexible routine to pursue their own interests, the environment is bright, welcoming and friendly."

Your children will never be bored at

Rowans Day Nursery



Free
Places available for 2, 3 and 4 year olds*

*Places are government funded and currently available. Terms and conditions apply. Please contact the nursery for details.

Special Offer
One month's nursery fees **FREE***

*Terms and conditions apply

For more information please call
Amy Ganley or Becky Jones on 0121 354 4120
www.rowans-nursery.com

Rowans Day Nursery
74176 Kings Road, New Oscott, Sutton Coldfield B73 5AE

Ofsted
raising standards
improving lives

GOOD
Reports available online

SAFARI

(Sourced from the Internet)

A wealthy old lady decides to go on a photo safari in Africa , taking her faithful aged poodle named Cuddles, along for the company.

One day the poodle starts chasing butterflies and before long, Cuddles discovers that he's lost.. Wandering about, he notices a leopard heading rapidly in his direction with the intention of having lunch.

The old poodle thinks, "Oh, oh! I'm in deep doo-doo now!" Noticing some bones on the ground close by, he immediately settles down to chew on the bones with his back to the approaching cat. Just as the leopard is about to leap the old poodle exclaims loudly, "Boy, that was one delicious leopard! I wonder if there are any more around here?"

Hearing this, the young leopard halts his attack in mid-strike, a look of terror comes over him and he slinks away into the trees. "Whew!", says the leopard, "That was close! That old poodle nearly had me!"

Meanwhile, a monkey who had been watching the whole scene from a nearby tree, figures he can put this knowledge to good use and trade it for protection from the leopard. So off he goes, but the old poodle sees him heading after the leopard with great speed, and figures that something must be up. The monkey soon catches up with the leopard, spills the beans and strikes a deal for himself with the leopard.

The young leopard is furious at being made a fool of and says, "Here, monkey, hop on my back and see what's going to happen to that conniving canine!

Now, the old poodle sees the leopard coming with the monkey on his back and thinks, "What am I going to do now?", but instead of running, the dog sits down with his back to his attackers, pretending he hasn't seen them yet, and just when they get close enough to hear, the old poodle says.

"Where's that dang monkey? I sent him off an hour ago to bring me another leopard!

Moral of this story....

Don't mess with old folks...age and treachery will always overcome youth and skill B.S. and brilliance only come with age and experience.

If you don't send this to five "old" friends right away there will be five fewer people laughing in the world.

I am in no way insinuating that any of you are old, some are just more youthfully challenged.

You did notice the size of the print?

Thank you Terry W

Friends First

Safe local spaces to make new friends

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

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



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

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

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



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

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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

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

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

Please contact 0121 362 3650 for more information if:

*You are feeling isolated, or would welcome the chance to meet new people in your community.

*Maybe you already run a coffee morning/community group and would like to work with us to widen your reach.

*You would like to increase your social opportunities.



*Sunday Mornings
at St Columba's*

Rev Becky invites you to a warm and welcoming service at 10am

The service lasts about an hour with tea, coffee and a chat in the hall afterwards. All are welcome: everything is explained as we go along and is on a big screen at the front. Come exactly as you are - full of questions, full of faith, full of doubts or completely empty and in need of an hour of peace.

You are welcome.

St Columba's Church Hall

Hall letting for St Columba's Church.


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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



Slimming World
taste the freedom

FREE membership
what you like to eat, when you like to eat

eat out and lose weight!

St Columbas Church hall
Banners Gate Road
Wednesdays 7pm
Karen 07759170289
Or just come along!

[slimmingworld.co.uk](https://www.slimmingworld.co.uk)

Touching hearts, changing lives



Coffee Morning
every Friday 10:00 - 12:00
St Columba's Church Hall
Banners Gate
(Sutton Park Corner)

Not on Friday 29th December

All welcome for Coffee, Tea, friendly chat, warm space

Church open for anyone who wants a peaceful moment or quiet chat

Classes at St Columba's Church

Monday	Brownies	6 o'clock
Tuesday	Brownies	6 o'clock
Thursday	Rainbows	
Friday	Coffee Morning, see above	
Sunday	Morning Worship	10 o'clock



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

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

IF YOU WOULD LIKE TO SUPPORT OUR WORK PLEASE MAKE A DONATION USING [THIS LINK](https://www.justgiving.com/hopefoodnb):

<https://www.justgiving.com/hopefoodnb>

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

Church@4

a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk



All are welcome - there is no charge for anything.

"Keeping your body active & healthy is the most important thing you can do for yourself. Both physically & mentally, especially as we get older"



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

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

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

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

New Oscott Village Gym

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



Contact us for prices
and more information:

Jackie.Taylor@extracare.org.uk



ExtraCare
Charitable Trust



COFFEE MORNING

ARE YOU 50+ AND LOOKING TO SOCIALISE?
JOIN OUR COFFEE MORNING WITH THE COMMUNITY
NAVIGATOR AND EXPLORE LOCAL
SUPPORT AND ACTIVITIES!

CONTACT RANJAN HOATH FOR MORE INFORMATION

DATES

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

10-12PM

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

FUNDED BY



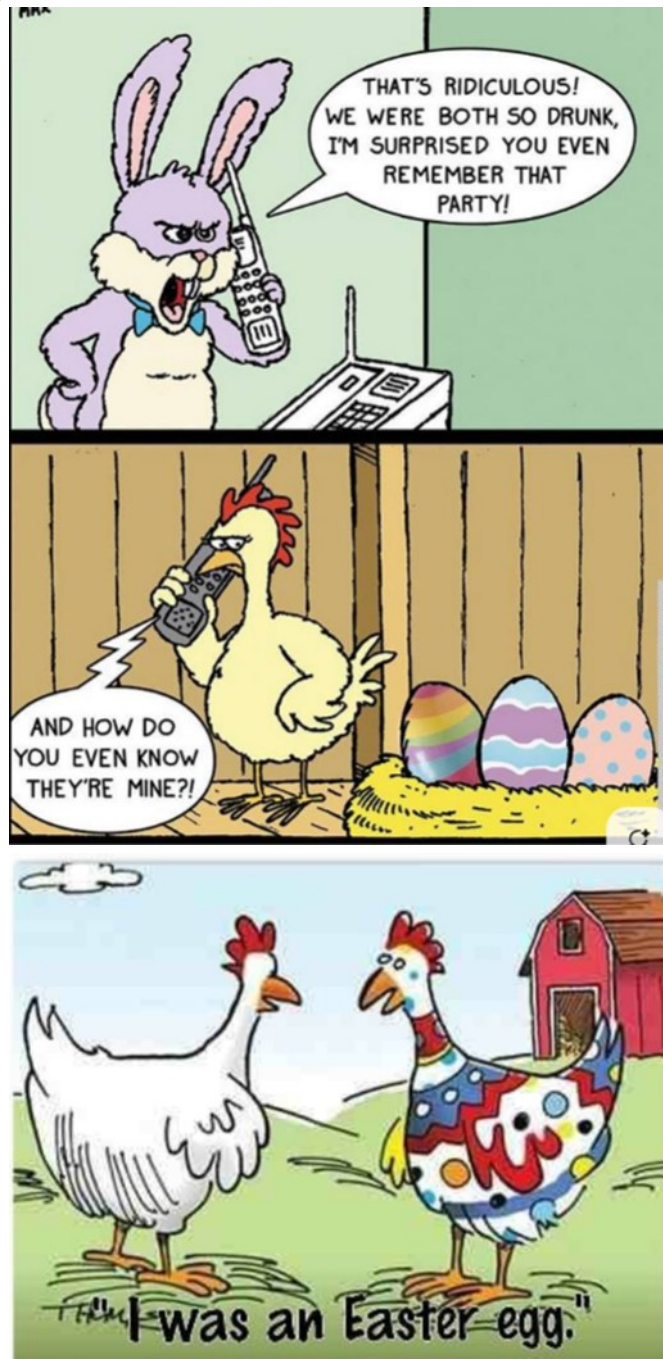
Eric Jones March 2025

As we approach Easter, I am mindful of a true story regarding a five-year-old grandson. Grandma was looking after three grandchildren over the Easter weekend and had organised activities to entertain them all. She was brilliant with them, and had them making Easter bonnets and painting eggs, helping her baking hot cross buns along with storytelling about Easter and its meaning. The following week Grandma asked her young grandson what he remembered about Easter. His reply after some deep thought was, *"Jesus dies on the Friday and comes back as a hot cross bun on Monday."* Out of the mouth of babes, eh.

Another true story involved a friend's five-year-old grandson. One Friday the child came downstairs for breakfast along with his older brother. The older brother had the day off due to a teachers' training day so had no uniform on, the younger brother also no uniform. His Mother said to the young son, why haven't you got your school uniform on. He replied *"Same as my brother, Mom, no school today"*. She immediately told him, "You're at a different school, go and get your uniform on. Nice try." He stormed off in a huff and was taken, very reluctantly, to school by his mom.

On picking him up from school she reported to her husband later that evening that she had a very grown-up conversation with their son when he came out of school and sat in the car. She said, *"Well, how did you get on at school today?"* His reply, bearing in mind he was only five-year-old, he said in a matter-of-fact tone, *"I have had the worst day of my life; I hope when I get home, I have a more pleasant evening."* She was so shell shocked that she had to

choke back the laughter. On a later occasion she was scolding him saying, *"Who do you think you are?"* His reply, *"I'm Jake, and you are my mother. Don't you forget it."* This boy is destined for fame, methinks.





Anja Pawson

Local Campaigner in Sutton Vesey

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

I am pleased to share the results of our recent community action aimed at keeping our area clean and safe. I want to express heartfelt thanks to the residents who brought these issues to our attention. Below, you will find some before and after photos of the positive impact.



Clearing the Way:

Residents informed us about an overgrown hedge along Chester Road obstructing half the pavement. We reported it to the Town Rangers, who promptly cut it back, restoring a safer pathway.



Resolving Forgotten Bin Collection:

Residents reached out to us after their household waste bins remained uncollected for over five weeks. We reported the missed collections, and the issue was promptly resolved.



Fixing the Green Light:

The green light of this traffic light at the junction of Chester and College Road had stopped working. We quickly reported this and it is now working again.

If we can assist you with any issues, please email us at: veseyward@gmail.com

For regular updates, you can follow us on Facebook/Instagram: VeseyNews

**COUNCILLOR MEIRION JENKINS
JOHN COOPER AND ANJA PAWSON
MEETING AT BOLDMERE ST
MICHAELS FOOTBALL CLUB**

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

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

**WEDNESDAY 30TH APRIL 2025
7:00PM**

**Meeting at:
Boldmere St
Michaels Football
Club,
Church Road,
Sutton Coldfield,
B73 5RY**



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

ANJA PAWSON AND JOHN COOPER OF VESEY NEWS - SERVING THE RESIDENTS OF BOLDMERE, NEW OSCOTT AND BANNERS GATE
Published by Jack Annett on behalf of John Cooper and Anja Pawson, all of 368 High Street, B72 1UP. Printed by Sutton Coldfield Conservative Association, 368 High Street, B72 1UP

**FORMER MAYOR ANDY STREET
JOHN COOPER AND ANJA PAWSON
MEETING AT BOLDMERE ST
MICHAELS FOOTBALL CLUB**

MEET ANDY STREET ALONGSIDE COMMUNITY CAMPAIGNERS JOHN COOPER AND ANJA PAWSON

Hear directly from Andy Street and ask questions about his work in the West Midlands and in Sutton Coldfield

**WEDNESDAY 4TH JUNE 2025
7:00PM**

**Meeting at:
Boldmere St
Michaels Football
Club,
Church Road,
Sutton Coldfield,
B73 5RY**



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

ANJA PAWSON AND JOHN COOPER OF VESEY NEWS - SERVING THE RESIDENTS OF BOLDMERE, NEW OSCOTT AND BANNERS GATE
Published by Jack Annett on behalf of Andy Street, John Cooper and Anja Pawson, all of 368 High Street, B72 1UP. Printed by Sutton Coldfield Conservative Association, 368 High Street, B72 1UP

mind | Birmingham **NHS Birmingham and Solihull Mental Health NHS Foundation Trust**

Talking Space

Are You Having a Difficult Time ? We can help with ...

