

The Gatepost Supplement May 2025



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

193rd May 2025

bannersgateneighbourhoodforum.com

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





The Communitéa Café celebrated the 80th Anniversary of VE Day with a wonderful afternoon tea and a visiting singer performing nostalgic 1940's tunes. In attendance was our vibrant Veterans group with plenty of stories to tell. There was laughter, good food and the odd teary moment as we remembered those lost.

Thank you so much to [Royal Sutton Coldfield Town Council](#) for funding these celebrations through the Royal Sutton Coldfield Town Council's Community Grant Programme.









Celebrations in Hollyhurst



Boldmere Online—click [here](http://boldmere.org)

Boldmere

Summer

Festival 2025

- 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 1-6pm

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.

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

Presented by:

Funding from:



Boldmere Summer Festival 2025 – Invitation to Take Part



Dear Gatepost

Boldmere Summer Festival 2025 – Invitation to Take Part

This year's summer festival (**which may be our last**) will take place on **Sunday 22nd June 2025**. As always, we offer priority to businesses based in Boldmere and so we would like to offer you one final opportunity to apply for a pitch at this summer's festival. To apply, please go to www.boldmere.org/stalls We would however ask you to do this within the next 5 days so we can give you priority.

Future of Boldmere Festivals

We rely on grant funding to run our festivals. We need £10,000 to run each festival which costs just over £20,000 to put on and we only receive around £8-9,000 from stall pitch fees, street food and children's rides. This year, Sutton Coldfield Charitable Trust has not been able to award us the full grant request of £10,000 but has instead kindly offered £5,000. This leaves us with a potential loss of £7,000. Whilst we have

Continued on next page...

some reserves, these would be almost exhausted if we make such a loss.

In addition to this, Royal Sutton Coldfield Town Council only offered us £7,000 out of £10,000 for Christmas 2024. Luckily, McCarthy Stone provided £3,000 of sponsorship at the last minute which meant we were able to cover our losses.

We can only see 3 possible outcomes in the future:

1. We find sponsors to fund the losses (we've struggled in the past to find anybody)
2. We cancel future summer events
3. Future summer events are held in Sutton Park where we don't require expensive road closures and we can charge a compulsory
4. Boldmere businesses, particularly those who benefit financially on the day, help to fund the event

I'm sorry that this email may be disappointing to many of you, but we must face realities, and as a not-for-profit organisation ourselves, we cannot fund the losses. We would very much prefer to follow option 4 to keep the festival alive in our high street, but we can only do this with your help. Please let me know if you can contribute financially towards the festival. We would suggest £50 per business that does not open on the day and then an amount that reflects the amount of additional profit other businesses would make on the day (e.g. 50% of additional profits).

We do also have a range of sponsorship packages available which would promote your business. Please contact me if you are interested. They range from £500 to £6000 and I have included details at the end of this email.

We have muted the idea of a Boldmere Business Association with some of you, and we are very happy to facilitate setting this up by arranging a meeting. Again, please let me know if this is something that would interest you.

Kind regards,
Paul Long

Sponsorship Offers

Silver Package - £500 (up to 6 available)

Logo on our website

- Up to 4 placards using your own design (with approval from us)
- Placards to be put up by yourself and taken down by yourself on the day at agreed locations
- Placards to be paid for by sponsor
- Maximum size for placards: 600 mm x 400 mm
- Up to 2 representatives on the main stage during the Christmas Lights Switch-On

Personal thank you to the crowd at the time of Christmas Lights Switch-On for your sponsorship

Gold Package - £1000 (up to 3 available)

Everything in the Silver Package plus:

- Mentions on social media posts and press releases related to the event
- Logo on the entrance barrier jackets at 3 entrance locations
- Hourly mentions on the main stage

Free pitch with 3m x 3m gazebo during the festival

Exclusive Stage Sponsorship - £3000 (only one available)

Everything in the Gold Package plus:

- Stage named “[Company] Main Stage” – e.g. “Boldmere Scooters Main Stage”
- Logo and company name on the main stage backing boards
- More regular mentions on the stage at most times the MC is talking

Other stage-related benefits negotiable

Exclusive Partnership - £6000 (only one available)

Everything in the Exclusive Stage Sponsorship Package plus:

- Festival named in association with your company, e.g. “Boldmere Christmas Festival in Partnership with [Company Name]” (sometimes referred to as “Boldmere Christmas Festival with Christmas Lights Switch-On in Partnership with [Company Name]”)
- **NO** other stage sponsor
- **NO** other gold package sponsors
- **ONLY** company name and logo (except 2 x charitable funding partners) on entrance boards and stage backing boards
- **Restriction** of maximum two other silver package sponsors
- Up to 24 placards of your own design with negotiable terms
- Your name added to our promotional banners to reflect your partnership which will be up for at least 3 weeks prior to the event
-

Other benefits negotiable

Why sponsor the Boldmere Christmas Festival?

Footfall of approximately 10,000 people

- Stage audience at time of Christmas lights switch-on of approximately 4,000 people + 1,000 people in general festival area, counted using metre square estimates by Health & Safety Officer and Police in 2021.
- A not-for-profit community event run by the community for the community

Get your brand noticed by the local community



- Road closure of Boldmere's high street
- Live entertainment from high quality acts from 1pm to 6pm hosted by a professional MC
- Children's funfair rides (planned to include a Victorian carousel)
- About 50 carefully selected artisan market stalls
- Variety of around 30 street food and drinks stalls
- Christmas Lights Switch-On (Christmas only)
- Santa's Grotto (Christmas only)



e.g. in Partnership with
**Boldmere
 Scooters**

Examples of Promotional Banners



Example of Stage Backing Boards



100% Free Food
100% convenient
100% delicious!

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

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



order your first box today at
slimmingworldkitchen.co.uk

Slimming[®]
WORLD
touching hearts, changing lives

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

Feel good fitness - free event at Mercia Grange



[BOOK NOW](#)

Continued on next page...

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

[REGISTER YOUR INTEREST](#)

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

Best wishes,

Rachel Mackay
Customer Relations Manager



[Choosing care](#) | [Life at a Care UK care home](#) | [Helpful guides & advice](#) | [View our care home](#)

[Privacy](#) | [Unsubscribe](#)



Centres for Warmth

WHEN?

Every other Tuesday
From 10.15am - 12.15pm

- . 8th April
- . 22nd April
- . 6th May
- . 20th May
- . 3rd June
- . 17th June

WHERE?

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

WHAT IS A CENTRE FOR WARMTH?

A Centre for Warmth is a free drop in session where you can get:

- Home energy advice to reduce energy use, save money, stay warm and comfortable and reduce carbon emissions to help tackle climate change;
- Information about how the Priority Services Register can help you and support to sign up to it;
- Benefits and debt advice and support;
- Free slow cookers and BrumEnergy warm home items;
- Gas Safety support and advice.

AGEconcern
Birmingham

Centre for
Warmth

in partnership with
Codent
the energy company

CONTACT US

0121 362 3650

energy@concernbirmingham.org.uk



Sutton Coldfield Sea Cadets & Royal Marines Cadets

Volunteers needed!

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

Sea Cadet
Adult
Volunteer,
aged 30



Gain new skills and
qualifications.



Develop leadership and
teamwork abilities.



Make a positive impact
on young lives.



admin@suttoncoldfieldseacadets.com



www.sea-cadets.org/suttoncoldfield



HOMECARING ANGELS



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

Walsall | Wolverhampton | Sutton Coldfield | Great Barr |
Birmingham

Our Services:

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



Why Choose Us?



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

Contact Us Today!

Office: 01922 351351

Mobile: 07429081222

Email: homecaringangels@outlook.com

Website: www.homecaringangels.co.uk

Please Bring
Donations
to:

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



Urgent!
Food
Donations
Needed!
Now!

