

Banners Gate & Parklands Community & Neighbourhood Forum

193rd May 2025

bannersgateneighbourhoodforum.com

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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: SUTTON PARK CAR-PARK CHARGES – COMPROMISE AGREED!

The City Council announced last month it has reduced its proposed parking charges for Sutton Park next year and it means a substantial improvement on the original plans. The details of the compromise agreement are that:

- it now means totally <u>free unlimited parking</u> <u>every day</u> for the early morning dog walkers and before-work exercise fans before 9am;
- and also <u>free parking every day</u> for families taking a trip the park after school or work in the evenings after teatime 6pm.
- Parents dropping off kids for Park activities will also get in free when they come in and drop them off. In fact this 'grace period' is open to any resident driving into the park, for the first 30 minutes.
- Sutton Park volunteers will <u>also get free</u> <u>passes</u> while they work, which will be issued to approved volunteers by the Park Rangers.
- And for every resident, wherever they live, it now means allowing continued unrestricted parking for everyone, all day every day annually, for just £1 a week.

All surplus money raised by the parking charges will be <u>ploughed back</u> into the Parks service, meaning that extra improvements will be possible

that cannot be funded under the current arrangements.

Please note, this is a factual report, not personal opinion, and it is laid out in official Council papers published and agreed last month.

Do you remember the days under the old Sutton Town Council pre 1974, you had to pay for parking in the Park - but Sutton residents who paid the Town Council rates were given a 'free sticker' for their car windscreens to allow them free entry. Well I've had it agreed that in addition to the compromises above, the Sutton Town council has also been offered the chance to restore the historic <u>subsidised stickers</u> for local residents who are paying the Town Council precept. The City Council 'cabinet member for parks' has now agreed to consider this if the Town Council chooses to pursue this idea too.

Next Tip Truck visit

The City Council's roving 'tip truck' service has been restricted for a while so that the workers could assist the street cleaning clear-ups of the uncollected household waste. However I'm hopeful that we'll have a truck back in our area later this coming month – date to be confirmed. To hear more just sign up for my official 'Bins Bulletin' email notifications, email rob.pocock@birmingham.gov.uk and I'll keep you updated.

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com Next deadline: June 26th



Max Hatton:

Hello Gatepost readers! May has been a truly memorable month — a time of reflection, celebration, and looking ahead to the future. One of the standout moments was the

commemoration of the 80th anniversary of VE Day. I had the honour of attending the beacon lighting ceremony held in Sutton Coldfield Town Centre, joining residents, veterans, and local dignitaries in paying tribute to the incredible courage and sacrifice of those who served during the Second World War. The atmosphere was both respectful and uplifting, a poignant reminder of the strength and resilience of our community then and now.

Later in the month, I had the unique pleasure of returning to my old school, New Oscott Primary — a visit made even more special by the company of Sutton Coldfield's Mayor, John Perks. As it turns out, both of us are proud former pupils of New Oscott, though our schooldays didn't overlap. Walking through the corridors again stirred fond memories, and it was wonderful to see the school still thriving with energy and enthusiasm.

We had the chance to speak with current students about our time at New Oscott and our journeys since. Their curiosity, questions, and excitement about the future were inspiring. It was also bittersweet to know that this visit marked a turning

point for the school — soon to be demolished to make way for a brand-new building. While the walls may come down, the spirit and legacy of New Oscott will undoubtedly live on in its next chapter.

This month has reminded me of the importance of community — of honouring our past while investing in our future. Whether standing beside the beacon in the town centre or sharing stories in a classroom that shaped me, I'm grateful to be part of a town that celebrates its history and embraces its evolution.

Here's to the next generation, and to many more moments that bring us together.





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



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

amymillichope@outlook.com

Sutton Vesey e-news Bulletin

City Councillors Rob Pocock and Kath Scott

For attention of all Residents and Community Groups in Sutton Vesey Ward. This e-news letter is to update you about local events in this latest Vesey e-news Bulletin:

- A Car park charges in Sutton Park compromise agreed. The City Council announced last week it has reduced its proposed parking charges for Sutton Park next year and it means a substantial improvement on the original plans:
- it now means totally <u>free unlimited parking every day</u> for the early morning dog walkers and before-work exercise fans before 9am;
- and also <u>free parking every day</u> for families taking a trip the park after school or work in the evenings after teatime 6pm.
- Parents dropping off kids for Park activities will also get in free.
- Park volunteers will <u>also get free passes</u> while they work.
- And it now means continued unrestricted parking for everyone, all day every day all year, <u>for just £1 a week</u>. That's great value by anybody's standards and a great victory for local campaigners.
- The Sutton Town council also has the chance to restore the historic <u>subsidised stickers</u> for local residents who are paying the Town Council precept, the City Council has agreed to consider this if the Town Council chooses to pursue this.
- B Update campaign to bring back a Community Pharmacy in Boldmere. Many thanks to everyone who filled in the NHS survey we circulated last month. There was an excellent level of response! Now we need to await the Public Health analysis of the replies and hopefully an agreement by the NHS for a Chemist to be reinstated in Boldmere again to meet local need.
- C Boldmere Library the City and Town Councils continue their discussions on an agreement for retaining the Library long term, and we are also working with community groups on our extended plans for the Library site to be open on the other days in the week when not operating as a Library, for community activities such as

book clubs, kids reading groups, health and wellbeing sessions, older people's care etc etc. We'll continue to keep you updated. The Sutton Town Centre library site (which is funded 50:50 between Town and City Councils) will need to be vacated from the summer as the whole Red Rose Centre is now scheduled for redevelopment (that's the area including the old Sainsburys site / Wilco / Victoria car park, Library and shops around). A temporary relocation site remains an option until the centre is rebuilt, through the City and Town Councils, or the City is open to other partners to work on this temporary option too.

- D Highbury Theatre Centre (Sheffield Rd) the summer season at our excellent local community mini-theatre is under way, see this link for the current programme Highbury Theatre Centre A good theatre never stands still
- E Finally on the separate and highly topical subject of subject of rubbish collections, don't forget Rob sends out a regular Bins Bulletin to any resident who wants updates on the latest situation with the strike and its impact on collections, just email tob.pocock@birmingham.gov.uk to get onto the list. The main waste tip sites are now operating extended hours if you are able to take any waste there - general rubbish, recycling or garden waste, opening hours are now as follows: Monday to Friday 7am to 9pm, Saturday and Sunday 8am to 6pm. You still need to book at the Sutton site in Norris Way, but the Castle Bromwich site (Tameside Drive, off Chester Rd, just before the M6 junction) is now operating a 'drop-in' system when you can just turn up when you like without pre-booking (but still please bring ID). They can do that because there is a long access drive which allows vehicles to queue without disrupting the main roads.

With our very best wishes,

Rob & Kath

Councillors Rob Pocock and Kath Scott

Community Campaigner, Sutton Vesey Ward – find me on twitter @RobPocock1

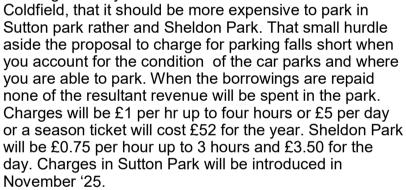


John Cooper: I have written about various matters and tried my best to be neutral in my comments but I have to say that current events have left me incredibly frustrated by completely unnecessary situations being created by the City Council. In my view not enough account is taken of the residents position when taking actions to repair the inexcusable bankruptcy the City has brought upon itself and everyone in the

Birmingham area.

I must firstly mention the waste collection service which has hit the whole of Birmingham in some areas very severely. My particular frustration with this matter is regarding the booking system at Riland Road Depot. I have used this service and found it to be a very workable system much better that previous "free for all" available to us residents. For reasons best know to himself Cllr Mahmood (Labour Cabinet Member for Environment and Transport) scrapped the booking system and within a day reintroduced it, resulting in utter chaos, for those with appointments joining those without, all allowed into the depot. In addition the numbers allowed to book per hour was increased massively.

My main subject for this issue is that of parking charges in Our Sutton Park. About 5 years ago the City Council presented a scheme to charge car users for parking in the park, following consultation and sampling views, culminating in a public meeting at the Town Hall the scheme was scrapped; as at that time the payback of the borrowing cost was said to be 10 years. This current scheme the City is presenting is said to be able to pay back the borrowings in 2 years. The proposed charges again reflect the view that Labour Birmingham City Council has of the residents of Sutton



Only Boldmere Gate has a properly constructed car park others such as this (above) are wholly unsuitable for parking, most parking areas are not identified and cars are parked by the roadside. From the consultation undertaken over 4000 people replied almost all universally opposed the proposal with just 2 being in favour of the scheme.

There are some residents of our Town who are in favour of parking charges BUT only if the money is spent in the Park repairing at least a little of the massive list of improvements necessary to bring the park to some level of acceptability.

While I am writing I must mention the libraries, the main library in the Red Rose Centre is to close on 27 June, this has been just announced by BCC.

John Cooper May '25

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

townrangers@suttoncoldfieldtowncouncil.gov.uk johncooper@suttoncoldfieldtowncouncil.gov.uk



Death of Mary Ashford, a sequel.

Diabolically ravished, murdered and thrown into a pit.

Abraham Thornton was charged with her wilful murder and tried at Warwick Assizes before Mr Justice Holroyd on the 8th August 1817.

Thornton admitted that the two had been consensually intimate but denied rape and murder.

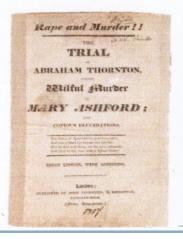
Eyewitness accounts backed up his story and in the absence of other evidence he was acquitted of both charges.