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

Just drop in between 6pm - 11pm (Over 18 only)
Thursday, Friday, Saturday & Sunday

Beechcroft Centre
Rear of 501 Slade Road, Erdington, B23 7JG

In Partnership with **creative SUPPORT** **Forward Thinking Birmingham**

mind | Birmingham **NHS Birmingham and Solihull Mental Health NHS Foundation Trust**

Talking Space

Are You Having a Difficult Time ? We can help with ...

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

Just drop in between 6pm - 11pm (Over 18 only)
Wednesday, Thursday & Friday

Handsworth Hub
9 Park Avenue, Hockley, Birmingham B18 5NE

In Partnership with **creative SUPPORT** **Forward Thinking Birmingham**

Sing me Sunshine **Sing Me Sunshine is my lovely singing group for all!**

Join me and spend a carefree afternoon of singing, laughter and chat in Sutton Coldfield.

Tuesdays 2 - 3pm **Thursdays 2 - 3pm**

St Columba's Church hall **All Saints' Church Centre**
Banners Gate Road/ **Belwell Lane, Four Oaks,**
Chester Road North **Sutton Coldfield B74 4TR**
Sutton Coldfield B73 6TX

£5 PER PERSON

If you are looking to do something new, feeling a bit lonely or living with health issues, I'd love you to come along and let Sing Me Sunshine brighten your day.
Make new friends, feel positive and have some fun!
Come on your own, bring a friend, family member or caregiver.

For more information, please contact Helen on **07981 957061** or email **helenwilliamsmusic@gmail.com**

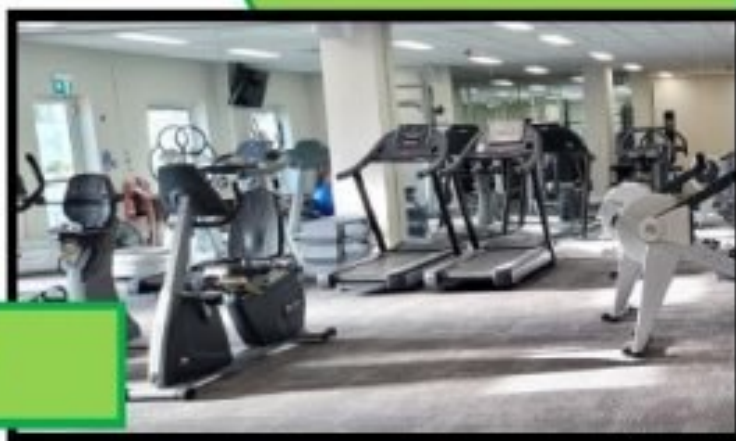
New Oscott Village **SPECIAL SUMMER OFFER!**

*Special offer for Banners Gate
forum subscribers*

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

Come and have a look around

START TRAINING TODAY



Why Choose Us?

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

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

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

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



0121 377 5000

Jackie.Taylor@extracare.org.uk

New Oscott Village, Fossey Drive, Chester Road, B23 5LD



**SUTTON
COLDFIELD
UNITED
REFORMED
CHURCH**

Sharing the love of God through Worship and Friendship

All Welcome

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

JOIN THE MEN'S HEALTH & WELLBEING GROUP

Fourth Tuesday in the Month **7pm - 9pm**



Safe Space
Welcome "Safe Space" to meet, chat & discuss

Regular Meetings
Meeting regularly to discuss enhancing wellbeing

Men Networking
Networking personally & professionally

Guest Speakers
Specialist Guest Speakers

Physical Activities
Engaging in a variety of fun physical activities

No costs to attend

"Men's Health Is Their Wealth"

Visit our website

Highcroft Community Centre, 485 Slade Road, Erdington, Birmingham, West Midlands, B23 7JG

07493 397272
info@menshealth-wellbeing.co.uk
www.menshealth-wellbeing.co.uk

Birmingham City Council

Sutton Social

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


£2 per session

Every Tuesday 10:30 am - 12:30 pm

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

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

FOCUS Birmingham



The United Reformed Church

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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

Free monthly activity sessions for people aged 75 and over



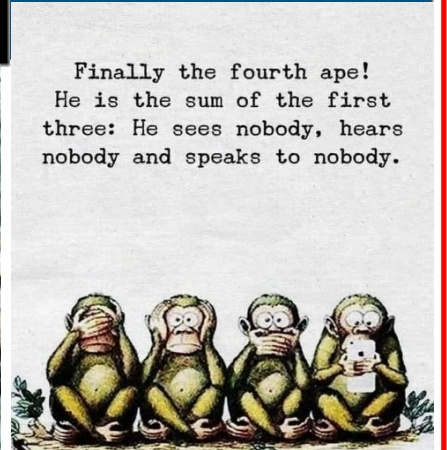
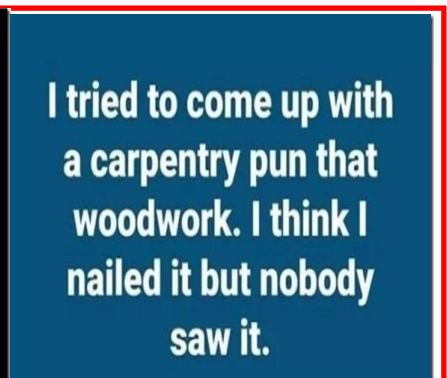
Please register in advance by calling 0800 716 543

Activity: Boccia/Indoor bowl
Starting: Monday 11th March
Date: Every second Monday of the month
Time: 10:30am - 12pm
Venue: Oasis United reformed church hub
1 Brassington Avenue Sutton Coldfield B73 6AA

Bringing generations together

Reengage

Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377)
visit www.reengage.org.uk for more information



1. How many balls of marzipan should be on the top of a traditional Simnel cake?
 2. What flower is considered an Easter symbol?
 3. In which year did Cadbury's produce their first Easter eggs; [a] 1925, [b] 1865, [c] 1965 or [d] 1875?
 4. What was the purpose of the Easter Act passed in 1928 by the UK Parliament?
 5. What colour were the first Easter eggs dyed?
 6. In which country did the tradition of Easter eggs begin?
 7. In which sport did Nick Easter represent England?
 8. Who starred as Don Hewes in the 1948 movie "Easter Parade"?
 9. In Switzerland, which creature delivers Easter eggs to children?
 10. In which ocean is Easter Island?
 11. What is banned in the German state of Bavaria on Good Friday?
 12. What is the Feast of Easter officially called in the Orthodox Church?
 13. What is the Sunday before Easter known as?
 14. On which New York street does the annual Easter parade take place?
 15. What household chore is considered bad luck if carried out on Good Friday?
 16. Which actor played Pat Hancock in "Brookside" and Mac Nightingale in "Hollyoaks"?
 17. In what year were Cadbury's Creme Eggs first introduced?
 18. In which country does a massive water fight take place on Easter Monday?
 19. What name is given to a message or image hidden within a video game?
- What is the earliest possible date that Easter Sunday can occur?

Answers 1. Eleven. 2. Lily. 3. [d] 1875. 4. To fix the date of Easter (it has never been enacted). 5. Red (to represent Christ's blood). 6. Germany. 7. Rugby Union. 8. Fred Astaire. 9. Easter cuckoo. 10. Pacific. 11. Dancing. 12. Pascha. 13. Palm Sunday. 14. Fifth Avenue. 15. Washing clothes. 16. David Easter. 17. 1963 (as Fry's Creme Eggs). 18. Poland. 19. Easter Egg. 20. March 22nd.

Are you a good guesser?
What are these objects. Answers on the bottom of page 34

**This box
containing an
instrument of
some kind
found at an
antique store:**



1

**This stone
box
containing
small stone
objects:**



2

**This plastic
bust
containing
two metal
balls held in
with a metal
clip:**



3

Please Bring Donations to:

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



**Urgent!
Food Donations Needed!
Now!**

Our Food Supplies are running out but people still need our help. We urgently need food, especially, all tins; soup, baked beans, tuna; breakfast cereals; long life milk; tea; rice and pasta.



Love cooking? Enjoy hosting?

Want to meet new people?

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



Volunteer with FoodCycle!

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

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



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



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

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/
Registered Charity Number 1134423

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

When
Monday

Time
1:00 pm

Contact
falconlodge@foodcycle.org.uk

Family Friendly
Yes

Accessibility - Disabled Toilet
Yes

Accessibility - Disabled Parking
Yes

Accessibility - Flat
Yes

DANCE ARGENTINE TANGO



with Franco & Julia



Now at: Oscott Social Club
Witton Lodge Road. B23 5LX
Thursdays 8.30—8.45pm
Fundamentals and techniques with
practise time
8.45—10pm
With practise time
Improvers / intermediate level
Taking your tango to the next level
Please wear non-rubber sole shoes

Contact: Julia 0779 008 4218

Answers from page 32

1. "That is a Shore Scleroscope! It's an instrument that was used to test the hardness of metals. It does so by dropping a weight down the tube and measuring how high it bounces back, hence the numbered marks".
2. It's a seal/stamp set. If the bottom of each small piece is smooth, they are for you to custom carve your name (pen name). A lot of workshops in China can do it easily. Maybe your local Chinatown will be able to do it as well. Cool stuff.
3. Vintage Adam's Pluck - Em Puzzle, Lady's Bust with Marbles, Pluckem Made USA Risqué Trick, 1950s Joke Gag, Bar Man Cave Gift, 3" tall



Are you interested in Art?

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

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

www.suttoncoldfieldsocietyofartists.co.uk

www.suttoncoldfieldsocietyofartists.co.uk



suttoncoldfieldsocietyartists



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

<http://messybeast.com/dragonqueen/real-haynes.htm>

Also, I'm going to assume you've heard this but just in case:

<https://www.airliners.net/forum/viewtopic.php?t=1113747>

Make New Friends Learn New Skills ☕

the
Seasons
Art Class

COME AND
WARM UP
WITH US!



THIS IS THE
**ART
CLASS**

YOU'VE ALWAYS WANTED

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



NEW
COURSE
CONTACT US
TODAY

ABSOLUTE BEGINNERS TO IMPROVERS
WILL LOVE THIS COURSE!



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



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



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



STRICTLY LIMITED PLACES
CALL NOW

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



Sutton Coldfield Photography Club



The friendly club

All visitors and new members welcome at any level of experience.

We have a varied programme of talks, competitions and activities.



**We meet on Friday evenings
from September to April at:
South Parade Methodist Centre
Sutton Coldfield B72 1RB**



Contact us at
mail@suttonphoto.club

Find us at
www.suttonphoto.club
or scan the Flowcode here

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

Sutton Coldfield Sea Cadets & Royal Marines Cadets

Volunteers needed!

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

Sea Cadet
Adult
Volunteer,
aged 30



Gain new skills and
qualifications.



Develop leadership and
teamwork abilities.



Make a positive impact
on young lives.



admin@suttoncoldfieldseacadets.com



www.sea-cadets.org/suttoncoldfield

Volunteers Needed!



Are you looking to expand your CV, gain experience working with disabled people or just do some good? If so then volunteering with us could be just what you need. All our users, mostly children are disabled or the sibling of a disabled child. Our activities are all play based.