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



Love cooking? Enjoy hosting?

Want to meet new people?

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



Volunteer with FoodCycle!

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

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




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

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

 **Connect** with your community

 **Meet** like-minded people

 **Gain** new skills

Scan me to find your nearest location and sign up!



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

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


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


When
Monday


Time
1:00 pm


Contact
falconlodge@foodcycle.org.uk


Family Friendly
Yes


Accessibility - Disabled Toilet
Yes


Accessibility - Disabled Parking
Yes


Accessibility - Flat
Yes

SUTTON COLDFIELD



TUNELESS CHOIR

singing like no one is listening



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



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

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

Free Taster Session



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



Contact:

Lisa Martin on 07969 436059

E: suttoncoldfield@tunelesschoir.com

W: www.tunelesschoir.com

SUTTON COLDFIELD TUNELESS CHOIR



singing like no one is listening

What our members say



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

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



"Great place to meet/make friends"

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

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

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

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



SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

Mondays:

Gaming Club 4-6pm

(Monthly, dates advertised online)



Tuesdays:

Home Ed Group 12-2pm

Lego Club 4-6pm



Thursdays:

Pre-School Lil Club 9.30-11am

Disabled Adult Social Session 1-3pm



Fridays:

Story time Home Ed Group 1-3pm

Youth Club (11+) 5-6.45pm (email for waitlist)



Monthly Parent Carer Breakfast Meetups and Coffee Mornings

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



SQUARE PEG Activities
WHERE CHANGE BEGINS
Registered Charity Number 1185040

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



ExtraCare
Charitable Trust

New Oscott Village

SPRING Fayre

Saturday 29th March

10am-2pm

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

New Oscott Retirement Village
25 Fosseyway Drive B23 5LD

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



What people say...

“

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

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

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

”

Get in touch

If you...

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

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

Please contact:

Read Easy Birmingham North,
Tamworth & Lichfield

Referral Networker

T: 07590 829795

E: bntlnetworker@readeasy.org.uk

Visit us online:

readeasy.org.uk

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



Read Easy

Helping adults learn to read



Do you know someone who struggles to read?

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

It's friendly, flexible and fun!



What we do

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

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

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

Getting started is easy!

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

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

Who can learn?

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

Who can volunteer to help?

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

What books will we use?

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

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

* Published by Shannon Trust



Where do we meet?

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

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

How long will it take?

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

Certificates are presented at intervals to recognise progress.

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



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

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

- Qualified - Registered - Insured - DBS Checked

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



DANCE ARGENTINE TANGO

Every
Thursday 7.30-8.30pm
from 12th September



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

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

with

Franco & Julia

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



Contact: Julia 0779 008 4218

YOGA CLASS

One hour of stretching and relaxation for your body & mind

Banners Gate Community Centre

saturday 10.15 - 11.15

Book Now

Email

classeswithgem@outlook.com

PILATES CLASS

By Boutique Fitness and Wellbeing

Thursdays 10:15 am - 11:15 am

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

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

£7 per session

Contact Madge Reynolds for further details



07305330324



boutiquefitness66@gmail.com



2024 SINGING Course

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

Friends and family show 7th October

Sing yourself happy

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

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

Our group of musical artists want you!!!

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



Elaine - 0121 384 4729



members@secondcitysound.org.uk



Fun Fitness With Aggy

Starts
9th Sept
2024

Chair Exercise Class

For older adults and those less able to stand

Mondays at 12:00

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

Free Parking. Wheelchair friendly.

£5 per person per class. Accompanying carers free.

Advance booking welcome but not required.



Fully qualified & insured instructor. CIMSPA accredited

Aggy Lewis funfitnesswithaggy@gmail.com m

for more info

Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options 1 2 6

My money doesn't stretch far enough

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

See option 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

THE PROJECT

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

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

Other Support

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

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

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

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

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

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

Healthy Start Vouchers
To help buy fruit, vegetables and milk if you're on a low income and pregnant or have a child under 4.
Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

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

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

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

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

About this leaflet

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

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



4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

Confidential advice

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

Other Support

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

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

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

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



GROWING OUR COMMUNITY TOGETHER



CAFÉ OASIS

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



So many Activities and Services for you!

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

FOOD4U FOODBANK

Every Tuesday from 10.30am, a warm
welcome with free tea and coffee and
lots of advice and support from our
partner organisations
food4u@scurc.org.uk

Telephone or email us at:

0121 355 1217

cafe.oasis@scurc.org.uk

Find out more by visiting us:

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

Or at our website: www.scurc.org.uk

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

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

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

Next Generation Text

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

Dial 18001 before the full national phone number.

Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

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

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

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

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

Grace Cares is a not-for-profit organisation

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

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

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



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



EXPECTING A BABY TOGETHER?

Helping couples prepare for the birth
of their baby



Family Foundations will help you:

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

Course details

Date: Prenatal Session- 16th April

Time: 9:15am-2:45pm

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

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





Sutton Coldfield District Children's Centres

Activity Calendar

24th February 2025 - 23rd May 2025 (term time only)

Nothing makes children happier than having someone to play with.

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

Sutton Coldfield Children's Centres

Activity Calendar

Monday

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

www.startwellbirmingham.co.uk



Health Visitor Hub

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

Tuesday

Duty

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

0121 752 1860

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

Little Talkers

1.15-2.15pm

(Referral Only)

Holland House CC

Please note:

Play and Learn activities are Term Time Only



Wednesday

Play and Learn 0-5yrs

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

EEE advice

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

For more information call your

Healthy Start

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



Thursday

KIDS Family Group (via referral to Kids West Midlands)

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

Stories and Songs

Delivered by
partners Home Start
9.30-10.10am
10.30-11.10am
Mere Green Library

Stepping Stones

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

Friday

Preparing for Parenthood

9.30-3.30pm
Holland House CC

Saturday

Family Time Stay and Play

Delivered in partnership with
Holland House Day Nursery

10.00-11.30am
Holland House Day Nursery
These sessions will be once a month see dates below:
10.05.2025
14.06.2025



Sutton Coldfield Children's Centres



in association with
Spurgeons
together with families

Where can you find us?



Sutton Coldfield Family Hub at Holland House Children Centre

Holland Road, B72 1RE
Telephone: 0121 752 1860

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

Holland House Day Nursery

Holland Road, B72 1RE

Parking available on Duke Street
for free 2 hours or chargeable car
parks available at Duke Street or
South Parade

Emmanuel Church

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

Mere Green Library

30A Mere Green Road, B75
5TB
On street parking available.

Stepping Stones

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

Footsteps

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

Preparing for Parenthood

Free antenatal session for
expectant families

Little Talkers

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

KID's Family Group

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

Other activities and services available at our centres



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



Sutton Coldfield Children's Centres



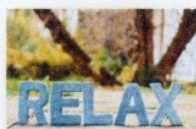
amy.mimicnope@birmingham.gov.uk

Would you like half-an-hour of quiet reflection in this busy world?

Then join us on Wednesdays, 5.45pm, at

EMMANUEL CHURCH
Little Green Lane, Wylde Green
Sutton Coldfield

for a 30 minute said service (and definitely no sermon!)



You don't have to take part, be religious or even listen.

Just relax in a warm Lady Chapel. The vicar will do all the work.

You would be very **welcome** and you might just find it surprisingly therapeutic.

Think about it. What do you have to lose? Just turn up.

theWI
INSPIRING WOMEN



thewi



womensinstitute



womensinstitute



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

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

Come and Find Out More

First Wednesday of Every Month

7 -9pm

Newman Community Centre

13A Boldmere Road

Sutton Coldfield

B73 5UY

For More Information Email;

cathmarsh73@icloud.com

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

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

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

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

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

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

Everyone found the tour of Wylde Green

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

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



CARER'S ASSESSMENT & WELLBEING PAYMENT

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

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

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

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

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

0333 006 9711

info@birminghamcarershushub.org.uk

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



Caring For Carers

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

caringforcarers.org.uk



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

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

forwardcarers.org.uk

Forward Carers is funded to operate Birmingham Carers Hub



CARING FOR A FAMILY MEMBER OR FRIEND?