Public outcry around his acquittal led to Mary's brother William invoking an "appeal of murder". This uncommon legal practice allowed a retrial by battle. This involved "throwing down a gauntlet" as the challenge.

Thornton invoked that right and was released after William Ashford declined the challenge.

The case resulted in the abolition of appeals by murder and thus the end of trial by battle.

Despite his protestations of innocence, the public was thoroughly convinced of his guilt. He was unable to lead a normal life and he fled to the United States and settled in Baltimore, Maryland.







Boldmere Online—click here

Boldmere Summer

Festival 22

Children's rides:
Bavarian Fun House
Ghost Train
Mini Dodgems
Bungee Trampolines
Helter Skelter
Mini Miami (up & down ride)
Planes & Teacups

Perry the Bull

Fire Engine

Over 50 Artisan Market Stalls

30 Street Food Stalls
Hot and cold food
Delicious desserts
Ice cream vans

Live Entertainment

Large range of alcoholic and

Sunday 22nd June I-6pm

Suggested Donations

Adults £3 Children £1.50 Family (5) £7.50

The festival is run by a dedicated group of volunteers. To be able to continue putting on festivals in the future we kindly ask that you would donate a nominal entrance fee.

Presented by:



1:00 Script Youth Musical Theatre
Legally Blonde and Beauty and the Beast

1:45 Linkai From Birmingham Ormiston Academy

2:30 Call me Unique
Infusion of jazz, soul, future beats & scat-singing

3:15 B&H
Acoustic vocals duo Brendan and Hugh

4:00 Ashley Allen
Local keyboardist, composer & songwriter

4:45 Lobster
Reggae & hip-hop influenced punk band

5:30 The Black Jeans Indie rockers kicking out energetic covers

Full details of our festival at boldmere.org



Funding from:







Sutton Coldfield Library will be closing on Friday 27th June 2025.

The nearest alternative libraries are Boldmere Library 1.6 miles away, Mere Green Library 1.9 miles away and Walmley Library 2.5 miles away.

More information about the Sutton Coldfield mobile library stop will be available soon, including dates, times, and location.







Feel good fitness - free event at Mercia Grange



BOOK NOW

Last Thursday of every month 2pm—3pm

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

Event: Feel good fitness

Date: Last Thursday of every month

Time: 2pm-3pm

Location: Mercia Grange Care Home, 538 Lichfield Road, Sutton Coldfield, B74

4EH

We will have complimentary refreshments on hand, including freshly baked cakes prepared by our chef.

Best wishes,

Rachel Mackay



Expert-led health talks delivered by Good Hope Hospital and Royal Sutton Coldfield Town Council

Presenters:

Julie Hunter Group Director for Allied Health Professionals (AHP's) at University Hospitals Birmingham NHS Foundation Trust and Hospital Director for AHP's at Good Hope Hospital

Lorraine Garratty Therapy Lead – Healthcare for Older People at Good Hope Hospital



To book your place please email us at members@uhb.nhs.uk or 0121 663 1765



Good Hope Hospital
Part of University Hospitals Birmingham
NHS Foundation Trust

View in browser

KEEP IN TOUCH













Save The Date - The Sutton Coldfield Marketplace Is Nearly Herel

As the Shaping Birmingham's Future Together (SBFT) Marketplace Roadshow continues its journey across Birmingham's 10 constituencies, we're excited to invite you to the upcoming June Marketplace in Sutton Coldfield

Join us on Thursday, 26th June, from 10:30 AM to 12:30 PM at Sutton Coldfield United Reformed Church for this vibrant community event.

The Marketplace offers a valuable opportunity to connect with a wide range of organisations providing services to residents in both the local community and across Birmingham. You'll find information on topics such as housing, employment, education, health and wellbeing, support for older adults and families, energy-saving advice, and much more.





Of the other 7 people, one was taking this photo and the others we picking up the rubbish dropped by those who should know better - take a hint, bin it or take it home. please.



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.



Joan is a volunteer and picks up rubbish dropped along Monmouth Drive. If you would like to help then please ring 0121 663 1765, or better still, DO NOT DROP YOUR RUBBISH—TAKE IT HOME.



WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council.







Keeping our streets clear



New opening times for Household Recycling Centres



From the Sutton Vesey e-news Bulletin

Finally on the separate and highly topical subject of subject of rubbish collections, don't forget Rob sends out a regular Bins Bulletin to any resident who wants updates on the latest situation with the strike and its impact on collections, just email tob.pocock@birmingham.gov.uk to get onto the list. The main waste tip sites are now operating extended hours if you are able to take any waste there - general rubbish, recycling or garden waste, opening hours are now as follows: Monday to Friday 7am to 9pm, Saturday and Sunday 8am to 6pm. You still need to book at the Sutton site in Norris Way, but the Castle Bromwich site (Tameside Drive, off Chester Rd, just before the M6 junction) is now operating a 'drop-in' system when you can just turn up when you like without pre-booking (but still please bring ID). They can do that because there is a long access drive which allows vehicles to queue without disrupting the main roads.



Anja Pawson

Local Campaigner in Sutton Vesey

Vice-Chair of Friends of Boldmere Spinney, Primary School Teacher, School 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.



Resolving Forgotten Bin Collection:

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



Hedge trimmed and pavement cleared on Charlecote Gardens



Traffic light repaired near Banners Gate on Chester Road



Bin collection reported and resolved twice on Boldmere Road



Join us for Q&A session
with Sir Andy Street
on Wed 4th June at 7pm
at Boldmere St
Michaels Football Club

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

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 ANIA 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 36B High Street, B72 1UP. Printed by Sutton Coldfield Conservative Association, 36B High Street, B72 1UP



"

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.

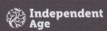
SUPPORT

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 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

StreetSafe

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

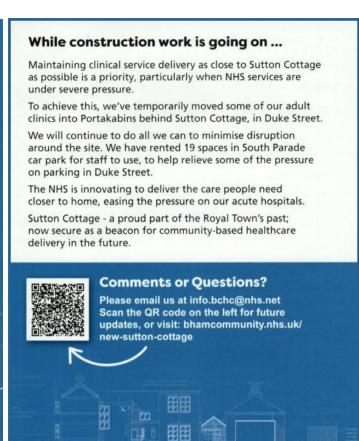
StreetSafe is not a crime reporting tool.

To report a crime visit: www.west-midlands.police.uk



NW16022





For design / print enquiries email: creative.hub@nhs.net Correct at time of printing: 10th January 2025 • Ref: 02278







Monday

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

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

Warm Welcome: 9.30am until 12pm - weekly

Come and join us in our cosy cafe!

Knit and Natter: 10am until 12pm - weekly

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

Walking Group: 10:30am - weekly

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

Tuesday

Allotment Group: 10am until 12pm - weekly

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

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

Drop in advice and information for unpaid dementia carers.

Warm Welcome: 10am until 12pm - weekly

Come and join us in our cosy cafe!

Stroke Support Group: 10am - 13th and 27th Only

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

Digital Awareness Session: 10am until 12pm - 6th, 13th and 20th

Age UK's Digital Champions will be dropping in to help support with phones 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- 14th and 28th Only Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly

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

Digital Inclusion 3pm until 4pm - weekly

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

Thursday

Parkinson's UK: 10am until 12pm - 1st, 15th & 29th Only

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

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.

Sports Birmingham: Thursday 15th May Only

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

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 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

Afternoon Tea - Saturday 10th May Only

Enjoy our afternoon tea with friends or loved ones for just £12.50 per head. Booking essential - Turn over for details!

Legal Services Drop In: 10am until 12pm - First Saturday of the month - 3rd 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 Developm

Neighbourhood Developmen. 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 - <u>read the April edition online</u>.

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. ndsu@birmingham.gov.uk

Kind regards

Neighbourhood Development and Support Unit (NDSU)

Neighbourhoods, City Operations, Birmingham City Council

Learn more about NDSU

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

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

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Clothes and Shoes

Bags and Accessories

Books, CDs and DVDs

Homewares

Toys and Games

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

British Heart Foundation

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

0121 355 5848

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

giftaid it

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

SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

Mondays:

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



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



Thursdays:

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



Fridays:

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



Monthly Parent Carer Breakfast Meetups and Coffee Mornings

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

SQUARE PEG Activities

www.squarepegactivities.org

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



- · Chill out den
- Laptop area
- Air hockey
- Hot drinks
- Outdoor space
- Sensory room



£3 suggested donation

To book please email:
info@squarepegactivities.org

SQUARE PEG Activities Where square pegs fit in

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







The following appeared in church bulletins or were announced at church services.

The sermon this morning: 'Jesus Walks on the Water.' The sermon tonight: 'Searching for Jesus.'

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Don't let worry kill you off – let the Church help.

Miss Charlene Mason sang 'I will not pass this way again', giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

The Rector will preach his farewell message, after which the choir will sing 'Break Forth Into Joy'.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

Potluck supper Sunday at 5pm - prayer and medication to follow.

The church will host an evening of fine dining, super entertainment and gracious hostility.

At the evening service tonight, the sermon topic will be 'What is Hell?' Come early and listen to our choir practice.

COO (900)

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

cockaba

This evening at 7pm there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

Low Self-Esteem Support Group will meet Thursday at 7pm. Please use the back door.

The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: 'I Upped My Pledge – Up Yours.'

This being Easter Sunday, we will ask Mrs Lewis to come forward and lay an egg on the altar.

Thank you Adam C

Friends First

Safe local spaces to make new friends

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

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





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

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

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



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

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







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

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

Please contact 0121 362 3650 for more information if:

- *You are feeling isolated, or would welcome the chance to meet new people in your community.
- *Maybe you already run a coffee morning/community group and would like to work with us to widen your reach.
- *You would like to increase your social opportunities.