WHAT WE DO :

- We'll provide a DBS check if you don't have one already.
- Safeguarding training provided
- Autism Awareness training provided

SESSIONS:
DAY TIME AND AFTER SCHOOL
CLUBS IN TERM TIME AND
ALSO DURING THE HOLIDAYS

Please email a bit about
yourself to:

tyler@squarepegactivities.org


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



Tyler Shaw (She / Her)

Delivery and Outreach Coordinator

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

 tyler@squarepegactivities.org

 0121 824 0508
07782 171 954

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

 www.squarepegactivities.org

   @squarepegcharity

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



Funded by



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

Working in conjunction with



[View in browser](#)



NDSU NEWSLETTER

Working together in Birmingham's neighbourhoods



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

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

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

Our one year anniversary newsletter includes;

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

Kind regards

Neighbourhood Development and Support Unit (NDSU)
Neighbourhoods, City Operations, Birmingham City Council



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD NNS



AGEconcern
Birmingham

Compass Support
Part of The Pioneer Group

MY NNS

HANDBOOK:

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



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD NNS

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

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



BSWA

UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello

Sutton Coldfield Community!

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

So what's new?

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

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

We are also delighted to announce that we are now open on Sundays, even more opportunity for you to shop for a cause!

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

Women's Aid in Birmingham
Standing together to live free from violence, abuse and



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



EASY LIVING MOBILITY®



EASY LIVING MOBILITY®

Louise Pugh
Store Manager

0121 350 7415
wyde.green@easylivingmobility.co.uk
www.easylivingmobility.co.uk
167 Sutton Road, Sutton Coldfield, Birmingham, B23 5TN

LIVE EVERY MOMENT

Stay in your home forever



Great British Furniture



Journey with us



ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415



STORES ACROSS
MIDLANDS
OPEN 6 DAYS
PER WEEK

SUPPORT US
AND
SHOP LOCAL



WE WILL
SUPPORT YOU

Trustpilot



Motability



FREE DELIVERY
ON ORDERS
OVER £100

LEAP - The Energy and Money Saving Service

**FREE
FOR LOCAL
RESIDENTS**

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

HOW IT WORKS:

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

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

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

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

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

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

Call us now on 0800 060 7567*

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

www.applyforleap.org.uk

f LeapService *8:45am-5:30pm Monday to Friday

ARE YOU ELIGIBLE?

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

- have a low income
- receive tax credits
- receive Housing Benefit
- receive an income or disability related benefit



LOVE TO PLAY ROLE PLAY SESSION ALL AGES WELCOME



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

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

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





Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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



REFLEXOLOGY FOOT MASSAGE

"We are living in uncomfortable, crazy times"

*The most productive thing you can do is
"RELAX"*

Switch off for a while - Feel good and reconnect

Benefits include:

- Improved sleep
- Elevated energy levels
- Immune system boost
- Decreased tension
- Deep relaxation
- Improved circulation

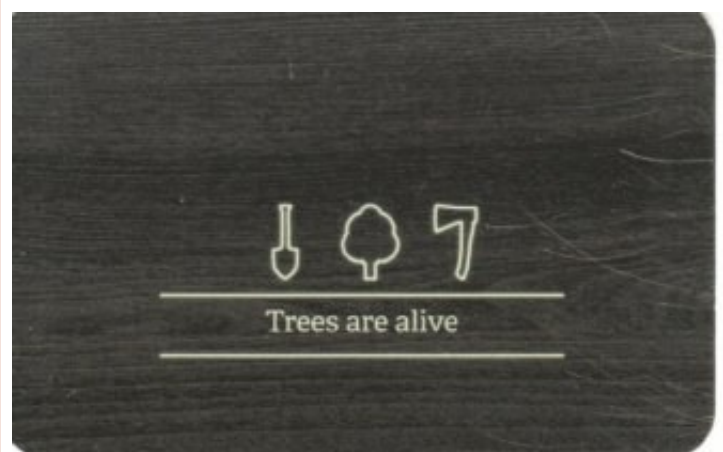


Be kind to yourself
or someone you love

Call Hayley G
07946 740910

Mobile Experienced & Professionally-Trained Reflexologist & Therapist

Gift vouchers available now
(Discounts for Carers!)





Police Museum - What's On

Hello Tony

What's on at the Lock Up Steele House Lane Museum.

The year is 1964 and we ask you to join us on Friday 11th July for a 1960's – inspired murder mystery night, The Murder of Brother Bartholemew.

Fancy your chances as a detective or know someone who thinks they are the next Sherlock Holmes?

If so, then come join us after hours in the atmospheric setting of the Victorian Lock Up.

There's been a murder and we need your help to conduct the investigation.

You will need to look at the evidence, follow the clues and interrogate the suspects in their cells as you attempt to get to the bottom of what happened to poor Brother Bartholemew.

You must work out who, what, how and perhaps most chillingly of all why he was murdered.

Our actors will transport you back in time in this immersive setting.

Click on the links to get your tickets

[The Murder of Brother Bartholemew: A 1960's Murder Mystery - \(west-midlands.police.uk\)](https://west-midlands.police.uk)

***Are you ready for the challenge? Book your tickets now!
Please feel free to dress up in your finest 1960's themed attire. Tickets are priced at £24pp***

Event start at 18:30 doors open at 18:15

Continued on next page...



The Lock Up has stood on Steelhouse Lane since 1891. In that time, it has seen some of Birmingham's worst criminals. Join us for this special one of a kind event and hear tales of true crime, horrendous acts and deeds. Come and join us on 21st

Have ever wanted to hear about some of the darker stories of the Lock Up's history? If so, this is the event for you!

Join us on Sunday 8th September at the old Victorian Lock Up. In the very building these people were held, you'll

walk the same steps as the criminals we talk about. From our expert volunteers, you'll hear tales of the real Peaky Blinders, Birmingham's connection to Jack the Ripper and see some of the most notorious items in our archives.

Time: Tours run every 20 minutes starting from 11:00am

This event is over 18's only

Click on the link to get your tickets

[The Macabre Museum- Stories of Murder and Mayhem - \(west-midlands.police.uk\)](https://www.west-midlands.police.uk/the-macabre-museum-stories-of-murder-and-mayhem)

Tickets are priced from £15

The Macabre Museum- Stories of Murder and Mayhem



Message Sent By

Stefanie Sadler

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



Phone Scams

Do you know that nearly a third of all fraud is committed over the telephone?

Criminals are experts at impersonating people or organisations (like banks, the tax office or even the police).

They spend hours researching you for their scams, hoping you'll let your guard down for just a moment. **Stop and think.** It could protect you and your money.

Stop: Taking a moment to stop and think before parting with your money or information could keep you safe.

Challenge: Could it be fake? It's OK to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

Protect: Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud here: [Action Fraud](#)

For more information please click on the link below or see the attached Phone Scams Booklet

[45788196-0bc9-42a4-87cc-371f2710914e.pdf](#)
([neighbourhoodalert.co.uk](#))

Attachments

[Phone Scams Booklet - Final.pdf](#)



Message Sent By

Stefanie Sadler

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



Stay vigilant for ticket fraud ahead of top events and concerts this summer.

Hello everyone,

In Action Fraud's new campaign, we are urging people planning to buy tickets or attend this summer's events and concerts to stay vigilant to criminals.

According to new data, £9.7 million was lost to ticket fraud in 2024 in the UK alone. Action Fraud, the national fraud and cybercrime reporting service, has launched a new ticket fraud awareness campaign, warning people to be alert to fraudsters trying to catch out people planning for popular and sold-out events.



Follow our top tips to avoid falling victim to ticket fraud.

- Only buy tickets from the venue's box office, official promoter or agent, or a well-known ticketing website.
- Avoid paying for tickets by bank transfer, especially if buying from someone unknown. Credit card or payment services such as PayPal give you a better chance of recovering the money if you become a victim of fraud.
- The password you use for your email account, as well as any other accounts you use to purchase tickets, should be different from all your other passwords. Use three random words to create a strong and memorable password, and [enable 2-step verification \(2SV\)](#).
- Be wary of unsolicited emails, texts or adverts offering unbelievably good deals on tickets.
- Is the vendor a member of STAR? If they are, the company has signed up to their strict governing standards. STAR also offers an approved Alternative Dispute Resolution service to help customers with outstanding complaints. For more information visit [star.org.uk/buy safe](#)

If you think you've been a victim of fraud, contact your bank immediately and report it to Action Fraud online at [actionfraud.police.uk](https://www.actionfraud.police.uk) or by calling 0300 123 2040, or call Police Scotland on 101.



Recognising the signs of stalking and getting support

Today marks the start of National Stalking Awareness Week and we want to help people understand what stalking is and highlight the support available for victims.



Stalking often follows a harmful pattern known as **FOUR: Fixated, Obsessed, Unwanted, and Repeated.**

Any persistent, unwanted contact that causes distress is stalking and it's never acceptable.

Stalking can take many forms, such as offline behaviour - visiting someone's home or workplace, following them, or leaving unwanted gifts.

This behaviour can also happen online such as unwanted social media messages, calls, texts, emails, hacking, or installing spyware.

Continued on next page...

It could be someone you know, like an ex-partner or acquaintance, or even a stranger. If you're being stalked, it's not your fault, and there is help available.

Media portrayals of stalking, which sometimes romanticise obsessive behaviour, can make victims question their experiences.

However, stalking and harassment aren't romantic. They're serious crimes with devastating consequences.

[Click here to watch our film to learn more about stalking and how to spot the signs.](#)

As part of our commitment to tackling stalking, we've been working hard to improve our response. We've implemented updated training and guidance for our officers and staff to ensure they better understand stalking and harassment behaviours. This training also focuses on recognising the impact on victims and using existing police powers effectively to pursue offenders and protect those at risk.

If you believe you're being stalked, here's how you can get help:

If you're in immediate danger, call 999. Otherwise, you can report online using Live Chat or by calling police on 101.

If you are not ready to speak to police, please reach out for support from the Suzy Lamplugh Trust and [National Stalking Helpline](#).

The unwanted, repeated attention can have a serious impact on your physical or mental health, as well as your day-to-day life. Some people who have been stalked or harassed have had to make changes to their daily lives; some have changed jobs or moved house.

It's important that you get the support you need if this is something you're experiencing. If you're not ready to report to us, that's OK, there are [other organisations that can give you advice and help](#).

Keep a record of events:

- Note details of witnesses if there are any.
- Save text messages, calls, voicemails, or social media communications.
- Keep a diary of events, including dates, times, locations, and descriptions of incidents.

For more advice and support on reporting stalking and harassment, [visit our crime prevention page here](#)



Looking for StreetWatch volunteers

Dear Tony,

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

Please see attached leaflet for more information.

Many thanks

Sutton Vesey Neighbourhood Team

Attachments

[StreetWatch leaflet.pdf](#)



Message Sent By
Satpal Singh
(Police, PCSO, Sutton Vesey)



New Year, New Career? Join West Midlands Police!

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

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

Why join us?

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

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

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

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

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

Apply now and start your journey with West Midlands Police.

Find out more and apply by clicking this [link](#).

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

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



Message Sent By

West Midlands Police Recruitment Team

SUTTON PARK GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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

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

CINEMA TICKET
TOP 20 CARE HOME GROUP

SUTTON PARK GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first.

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

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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

TAKE A PERSONALISED TOUR BOOK TODAY
TOP 20 CARE HOME GROUP



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 cafe! Meet Alzheimer's Society Dementia Advisors and gain valuable support and advice. Join like-minded members of the community, make new friends and enjoy a selection of home-baked treats in our warm café. We also have a dementia-friendly barbour on hand to provide your loved one with a unique pampering experience.

Experience a tour of our beautiful care home, whilst our friendly team are always on-hand to provide help and guidance.

Trusted to care. 