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



0333 006 9711

birminghamcarershushub.org.uk

Carers Hub :

"Caring for a family member or friend?"

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

What do we do?

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

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

Continued on next page...

...continued from last page

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

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

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

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

Additionally the website has:

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

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

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

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



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

0333 006 9711

dementiacarers@birminghamcarershub.org.uk

birminghamcarershub.org.uk

Herbert Protocol Form

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



Dates & Times

Your Nearest Support Group is:

The next Carer Awareness Session is:

The next Dementia Carer Drop-in is:

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

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

Visit our website birminghamcarershub.org.uk



SUPPORT FOR DEMENTIA CARERS IN BIRMINGHAM

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



AGE concern Birmingham

Birmingham ageUK

DEMENTIA CARERS COUNT

Dementia Carers Hub:

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

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

You will benefit from:

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

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

Friends First

Safe local spaces to make new friends

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

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



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

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

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



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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

Befriending Service

Safe local spaces to make new friends

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

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



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

New friendship group:

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

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

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

AGEconcern
Birmingham

Birmingham
City Council

SUTTON COLDFIELD
NEIGHBOURHOOD
NETWORK SCHEME

Friends First

Safe local spaces to make new friends

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

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



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

New friendship group for over 50s:

Hargreave Community Lounge, Hargreave Close
Walmley. B76 1GR

Every Wednesday 11am to 12:30pm

Tea and coffee provided

Call Julia on 07985270599 for information

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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

2024



Christmas

at Holy Trinity

FREE ADMISSION

Carols by Candlelight

Sunday 22nd December at 6.30pm

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

Other Advent and Christmas Services

Christingle
Sunday 1st December at 4pm
We make Christingles, which are then lit in a short service, suitable for all the family!

Crib Service
Tuesday 24th December at 3.30pm
Our ever-popular service for the whole family, where little ones get the chance to help us tell the story of the nativity in an informal way.

Midnight Eucharist
Tuesday 24th December at 11.30pm
Starting before midnight, we celebrate the arrival of the baby Jesus at Christmas with a service of Holy Communion.

Toy Service
Sunday 8th December at 10am
Bring new toys for children of all ages which will be donated to Action for Children for distribution to children who might otherwise not receive a Christmas present.

Christmas Day Eucharist
Wednesday 25th December at 10am
Join us for Holy Communion as we celebrate the joyful arrival of Jesus on Christmas Day!

ALL FREE ADMISSION



DIGNITY

delighted to sponsor
Friends of Holy Trinity Parish Church



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

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

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

A Hazel & Sons Funeral Directors
43 Birmingham Road, Sutton Coldfield B72 1JF
0121 354 2145

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

CONTACT US

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

Tel: 0121 321 1144
Email: friends@htsc.org.uk
htsc.org.uk

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

BECOME A FRIEND

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

   HolyTrinityChurch6C
 @HolyTrin






dignityfunerals.co.uk/local

Should be like a Dignity Funeral Director, providing exceptional services to families across the UK.

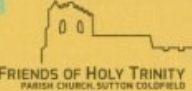
HOLY TRINITY PARISH CHURCH
ROYAL SUTTON COLDFIELD

CONCERTS AND EVENTS

2024-2025

htsc.org.uk

 FRIENDS OF HOLY TRINITY
PARISH CHURCH, SUTTON COLDFIELD

Welcome

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

EARLY BIRD

SPECIAL OFFER

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

TICKETS FOR ALL CONCERTS:

ADULT £20

UNDER 18 £5

FAMILY £45

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

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

ADULT	UNDER 18	FAMILY
£100	£25	£225

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

OCTOBER 2024

The CBSO's Symphonic Six

Saturday 12th October 2024 at 7.30pm

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

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





NOVEMBER 2024

BMOS Musical Theatre Company

Saturday 23rd November 2024 at 7.30pm

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

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

FEBRUARY 2025

The Black Country Beatles

Saturday 8th February 2025 at 7.30pm

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

The band play a wide range of the Fab Four's classics and have become a firm staple of the Midlands live scene with a solid following in the Black Country and beyond.

You can look forward to hearing your favourite 1962 to 1970 hits performed by The Black Country Beatles' take on Paul, John, George and Ringo!



MARCH 2025

Lichfield Cathedral Choir

Saturday 29th March 2025 at 7.30pm

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

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



MAY 2025

Our Atlantic Roots

Saturday 10th May 2025 at 7.30pm

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

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



JUNE 2025

English Trombone Consort

Saturday 14th June 2025 at 7.30pm

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

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



BOOK TICKETS

Visit htsc.org.uk or call 0121 321 1144





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

Alan Ledger

MEET THE PHOTOGRAPHER

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

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

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

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

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

ALAN'S BIOGRAPHY

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

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

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

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

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

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



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

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

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

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

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

Hi all,

It was a good day and a bad one regarding my visit to Porthmadog last week.

The good bit was this photograph, the bad was that the Festiniog Railway was completely Diesel worked, due to the very dry spell we are experiencing at the moment and the fire hazard had stopped the use of steam engines up through the forests and mountain side. And so I came away minus 5 trains to photograph.

Never mind.

Here is ex South African Beyer Garrat NG143 looking magnificent as it works the 14.10 “Snowdonia Star” to Caernarvon crossing the road at Porthmadog station.

Thursday 8th July 2025.

Regards Ledg.



www.scrs.club

SUTTON COLDFIELD

RAILWAY SOCIETY



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

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



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

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



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

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

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



Opposite CEX on the corner.



CHOCOLATE WORKSHOPS

On the corner opposite CEX in The Parade

BIRTHDAY PARTIES
SCHOOLS
CORPORATE
TEAM BUILDING
CLUBS



PROSECCO NIGHTS
HEN/STAG
BABY SHOWERS
SOCIAL
AND MORE

MILITARYCHEF.CO.UK

VETERAN OWNED AND OPERATED



We are a group of crafters who meet in House of Fraser's Caffè Botanico every Wednesday. We're a very friendly and supportive group and always welcome new people. A casual group with varied skills and skill levels. Bring along a craft or just drop in for a chat and a coffee. Wednesdays 12-2pm.

Love For Babies

Fun Interactive Baby & Toddler Sessions

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

Baby Sessions:
Tuesdays & Thursdays
Beacon Church
Pheasey

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

Contact us for more information or to
book your space



Contact:

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



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

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

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

Trio Of Love 4 Week Course

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

Baby Massage & Spa 5 Week Course

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



Love To Spa

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

Love To Play

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



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



Boldmere Ballet School and Sutton Stage School

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

Pre-School Ballet and Dance - 4pm Fridays

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

Royal Academy Classical Ballet - Ages 4+
Weekdays

Acrobatic Dance - Ages 5+ Fridays

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

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

EXAMS - FESTIVALS - SHOWS

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



Let Bridgewater Photography capture your special moments

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

Bridgewater Photography service covers:

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

BRIDGEWATER
PHOTOGRAPHY

Call Donna on 079 1321 3299

Customer comments:

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

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

www.facebook.com/BridgewaterPhotographyUK
www.bridgewater-photography.com



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

You could get help to buy:

Plain cow's milk


Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

  @NHSHealthyStart

What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Infant formula

✓ It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you collect them.