St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



Classes at St Columba's Church

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

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



slimmingworld.co.uk

Feeding our community in need

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: <u>info@hopefood.org.uk</u>

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

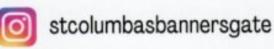
https://www.justgiving.com/hopefoodnb

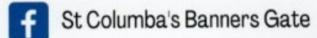
Hope Food – North Birmingham. A charitable incorporated organisation registered in England. Charity registration number 1195019. Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

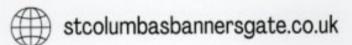
Church@4 a relaxed time for adults and children together

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

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







All are welcome - there is no charge for anything

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

Both physically & mentally, especially as we get older"



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

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

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

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

New Oscott Village Gym

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

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





ADVICE

COFFEE MORNING

ARE YOU 50+ AND LOOKING TO SOCIALISE?

JOIN OUR COFFEE MORNING WITH THE COMMUNITY

NAVIGATOR AND EXPLORE LOCAL

SUPPORT AND ACTIVITIES!

CONTACT RANJAN HOATH FOR MORE INFORMATION

DATES

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

10-12PM

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

FUNDED BY





Phoenix Singers, family and friends set off from our rehearsal venue, Rowheath Pavilion Bournville this April, in a superb double decker coach bound for Belgium. We guessed we were sure of a memorable experience full of friendship and vocal experiences. We were certainly not disappointed.

We stayed in leper/Ypres Salient, a major battleground and central location for World War 1 battlefields, memorials, and cemeteries, including the famous Menin Gate Memorial to the Missing.

Our first performance was at Tyne Cot Cemetery where 11,961 Commonwealth servicemen of the First World War are buried or commemorated: 8,373 unidentified. The cemetery is located near Passchendaele and is the largest Commonwealth War Graves Commission Cemetery on the Western Front. It also features a Memorial to the Missing commemorating 35,000 soldiers with no known grave. The rain pelted down and disguised our tears as we sang "In Flanders Fields" a setting of the famous poem by Canadian surgeon and poet, John McCrae, who enlisted to serve in World War I and tended those injured during the Second Battle of Ypres. It was extremely emotional for us all.

Every evening, since 1927, the Last Post Ceremony has been performed at the Menin Gate to honour the memory of the soldiers of the former British Empire and its allies, who died in the Ypres Salient during the First World War. We were honoured and privileged to perform at the ceremony and lay a wreath on behalf of Phoenix Singers. James our MD had our a cappella singing finely honed to perform "In Flanders Fields" and Karl Jenkins's "Benedictus". It was a very moving and poignant experience for us in the shadow of so many brave heroes' names engraved on the Menin Gate walls, who gave their lives for our today.

Singing in the truly beautiful Ypres St Martin's Cathedral gave us the chance to enjoy the amazing acoustics and this was followed by our performance of a very special Concert of Remembrance at St George's Memorial Church which was much appreciated by residents and visitors to the area. It was an experience full of joyous and memorable singing and friendships and we look forward to future Phoenix Singers adventures.

If you would like to join Phoenix singers and don't mind traveling across the city for Wednesday evening rehearsals, new members always welcomed no audition. Contact: https://www.phoenixsingersbham.org/ come along in September ready for our Christmas concert rehearsals and perform at Birmingham Town Hall.

Eric Jones

Do you have an advertisement for this space, it's free.
Email bgatepost@gmail.com







New Oscott Village SPECIAL SUMMER OFFER!

START TRAINING TODAY

Special offer for Banners Gate forum subscribers

Get 7 months for the price of 6

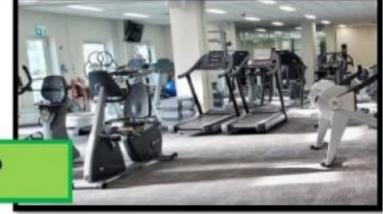
or

14 months for the price of 12

Monthly memberships

also available

Come and have a look around



Why Choose Us?

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

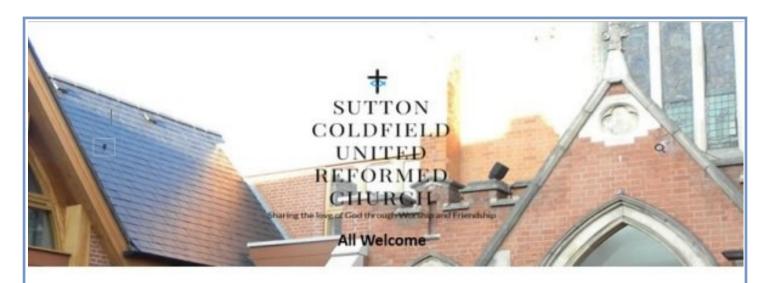
- ☆ Tailored Programs for Every Level: Our expert trainer understands the diverse needs of individuals. We offer personalized fitness programs catering to various fitness levels, ensuring everyone feels comfortable and supported on their wellness journey.
- Flexible Membership Options: We understand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

ExtraCare
Charitable Trust

0121 377 5000

Jackie.Taylor@extracare.org.uk

New Oscott Village, Fosseway Drive, Chester Road, B23 SLD



GROWING OUR COMMUNITY TOGETHER



CAFÉ OASIS

Our community café open Monday, Tuesday, Thursday and Friday 10.30am – 2.00pm



So many Activities and Services for you!

- Parish Nurse onsite 3 days per week
- SCURC 'Keep Moving' exercise class
- Badminton
- Occupational Therapy Drop In
- Adult Social Care Drop In
- Diabetes Advice and Support
- Stroke Club
- Boardgames and Wellbeing group
- (Starting in March 2024)
- Indoor Bowling for over 75s
- Meals on Wheels delivery
- Many, many more!

FOOD4U FOODBANK

Every Tuesday from 10.30am, a warm welcome with free tea and coffee and lots of advice and support from our partner organisations

food4u@scurc.org.uk

Telephone or email us at:

0121 355 1217

cafe.oasis@scurc.org.uk

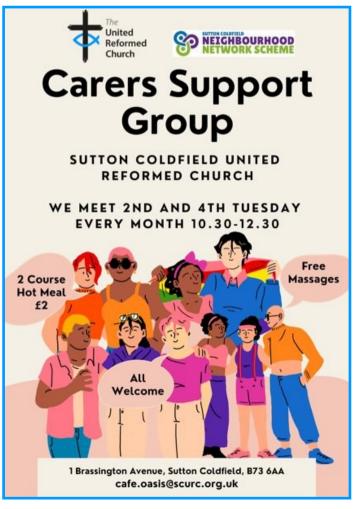
Find out more by visiting us:

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

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



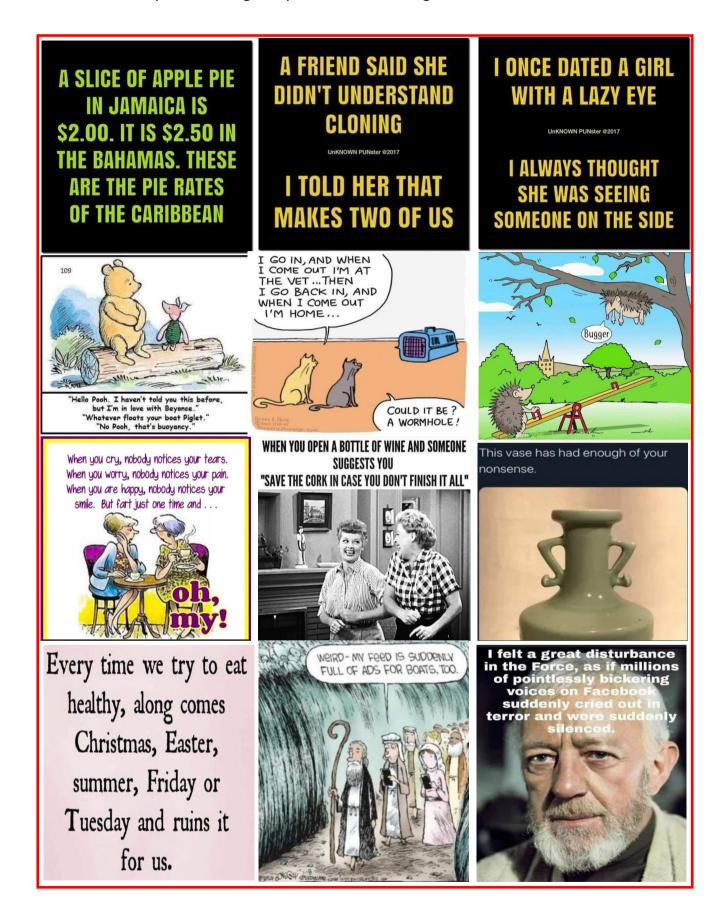






Imagine we lived in a world where all cars were EVs, and then along comes a new invention, the "Internal Combustion Engine"! Think how well they would sell: A vehicle half the weight, half the price that will almost quarter the damage done to the road. A vehicle that can be refuelled in 1/10th of the time and has a range of up to 4 times the distance in all weather conditions. It does not rely on the environmentally damaging use of non-renewable rare earth elements to power it, and use far less steel and other materials.

Just think how excited people would be for such technology, it would sell like hot cakes! I know some of you are allergic to puns so blame Margaret D. The rest are thanks to Hazel.