To attend please call
01214 682 684 or email
rachel.mackay@careuk.com

care UK 



SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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

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

To discover everything you need to know about the Sutton Coldfield Neighbourhood Network Scheme as a whole, you can also read our **NNS Handbook** at **<https://www.calameo.com/read/00067546760ea7e9396a0>**



Hella

May

*What's On at
Sutton Coldfield Library
May 2025*

FOR FAMILIES

Every Monday

English for Ukrainians Class - 10 - 11.30am - Come along to our friendly class to learn English and make new friends

Ukrainian Coffee Morning - 11.30am - Join other Ukrainian people for an informal cuppa and chat every Monday.

Every Tuesday (Term Time only)

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

Every Friday

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

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



FOR EVERYONE

Everyday

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

Activities during the school holiday will be advertised separately.

FOR ADULTS



Friday 2nd May

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

Every Tuesday

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

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

Thursday 29th May

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

Thursday 8th & 22nd May

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

Every Thursday

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

Contact Us

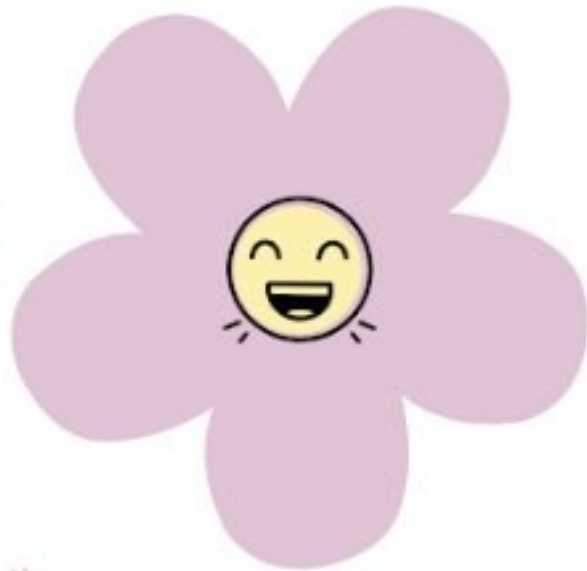
0121 464 2274

sutton.coldfield.library@birmingham.gov.uk

www.facebook.com/SuttonColdfieldLibrary

www.twitter.com/SuttonLibrary

www.instagram.com/suttoncoldfieldlibrary



Sunday 4th May is World Laughter Day
Sutton Coldfield Library

Opening hours:

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

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

Wednesday: CLOSED

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

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

Saturday: CLOSED

Sunday: CLOSED

What's On at Streetly Community Library Spring 2025

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

2nd Wednesday of each month 10.30-12 Poetry Group

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

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

Every Wednesday 10-12 Knit, Stitch & Chat Extra—*drop in with your current project or just enjoy some company*

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

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

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

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

3rd Tuesday of each month 2-4 Resilient Communities Advice Surgery for Voluntary & Community Organisations - *no appointment needed*

Every other Saturday from 3rd May 2.30-3 Saturday Story Time

Saturday 26th April 11-12.30 Lego Fun

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

Saturday 10th May 11-3 VE Day 80th Anniversary Celebration - *with live music, refreshments, tombola and crafts*

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

Children's Colouring Competition for Dementia Action Week - *pick up a colouring sheet and return your entry by Saturday 17th May*

Saturday 17th May 9.30-11 & 11.15-12.45 Community First Aid for Families - *£2 per person including a face shield keyring, please book at the counter*

Saturday 24th May 11-12.30 Lego Fun

Saturday 24th May 10-12 Mental Health Drop-in

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

01922 654864 streetlylibrary@walsall.gov.uk

**Community First Aid Courses
for families
at Streetly Community Library**

Saturday 17th May 2025

9.30-11am and 11.15am-12.45pm



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

Gain the knowledge and confidence to act in emergency situations

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

First aid for adults, children and babies

Please ask at the counter to book your place

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

All proceeds to the Stan Bowley Trust

Blackwood Road, Streetly, B74 3PL

01922 654864 streetlylibrary@walsall.gov.uk

Kingstanding Library

birmingham settlement
developing communities, changing lives

Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:

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

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



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

www.birminghamsettlement.org.uk
Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



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



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

If your family is struggling financially and you would like some help with a food parcel, this can also be arranged.

OR CONTACT ELIZABETH: 07597 012 598

It's Free!

Free

Bring proof of address for first loan



Pop-up Share Shack



Wednesday 11am - 1pm



**610 Community Centre,
610 Kingstanding Road,
B44 9SH**

Come and visit us where you can:

- Borrow items for free (proof of address required for first loan)
- Take part in activities at the 610 Community Centre

Borrow items, share ideas, skills and more at your local Share Shack - for free!



For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7030, email: shareshacks@theaws.org or visit: www.theaws.co.uk/share-shacks



See next page

ELIM LIFE CHURCH FOODBANK

Are here to help You!



COVERING:

- KINGSTANDING
- WYRLEY BIRCH
- PHEASEY

P.T.O

ELIM LIFE CHURCH COMMUNITY HUB

ELC 28 ROMNEY WAY
PHEASEY B43 7TL

OPEN WEDNESDAYS

Referrals:

WEDNESDAYS IN BY 12NOON

Parcel Collection:

WEDNESDAYS 12NOON-2PM

*Also available from ELC Kingstanding | B44 8QD

Donations:

WEDNESDAYS 9.30AM-2.30PM

EMAIL:

foodbank@elimlifechurch.co.uk

CALL:

0121 360 1239

ONLINE FORMS:

www.elimlifechurch.co.uk



PLEASE NOTE:

Referrals must be made by 12noon on Wednesdays
(Please note a request does not guarantee a parcel)



Need help with your daily housework chores?

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

Flexible, reliable,
trustworthy and with
complete discretion.

Call Jackie, local ex-carer.

Telephone 07847 501696



Benefits Advice Surgery

Every Tuesday & Wednesday from 10.00am - 2.00pm

APPOINTMENTS ONLY



- General benefit advice
- Debt & Welfare
- Housing benefit
- Universal Credit
- Help with accessing online welfare services

Areas Covered:

Erdington, Kingstanding, Perry
Common, Stockland Green,

To book an appointment or for further
information; contact Aisha or Anika on;
07591 598 340 0121 455 8144



Birmingham
City Council



Walsall Council

Walsall Community Libraries



Story & Rhyme Time

Every Friday in Term Time 10.30-11am

and

Saturday Story Time

Every other Saturday from

5th October at 11am

at Streetly Community Library

Blackwood Road, Streetly, B74 3PL

01922 654864 streetlylibrary@walsall.gov.uk

Birmingham's Mobile Library Service

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

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

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

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

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

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

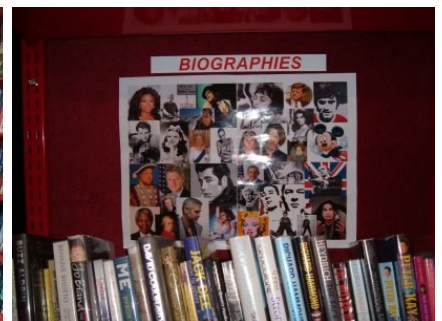
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171 Mobile: 07766 923344

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

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library





MURDER IN WYLDE GREEN Death of Mary Ashford in Penns Lane 26th MAY 1817.

Mary Ashford, a 20-year-old general servant and housekeeper from North Birmingham, was tragically raped and murdered on her way home from an evening out at the Tyburn pub on Whit Sunday, 1817. Her body was found in a shallow pool alongside what is now Penns Lane in Sutton Coldfield. Abraham Thornton was charged with her murder, and a trial ensued at Warwick Crown Court. Thornton was acquitted on the grounds of insufficient evidence.

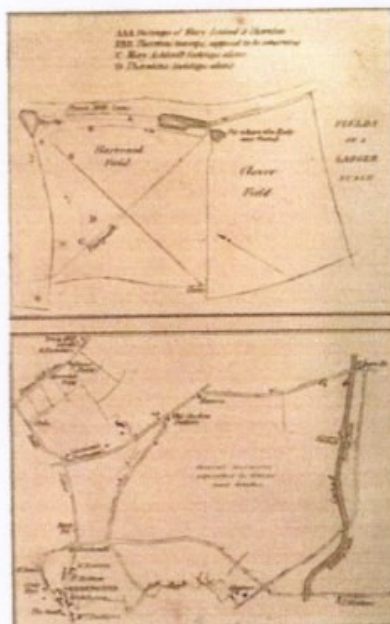
Mary's brother, William Ashford, appealed and Thornton was re-arrested. In such circumstances, Thornton could claim to 'trial by combat' under a law still in force from the Middle Ages. Ashford refused. This was the last time in British legal history that trial by combat was invoked, and the statute was removed in 1819 as a result of this case.

Mary's grave can still be seen in the churchyard of Holy Trinity Church, Sutton Coldfield, often with fresh flowers upon it.

Death of Mary Ashford



Contemporary depiction of
Abraham Thornton



Maps of the place where the body
was found, and surrounding areas;
the location of the fatal pit is now
152 Penns Lane, Sutton Coldfield



Mary Ashford, depicted in
her dancing dress



HelpinBrum

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

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

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

There are several existing Warm Welcome Spaces within local communities across the city. Warm Welcome Spaces are:

- inclusive and non-judgmental
- heated and free to access

The services at each space will vary but may include:

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

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

www.birmingham.gov.uk/warmwelcome

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

Benefits and Money Advice:

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

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

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

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

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

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

Foodbanks:

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

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

To find a foodbank or other food support please visit

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

Healthy Start card

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

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

To find out more and way to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

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

Other Support Available

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

Age UK Birmingham

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

Birmingham Mind

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

Moneyhelper

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

Stop Loan Sharks

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

Turn2Us

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

Birmingham and Solihull Women's Aid

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

Shelter

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

The Active Wellbeing Society

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

The Refugee and Migrant Centre

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

Spitfire Services

Advice on money, benefits, housing and employment issues
0121 747 5932 | www.spitfireservices.org.uk

More Information Available

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

St John
Ambulance



Young Responders

Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

**"Make a difference
today!"**

**Hands-on first aid
sessions for 14 - 25s**



**FREE first aid sessions
in your local area**

For more information
visit www.sja.org.uk



Play Bridge




Join us - Bridge is for everyone!



Sutton Coldfield Bridge Club
BEGINNERS BRIDGE LESSONS

A new course of Bridge Lessons for complete Beginners and those wishing to refresh their Bridge knowledge is starting on
16th May 2023 Tuesday Evening 7:00 pm until 10:00 pm.

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

160 Walmley Road, Sutton Coldfield See our website for more information at www.suttoncoldfieldbc.co.uk

English Bridge Union, Broadfields, Bicester Road, Aylesbury HP19 8AZ - 01296 317200

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge

Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

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





Classes available now in
Sutton Coldfield - Saturday afternoon





TO BOOK YOUR PLACE PLEASE CONTACT
ERICA

Text or call: - 07704 523 733
Email:- ecd23@icloud.com

Check out the QR Code for further details and reviews



Line Dancing

Absolute Beginners Class

to be held at

Banners Gate Community Hall

Tuesdays 5 - 6 pm

Everyone welcome

Please phone Diane

On 07711 048 215

For further information




CREATIVE PLANTS

A friendly unique plant nursery specialising in stunning Italian and Mediterranean plants



PREGO Cafe

Bespoke Italian coffee, home made cakes and freshly cooked meals.

Birmingham Rd, Shenstone Woodend,
Shenstone, Lichfield WS14 0LB

OUR PLACE
Your Place for Support

Advice Service

FREE ADVICE ON:

- BENEFITS
- HOUSING
- EMPLOYMENT SUPPORT



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

- DEBT ADVICE
- LEGAL ADVICE

For more information contact us on: 0121 354 4080
Email: advice@ourplacesupport.org
www.ourplacesupport.org
Facebook, Twitter, Instagram
@OurPlaceSupport



Supported By 

EHPSC
Early Help Partnership Sutton Coldfield



Early Help is a network of local organisations, here to ensure services are accessible for families who need support. Use the QR code to access our Early Connect Form. Fill in your details and what support you're looking for, and we will be in touch.