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

Or call us on 0300 330 7010

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



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

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



NHS Healthy Start

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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

How to apply



Visit
www.healthystart.nhs.uk



Fill in the online application form



Receive your prepaid card in the post



You'll need to activate your card to get your PIN before using it



Shop for healthy food and milk in most retail stores that sell the eligible food and milk items and accept Mastercard® payments



You'll need to insert your card into the card reader and enter your PIN the first time you use your card

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

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



Alzheimer's Society Dementia Support

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



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



If you need help call 0333 150 3456

Email us at enquires@alzheimers.org.uk

Or visit alzheimers.org.uk/get-support

Talk to someone who understands

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

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

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

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

“

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

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

”

Get the help and support you need

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

Call **0333 150 3456**

Or visit alzheimers.org.uk/get-support

Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.



Registered with
**FUNDRAISING
REGULATOR**



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

DSSU



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD MHS



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



AGEconcern
Birmingham



Compass Support
Part of The Pioneer Group

MY NNS

HANDBOOK:

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



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD MHS

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

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

WELCOME TO OUR

May Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



THANK YOU!

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

Hello All!

Hope you are well. The Sutton Coldfield NNS team have been pounding the streets with our Accessible and Active Sutton Coldfield sports event posters, adorning community noticeboards around the town! Have you spotted one yet?

We have also been busy with our season of training, assets have already taken advantage of a free First Aid course; we have also introduced new monthly Welfare Benefits training sessions, further details below.

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

DEMENTIA CARERS AWARENESS SESSIONS

Free awareness sessions for anyone supporting a family member or friend living with dementia.

Sutton Coldfield United Reformed Church
1 Brassington Avenue, B73 6AA
1pm - 3pm

12th March - Restless Nights

21st May - Dementia Awareness

9th July - Support for Carers

19th October - Changes in Behaviour

To book your place, or more information:

0121 437 0033

dementia-carers-hub@ageukbirmingham.org.uk

11 NCA (UK) code to book



"Be part of a caring community who understand and support each other."



SPREAD THE WORD

Dementia Carers Awareness Session

These free Dementia Carers Awareness sessions are for anyone supporting a family member or friend living with dementia.

The next upcoming session will be covering **Dementia Awareness**.

Wednesday 21st May 25

1-3pm

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

To book your place please call 0121 437 0033

or email: dementia-carers-hub@ageukbirmingham.org.uk

CAPACITY BUILDING

NEW! Monthly Benefits Training sessions

Sutton Coldfield NNS have commissioned a series of free monthly Welfare and Benefits training sessions, running in person at Boldmere Methodist Church. The following topics will be covered:

Tuesday 3rd JUNE 25

Pension Credits

Tuesday 1st JULY 25

National insurance based benefits

Tuesday 2nd SEPTEMBER 25

Disability Benefits

All sessions will be open from 9.30am for registration, with a **10am start, finishing at 12.30pm.**

📍 **Boldmere Methodist Church**, 104 Boldmere Rd. B73 5UB

To book please email: nns@ageconcernbirmingham.org.uk



MONTHLY

JUNE 2025

WELFARE & BENEFITS TRAINING

Pension Credits

Tuesday 3rd June 25

🕒 9.30 registration, 10am start - 12.30pm

📍 Boldmere Methodist Church
104 Boldmere Rd. B73 5UB

BOOK NOW

CAPACITY BUILDING

Building Resilient Communities



Tuesday 20 May 2025

9:00 till 15:00

Sense TouchBase Pears
Bristol Road, Selly Oak
B29 6NA

Join the WMCA and other faith and community groups to prevent homelessness by building stronger, more resilient communities through community organising, asset-based community development, and co-production.

Let's Design Out Homelessness Together

[Click to register](#)



West Midlands
Combined Authority

The WMCA Homelessness Task Force is calling for faith and community groups from across the West Midlands Combined Authority region to discuss how to build stronger, more resilient communities to prevent homelessness.

Learn about community organising, asset-based community development, and co-production. Discover how to use your community's strengths and resources to make a lasting impact. Together, we will share ideas and inspire each other to turn our vision into reality. Join us on this journey towards a brighter, more inclusive future.

📅 Tuesday 20th May 25

🕒 9am-3pm

📍 Sense TouchBase Pears, 750 Bristol Rd, Selly Oak, Birmingham B29 6NA.

You can sign up to the event [here](#)
Lunch and refreshments will be provided.

SPREAD THE WORD

Accessible and Active Sutton Coldfield – 19th May 25

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



**SUTTON COLDFIELD
NEIGHBOURHOOD
NETWORK SCHEME**

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

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

FOR OVER 50'S

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

FUN AND FRIENDLY

TRY NEW SPORTS

10AM - 2PM

HAPPY HEARTS

ACTIVE BODIES

HEALTHY MINDS

WELLNESS STARTS WITH PLAY

RUN JUMP LAUGH

FUN FOR ALL AGES

@commgames @commgames @commgamesuk

**ACCESSIBLE & ACTIVE
SUTTON COLDFIELD****FREE SHOWCASE EVENT!**

 **Monday 19th May 2025**
 **10am–2pm**
 **Wyndley Leisure Centre**

Accessible & Active Sutton Coldfield is brought to you by Sutton Coldfield NNS in partnership with Inspire Activity. The day will be a showcase of accessible taster activities. We're talking boccia, wheelchair basketball, table tennis, Parkride cycling (with both stationery and roaming bikes), walking football, yoga, choirs and lots more!

It's the Wyndley take over, with activities across the track and field plus inside the sports hall.

Put the date in your diary, we'll see you there!

CAPACITY BUILDING

Birmingham Community Matters- Sutton Coldfield Charitable Programme of Support for Community Groups

Are you a small community group in Sutton Coldfield?

You may be interested in the following upcoming events that [Birmingham Community Matters](#) are delivering as part of their [Sutton Coldfield Charitable Trust](#) program...



Learn about: Awards for All bid writing for your small community group in Sutton Coldfield

Thu 15 May 2025 10:30 AM - 1:00 PM
 9 Trinity Centre, B72 1TF

[Reserve your space](#)





Meet the funder: Sutton Coldfield Charitable Trust (for small community organisations in Sutton Coldfield)



Mon 19 May 2025 10:30 AM - 12:00 PM BST
 9 Online, Zoom

[Reserve your space](#)

Awards for All bid writing for your small community group in Sutton Coldfield

 **Thurs. 15th May 25, 10am–1pm**
 **Trinity Centre, B72 1TF**

Meet the funder: Sutton Coldfield Charitable Trust (for small community groups in Sutton Coldfield)

 **Mon. 19th May 25, 10.30am–12pm**
 **Online, Zoom**

To book please visit [here](#)

CAPACITY BUILDING

Shaping Birmingham's Future Together Pop along to the Marketplace Roadshow 2025!



**SHAPING BIRMINGHAM'S
FUTURE TOGETHER**



JOIN THE MARKETPLACE ROADSHOW 2025!



The Shaping Birmingham's Future Together (SBFT) Marketplace is a unique opportunity to connect with local service providers, local organisations, and community and faith partners.

This event is designed to bring information and resources directly to you, making it easier than ever to engage with the services

Event details:

Date: Thursday 26th June 2025

Time: 10:30 AM – 12:30 PM

Venue: Sutton Coldfield United Reform Church, 1 Brassington Avenue, Sutton Coldfield, B73 6AA

Register your interest today:

<https://bit.ly/SuttonColdfieldMarketp>



For more information or any queries, please contact our team at SBFT@Birmingham.gov.uk

The Shaping Birmingham's Future Together is a unique opportunity to connect with local service providers, local organisations, and community and faith partner.

This event is designed to bring information and resources directly to you, making it easier than ever to engage with services.

Thursday 26th June 25

10.30am-12.30pm

Sutton Coldfield United Reform Church,
1 Brassington Ave. B73 6AA

To register your interest in attending, click [here](#)

Tables allocated to services providers are currently full, but your organisation is welcome to attend with leaflets and use the opportunity to network on the day.