- 1. Which is the longest river in Asia?
- 2. In "Wuthering Heights" what is the surname of Cathy?
- 3. The Harrison Salisbury book "The 900 Days" is an account of the Nazi blockade of which Soviet city?
- 4. What was the name of the FBI agent played by Jodie Foster in the movie "The Silence of the Lambs"?
- 5. Which songs with "Leg" in the title were UK top twenty hits for the following artists,[a] ZZ Top (1985), [b] Mungo Jerry (1974), [c] Rod Stewart (1978), [d] Monks (1979) and Andy Fairweather-Low (1975)?
- 6. Which Arizona town was the scene of the Gunfight at the OK Corral?
- 7. Of which British island is Portree the largest town and capital?
- 8. Who was the first British female athlete to win an Olympic gold medal in a track or field event?
- 9. What objects do the following collect,[a] Tegestologists, [b] Cartophilists, [c] Deltiologists, [d] Bibliophiles and [e] Discophiles?. 10. Who in 1906 became the first leader of the Parliamentary Labour Party in the UK?
- 11. Name the two English actors who have played James Bond in an official movie?
- 12. Which river forms the border between Texas and Mexico?
- 13. Which mammal can survive longer without drinking than a camel?
- 14.In which plays by William Shakespeare do the following characters appear, [a] Regan, [b] Puck, [c] Malcolm, [d] Iago and [e] Portia?
- 15. Which children's comic featured the Bash Street Kids?
- 16. What stretch of water connects the Black Sea to the Sea of Marmara?
- 17. Who played Sir Winston Churchill in the Netflix series "The Crown"?
- 18. Which is the only New York borough that is not on an island?
- 19. What Imperial measure was made up of 112 lbs?

Which film director/actor was the Duchess of Sussex's first husband?

Answers

1. The Yangtze. 2. Earnshaw. 3. Leningrad. 4. Clarice Starling. 5. [a] "Legs", reached no 16, [b]

"Long Legged Woman Dressed in black", no 13, [o] "Hot Legs", no 5, [d] "Nice Legs (Shame About the
Face)", no 19 and [e] "Wide Eyed and Legless", no 6. 6. Tombstone 7. Isle of Skye 8. Mary Rand. 9. [a] Beer
Mats, [b] Cigarette Cards, [o] Postcards, [d] Books and [e] Records. 10. Keir Hardie. 11. Daniel Craig and Roger Moore.
12. Río Grande. 13. Giraffe. 14. [a] King Lear, [b] A Midsummer Night's Dream, [o] Macbeth, [d] Othello and [e] The
Merchant of Venice. 15. The Beano. 16. The Bosphorus. 17. John Lithgow. 18. The Bronx. 19. A Hundredweight. 20.
Trevor Engleson.

Are you a good guesser? What are these objects. Answers on the bottom of page 42

This heavy metal cone with some type of measurement dial.



1

This wooden storage unit designed to be mounted on the wall.



2

This matchbook containing some type of spring-loaded device.



3



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







Accessibility - Flat

Yes

Volunteer with FoodCycle!

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 40

- 1. That's an artillery-timed fuse. You set the time to detonation by rotating the rings. Don't play with it; call EOD [Explosive Ordnance Disposal]. Here's a <u>similar item</u>, although from a different round.
- 2. That's a fold out recipe card holder like this one.



3. It's a bingo matchbook, a prank device.
To elaborate on this, you would put a 'cap' inside
the matchbook, then the flap would hold a springloaded striker down. When somebody opened the matchbook, it
would release the striker, hit the cap, and set it off ('bang!'). Cap in
this context is like a 'cap gun' noise-making blank toy for kids.



32 artists will show and demonstrate their work—paintings, jewellery, prints, pottery, sculptures, textiles, collages and photography. Admission Free.

28th and 29th June 2025

10am - 4pm

- Chimneys, Keepers Road B74 3AX
- Gracechurch Centre, B72 1PH
- 14 Mulroy Road B74 2PY
- 12 Somerville Road, B73 6JA
- 17 Kirkby Road B73 6HQ

- Sutton Sailing Club, B73 6JL
- 71 Britwell Road, B73 5SW
- Boldmere Bistro, B73 5FU
- 17 Haselor Road, B73 5DW
- 17 Corbridge Road B73 6NJ
- Highbury Theatre B73 5HD



www.suttoncoldfieldarttrail.wordpress.com

BTD

Funded by Royal Sutton Coldfield Town Council's Community Grant Programme







Are you interested in Art?

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

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

www.suttoncoldfieldsocietyofartists.co.uk www.suttoncoldfieldsocietyofartists.co.uk

suttoncoldfieldsocietyartists







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

http://messybeast.com/dragongueen/real-haynes.htm

Also, I'm going to assume you've heard this but just in case: https://www.airliners.net/forum/viewtopic.php?t=1113747



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



ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE!



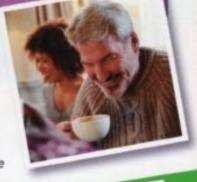
"The comprehensive introduction to a wide range of techniques means everyone can find their medium" Gerry, Burford Branch



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



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



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

STRICTLY LIMITED PLACES
CALL NOW

SIP 'N PAINT

Enjoy a free creative painting session with unlimited tea, coffee, and some delicious cakes and biscuits.



Location:

St James Church Centre 59 Mere Green Road B75 5BW

Every Thursday Morning At 10:30 am to 12:00 pm

This will be an event held at the above location every Thursdays at the same time.







Sutton Coldfield Photography Club





The friendly club

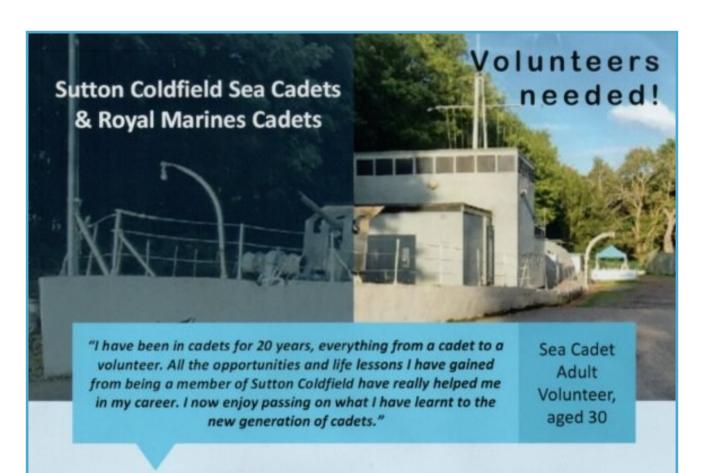
All visitors and new members welcome at any level of experience. We have a varied programme of talks, competitions and activities.





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







Gain new skills and qualifications.





Develop leadership and teamwork abilities.





Make a positive impact on young lives.



admin@suttoncoldfieldseacadets.com



www.sea-cadets.org/suttoncoldfield





Tyler Shaw (She/Her)

Delivery and Outreach Coordinator

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

tyler@squarepegactivities.org

0121 824 0508 07782 171 954

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

www.squarepegactivities.org

(f) (iii) @squarepegcharity

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

Funded by











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

Working in conjunction with



View in browser



NDSU NEWSLETTER

Working together in Birmingham's neighbourhoods







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

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

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

Our one year anniversary newsletter includes;

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

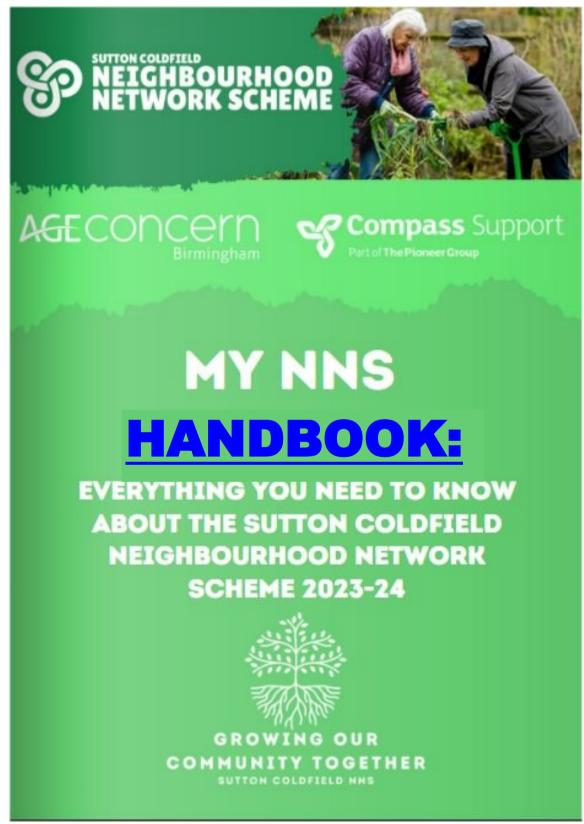
Kind regards

Neighbourhood Development and Support Unit (NDSU)

Neighbourhoods, City Operations, Birmingham City Council







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

https://birmingham.connecttosupport.org/



UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello Sutton Coldfield Community!

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

Sowhat's new?

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

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

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

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





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

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







ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415











Saving Service

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

HOW IT WORKS:

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

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

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

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

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

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

Call us now on 0800 060 7567

www.applyforleap.org.uk

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





ARE YOU ELIGIBLE?

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

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





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

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

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





Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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

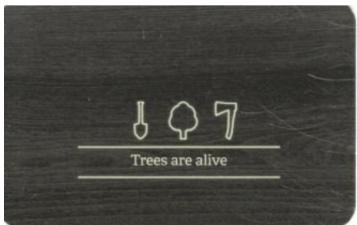
Tribunal Representation

















Action Fraud Alert: rise of extortion phishing email reports

Action Fraud are urging the public to look out for phishing emails that relate to extortion as the Suspicious Email Reporting Service (SERS) received over 2,924 reports in March 2025, a staggering increase compared to only 133 reports made in February.



The reported phishing emails received by the National Cyber Security Centre's SERS relate to a type of extortion referred to as 'Financially Motivated Sexual Extortion' (FMSE).