No longer available due to funding change

Food & Energy	Youth Support	Domestic Abuse	Emergency Funding	Money & Debt Advice
Data & IT	Under 5's Support	School Uniforms & Clothing	Parenting	Special Needs & Disabilities
Bereavement	Housing	Substance Use	Mental Health	Play

If you need more information, or support filling out the form, contact your Community Connectors, Danielle & Louise
danielle.louise@ourplacesupport.org

No longer available due to funding change

 **OUR PLACE** 

Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach







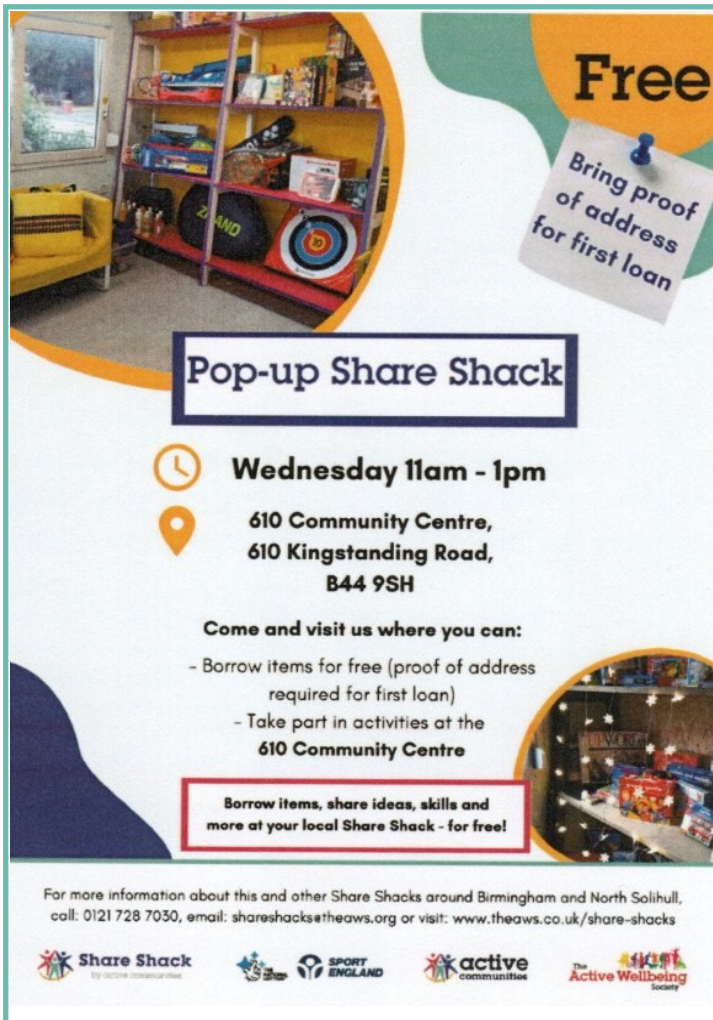


In the last 24 hours have you paused, taken a break and allowed your mind, body and soul to be relaxed and calm?
Have you set aside some time to be still, to reflect on your life and its direction?
Are you looking to make positive changes to your life but don't know how?
Are you struggling to find a meaning or purpose to your life?
Are you struggling with feeling stuck and unable to move forward?
Do you need guidance to a problem you are facing?
Would you like help to identify and set life goals?

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

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

Telephone: 07773845454
Email: healandtransform@yahoo.com
Website: www.healandtransform.co.uk



Free

Bring proof of address for first loan

Pop-up Share Shack

Wednesday 11am - 1pm

**610 Community Centre,
610 Kingstanding Road,
B44 9SH**

Come and visit us where you can:

- Borrow items for free (proof of address required for first loan)
- Take part in activities at the 610 Community Centre

Borrow items, share ideas, skills and more at your local Share Shack - for free!

For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7030, email: shareshacks@theaws.org or visit: www.theaws.co.uk/share-shacks

Share Shack by active communities

SPORT ENGLAND

active communities

The Active Wellbeing Society



**Parish Nursing
Ministries UK**

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



Home visiting Podiatrist



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

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

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

FORGET ME NOT SING-ALONG



JOIN US

Sing-along for people with Dementia, other disabilities and anyone else who'd like to come along. 1 hour of fun, singing and socialising.

£5 PER SESSION

(CARERS FREE)
NO BOOKING REQUIRED.
JUST TURN UP

WHEN?

Every Monday starting
4th October at 115pm
1 Hour Session

St Johns Centre
Christ The King Church
Warren Farm Road
Kingstanding
B44 0QN

kidzlikedanny@blueyonder.co.uk | 07544393523

[Shop](#)[Join](#)

Who's flown to the top spot for 2025?

Over half a million people helped to make their weekend count by taking part in Big Garden Birdwatch in January. Now, the numbers are in.

[Reveal the results](#)

The results are in! This year's Big Garden Birdwatch saw almost 600,000 of us come together to count over nine million birds. Thank you so much to everyone who took part this year. It's a great way to help us to get a handle on how birds are faring, and the findings make for some interesting reading.

Find out which bird came top of the flocks in 2025 – did you see the nation's top bird in your count? Use the interactive buttons to look at how the results have changed over time, or take a look at the top 10 birds by country.

We're also looking ahead to International Dawn Chorus Day on 4 May and you may already have noticed more birdsong where you are. Take a look at our guides to birdsong by habitat to help you get to know the birds you hear. Or head to an RSPB nature reserve for one of our special dawn chorus events.



Wishing you a wonderful week with nature.
Siân Duncan
Notes on Nature editor

Which?

Scam Alerts

Identity fraud is on the rise

Identity theft is when a fraudster steals parts of your identity, such as your name, address and phone number, in order to commit identity fraud. It was the most prevalent type of fraud reported last year according to fraud prevention service, Cifas.

It can happen to anyone and scammers are now using artificial intelligence technology to scale their attacks. [Our experts explain what you should do if you become a victim.](#)

How to stop scam pop-ups on Windows

Scam pop-ups on your computer are designed to cause panic, using urgent messages, flashing warnings and fake alerts to grab your attention. Click a link, and you risk handing over your personal information to fraudsters.

Our Tech Support experts have found an effective way to keep your data safe. [Follow their simple steps to adjust your PC settings](#) and keep your computer protected

Shopping scam alert

Purchase scams, where you pay for something you never receive, continue to lure victims in with tempting offers and adverts online.

Which? is warning online shoppers to be cautious of offers that seem too good to be true after spotting several scam ads this week. Find out what we discovered and [how you can spot, avoid and report a purchase scam.](#)

[Scam sharer tool](#)

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

Which?

Four sneaky text scams

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

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

Rogue traders conned a victim out of £6,000

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

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

Trending job scams to watch out for

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

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

[Scam sharer tool](#)

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

SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

CUP OF TEA, GENTLE EXERCISES, HEALTH
TALKS, SOCIALISING, DAY TRIPS & MORE...

EVERY MONDAY & WEDNESDAY

10am—12noon

Mondays at Methodist Church Centre, Four Oaks B74 2UU
(Buses 6, 78, 842, X3, X5)

Wednesdays at All Saints Scouting Hut, Four Oaks B74 4TR
(Buses 6, 72, 842)

ਜੀ ਆਇਆਂ ਨੂੰ

Completely FREE to attend
No registration required. Just drop-in or call
07548 006561



Brought to you by Sikhs of Sutton Coldfield
Winners of British Sikh Awards' Seva Group of the Year 2022
@SikhsOfSuttonColdfield



Sutton Coldfield Charitable Trust



THE BRITISH
SIKH
AWARDS 2022
WINNER

Please share with your family & friends



ਜੀ ਆਇਆਂ ਨੂੰ



ਜੀ ਆਇਆਂ ਨੂੰ



ਜੀ ਆਇਆਂ ਨੂੰ



ਜੀ ਆਇਆਂ ਨੂੰ



ਜੀ ਆਇਆਂ ਨੂੰ



ਜੀ ਆਇਆਂ ਨੂੰ



G & T
party hire

AVAILABLE FOR ALL
OCCASIONS



G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers.

We also have a soft play for the 0-2 years old.

To find out available dates please contact us on the following:

Facebook: [Gandt party-hire](#)

Instagram: [gandt_partyhire](#)

Email: Gandtpartyhire@hotmail.com



Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes,

Grant & Natasha



Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

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



Classes available now in
Sutton Coldfield - Saturday afternoon



TO BOOK YOUR PLACE PLEASE CONTACT
ERICA

Text or call: - 07704 523 733

Email:- ecd23@icloud.com



Check out the QR Code for further details and reviews

BRAND NEW DANCE CLASSES IN YOUR AREA!

REPERTOIRE DANCE STUDIO COMES TO SUTTON COLDFIELD IN 2023!

DO YOU HAVE A CHILD THAT IS FULL OF ENERGY?
DOES YOUR CHILD LOVE DANCE & MUSIC?
WHY NOT BRING THEM ALONG TO A FUN PACKED CLASS WITH US? BOOK YOUR FREE TASTER CLASS NOW

MORE INFORMATION

- ✓ WEEKLY REWARD INCENTIVES - STAR OF THE WEEK!
- ✓ FRESH, FUN DANCE CLASSES FOR CHILDREN AGE 3+
- ✓ WE OFFER A RANGE OF STYLES SUCH AS STREET DANCE, JAZZ, HIP HOP, BALLET AND
- ✓ A SAFE ENVIRONMENT FOR ALL CHILDREN TO HAVE FUN AND BUILD THEIR CONFIDENCE TOO!
- ✓ ESTABLISHED DANCE SCHOOL WITH MULTIPLE CLASSES ACROSS THE MIDLANDS
- ✓ FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !

**PRICE
£5
PER
CHILD**

WHEN?
EVERY FRIDAY
4PM - 5PM
OR
5PM - 6PM

WHERE?
BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105
07796 546172

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

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172



@PuterTutor

...Your tech problems solved

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



Occupational Therapy

Who will come to visit me?

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

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

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

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



What is the Learning Disabilities Enablement Team ?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



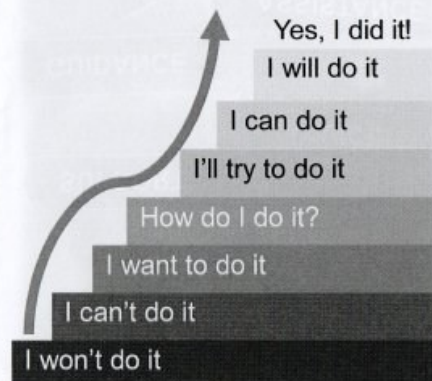
Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

birmingham settlement

developing communities, changing lives



Are you
unemployed
and looking
for work?

We can
help!

Employability and Digital Skills Programme

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

If you would like to have a chat or book a place, please contact Nasar on 07885 210 369, or email

nasar.mahmood@bsettlement.org.uk



Scan to learn more
about our services:



www.birminghamsettlement.org.uk

Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding

birmingham
settlement
developing communities, changing lives

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

www.birminghamsettlement.org.uk

Registered Charity: 517303



THE WALKING GROUP IS BACK!

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

Anyone affected by Cancer is welcome.
All abilities catered for.

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



The Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

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



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



Suitable for all abilities and fitness levels.
For clients of the Centre. We ask for a £5 donation per session.

www.suttoncancersupport.org

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

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



100% of money donated goes to the cause
£25 supplies a child entering emergency accommodation with their own Buddy Bag.