For more information or any queries, please contact the team at SBFT@Birmingham.gov.uk

Volunteer Brum – New Online Volunteering Platform

A new era of community action has launched with [Volunteer Brum](#), a brand-new platform designed to connect local people with meaningful volunteering opportunities across Birmingham.

Bringing communities together, one click at a time
The easy-to-use platform enables good causes and charities to advertise their current roles, while people who want to get involved in their community can browse and sign up for opportunities that match their interests, skills, and availability. Whether it's helping at a local food bank, mentoring young people, or supporting arts and culture events, there's something for everyone.



Make an impact with Volunteer Brum!

Volunteer Brum connects Birmingham's residents with opportunities to volunteer and create positive change in their community.

Whether you're passionate about giving back or looking to lend a hand, Volunteer Brum makes it easy to get involved. Plus, it empowers local charities, voluntary, and community groups to tap into a network of dedicated volunteers keen to make a difference. Let's come together and make a difference in Birmingham!

[Find volunteering opportunities](#)

STORY OF DIFFERENCE

Trinity Photography Group



A few months ago the Trinity Photography Group (TPG) applied for grant funding towards room hire, the purchase resources and a contribution towards speakers and refreshments. Their aim was to set up a studio and to upskill members in photographic and digital skills... let see how they've got on!

So far this year, TPG has held three training sessions using the studio equipment purchased with funds from the NNS grant. The studio training evenings have been very popular. Not only do they help people improve their photographic skills, but they also encourage the share of knowledge and provide the opportunity to socialise. TPG meeting nights have also included speakers and 'members nights', where members are invited to talk about what they have done. An average of 10-12 TPG members attend these nights. Those attending have picked up some interesting points about how to take their photography forward. Recently, there was a very successful night, where two TPG members spoke about their trips to Africa!

One member writes...

"Just a short note on how pleased I am since joining the club. Since the 60`s I was always a keen photographer, of cause in those days it was film and not digital. As time went by bringing up a family my hobby had to be curtailed, but then my daughter started to take interest in photography. A chip of the old block. After a bit of persuasion she got me to join Trinity, needless to say a big jump up from film to digital, I started to hear words and saying that was very foreign to me, but as time went on and with a lot of help from this club I soon got back into the swing.

Instead of sitting at home watching TV there was an excuse to go out and meet other people with the same interest, not only from this club but other clubs as well, I found the outings with this club taking pictures very enjoyable.

Long may it last and thanks for everything."

*To find out more about Trinity Photography Groups please visit
<https://trinityphotographygroup.com/>*

SPREAD THE WORD

Make Change – Inclusive Sports Hub



Wyndley Leisure Centre

Clifton Rd, Sutton Coldfield, Birmingham B73 6EB.

Inclusive sports hub
May
8th, 12th, 19th, 26th
June 5th, 12th, 19th, 26th
July 3rd, 24th
11am to 2pm

Specialised activities
organised, delivered by
qualified instructors

Bollywood dancing
Bhangra dancing
Yoga
Circus Skills and more.

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



Please email or ring to book attendance
Andy Croddick, 07855391871,
makechange@wcb@gmail.com

Sip n Paint St James Church Centre

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.



Enjoy a free creative painting session with tea, coffee, cakes and biscuits, hosted by Walfinch, Sutton Coldfield.

The 'Sip and Paint' event happens...

Every Thursday, 10.39-12pm

St James Community Church, Mere Green.

This relaxed, creative session is open to all and is designed to promote mental wellbeing, reduce isolation, and bring people together over a warm drink and a brushstroke of fun.

Have you heard about the new Inclusive Sports Hub at Wyndley Leisure Centre? Specialised activities, delivered by qualified instructors are available including wheelchair basketball, boccia, soft archery and many more.

May 22nd 2025

June 5th, 12th, 19th, 26th 2025

July 3rd, 24th 2025

11am-2pm

Wyndley Leisure Centre, Clifton Rd, B73 6EB

To book please email

makechange@wcb@gmail.com

or call 07855 391871

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

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

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

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

0121 362 3650

nns@ageconcernbirmingham.org.uk

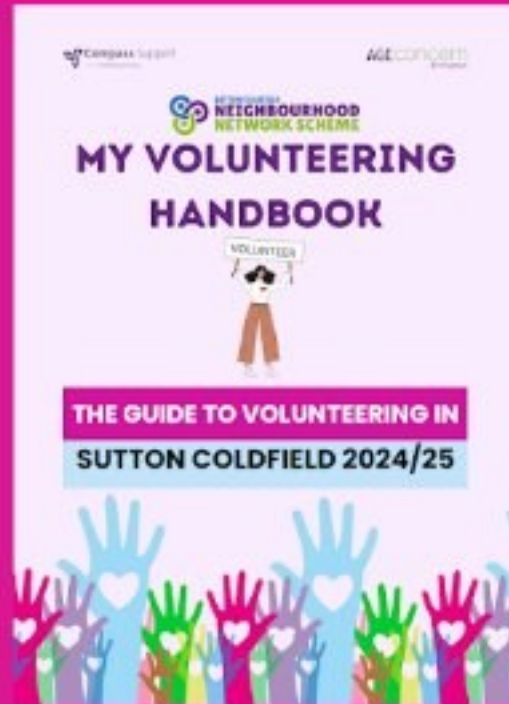
[Sutton Coldfield NNS](#)

GET INVOLVED

READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

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




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


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


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

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

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

 0121 362 3650

 nns@ageconcernbirmingham.org.uk

 [Sutton Coldfield NNS](#)



HIGHBURY PLAYERS

PLAYS FOR 2024/25 SEASON



By David Seidler
10 – 21 Sept 2024
Let courage reign



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



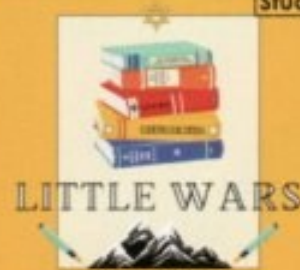
By Bill Bryson & Tim Whitnall
26 Nov – 7 Dec 2024
Based on the best-selling book



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



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



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



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



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



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

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

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



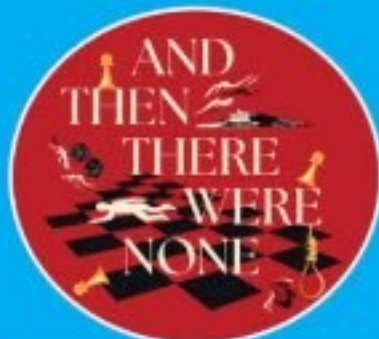
0121 373 2761

highburytheatre.co.uk



HIGHBURY PLAYERS

2025/26 SEASON



By Agatha Christie
16 – 27 Sept 2025
Classic story from the Queen of Crime



By James Duff
21 Oct – 1 Nov 2025
How does a soldier adjust?



By Mary Elliot Nelson
2 – 13 Dec 2025
The greatest gift of all is right at home



By Alan Bennett
27 Jan – 7 Feb 2026
How hard can clearing an estate be?



By Nick Payne
16 – 21 Feb 2026
One relationship. Infinite possibilities

Studio



By Alan Ayckbourn
10 – 21 March 2026
Welcome to amateur operatics!



By Peter Quilter
21 Apr – 2 May 2026
Untrained singer conquers Carnegie



By David Mamet
18 – 23 May 2026
Hollywood sex & power dynamics

Studio



By Mark Haddon & Simon Stephens
9 – 20 June 2026
Who killed Wellington?

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

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



0121 373 2761

highburytheatre.co.uk/



What's on next?

Highbury Players present

Stepping Out

10 - 21 June 2025 at
7.30pm

By **Richard Harris**

Directed by **Laura McLaurie**

A comedy with two left feet. This warm and very funny play is about the lives, laughs and loves of a group of women (and one man) attending a weekly tap-dance class in a dingy North London church hall.