Reports suggests the phrasing of the email and subject lines can vary, but the theme remains consistent: the phishing email claims to have installed malware on the recipient's computer and recorded them visiting adult websites. The sender will then coerce the email recipient to pay a ransom demand by threatening to release the videos. The ransom is usually demanded in a form of cryptocurrency, such as Bitcoin.

Continued on next page ...

In order to make these phishing attacks convincing, emails will often include genuine pieces of personal information relating to the victim, such as a password or home address. It is likely these would have been obtained from historic breaches of personal data.

Analysis shows that many people who received these emails also later reported becoming victims of online account hacking. In 2024, a male victim in his thirties received numerous extortion emails that contained a password he used for one of his online accounts. The emails demanded a ransom of \$500. Having correctly identified the emails as a scam, he deleted them. However, shortly afterwards he noticed that he was unable to login to one of his social media accounts. After some checking, he realised that one of his bank accounts and multiple social media accounts had been hacked and he was locked out of them.

What to do if you receive an email like this:

- As with other phishing emails, do not to engage with the phisher, forward the email to <u>report@phishing.gov.uk</u>, which is the <u>NCSC's Suspicious</u> Email Reporting Service (SERS), and then delete it.
- If you are considering paying the Bitcoin ransom, you should be aware that doing so, you will likely become the target of more scams, as the phisher will know they have a 'willing' customer.
- The inclusion of genuine passwords or other personal information in phishing emails is a strong indication that you may have been affected by a historic data breach. You can use this service to check which of your online accounts were affected: https://haveibeenpwned.com
- If the phishing email includes a password you still use, then change it immediately. Advice on how to create suitable passwords and enable other factors of authentication is available here: https://stopthinkfraud.campaign.gov.uk/protect-yourself-from-fraud/protecting-against-online-fraud/improve-your-password-security/

If you have been a victim of extortion, or concerned that someone may be in possession of intimate images of you, you should report it to your local police force by calling 101.

Find out how to protect yourself from fraud: https://stopthinkfraud.campaign.gov.uk

If you've lost money or provided financial information as a result of any phishing scam, notify your bank immediately and report it to Action Fraud at https://www.actionfraud.police.uk/report-
Action Fraud







Supporting Young People Away From Violent Crime



#Sceptre

We're listening to community concerns about knife crime. Officers are doing targeted patrols and gathering intel to reduce knife crime in your local area.

If you are concerned about knife crime in your area, or see something suspicious, get in touch today Report a crime | West Midlands Police

Follow your local police social media accounts to keep up to date with the latest advice and information.

Remember in an emergency, call 999.

All non-urgent crime can be reported via our website or by calling 101.







U Cycle park 🖑



Help us reduce knife crime

#Sceptre | This week officers across the force will be intensifying efforts to reducing knife crime and getting weapons off the streets. You can help us do this.

How you can help reduce knife crime in your area...

- 1. If you see something suspicious or know of any gang activity, get in touch today Report a crime | West Midlands Police You can report anonymously through Crime Stoppers by calling 0800 555 111 or visit https://crimestoppersuk.org/give-information
- 2. Talk to your child or young people about the dangers of carrying a knife. Carrying a knife for protection is not a valid reason for the police. It actually means you're 51 per cent more likely to have it used against you. Visit https:// lifeorknife.west-midlands.police.uk/
- 3. Dispose of old knives correctly. Wrap them in puncture proof plastic or cardboard. You can hand them in to your local police station, place them in a weapon surrender bin, or even pop them in your refuse bin wrapped securely and labelled 'Caution: Sharp'. You can find your nearest weapon surrender bin here Weapon Surrender Bins - West Midlands Police & Crime
- 4. Learn more about knife crime and the laws around carrying a weapon. We have created a dedicated educational space for our #LifeOrKnife campaign, click here to learn more https://lifeorknife.west-midlands.police.uk/

Follow your local police social media accounts to keep up to date with the latest advice and information.

Remember in an emergency, call 999.

Commissioner (westmidlands-pcc.gov.uk)

All non-urgent crime can be reported via our website or by calling 101



Message Sent By

Stefanie Sadler

West Midlands Police, Engagement & Consultation Officer, Birmingham

Partnerships)







Got a delivery you weren't expecting?



Continued on next page...

...continued from last page

As part of **#Sceptre week**, a week of intensified action to reduce knife crime, we're encouraging all carers and parents to check in with their children. Have they recently used the Amazon account to order something unfamiliar? Have they answered the door to get a parcel and hidden it away?

Online retailers have ID checks and policies on selling weapons and knives. It is illegal to sell a knife to anyone under the age of 18. However, with same-day delivery and locker parcel drops it's easy for delivery drivers to miss out the ID check of the recipient at the door.

Talk to your child if you see they have ordered knives or a weapon online, or have received a package you were not expecting. It can be difficult but we have plenty of tips and advice available on our website to help you start THAT conversation. Visit our Life or Knife website here

If you discover a knife or weapon, be sure to wrap it up safely and securely. You can then either surrender this over at your local police station or a weapon surrender bin. If you find a kitchen knife or sharp tool in your child's bedroom make sure it is secured and check your child is unharmed before you talk to them. If you are concerned about knife crime in your area, or see something suspicious, get in touch today Report a crime | West Midlands Police or call 101.

Follow your local police social media accounts to keep up to date with the latest advice and information.

Remember in an emergency, call 999.









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

<u>The Murder of Brother Bartholemew: A 1960's Murder Mystery - (west-midlands.police.uk</u>

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



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)

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: <u>Action Fraud</u>

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

<u>45788196-0bc9-42a4-87cc-371f2710914e.pdf</u> (neighbourhoodalert.co.uk)

Attachments

Phone Scams Booklet - Final.pdf



Message Sent By

Stefanie Sadler

(West Midlands Police, Engagement & Consultation Officer, Birmingham

Partnerships)







Looking for StreetWatch volunteers

Dear Tony,

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

Please see attached leaflet for more information.

Many thanks

Sutton Vesey Neighbourhood Team

Attachments

StreetWatch leaflet.pdf









New Year, New Career? Join West Midlands Police!

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

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

Why join us?

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

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

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

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

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

Apply now and start your journey with West Midlands Police.

Find out more and apply by clicking this <u>link</u>.

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

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



Action Fraud are urging the public to look out for phishing emails that relate to extortion as the Suspicious Email Reporting Service (SERS) received over 2,924 reports in March 2025, a staggering increase compared to only 133 reports made in February.

The reported phishing emails received by the National Cyber Security Centre's SERS relate to a type of extortion referred to as 'Financially Motivated Sexual Extortion' (FMSE).

Reports suggests the phrasing of the email and subject lines can vary, but the theme remains consistent: the phishing email claims to have installed malware on the recipient's computer and recorded them visiting adult websites. The sender will then coerce the email recipient to pay a ransom demand by threatening to release the videos. The ransom is usually demanded in a form of cryptocurrency, such as Bitcoin.

order to make these phishing attacks convincing, emails will often include genuine pieces of personal information relating to the victim, such as a password or home address. It is likely these would have been obtained from historic breaches of personal data.

Analysis shows that many people who received these emails also later reported becoming victims of online account hacking.

In 2024, a male victim in his thirties received numerous extortion emails that contained a password he used for one of his online accounts. The emails demanded a ransom of \$500. Having correctly identified the emails as a scam, he deleted them. However, shortly afterwards he noticed that he was unable to login to one of his social media accounts. After some checking, he realised that one of his bank accounts and multiple social media accounts had been hacked and he was locked out of them.

What to do if you receive an email like this:

- As with other phishing emails, do not to engage with the phisher, forward the email to <u>report@phishing.gov.uk</u>, which is the <u>NCSC's Suspicious Email</u> <u>Reporting Service (SERS)</u>, and then delete it.
- If you are considering paying the Bitcoin ransom, you should be aware that doing so, you will likely become the target of more scams, as the phisher will know they have a 'willing' customer.
- The inclusion of genuine passwords or other personal information in phishing emails is a strong indication that you may have been affected by a historic data breach. You can use this service to check which of your online accounts were affected: https://haveibeenpwned.com
- If the phishing email includes a password you still use, then change it immediately. Advice









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

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

Trusted to care.



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





Sutton Coldfield Neighbourhood Network Scheme (SCNNS) are pleased to launch their new monthly email newsletter. Please sign up to the mailing list by emailing nns@ageconcernbirmingham.org.uk to receive updates on newly supported projects, asset news and training opportunities.

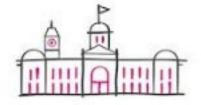
To discover everything you need to know about the Sutton Coldfield Neighbourhood Network Scheme as a whole, you can also read our NNS Handbook at https://www.calameo.com/read/00067546760ea7e9396a0



Sutton Coldfield Library will be closing on Friday 27th June 2025.

The nearest alternative libraries are Boldmere Library 1.6 miles away, Mere Green Library 1.9 miles away and Walmley Library 2.5 miles away.

More information about the Sutton Coldfield mobile library stop will be available soon, including dates, times, and location.









What's On at Streetly Community Library Spring 2025



Summer Reading Challenge—Story Garden Starts Saturday 6th July!

New: Tuesdays 10-12pm—Chess Club for adults 13th & 27th May, 10th & 24th June, 8th & 22nd July

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

Saturdays 10-12pm Mental Health drop-in,

26th July, 16th Aug, 27th Sept, 18th Oct

no booking needed, we're here to support you.

Just ask for John and/or Carrie if needed when you arrive!

Saturdays 2.30-3pm—Saturday Story Time

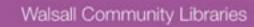
17th May, 14th June, 26th July, 6th & 20th Sept, 18th Oct

Saturdays 11-12.30 Lego Fun

24th May, 21st June, 19th July, 30th Aug, 27th Sept, 25th Oct

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

01922 654864 streetlylibrary@walsall.gov.uk







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













Kingstanding Library



developing communities, changing lives

Employability and Digital Skills Programme

unemployed and looking for work? We can help!