Recipient of The Queen's Award for Voluntary Services in June 2022 to recognise the outstanding work by all of our

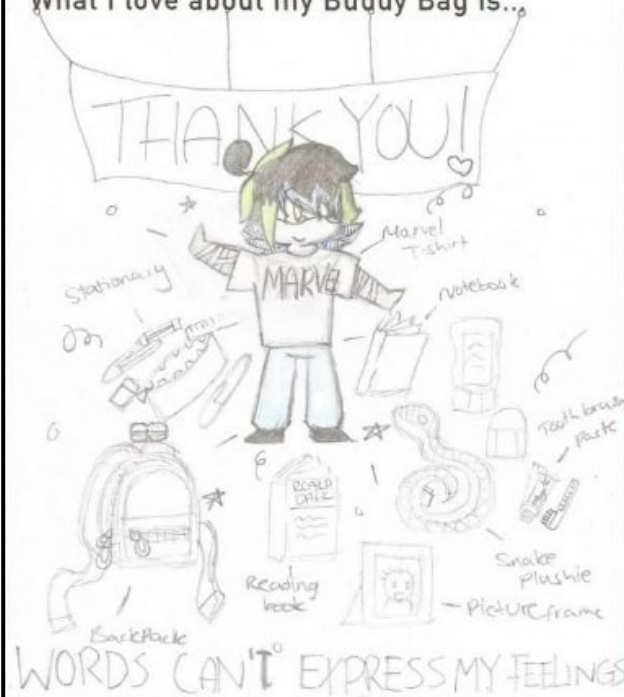
What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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

Four Oaks
Financial Services Limited
providing positive solutions

Four Oaks Financial Services Ltd, 168 Birmingham Rd,
Shenstone Woodend, Lichfield, WS14 0NX

Tel: 0121 323 2070 www.fouroaksfs.com

Please note that all our telephone calls are recorded for compliance and training purposes.

Proud to support our nominated charity

buddy bag
foundation

FT ADVISER

TOP 100
FINANCIAL ADVISERS

MEMBER 2021
Quilter

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

Registered in England and Wales, Registered Number 4814506
Registered Address: 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 0NX.

This message and any attachments are confidential and may be privileged or otherwise protected from disclosure. If you have received it in error, please telephone or email the sender and delete this message and any attachment from your system. If you have received it in error, you must not copy this message or attachment or disclose the contents to any other person. Any views or opinions expressed in this email are those of the author only.

Email communications are not secure. For this reason, Four Oaks Financial Services Limited cannot guarantee the security of the email or its contents or that it remains virus free once sent.

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

NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



Pizza · Pasta · Steak · Fish



Bistro/Cafe Verona



SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

[https://](https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/)

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

All Welcome- Guitarists, Guitar singers, and Listeners.

Pay at the Door (No Club Membership Fee) £3.00 entrance fee

Live Music, Bar, Parking, & Socialising

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



For more details, please see our Facebook Page as listed below:

<https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/>

Or Contact: Sandra on 07932-395158








Walking Netball Volunteers Needed



England Netball are looking for volunteers to become qualified Walking Netball Hosts in the Sutton Coldfield area. You will support the running of Walking Netball sessions for people 50+.




Contact Hope Bourton -
hope.bourton@englandnetball.co.uk **07458 106980**



Sutton Coldfield u3a

<https://scu3a.org.uk/>



Who do you think you are?

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

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

Why not contact:

Sutton Coldfield U3A Genealogy Group
 we meet the third Tuesday of the month
 at the United Reformed Church Centre,
 Brassington Avenue in Sutton at 2.00pm

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



Trinity Photography Group

Do You Want To...

- Improve your pictures?
- Learn about studio photography?
- Go on photography walks?
- Develop your camera skills?
- Attend Social events?
- Learn about editing software?

If so... come and join us.

"TPG welcomes photographers of all ages and levels, from beginners to advanced. We encourage and support those who are new to photography.

We provide: Theme night & practical workshops, speakers, activities, competitions and social events. Above all we want to make photography enjoyable and fun"

**We meet 8-10pm every Monday at
The Royal British Legion on Rectory Road,
Sutton Coldfield, B75 7AL.**

We do have a small fee: member's £2.50/visit, non-member's £3.50/visit



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

Affiliated to the Photographic Alliance of Great Britain through the Midland Counties Photographic Federation.



Sutton Coldfield Photography Club



The friendly club

All visitors and new members welcome at any level of experience.

We have a varied programme of talks, competitions and activities.



We meet on Friday evenings

from September to April at:

South Parade Methodist Centre

Sutton Coldfield B72 1RB



Contact us at

mail@suttonphoto.club

Find us at

www.suttonphoto.club

or scan the Flowcode here

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



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

Bridge for beginners

Bridge for improvers

A regular bridge session

Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

CYCLE WITH US

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

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



FIND US AT:
125 WESTWOOD RD
SUTTON COLDFIELD
B73 6UH
£3.50 PER CHILD



WHAT WE DO:
Music Time,
Craft Activities,
Sensory Play,
Stories,
Weekly Theme,
and more

MORE INFO:
For all preschool age
children.
No booking required.
Call Beth on
07939 857 450
for further details.



BIRMINGHAM COMPUTERS & COMPONENTS

Professional supply and support for Business and Home in the Birmingham area.

Check our web site for details of our services and products. We supply Desktops, Laptops – both new & high quality refurbished - Gaming Computers, Accessories, Web Design.

0121 270 6180

www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

•BIAB Gel nails

•Gel toes

•Manicures&pedicures

•Gel extensions



Based at...

The Luna Lounge

Sutton Coldfield

B74 4EU

To book in, message me

Instagram

on...

Facebook

_beauty_by_ella 07825001242

Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



We meet monthly 2nd Tues 2.15pm - All Saints Church Hall, Foley Rd East, Streetly B74 3EX,
Next meeting Tues 13th May which will be the beginning of our Emerald Anniversary year - a very special afternoon with National Demonstrator Lorena Dyer 'Are you sitting comfortably?'

Why not join us for a fabulous demonstration of Flowers - all designs are raffled at end of the afternoon - we'd be delighted to welcome you.

Further details Chris Reeves tel: 0121 354 6264

Yesterday's demonstration was all about giving things a new lease of life, like bottles cardboard, old tin baths, etc. and saving the environment from floral foam. It is amazing what can be used again and again.





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

Come and join us at
**"The Royal Sutton Coldfield Fuchsia & Gardening
Guild"**



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

Have a look at our Facebook page and website 'www.suttonfuchsia.co.uk' or telephone our secretary Gail on 0121 353 3373 for more information.

We meet on the 2nd Thursday of each month (excluding January)
at

**Banners Gate Community
Church, Westwood Rd, B73
6UH**

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

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

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

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

See photos on next page.



Sutton Coldfield
Trinity Quilters



Interested in Quilting?

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

Everyone will receive a warm, friendly welcome

Join us for Quilting Inspired.....

Talks, Demonstrations, Workshops
by
Professional Quilters & Textile Artists

Annual Coach Trips

Malvern Spring Quilt Show
Summer Outing to Fabric Outlet

Monthly Meetings (except Aug/Dec)

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

Guests Welcome

Non-members
£6 entry

Membership includes

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



Email: trinity.quilters@gmail.com



Sutton Coldfield Trinity Quilters

Trinity Centre
Off Mill Street
Sutton Coldfield
B72 1TF



More on next page





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

SOUL YOGA



Schedule

Monday
6pm Yin
7.30pm Hatha

Tuesday
6am Rise & Shine

Thursday
9.30am Hatha

Sunday (1st of month)
7.30pm Mellow & Yoga Nidra

07963 044364



COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

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

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the cafe

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



www.militarychef.co.uk



Unit 10 Market village
65 south parade
Sutton Coldfield
B72 1QU

Info@militarychef.co.uk
Trade@militarychef.co.uk

#veteranowned

Angel beads ltd



Melanie Wright

07490133151

www.angelbeads.co.uk

Facebook: @angelbeadsuk

Instagram: angelbeadsLtd

Odonata Studios
Middleton Hall Courtyard
Tamworth
B78 2AE

Tel:- 01827 287294

email:- gillian@odonatastudios.co.uk

[odonatastudio](https://www.facebook.com/odonatastudio)

[odonata_studios](https://www.instagram.com/odonata_studios)

www.odonatastudios.co.uk



18 Beeches Drive, Birmingham B24 0DU
redogihandmade@gmail.com
07305 564 108



Other Support

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

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

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

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

Turn2Us
Information and financial support
0808 802 2000 | www.turn2us.org.uk
benefits-calculator-2.turn2us.org.uk

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

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

Central England Law Centre
Accredited immigration and asylum advice. Legal advice to access services and financial support
0121 227 6540
enquiries@centrallenglandlc.org.uk
www.centrallenglandlc.org.uk

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

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

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

About this leaflet

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

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



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

- Lost job or reduced hours
- Money stopped
- Lost money
- Unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Sanctioned (see option: 5)

See options 1 2 6

My money doesn't stretch far enough

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

See option 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

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.

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

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

CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

THE PROJECT

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

Help with options: 1 2 3 4 5 6

BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

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

Help with options: 1 2 3 4 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@centrallenglandlc.org.uk
www.centrallenglandlc.org.uk

Help with options: 6

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

Other Support

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


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

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

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

NOSTALGIC

Join us for a musical walk down memory lane
All your oldtime favourites



Last Thursday of every month
Sutton Coldfield Town Hall
1.00pm until 3.30pm
£3.00 entry Raffle £1.00
Refreshments available



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

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

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

[https://link.justgiving.com/v1/charity/donate/charityId/3143929?](https://link.justgiving.com/v1/charity/donate/charityId/3143929?tipScheme=TipJar2.1&reference=givingcheckout_tj21)

[tipScheme=TipJar2.1&reference=givingcheckout_tj21](https://link.justgiving.com/v1/charity/donate/charityId/3143929?tipScheme=TipJar2.1&reference=givingcheckout_tj21)

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

For Over 25 Years We Have Created Flowers For All Occassions. Weddings, Funerals & Corporate Events etc. Let Us Create Something Special For You Today!





FREE LOCAL DELIVERY OR COLLECTION



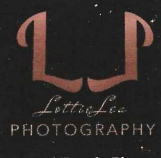
From Banners Gate Road
@lisamarieflowersandtherapy




Contact
Lisa Marie on
07765 135497

Lottie Lea Photography



Lottie Lea PHOTOGRAPHY
Newborn and Family Photographer



Www.LottieLea.Com
Facebook:
www.facebook.com/LottieLea
Instagram:
@LottieLea.BabyPhotographer

XXXXXXXXXX
XXXXXXXXXX
XXXXXXXXXX

KIDS & ADULTS

KARATE

Mon 6-7pm 10yr +
Wed 5-545pm 7-9yrs
Wed 6-7pm 10yrs +
Booking Required
07886089473
www.chishiki.co.uk



Manor Crafts



Decorative Arts and Crafts for All Occasions

0779 439 3477



www.manor-crafts.co.uk



Floral Design Classes

Would you like to learn how to arrange flowers like a professional? All flowers & materials included. Qualified Floristry Tutor with 25 years Experience. Come along and join us for some " Flower Therapy " All levels welcome.
Contact Lisa-07765 135497



Contact number above if interested.

Banners Gate C.C Westwood Rd B73

Made with PosterMyWall.com

Age concern no longer have their:
Our Trusted Tradesperson Scheme has the right trade, whatever you job. From builders to plumbers and electricians all of our tradespeople are vetted, DBS checked and working to current guidelines.

But you could try the [NO ROGUE TRADERS HERE](#) scheme run by many councils, including Birmingham.

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

Click [here](#) for the link that takes you through the Birmingham City Council website for additional confirmation.

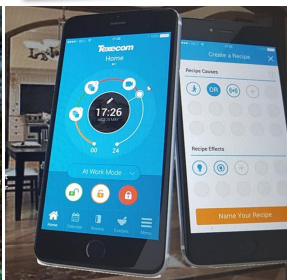


Do you want your advert here, for free of charge.