Highbury Cinema presents

Thelma

7pm on 22 June 2025

Director **Josh Margolin**

Released **2024**

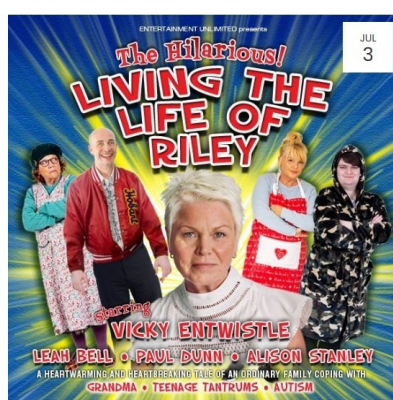
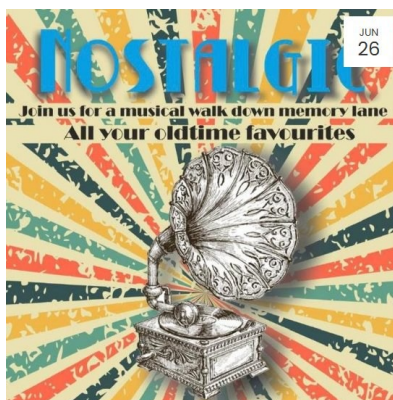
Duration **1hr 38m**

Certificate **12A**

Never underestimate a grandma. June Squibb stars as a woman who falls victim to a phone scam, and sets out to find the perpetrators with the help of her grandson (Fred Hechinger) and friend (Richard Roundtree, in his final role).



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



SUPPORT US

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



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

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

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

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

Birmingham

Popular

Musicals

Plays

Concerts

Comedy

ALEXANDRA THEATRE

BIRMINGHAM

<div>Starts 31 May 2025</div> <div>Theatre Tour</div>	<div>05 Jun</div> <div>The Bon Jovi Experience</div>	<div>06 Jun</div> <div>Coffee, Cake and Cadenzas</div>	<div>07 Jun</div> <div>Walk Right Back - The Everly Brothers Story</div>
<div>Starts 10 Jun 2025</div> <div>BMOS presents Les Misérables "Let the People Sing"</div>	<div>Starts 17 Jun 2025</div> <div>Dear Evan Hansen</div>	<div>22 Jun</div> <div>The Magic of The Beatles</div>	<div>Starts 24 Jun 2025</div> <div>Picture You Dead</div>
<div>29 Jun</div> <div>Jukebox Idols</div>	<div>02 Jul</div> <div>Reverend Richard Coles: Borderline National Trinket</div>	<div>Starts 10 Jul 2025</div> <div>War Horse</div>	<div>20 Jul</div> <div>Cirque: The Greatest Show - Reimagined</div>
<div>Starts 22 Jul 2025</div> <div>The Last Laugh</div>	<div>27 Jul</div> <div>Thank You For The Music</div>	<div>Starts 14 Aug 2025</div> <div>Stage Experience presents West Side Story</div>	<div>30 Aug</div> <div>Queen by Candlelight</div>
<div>31 Aug</div> <div>Natural History Museum presents Dinosaurs Live!</div>	<div>01 Sep</div> <div>Strange but True Crime with Jennifer Rees</div>	<div>02 Sep</div> <div>Northern Live - Do I Love You</div>	<div>Starts 04 Sep 2025</div> <div>Riverdance 30 - The New Generation</div>
<div>10 Sep</div> <div>Go Your Own Way - The Fleetwood Mac Legacy</div>	<div>12 Sep</div> <div>The ELO Experience - Electric Light Orchestra</div>	<div>13 Sep</div> <div>Saving Grace</div>	<div>29 Sep</div> <div>Alan Davies: Think Ahead</div>

For What's On at the Alex, please click [here](#).



MANFORD'S COMEDY CLUB

Fri 30 May & Fri 31 Oct



A VISION OF ELVIS

Sun 1 Jun



NT LIVE: A STREETCAR NAMED DESIRE

Thu 5 Jun



From Bedlam to Benidorm

AN EVENING WITH CRISSY ROCK

Thu 5 Jun



THE WORST PRINCESS

Sat 7 – Sun 8 Jun



CANNOCK/LICHFIELD GOTTA SING

Mon 9 Jun



AN INTIMATE EVENING WITH MARTIN FRY

Wed 11 Jun



P*SSSED UP PANTO: SLEEPING BEAUTY

Thu 12 Jun



RE-TAKE THAT

Fri 13 Jun



THE PSYCHOLOGY OF SERIAL KILLERS WITH JENNIFER REES

Sat 14 Jun



DEFYING GRAVITY: WEST END WOMEN

Sun 15 Jun



THE MCCARTNEY SONGBOOK

Wed 18 Jun



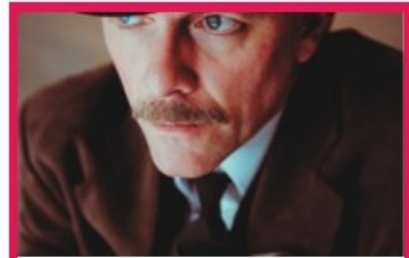
THE SEARCHERS

Thu 19 Jun



MONEY FOR NOTHING

Fri 20 Jun



Written & performed by Russell Lucas

THIRD CLASS: A TITANIC STORY

Sat 21 Jun



RICH HALL: CHIN MUSIC

Sat 21 Jun



MATRICKS ILLUSION: REIMAGINED

Sun 22 Jun



THE LADYBOYS OF BANGKOK

Mon 23 Jun



TOP HAT SPOKEN WORD OPEN MIC

Tue 24 Jun, 7pm



THE DAD'S ARMY RADIO SHOW

Tue 24 Jun



Strictly Theatre Co. and Rock You Productions present

KAI WIDDRINGTON: EVOLUTION

Wed 25 Jun



COMEDY SPECIAL: DYLAN MORAN, KATE LUCAS & TADIWA MAHLUNGE!

Thu 26 Jun



Written & Directed by Joe O'Byrne

THE HAUNTING OF BLAINE MANOR

Fri 27 Jun



FLOWERS & FRIENDSHIP BRACELETS

Sat 28 Jun



Musicals

Cruel Intentions The Musical

Based on the iconic film and packed with 90s pop classics

Tue 3 Jun – Sat 7 Jun

By order of the Peaky Blinders! This is your last chance to see **Rambert's** 5-star dance sensation on its final UK tour. Long-time fans of the TV show and audiences coming fresh to Peaky have been united in their enthusiasm for the "vigorous and vibrant performances from the entire cast" (The Times) where "you can never quite tell whether you're at a dance show or a grungy rock gig" (The Telegraph). Opening in the trenches of Flanders, a personal story unfolds in post-war industrial Birmingham as the Shelby family navigate the decisions that determine their fate and Tommy is intoxicated by a mysterious newcomer, Grace. Written and adapted for the stage by Peaky Blinders' creator **Steven Knight**, with choreography and direction from Rambert's Artistic Director **Benoit Swan Pouffer**, this captivating show matches dazzling, athletic dance and stunning dramatisation from the full Rambert company with a live band, specially commissioned music by Roman GianArthur and iconic Peaky tracks from **Nick Cave** and **The Bad Seeds**, **Radiohead**, **Anna Calvi**, **The Last Shadow Puppets**, **Frank Carter & The Rattlesnakes** and **Black Rebel Motorcycle Club**.

Ballet & Dance

Peaky Blinders - The Redemption of Thomas Shelby

A Rambert production in association with Birmingham Hippodrome

Wed 11 Jun – Sat 14 Jun



Extra performance added due to phenomenal demand – Fri 27 Jun, 2.30pm

West End mega-hit **TINA – The Tina Turner Musical**, comes to Birmingham Hippodrome as part of its first ever UK & Ireland tour.