Our Employability and Digital Skills Programme offers support in:

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

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

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



Scan to learn more about our services:



w.birminghamsettlement.org.uk Registered Charity: 517303

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

Find us:

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

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

Active Wellber



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

Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



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

▼ | Simbohan

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

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

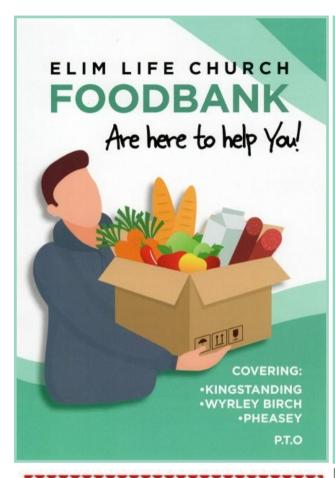
It's Free!



SPORT ENGLAND

See next page

Share Shack



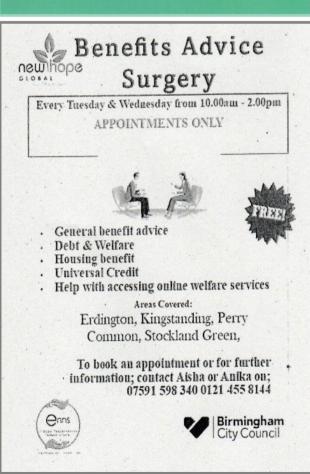


Need help with your daily housework chores?

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

Flexible, reliable, trustworthy and with complete discretion.

Call Jackie, local ex-carer. Telephone 07847 501696





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

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

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

There are several existing Warm Welcome Spaces within local communities. There are several existing water across the city, Warm Welcome Spaces are: inclusive and non-judgmental

- heated and free to access

The services at each space will vary but may include:

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

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

www.birmingham.gov.uk/warmwelcome

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

Benefits and Money Advice:

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

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

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

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

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

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

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

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

To find a foodbank or other food support please visit

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

Healthy Start card

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

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

To find out more and way to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

You can also check if your child can get free school meals,

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

More Information Available

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

Other Support Available

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

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

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

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

Stop Loan Sharks

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

Turn2Us

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

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

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

The Active Wellbeing Society

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

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

Spitfire Services

 issues 0121 747 5932 | www.spitfireservices.org.uk



Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

"Make a difference today!

Hands-on frst aid sessions for 14 - 25s



For more information visit www.sja.org.uk

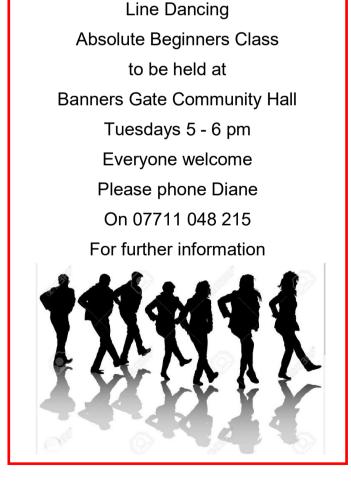


FREE first aid sessions in your local area

















Let your inner beauty emerge

Heal & Transform

Reiki Practitioner Transformational Mindset & Trauma-Informed Coach







In the last 24 hours have you paused, taken a break and allowed your mind, body and soul to be relaxed and calm?

Have you set aside some time to be still, to reflect on your life and its direction?

Are you looking to make positive changes to your life but don't know how?

Are you struggling to find a meaning or purpose to your life?

Are you struggling with feeling stuck and unable to move forward?

Do you need guidance to a problem you are facing?

Would you like help to identify and set life goals?

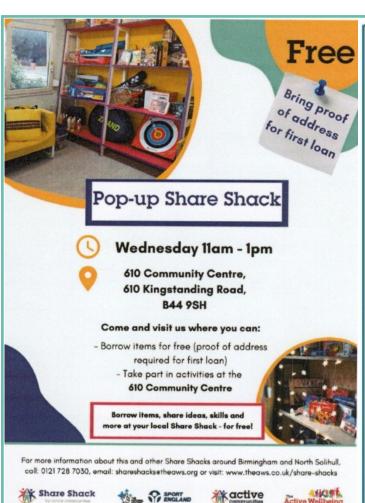
If these questions resonate with how you are feeling, Heal and Transform can offer you a number of services to help support and guide you to reach your goals.

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

To find out more please get in touch.

Telephone: 07773845454
Email: healandtransform@yahoo.com

 $Website: \underline{www.healandtransform.co.uk}\\$







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





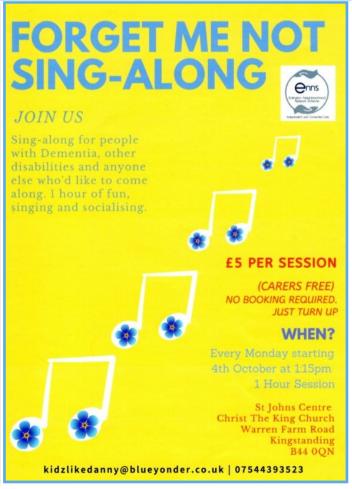
Home visiting Podiatrist



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

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

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





Today, we're lifting a lid on some of the amazing work which your support of the RSPB makes possible. Our Wildlife Enquiries team answers the most common questions we get asked about birds at this time of year – including what to do if you find a baby bird.

We also look at the work across our 220 plus nature reserves. These wildlife

Shop

Join

RSPB Wildlife Enquiries takeover – your questions answered

In this brand-new monthly feature, our in-house experts are on hand to answer your most asked wildlife questions. Ready to see what other RSPB supporters wanted to know this month?

Find the answers



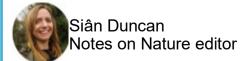
havens are home to an incredible 18,500 species. In a special report, we look at how populations of species like the Spoonbill and Great White Egret are growing, as well as how conservation efforts are helping Red-listed Ringed Plovers and Roseate Terns.

Plus, Springwatch is back on BBC2 from Monday, with live features from RSPB nature reserves **Rathlin Island** and **Belfast Window on Wildlife**. Don't miss it!

No future without nature

But away from these special places for nature, we're deeply worried that wildlife is at risk. In recent weeks we've been calling out the UK Government's Planning and Infrastructure Bill, highlighting the dangers to nature and the countryside. We've now joined The Wildlife Trusts to call for the most damaging part of the Bill to be scrapped completely. Find out more and support by emailing your MP.

Thank you for supporting birds and other wildlife,



Which?

Holiday villas that don't exist

Imagine arriving in Thailand with your family after a 30-hour journey and months of anticipation, only to discover that the holiday villa you booked doesn't exist. To make matters worse, it's just a few days before Christmas.

Latest scams doing the rounds

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

The latest warnings to be aware of include a B&Q scam advert, fake council tax calls and texts, and a Marks and Spencer impersonation email. Take a look at the full list based on your reports to our Which? Scam Action Alerts Facebook community and our scam-sharer tool.

A convincing copycat website

We recently spoke to someone who was scammed through a copycat Lastminute.com website. The scammers then posed as Mastercard to gain access to her phone and steal even more money.

This case highlights the danger of scam websites – <u>find out what to do if you come across a copycat site and the actions to take if you fall victim.</u>

Scam sharer tool

There's an easy way to make us aware of scams directly with our <u>scam sharer tool</u>. Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

Which?

Scam Alerts

Sim-swap scammers exploit weak email security

Sim-swap fraud is when a scammer steals your phone number by tricking your mobile network provider into transferring the number to a Sim card that they own. The scammers then attempt to hack into your accounts using one -time passwords sent by text.

Recent cases point to weak email security opening the door to fraudsters, but are mobile networks doing enough to protect customers? Find out what's really happening and what you can do to protect yourself against this nasty scam.

How to block spam emails for good

Spam emails often lead to scams – potentially tricking you into handing over personal data and making it harder to spot the emails you actually want to see.

Blocking the sender and reporting the message won't stop spam when the sender constantly rotates their address. But our experts at Which? Tech Support found a way to block junk before it even appears in your inbox - find out how to do it for yourself.

Watch out for fake eBay emails

Concerned recipients of a convincing fake eBay 'purchase confirmation' email have taken to social media to warn about this sneaky new scam.

The email claims you have purchased high-value items, and includes a number to call for 'assistance'. Calling the number will likely put you through to a scammer. Take a look at this example and find out how to spot and avoid it.

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.



Fake shopping ads on Google

Scammers are buying up ad space on Google, hoping to trick people into clicking on their malicious links that appear at the top of search results. These ads seem even more convincing having passed through Google's own verification checks.

In a recent example, a dodgy ad led to a fake Costco website with tempting deals on a variety of products. Find out more about the scam advertiser behind these Google adverts and <u>use our expert's tips to stay safe when shopping online.</u>

When data breaches lead to scams

Last week we shared our scams advice following the cyberattacks on M&S and Co-op. Since then, M&S has confirmed that customer data was stolen by the hackers. You should therefore be wary of calls or messages claiming to come from either firm.

These companies are not the first to face cyberattacks and they certainly won't be the last. Big data breaches are often followed by a wave of fraudulent activity – <u>learn the seven steps you should take to protect yourself</u> after a data breach.

Task scams are circulating

One of the most common types of job scams are task scams. This is where you're asked to complete simple tasks at home on your computer for a small fee. It's also not uncommon for scammers to pay you a small earning at the start of a job scam to make it appear legitimate.