Email
bgatepost@gmail.com

COUNTRYWIDE SECURITY SYSTEMS

MIDLANDS



Discourage lawless individuals from breaking into your property with the modern security systems we provide for properties throughout Birmingham. Based in Great Barr, we are a small family-run business committed to providing state-of-the-art security systems which effectively protect your property from harm. Primarily serving domestic and commercial customers, we design, supply, install, commission, and service all security systems in full accordance and compliance with the latest British and European standards. From supplying high-tech CCTV systems and Burglar Alarms to installing fob Access Control systems and Fire Alarms, we are the first choice when you want to increase your property's security. To arrange a free, no-obligation consultation for any of the security systems we supply, please get in touch.

Phone no. 0121 386 2639

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

Only Rosie's

CUPCAKES & SWEET TREATS



Facebook: Only Rosie's

Instagram: [onlyrosiescakes](https://www.instagram.com/onlyrosiescakes)

Email: rosie_p25@hotmail.co.uk



Norbury Maintenance

Handyman Services, Gardening,
Patio/Driveway Cleaning
Insured - Affordable - Reliable

T: Dave Edwards 07305931199

E: norburymaintenance@gmail.com



Home
Instead

To us, it's personal

Memory Cafes

Do you know someone living with memory loss?

Every Monday
10am—12noon

Erdington Methodist Church,
Station Road

Every Monday
"Musical Memories"

2pm - 4pm
Sutton Coldfield Methodist
Church
South Parade, B72 1QY

Every Tuesday
10.30am - 12.30pm

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

*All attendees must show proof
of both covid vaccinations*

Every Thursday
10am - 12noon

Streetly Methodist Church
Thornhill Road
Streetly, B74 3EH

"Friends on Fridays"
10.30am - 12.30pm

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

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

To book your place at any of our cafes or
for further information please contact Sue
07422 406168
sue.bevington@suttoncoldfield.homeinstead.co.uk

Home Instead
2nd Floor,
Plantsbrook House
94 The Parade,
Sutton Coldfield
B72 1PH
0121 323 4200

Pregnant? Children under four?

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

FREE

fruit, veg, milk
and vitamins for
you and your family.
Worth up to
£8.50
per week**

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

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

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

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

Healthy Start

Give your family a Healthy Start

* If you sign up at the first opportunity, when you are ten weeks pregnant
** If your child is under one, you'll receive two £4.25 vouchers per week.
If your child is 1-4 years old, you will receive one £4.25 voucher per week.

Birmingham
City Council

**HEALTHY
START**



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- Starting Monday 7th March 2022, 12.30pm – 2.00pm
- Come along for conversation and fitness: meet new friends and build your confidence.
- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
- Refreshments and creche provided for 0-5years – limited spaces, will be booked on first come first served basis.
- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450

www.birminghamsettlement.org.uk
Charity no: 517303



610 Community Centre
Kingstanding Road
Kingstanding
Birmingham
B44 9SH

**birmingham
settlement**
developing communities, changing lives



Cafe Oasis

**Freshly Cooked Meals
Home Delivered**

New menu every Friday
Deliveries made on Tuesday and Friday

4 Meals £15

3 Puddings £6

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

Cafe Oasis 1 Brassington Avenue, Sutton Coldfield, B73 6AA

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



Cafe Oasis

**Monday, Tuesday,
Thursday & Friday.**

10.00am - 2:30pm

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

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

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

Cafe Oasis is supported by the
volunteers and staff at Sutton
Coldfield United Reformed Church
Registered charity No. 1131424



Teachitright
Learn. Develop. Succeed.

FREE trial classes worth £40

95% OF PARENTS RECOMMEND US

80% more over

11+ Tuition classes

We are in Sutton Coldfield, Streetly, Walsall & Solihull

Taking bookings NOW! for September 2022

Try a FREE Trial Class!

Please call:
01922 863104
07809 614310
www.teachitright.com

Ofsted Registered

CHILDCARE PROVIDERS ACCEPTED

"A little progress each day adds up to big results"

Home visiting Podiatrist



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

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

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

Maths Tuition

- Online with zoom
(face-to-face if CV19 allows)
- Years 9, 10 and 11. GCSE Maths
- Year 12 A-level Maths
- Semi-retired maths teacher
- Edexcel/Pearson examiner
- Taking on students
- jsw7fr@hotmail.co.uk

G. Rogers

Painting and Decorating
Interior & Exterior
High Class Service
Free Quotations

Tel: 0121 355 0226
Mob: 07879 020 204

GR

Do you want to learn Mandarin Chinese?

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

*Private 1-to-1 classes

1 hour session £30	1.5 hour session £35 (£23.3 per hour)	2 hour session £40 (£20 per hour)
-----------------------	---	---

*Small groups (2 to 4 people)

1 hour session £35	1.5 hour session £40 (Under £27 per hour)	2 hour session £50 (£25 per hour)
-----------------------	---	---

*Groups (5 to 10 people)

1 hour session £40	1.5 hour session £45 (£30 per hour)	2 hour session £55 (£27.5 per hour)
-----------------------	---	---

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

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

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

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

Email Luc at luchubbard@hotmail.com



Chongshin Do Academy of Martial Arts



Kickboxing * Jujitsu * Self-Defence * Fitness



Established in the area for over 22 years

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

Enthusiastic and experienced instructors

Four chances to grade a year for lower grades

Local and national kickboxing and jujitsu competitions open to all students

Contact Gary on 07921 132 860

or email: chong.fouroaks@gmail.com



Mondays & Wednesdays

Blue Coat C.E. Academy, Birmingham Street, Walsall WS1 2ND

Kids 6.00pm - 7.00pm

Adults 7.00pm - 8.30pm

THE LOFT PILATES & YOGA STUDIO

199 TYBURN RD ERDINGTON B24 8NB



Pilates Rehabilitation

Mondays 945am

Tuesdays 6pm

07886089473



- | | |
|---|--------------------------------|
| 1 | Traditional Pilates Exercises |
| 2 | Rehabilitation Exercises |
| 3 | Tone Up & Improve Strength |
| 4 | Improve Flexibility & Mobility |
| 5 | Improve Sleep & Well Being |
| 6 | Improve Balance & Coordination |

The Loft Pilates
& Yoga Studio



Pregnancy YogaLates Class



THE LOFT PILATES
& YOGA STUDIO



Pregnancy YogaLates Class

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

Starts Thursday 1st Sept 22
615-7pm
£6

Register now

07886089473

Pregnancy YogaLates Class



5K YOUR WAY MOVE AGAINST CANCER

We invite anyone who is living with or beyond cancer, families, friends and health care professionals to join us once a month to walk, jog, run, cheer or volunteer at a 5k Your Way, Move Against Cancer group linked to a local parkrun.

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

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

Where: Walsall Arboretum Visitor Centre steps (meet at 8.45am)

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

Get in touch and let us know you will be coming.
 5k your way: move against cancer | @cancer5kYourWay
 info@5kyourway.org | www.5kyourway.org | @5kyourway

Don't forget to register with us here:
www.5kyourway.org/register
 And register with parkrun to get your barcode




Sutton Park Surgery

0121 353 2586

See front page

STEPH LEES

O S T E O P A T H Y

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

Osteopathic Treatment can help with the following:

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

Call or email me for any questions or appointments on:
07855389528 or
stephleeosteopathy@hotmail.com



The Clarence Spa, 312 Clarence Road, B74 4LT



Our Cook and Collect take-away service means you can collect a nutritious, vegetarian and...

FREE MEAL!

Every Saturday
from 3rd April
1pm - 2pm
610 Kingstanding
Road

www.foodcycle.org.uk



KN LOCKS & MAINTENANCE

TEL 0121 353 2214 / MOBILE 07971375080

DOUBLE GLAZING REPAIRS AND LOCKSMITH SERVICES

EMERGENCY CALL OUT

ALL TYPES OF LOCKS FITTED INCLUDING ANTI-SNAP CYLINDERS

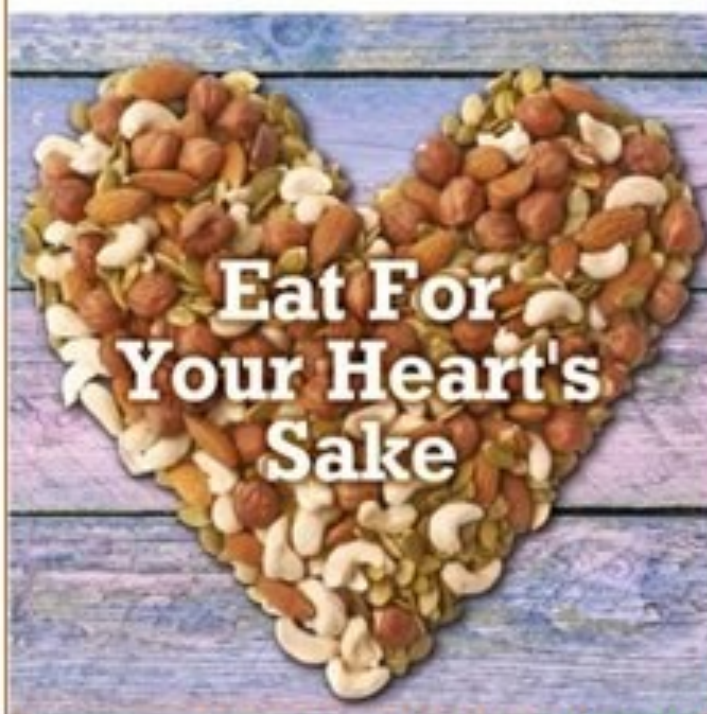
MISTED UNITS REPLACED

UPVC DOOR ADJUSTMENT/ REPAIR

HANDLES / HINGES/ LETTERBOXES REPLACED



GrapeTree
Feel Good Foods



Kingsway
Christian Fellowship (Pheasey)

Worship and Communion Service
Sunday 10:00am

We are a small evangelical group who meet for worship every Sunday morning at the Beacon Church, Collingwood Drive, Pheasey Estate, Great Barr B43 7JL kingswaypheasey@gmail.com

Please look for the Beacon Room - Everyone welcome

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

WDC Service Solutions Ltd

Complete Door Security and Access Solutions

WDC can repair the following products: UPVC WINDOWS, HANDLES, HINGES, LOCKS, ROLLERS FOR PATIO DOORS, SECURITY, UPGRADES, REPAIRS TO UPVC DOORS, TIMBER DOOR REPAIRS, REPLACEMENT DOORS, GARAGE DOOR REPAIRS, REPAIR OR REPLACE, FAULTY CABLES, HANDLES AND LOCKS, REMOTE CONTROLS, REPLACEMENT FOBS, NEW GARAGE DOOR SYSTEMS, FREE QUOTATIONS.

www.wdcservicesolutions.com service@wdcservicesolutions.com
sales@wdcservicesolutions.com T: 0121 285 3222

Unit 16 C, Maybrook Business Park, Maybrook Road,
Minworth. B76 1AL

LoveWorld
SUTTON COLDFIELD

Specially invite you to

Worship
WITH US EVERY
WEDNESDAY
& SUNDAY

LoveWorld Sutton Coldfield: Banners Gate Community Hall
35 Reay Nadin Drive, Sutton Coldfield B73 6UR
Contact Details: 07565652762
loveworldsuttoncoldfield@gmail.com

Every Sunday
9am - 11am Every Wednesday
6pm - 7pm Communion service with Pastor Chris
Every 1st Sunday of the month.

CREATE at the Gate with K & S

We are a small group of crafters who meet on the first Sunday of every month, between 11.30am and 2.30pm. If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us. There is a wealth of knowledge between us and we usually learn something new each month from each other at Banners Gate Community Hall. There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do.

**Banners Gate Community
Hall Coffee Mornings.**
The next is on 20th May
and will be from 9.30 a.m.
to noon - note new times.