From humble beginnings in Nutbush, Tennessee, to her triumphant transformation into a multi award-winning global superstar, **Tina Turner** didn't just break the rules, she rewrote them. Set to the pulse-pounding soundtrack of her iconic hits, including *The Best*, *What's Love Got To Do With It?*, *Private Dancer* and *River Deep*, *Mountain High*, discover the heart and soul behind the Queen of Rock 'n' Roll. Experience her inspiring story live on stage as this exhilarating celebration reveals the untold story of a woman who dared to dream fiercely, shatter barriers and defy the bounds of age, gender and race to conquer the world against all odds.



Musicals

TINA - The Tina Turner Musical

Discover the heart and soul behind the Queen of Rock 'n' Roll

Tue 17 Jun – Sat 28 Jun

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

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

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

Events & Venue Tours

Behind The Scenes Tours

Sat 21 Jun – Sat 23 Aug



Musicals

The Final Showdown

We present the ultimate battle royale...

Fri 27 Jun – Sat 28 Jun

The year is 2075. Due to challenges the arts and culture sector, art forms have had to compete to stay alive in our modern world. Now, only two art forms remain, Theatre and Musical Theatre. We present the ultimate battle royale... **The Final Showdown!**

In this final talent competition, these two noble art forms will perform for your entertainment and the future of their craft. Presenting a number of themed categories, from chorus numbers to monologues, dabbling in Shakespeare, stage combat and jazz hands, you'll see the best of the best battle it out to win. But... behind the flashing lights and before the curtain call, the real drama is happening off stage, in the lives of the performers. Secret friendships, forbidden love stories, identity crises and of course, coming of age experiences! This brand new piece of theatre has been created by Birmingham Hippodrome youth theatres and was written by local Brummie artist and reality TV lover, Will Jackson. Inspired, and performed, by our young performer's (ages 12-16 years) own ideas and interests, our youth theatre artists and Will have worked closely together to turn their imaginations into reality and devise The Final Showdown.

This show is a hilarious parody on the world of TV competitions (think *GBBO*, *BGT*, *The Traitors*), a play on Musical

They're always saving the world — or trying to take it over. But before that... they had maths homework to do.

At Superhero Academy, everyone's trying to be the fastest, the strongest, *and* get the highest marks in Geography. But as the young heroes and villains compete to be the best of the best, their sidekicks begin to feel abandoned. Tired of being left out of the story, the sidekicks band together to try and take over the school. But will they be successful? Or will they be caught by their professors, Dr. Kill Joy and Professor Goody Twoshoes?

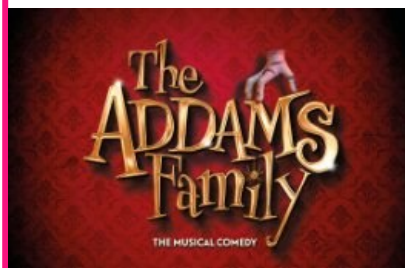
A brand-new piece of musical theatre featuring original songs and a story devised by our Juniors group, aged 7-11, in weekly sessions, Superhero Academy is an incredible feat of the creativity, humour, and hard work of our young people.

Family & Pantomime

Musicals Youth Theatre Juniors presents

Superhero Academy

Sat 28 Jun



Family & Pantomime, Musicals

The Addams Family

MAKE THIS SUMMER AN ABSOLUTE SCREAM!

Thu 10 Jul – Sat 12 Jul

Following two hugely successful UK tours, and sold-out concerts at The London Palladium last year, everyone's favourite kooky family are back on stage this summer in **THE ADDAMS FAMILY**, starring **Alexandra Burke** (*The X Factor*, *Sister Act*, *The Bodyguard*) as Morticia, **Lesley Joseph** (*Birds of a Feather*, *Young Frankenstein*, *Sister Act*) as Grandma, **Clive Rowe** (*The Prince of Egypt*, *Sister Act*, *A Christmas Carol*) as Uncle Fester and **Ricardo Afonso** (*Jesus Christ Superstar*, *Thriller Live*, *We Will Rock You*) as Gomez.

THE ADDAMS FAMILY is the spectacular musical comedy from Marshall Brickman and Rick Elice (writers of the multi award-winning hit musical *Jersey Boys*), with music and lyrics by Tony Award-nominated Andrew Lippa, based on the characters created by Charles Addams.

Wednesday Addams, the ultimate princess of darkness, is all grown up and has a shocking secret that only Gomez knows. She's fallen in love with a sweet, young man from a respectable family. With his cherished Morticia in the dark will Gomez manage to keep his daughter's secret until the two families meet for a fateful dinner with hilarious consequences. Join them, plus Uncle Fester, Lurch, Pugsley, Grandma and more for a heart-warming story of love, family and friendship... with a twist!

Featuring a live orchestra and extraordinary original score **THE ADDAMS FAMILY** is sure to entertain whether you are 7 or 307!

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

the Rep



THE CROFT

Tue 10 Jun–Sat 14 Jun 2025

Thrillingly, superb”

★★★★ What's Good To Do

The past won't be silenced.

Based on a true highland story.

In the remote Scottish Highlands two women arrive at a former Crofters Hut in the deserted village of Coille Ghillie. When suddenly the weekend getaway takes an unexpected turn. Cut off from the modern world, Laura and Suzanne find themselves drawn into the dark history of the Croft and the lives that passed before them.

In this bold and haunting play the present interweaves with the past as ancient tales surface and the terrifying truth lurking in the Croft is revealed.

The Croft will star **Liza Goddard** (*Noises Off, Doctor Who, Bergerac*), **Caroline Harker** (*A Touch of Frost, Steel Magnolias, The Railway Children*) and **Gray O'Brien** (*Coronation Street, Casualty, Rebus: A Game Called Malice*) with **Gracie Follows** (*Birdsong*), **Russell Layton** (*ART*), **Simon Roberts** (*Witness for the Prosecution*) and **Judith Rae** (*The Mousetrap*).

Chilling”

The Guardian



SPITFIRE GIRLS

Mon 16 Jun–Sat 21 Jun 2025

“It's built for us, isn't it? The Spitfire. Built for women.”

New Year's Eve, 1959.

Decades after answering the call, two women separated by the war meet again as the rain hammers down on the windows of The Spitfire pub. As we hear their story, we're transported back to a time when female pioneers defied expectations and soared through the skies.

Spitfire Girls is inspired by the extraordinary true stories of the women who dared to fly during WWII and the incredible bond that tied them together. Funny and heart-warming, this is an untold story of strength, courage and loss. But above all else, hope.

Warm and uplifting”

★★★★★ **Northern Arts Review**

A soaring success”

★★★★½, **The Broken Spine**



MARRIAGE MATERIAL

Wed 25 Jun–Sat 5 Jul 2025

Three Generations. Two Love Stories. One Family Secret.

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

The Bains' corner shop in Wolverhampton has been at the centre of the family for three generations. Against the backdrop of a changing 20th century, Mrs Bains is balancing running the business, caring for her ailing husband and the demands of her two headstrong daughters, who each have their eye on a different kind of future.

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

Sanghera's tender and funny book is a cracking and pacy read”

The Observer (on Sathnam Sanghera's original novel)

Gurpreet Kaur Bhatti (*A Kind of People*) adapts the critically acclaimed novel from **Sathnam Sanghera** (*Empireland*).

Directed by Rep Associate Director and 2022 Commonwealth Games Opening Ceremony Director, **Iqbal Khan** (*East Is East, Of Mice and Men, Tartuffe, SILENCE*).