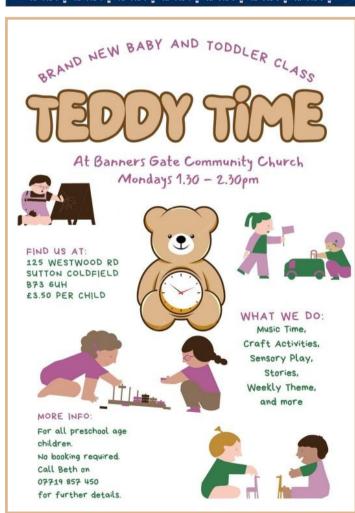
We've seen a recent example of this type of scam which claims to offer as much as £800 for carrying out simple tasks on eBay. Find out what to look out for and the tactics job scammers use to lure in victims.

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.











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

Sunday running club

A RUN CLUB LIKE NO OTHER



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

Email: Gandtpartyhire@hot mail.com

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

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

Best wishes.

Grant & Natasha

Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS









TO BOOK YOUR PLACE PLEASE CONTACT







CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE!



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

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





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Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team ?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



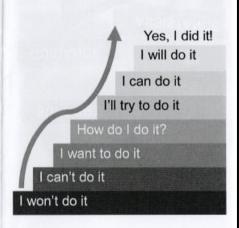
Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



developing communities, changing lives

Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding



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

www.birminghamsettlement.org.uk

Registered Charity: 517303







THE WALKING GROUP IS BACK!



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

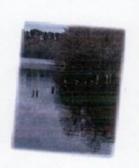
Anyone affected by Cancer is welcome.

All abilities catered for.

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











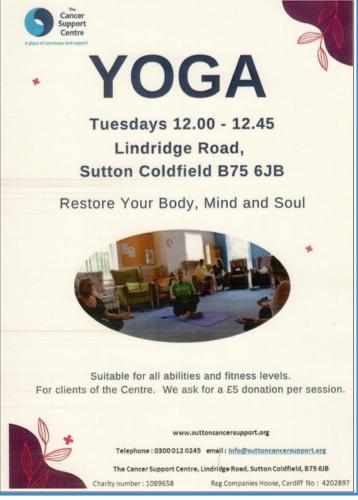
Come and learn new things about yourself, learn ways of helping yourself to stay well, have fun and meet new people!

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

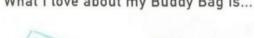
The Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 6JB

Website: www.suttoncancersupport.org

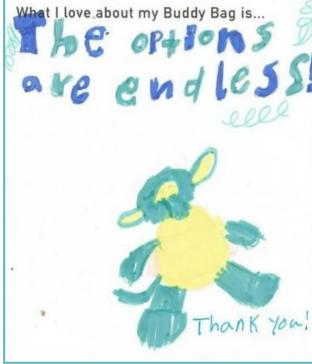
Telephone: 0300 012 0245 email: info@suttoncancersupport.org













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



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

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity foundation

MEMBER 2021 buddy bag

FT ADVISER

TOP 100 FINANCIAL ADVISERS

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

Registered in England and Wales, Registered Number 4814506

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

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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

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

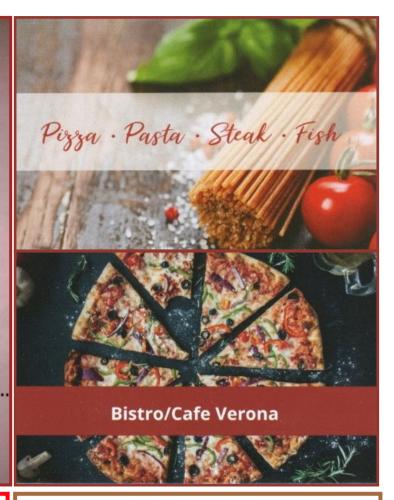
NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



SUTTON COLDFIELD JAZZ CLUB

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

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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

SCCT Sutton Coldfield Charitable Trust Contact: Colin - 07966-745741

https:/

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

The First Tuesday of every month: 8pm to 10.30pm (Doors open 7.30pm)
All Welcome- Guitarists, Guitar singers, and Listeners.

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

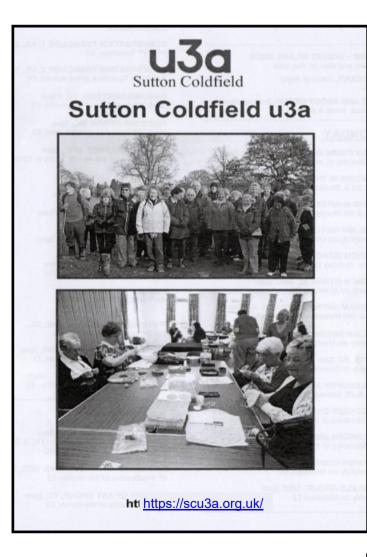


For more details, please see our Facebook Page as listed below: https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/

Or Contact: Sandra on 07932-395158









Who do you think you are?

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

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

Why not contact:

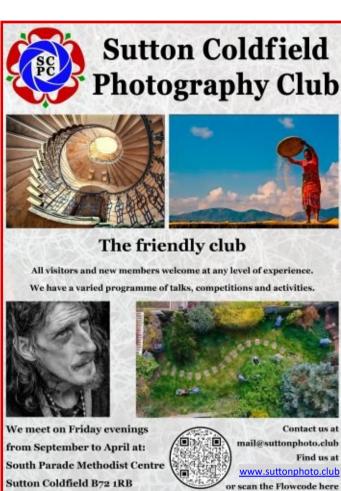
Sutton Coldfield U3A Genealogy Group

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

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





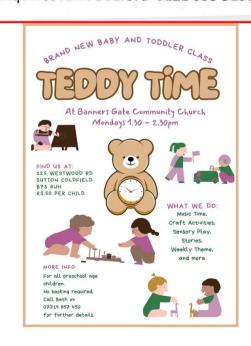


CYCLE-WITH US

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

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

Enquiries John Bedford 0121 353 5136



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:

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







STREETLY FLOWER ARRANGERS' CLUB



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

After the AGM, we had a super demonstration by Lorena Dyer, her designs, flowers and comical chat about her life started our Emerald year off with a bang.

Next meeting - Tuesday 10th June - demonstration with Minh Lane "Eastern Promise".

Why not join us - we'd be delighted to welcome you. Further details Chris Reeves tel: 0121 354 6264







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

Come and join us at

"The Royal Sutton Coldfield Fuchsia & Gardening Guild"



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

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

Banners Gate Community Church, Westwood Rd, B73 6UH

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

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

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

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

See photos on next page.



Sutton Coldfield

Trinity Quilters



Interested in Quilting?

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

Everyone will receive a warm, friendly welcome

Join us for Quilting Inspired.....

Talks, Demonstrations, Workshops by Professional Quilters & Textile Artists

Annual Coach Trips

Malvern Spring Quilt Show Summer Outing to Fabric Outlet



Email: trinity.quilters@gmail.com

Sutton Coldfield Trinity Quilters

Monthly Meetings (except Aug/Dec)

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

Guests Welcome

Non-members £6 entry

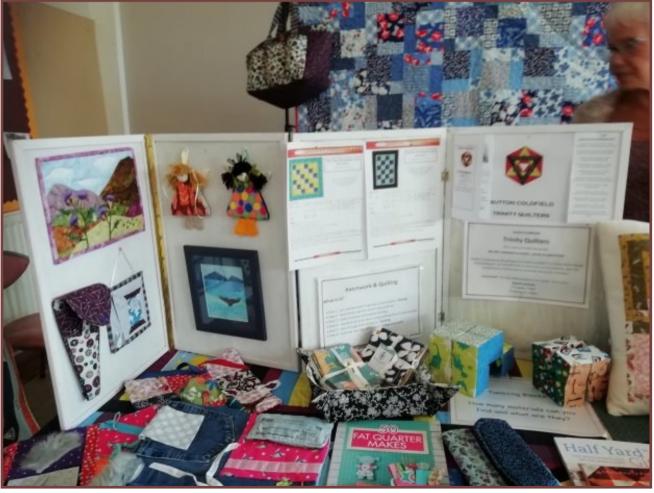
Membership includes

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

> Trinity Centre Off Mill Street Sutton Coldfield B72 1TF









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





COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

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

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

NEIGHBOURHOOD AGE CONCEYN

Everyone welcome

Gardening Group

Help us grow fresh produce for the cafe

Sunnybank Road Allotments, Boldmere

Meet our Neighbourhood Networker

CONTACT Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk





Angel beads ltd,

Melanie Wright

07490133151

www.angelbeads.co.uk Facebook: @angelbeadsuk Instragram: angelbeadsltd



Other Support

Birmingham and Solihull Women's Aid

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

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

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

Step Change

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

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

The Active Wellbeing Society

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

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

Healthy Start Vouchers

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

Apply online: www.healthystart.nhs.uk

Support is available in Birmingham

money?

about

Worrying



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options @@ @

My money doesn't stretch far enough

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

See option 00

I have debt

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

See option (6)

I am waiting on a benefit payment or advance

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

See options @ @



For Migrants, Asylum Seekers and Refugees

Central England Law Centre

Accredited immigration and asylum advice. Legal advice to access services and financial support 0121 227 6540

enquiries@centralenglandlc.org.uk www.centralenglandlc.org.uk

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

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

e Refugee and Migrant Centre

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

About this leaflet

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

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







ASIRT

















Step 2: What are some options?