Hall's Gardens

Garden Maintenance Services

Gary Hall

54,
Coppice View Road,
Sutton Coldfield, B73 6UF
07833720015

garyhall7@blueyonder.co.uk



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

If you would like to know about our service ring the number above

Or visit our web site www.newhorizonscounselling.org.

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

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

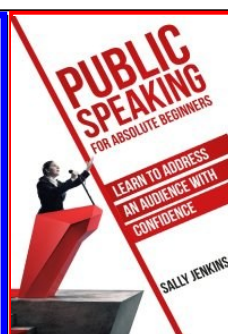
**The kitchen is approx. 11' x 7'
(3.4m x 2.2m)**

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

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

The building is step-free.

**For further booking information go to:
www.bannersgatecommunityassociation.org**



**Public Speaking for Absolute
Beginners
by Sally Jenkins**

**Tips on constructing and presenting
all types of speeches.**

**Available on Amazon or direct from
the author:**

sallysjenkins@btinternet.com 0121

Lucky & Buntys
Childrens Entertainment
0777 333 9214



HATHA YOGA

Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.



R&B Builders Ltd.

RAFAL SZPAK

**Landscaping & Fencing Services
Buildings Maintenance**

07828-275-288
www.rbuilders.net
Rafszpak@gmail.com



Create the best party possible for your little ones

Birthdays, Weddings, Christenings, Fetes, School Workshops, Plays and much more

We can cater for anything including: Full Party Entertainment, Mascots, Soft Play, Bouncy Castles, Face Painting,



and Pamper Parties **Facebook: Lucky Buntys Twitter: @LuckyBuntys**

PetStay

Would you like to be one of our dog carers?

- * Are you at home during the day?
- * Have a very secure garden?
- * Do you love dogs?
- * Want to earn a little extra?
- * Very flexible and fits into your lifestyle
- * We are THE alternative to kennels in the area.
- * Want to join a professional service?
- * Then maybe being one of our many loving dog carers would be ideal for you!



Home Dog Boarders since 2005

Become a PetStay dog carer.
Earn from £105 to £207 p/w looking after dogs in your own home

www.petstay.net sue@petstay.net
0121 769 2706 07724 212204
West Midlands North Branch

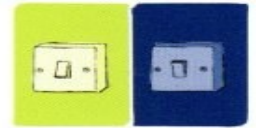
Paul White Electrical

No Job too small

Paul Andrew White
Electrician

111 Wandsworth Road
Birmingham
B44 9LY
07403445651

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



Give your little Mozart a musical head-start

- multi-sensory games and activities
- interactive concerts
- musical Arts and Crafts
- wrap-around care

www.rhythmcircle.co.uk



You'd be barking not to come to Streetly Vets



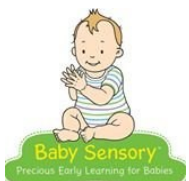
89 Blackwood Road, Sutton Coldfield B74 3PW
Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets



SWIMMING LESSONS

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

www.swimminglessonsinsuttoncoldfield.co.uk



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

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

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

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

Lee Nugent

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



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



Sports
Massage 360

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

HOME TUITION

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

Spanish and French: leisure courses and exam preparation to GCSE and A-level.

Tracy: 0780 329 3351





PRICES START FROM
£20 per hour

**11+ & CATCH-UP
TUITION
AVAILABLE**

MORE INFORMATION
Small Group Sessions
1:1 Online Coaching
Saturday Mornings
Barnes Gate
Community Church
B75 6JH
0771 9857490

CARING FOR CARERS



Supporting carers through
loss and bereavement

Have you experienced a
recent loss of a loved one?

Are you caring for
someone who is near the
end of their life?

Would you like to meet
other carers who share
similar experiences?

Do you need support to
help you through the
grieving process?

Contact our friendly team now
on 0121 809 5902 or
caringforcars@communitiesinsync.info
for more information





Manor Crafts



Decorative Arts and Crafts for All Occasions

0779 439 3477

www.manor-crafts.co.uk




GRACECHURCH

The Crafty Lawyer @
Beach House Sixty-four
Arts & Crafts - Handmade Greeting Cards - Unique Gifting

Mantone Craftwork
07956802889
Create a selection of greeting card designs, 3D Decoupage
Tavaraige (which is an inward Decoupage)
All sized Plaques of your choice relating to a Birthday or Wedding

OSCAR
much more than pet food®
Nikki Southwick-Gough
Nutritional Advisor
T: 0121 4139878
M: 07714 218678
E: nikki.southwickgough@oscars.co.uk
f /OscarPetFoodsSuttonColdfield
t @oscarstwelpline
www.oscars.co.uk




BERT & GERT'S
We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.
The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.
Our aim is to support, encourage & promote small local businesses.
PROUD INDEPENDENT SMALL BUSINESS
WWW.BERTANDGERTS.CO.UK

Mary's
Where to find your Treat Day
Order for Postal
BROWNIES ♥ BLONDIES ♥ FLAPJACKS ♥ COOKIES
WWW.MARYSCUPCAKES.CO.UK
Or visit us at our weekly Markets
Sutton Coldfield The Parade
1st & 3rd Saturday of the Month
Plus scan here for a full list of additional dates..
Redditch Kingfisher Centre
2nd Saturday of the Month
Tamworth Ankerside
4th Saturday of the Month



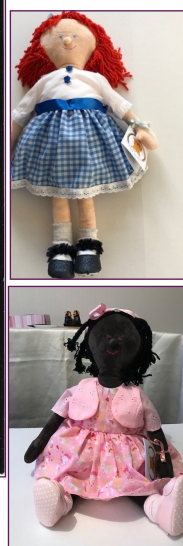
Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



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

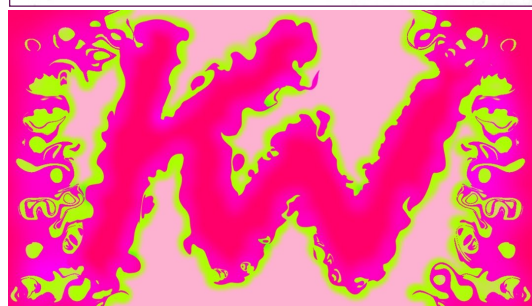
Page2Page book club
Independent Usborne Organiser
"supporting schools and families to improve literacy and learning"
Ruth A Ible
(BA Hons, DipSW)
www.page2pagebookclub.co.uk
info@page2pagebookclub.co.uk
07818 401 440

URBAN CITY WOODSHOP
Reclaim, Reuse, Recycle
Bespoke and Handmade projects
www.urbancitywoodshop.com
Tristram Henderson
Woodworker/Maker
364 Slade Road
Erdington Birmingham
(Rear of Slade Road Motts)
07482173018
Email: info@urbancitywoodshop.com

The Elements Glass
Handmade
Danielle Tittley
07971 684057
theelementsglass@hotmail.com
@theelementsglass
www.theelementsglass.co.uk

Furniture makeovers & upcycled items
Jiggity Junk Quirky Furniture
Commissions and off the peg items.
Etsy: www.etsy.com/uk/shop/JiggityJunk
Instagram: @JiggityJunk_quirkyfurniture
WhatsApp: 07481 894 093



Julia Westwood
FINE ART
T: 07971 800025
E: hello@juliawestwood.co.uk
W: juliawestwood.co.uk
f Instagram Etsy REDBUBBLE



Kia Whitcombe
Logos, mix covers, visualizers, prints
kiawhitcombe.com
@kiawhitcombe
kiawhitcombe@hotmail.com
Prints available now at Bert & Gert's Sutton Coldfield

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

Contact email: Jenna@robotreg.co.uk for times and availability

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

<https://www.bannersgatechurch.com/>

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



Banners Gate Community Association

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

[welcome](#)[what's on](#)[hire our hall](#)[view our hall](#)[committee](#)[contact](#)[links](#)

Welcome to Banners Gate Community Hall & Association

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

If you are looking for a venue, simply telephone our [Bookings](#) Secretary on 0751 318 4845.

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

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

If you need any information please message on 07964 213 229

Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month

The next is on 20th May - at 9.30 to noon, please note new times.

DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (1st) 10.30 – 2.30 pm 10.00 am 10.30 am (fortnightly) 11.00 am 7.30 – 8.30pm	Create at Gate with K & S Family Communion Sunday Gathering Chikara Karate Kai Soul Yoga -1st Sunday	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston Nigel Willis Paul Murphy 07837 Cath Hussey	628 6651 354 5873 353 0230 39 57 89
For details see website at www.stcolumbasbannersgate.co.uk www.bannersgatechurch.com				
Mon 6.00 – 7.00 11am to 12.00pm 1.00 – 2.00 5.45 – 6.45 7.30 – 9.00 pm	Self Defence & Fitness Sign Language Classes Sign Language Classes Sign Language Classes Line Dancing	Community Hall Community Hall Community Hall Community Hall Community Hall	Adam Claxton 07376 Shakila Kosar 07825 Shakila Kosar 07825 Shakila Kosar 07825 Diane Pursall	27 90 15 255042 255042 255042 747 4659
Tues 9.15 - 1.15pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 8.00 – 9.00 7.45 pm	Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89
Wed 9.30, 11.00 & 12 10.30 - 12.30 6.30 – 7.30 7.00 pm	Baby Sensory Guide Dog Training Pregnancy Yoga SlimmingWorld	Banners Gate CC Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89
Thurs 10.00 – 11.00 am 12 - 2.00 6.30 – 9.45 pm (3rd of each month) 7.00 pm	Yoga Home Education W Mids Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Pauls & Kelly 07891 Warren 01902 Janice Jones 07955	40 39 43 82 63 80 897 900 65 59 10
Fri 9.30 - 11.15 5.00-6.30 7.00 - 8.00 pm 5.00 - 6.30	The Creation Station Repertoire Dance Studio Sign Language Classes Amalia's Dance Academy	Community Hall Community Hall Community Hall Community Hall	Avne Wilson 07793 Chloe Lloyd 07729 Shakila Kosar 07825 Amalia 07535	54 26 48 47 79 46 25 50 42 60 40 44
1st Saturday	Yoga and Pilates	Community Hall		


BOOKING SECRETARIES:
Community Hall mobile: 075 65 54 68 21
Banners Gate CC - Nigel Willis 07711 284562
St. Columba's - Alison Jolley st.columbahall@yahoo.com
Scout Hall - A & R Talliss 353 8166

UNIFORMED ORGANISATIONS:
Scouts: Margaret Drummond, 33rd GSL 353 5203
Girlguiding: Carol Gardner, Vesey West District Commissioner 350 7191

Useful telephone numbers
Sutton and Kingstanding
Police: 101
Good Hope: 424 2000
Outpatients: 424 2000
NHS Health helpline:
Call 111 it's 24/7
Citizens Advice
03444 111 444

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

**Banners Gate
Community hall
Coffee Mornings**
The next is on
20th May starting at
9.30a.m. until noon,
please note new
times.

 **The Townswomen's Guild**
Patron HRH The Princess Royal GCVO
Thurs. 15th May Lola Lamour -
Lord Lichfield
Our vibrant Guild meets on the 3rd
Thursday of the month, 7.00 - 10.00
in the Westwood Hall,
Banners Gate Community Church.
Janice Jones 07955 65 59 10

Banners Gate Community Church
Westwood Road. B73 6UH
We meet **weekly** on Sunday mornings from
10.30am for fellowship, worship, prayer
and learning together in an informal setting,
with other gatherings throughout the week.
To find out more visit our website at
www.bannersgatechurch.com.

**St Columba's
Church**
Coffee Morning
**Every Friday of
the month**
10.00 - Noon
All Welcome

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

33rd Sutton Coldfield Scout Group,
H.Q. Coppice View Road
Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years
Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Contact 0121 353 5203
Email: margaretdrummond1@btinternet.com



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



Girlguiding UK

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