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

★★★★ **The Guardian**

East Midlands Theatre on Of Mice and Men directed by Iqbal Khan

STUDIO27

TIMETABLE

ALL CLASSES ARE 45 MINS
UNLESS SPECIFIED

MONDAY

Circuit 9:30am

BoxFit 10:30am

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

Zumba 7:45pm

TUESDAY

Pilates 9:15am

Adult Dance 11am

Yoga 12:15am

Kids Yoga 4:30pm

Yoga 5:15pm

BoxFit 6:15pm

BoxFit 7:15pm

WEDNESDAY

Circuit 9:15am

Meditation & Mindfulness
10-10:45am

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

Under 12 Dance 5pm

Adult Dance 6:15pm

Zumba 7:15pm

THURSDAY

Circuit 9:15am

FRIDAY

Zumba 9:30am

SATURDAY

Circuit 7:15am

BoxFit 8:00am

Under 5 Dance 9am

Under 8 Dance 9:45am

Over 12 Dance 10:30am

Street Dance 11:15am

www.studio27wellbeinghub.co.uk

Additional wellbeing offerings here at Studio27 Wellbeing hub



Personal Training



1-2-1 Wellbeing Support



Nutritional Guidance



- Membership & Pricing -

Basic

£25 month

4 classes per 4 weeks

Standard

£45 month

8 classes per 4 weeks

Premium

£60 month

12 classes per 4 weeks

Unlimited

£99 month

Unlimited classes

Youth

£37 month

Under 12

£35 month

Under 8

£30 month

Under 5

£20 month

Pay as you go

Current prices Price from 1st July 2024

Adult £7 Adult £8.50

Child £6 Child £7.50

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

To book and pay for a membership or class, please visit our website

www.studio27wellbeinghub.co.uk

Information and Advice

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

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

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

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

Local services

Birmingham Sandwell

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



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



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

Information and Advice

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

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



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

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

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



Information Guides

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

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

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

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

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



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

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

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

☎ 0121 437 0033



Carers Support Group

**SUTTON COLDFIELD UNITED
REFORMED CHURCH**

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

**2 Course
Hot Meal
£2**

**Free
Massages**

**All
Welcome**

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

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

Occupational Therapy Clinics

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

No need to book.

For more information about
clinic venues visit:

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



**Birmingham
City Council**

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

ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

Jordanne Francis
Health and Wellbeing
Officer

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

WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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



ARTHRITIS HELPLINE

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

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

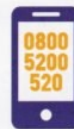
CALL US FOR FREE
0800 5200 520

VERSUS
ARTHRITIS



CALL US FOR FREE
0800 5200 520

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



✉ helpline@versusarthritis.org

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

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

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

PHYSICAL ACTIVITY RESOURCES AND INFORMATION FOR YOUR PATIENTS

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



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



VERSUS
ARTHRITIS

VERSUS ARTHRITIS RESOURCES

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

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

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

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

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

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



VERSUS
ARTHRITIS



Join us for
our next
event


**Mercia Grange care home,
Sutton Coldfield**

**Coffee, cake &
friendship cafe**

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

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

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

Trusted to care. 

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

care UK 



Join us for
our next
event

Mercia Grange care home,
Four Oaks

Feel good fitness

Last Thursday of every month,
2pm - 3pm

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

Trusted to care.



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

care UK



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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



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



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

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

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





British Sign Language (Birmingham)

Classes on:

Banners Gate Community Centre, Sutton Coldfield B73 6UR

The Great Barr Community Hub

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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



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

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

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

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

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

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell
sheilapennell@talktalk.net





Lucy

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



Terence




Polly

Jo Jo



Team Cat Rescue has lots of cats and kittens looking for their forever homes. Owners often have to give them up for a variety of reasons - usually a change of circumstances meaning they can no longer care for their beloved pet. And some come into care because they are found wandering and abandoned. If you are not ready to adopt, how about fostering? Or helping Team Cat Rescue with driving or fund-raising? If so, contact Coordinator Lynne of Team Cat Rescue on 0121 373 4596.
**** Team Cat Rescue is local and well-established in North Birmingham - and have been helping rescue and rehome cats and kittens for 25 years ****



Birmingham and Solihull
Integrated Care System
Caring about healthier lives

Annual health checks for those who are diagnosed with dementia


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

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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?


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

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

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



How long does an Annual Health Appointment last?

- 20-30 mins




What help might you need?

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





What happens during the Annual Health Check?


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




Alzheimer's Society



CARERS TRUST Solihull



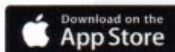
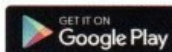
birmingham carers hub



NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Can you help us save more food?

OLIO
The Food Sharing App



Yes you can!

It's easy to give back to the OLIO community



Spread the word

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



Add to OLIO

Your neighbours will
love your spare food or
household items.



Volunteer

Feel great
& do good
at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO

f @OLIOex i @OLIO_ex t @OLIO_ex

It's okay...

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



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



Talk to us online via Live Chat (10am-9pm):
[birminghammind.org](https://www.birminghammind.org)



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -



LivingWell
UK





COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker
07565542976
gap.huboffice@gmail.com



gap.huboffice@gmail.com



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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

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

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

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













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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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



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

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

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

SCCT
Sutton Coldfield Charitable Trust



Banners Gaters clearing fallen leaves near Longmoor Pool.



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

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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



Join FOPPs Regular Litter Pick

**every second sunday in the
month.**

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

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

Weather Permitting





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



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



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



Love For Babies

Fun Interactive Baby & Toddler Sessions

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

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

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



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

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

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

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

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

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

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





touchlearn Baby Massage Teacher

hands onbabies

touchlearn Baby Signing Teacher



Amalia's Elite Dance Academy

We offer

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

Contact us for more

★★★★★ Trustpilot

pyjama drama

Teaching life skills through drama and imaginative play

Fun classes that develop life skills in babies & young children

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

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

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






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

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

Book now! pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



Prince's Trust

**START
SOMETHING**



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

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

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



INTERESTED?

Contact us for more information

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

wcg.ac.uk

0300 456 0049


info@wcg.ac.uk

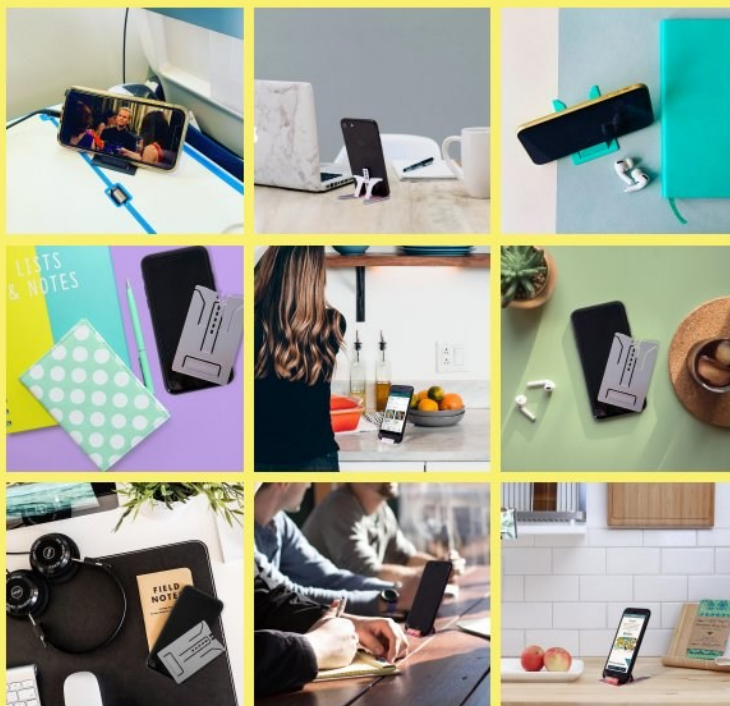
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THE STAND FOR LIFE

Travel. Work. Play. Relax.

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



Made with  in the West Midlands.



SCAN ME

for more info on how
and where to use it

standeazy.com

THE PERFECT STOCKING FILLER!

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



Banners Gate Neighbourhood Forum Meetings

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

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

If you need any information please message on 07964 213 229