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 You may also be eligible for a Council Tax Discretionary Hardship Payment, Crisis Grant or Community Support Grant Payment

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

Maximise Your Income

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

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

Benefit Advance

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

6 Hardship Payment

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

Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

enquiries@bcabs.cabnet.org.uk

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

Help with options: 1 2 6 6

www.bcabs.org.uk



Advice on benefits, debt, housing and more

Help with options: 1 2 3 4 6 6

Help with options: 1 2 3 4 6 6

Benefit, debt and housing advice

0121 453 0606 www.theprojectbirmingham.org





BIRMINGHAM SETTLEMENT

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

www.birminghamsettlement.org.uk Help with options: 1 2 3 4 6 6







SPITFIRE SERVICES

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

Help with options: 1 2 3 4 6 6







Advice and representation to challenge a benefit decision, housing entitlement, and access to services incl. social care support 0121 227 6540

enquiries@centralenglandlc.org.uk www.centralenglandlc.org.uk

Help with options: (3)

DISABILITY RESOURCE CENTRE

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

www.disability.co.uk Help with options: 1 2 3 6

Free, nationwide debt counselling service for people in financial difficulty 0800 328 0006

Help with options: (6)

WARMER HOMES WEST MIDLANDS

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

Help with options: (1) (2) (3)



Stop Loan Sharks

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

Energy and money saving service 0800 060 7567 | support@applyforleap.org.uk www.applyforleap.org.uk

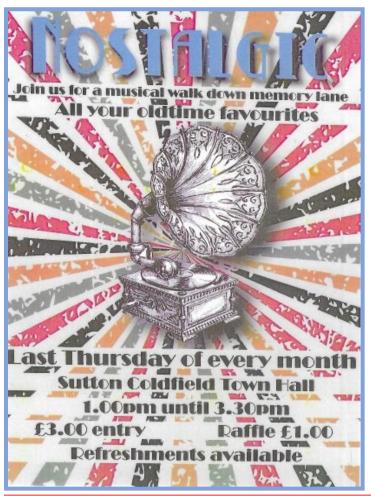
Age UK Birmingham

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

Providing advice, information and signposting for people affected by mental health issues

0121 262 3555 | help@birminghammind.org www.birminghammind.org







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

food and prepare food bags. We would need access in the day and evening Monday to Friday. We run 3 food banks weekly in Erdington, Falcon Lodge and Mere Green. 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/ charitvld/3143929?

tipScheme=TipJar2.1&reference=givingcheckout ti 21

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH





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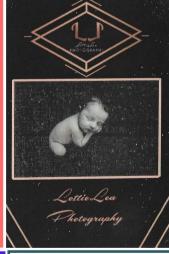


FREE LOCAL DELIVERY OR COLLECTION













KARATE

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







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.

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Memory Cafes

Do you know someone living with memory loss?

Every Monday 10am-12noon

Erdington Methodist Church,

Station Road

Every Tuesday 10.30am - 12.30pm

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

All attendees must show proof of both covid vaccinations

> Every Thursday 10am - 12noon

Streetly Methodist Church Thornhill Road Streetly, B74 3EH

Every Monday "Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist Church

South Parade, B72 1QV

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

"Friends on Fridays" 10.30am - 12.30pm

Supported by Sutton Coldfield Methodist Church, South Parade, B72 194

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

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



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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



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





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

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or email: chong.fouroaks@gmail.com



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



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

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

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

Where:

Walsall Arboretum Visitor Centre steps

Ambassador:

Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

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

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

info@5kyourway.org | @ www.5kyourway.org | @ @5kyourway Don't forget to register with us her

www.5kyourway.org/register

And register with parkrun to get your barcoo

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 - Sports injuries

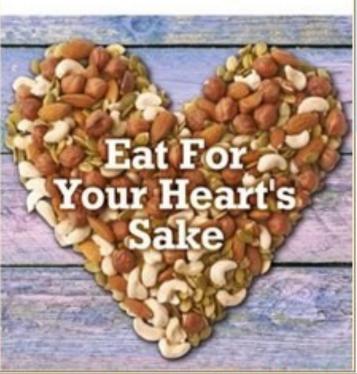
Call or email me for any questions or appointments on; 07855389528 or stephiescostoopathy@hotmail.com

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Worship and Communion Service Sunday 10:00am

We are a small evangelical group who meet for worship every Sunday morning at the Beacon Church, Collingwood Drive, Pheasey Estate, Great Barr 843 7/L kingswaypheasey@gmail.com

Please look for the Beacon Room - Everyone welcome

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

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at the Gate with K & S CREatE

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

There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do. **Banners Gate Community** Hall Coffee Mornings. The next is on 17th June and will be from 9.30 a.m. to noon - note new times.





we are here to listen, call today

Val: 07964 213 229 / Kellvanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield. If you would like to know about our service ring the number above Or visit our web site www.newhorizonscounselling.org.

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

The hall is approx. 38' x 21' $(11.6m \times 6.4m)$

The kitchen is approx. 11' x 7' $(3.4m \times 2.2m)$

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

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

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



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





HATHA YOGA

Banners Gate

Community Hall,

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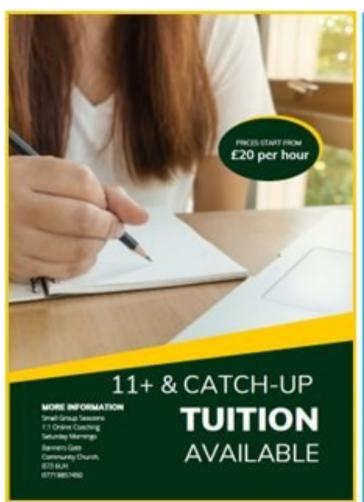
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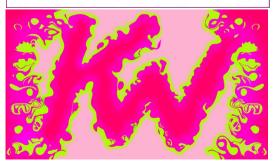








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Hall letting for St Columba's Church.

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All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics Contact email: <u>Jenna@robotreg.co.uk</u> for times and availability

Tuesday and Wednesday - Baby Sensory

Contact Tracy at email: suttoncoldfield@babysensory.co.uk for times and availability

Please visit our website at

https://www.bannersgatechurch.com/

The Scout Hut - Coppice View Road - Sutton Coldfield - B73 6UE. Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

The cost is £5 per person. Everyone is welcome and all abilities are catered for in a relaxing and enjoyable environment.

If anyone needs further details, please contact me on



01543 480151



Banners Gate Community Association

Our Community Hall in Sutton Coldfield is the perfect venue for your club, regular class, meeting and much more!



<u>welcome</u>

what's on

hire our hall

view our hall

committee

contact

<u>links</u>



Welcome to Banners Gate Community Hall & Association

Run by a team of volunteers and situated in Sutton Coldfield, Banners Gate Community Hall is the perfect venue for your club or regular class. Our room hire rates are very reasonable and come with refreshment making facilities. The Hall has the capacity to hold up to 70 people, it is level throughout with a wheelchair accessible toilet and all of our facilities are fully insured and risk assessed.

If you are looking for a venue, simply telephone our Bookings Secretary on 0751 318 4845.

There's always lots going on at Banners Gate Community Hall. Newcomers are always very welcome! We cater for all needs no matter what your background, including young people, senior citizens, mother and baby. The hall is situated on the junction of Reay Nadin Drive and Coppice View Road (B73 6UR). On street parking is available.

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

If you need any information please message on 07964 213 229





Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month
The next is on 17th June - at 9.30 to noon, please note new times.

rol details see website at www.stcolumbasbannersgate.co.uk www.bannersgatechdron.com							
DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.			
Sun (last) 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 –last Sunday	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston Nigel Willis Paul Murphy Cath Hussey O7837	628 6651 354 5873 353 0230 39 57 89			
Mon 11.00 to 6.45pm 7.30 – 9.00 pm	Sign Language Classes Sign Language Classes Sign Language Classes Line Dancing	Community Hall Community Hall Community Hall Community Hall	Shakila Kosar Shakila Kosar Shakila Kosar Diane Pursall	255042 255042 255042 747 4659			
Tues 9.15 - 2.00pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 6.30 - 9.00 7.45 pm	Soul Yoga Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge Dave Cockbill Neil Rankine Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89			
Wed 9.30, 11.00 &12 10.30 - 12.00 6.30 — 7.30 7.00 pm	Baby Sensory Guide Dog Training Dance Fitness SlimmingWorld	Banners Gate CC Community Hall 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 7.30 on last Thursday 6.30 – 9.45 pm (3rd of each month) 7.00 pm	Yoga Neighbourhood Forum Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Tony Willis Warren 01902 Janice Jones 07955	40 39 43 605 4947 897 900 65 59 10			
Fri 11.30 - 3.30 5.00—6.30pm 7.00 - 8.00 pm	Sign language Classes Repertoire Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall	Shakila Kosar 07825 Chloe Lloyd 07729 Shakila Kosar 07825	25 50 42 47 79 46 25 50 42			
Saturday 9—10am	Soul Yoga	Community Hall					

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 17th June starting at 9.30a.m. until noon, please note new times.

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
Cout Hall - A & R Talliss 353 8166

UNIFORMED ORGANISATIONS:

Scouts: Margaret Drummond, 33rd GSL 353 5203 **Girlguiding:** Carol Gardner, Vesey West District Commissioner 350 7191

The Townswomen's Guild

Thurs. 19th June Plants - Hopes Gardens Thurs. 17th July Medical Detection Dogs

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

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

Tuesday

Beavers 5.40 p.m. - 6.40 p.m. ages 6 - 8 years7.00 p.m. - 8.30 p.m. ages $8 - 10 \frac{1}{2} \text{ years}$

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

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100 Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 - 14 can continue to enjoy games, projects, badges and outings at Guides. There are also places available in both Brownie units in September for girls aged 7 or 8. For more information contact Carol Gardner on 350 7191.

(3)	Day/Time Mon 6.00 - 7.30pm	Activity	Venue	Contact	Tel
Girlguiding UK	Mon 6.00 - 7.30pm	39th Brownies	St Columba's Hall		354 5873
	Tues 6.00 - 7.30pm			Carol Gardner	350 7191
	Thurs 5.00 - 6.00pm	39th Rainbows	St Columba's Hall		354 5873