

Banners Gate & ParklandsCommunity & Neighbourhood Forum

194th June 2025

bannersgateneighbourhoodforum.com

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

The next Banners Gate Neighbourhood Forum meeting is on Thursday, 24th July, 7.30pm at the Community Hall in Reay Nadin Drive. It is an open meeting and all are welcome. Coffee/tea and nibbles provided.

Rob Pocock: FREE HERITAGE TOUR OF THE HISTORIC BIRMINGHAM CITY COUNCIL HOUSE

Looking for an interesting local trip out over the lazy weeks of summer? Ever wondered what goes on inside the mysterious Victorian edifice of the Birmingham City Council House in Victoria Square? A nice cool building to visit to escape the summer heatwaves? Well I'm organising a new scheme inviting groups of local Sutton Vesey residents to a guided tour of this historic civic building, which was built in the height of the Victorian Birmingham heyday in 1875 - exactly 150 years ago this year.

Get a private official guided tour, covering the celebrated Lord Mayor's Parlour (where Joseph Chamberlain's original desk is still there and being used), historic chains of office, the signed visitors book (with celebrity sign-in guests ranging from Bill Clinton to Charles and Princess Diana) the fabulously decorated Victorian Banqueting Suite (where the historic G8 summit reception of world leaders was hosted in 2000).

Enter the original oak-panelled Victorian Debating Chamber (where current City Council meetings are still held) – plus the Lord Mayors Gallery with photos of Birmingham's famous mayors from Joe and Neville Chamberlain, the Cadburys, Sir Wilfrid Martineau, George Canning and many more, and onto recent figures like Dick Knowles, David Roy,

John Hood who may be known to some of you.

There are also fine portrait paintings of celebrated historic Victorian figures such as Rev George Dawson who was the original architect of the 'civic gospel' which led to much of the Victorian municipal enterprise that took off in the mid-1850s both in Birmingham and also other major industrial cities such as Manchester. The tour also reveals the secret emblem embedded within the Birmingham Civic Crest that marks Sutton Coldfield's arrival as an integral part of the City in 1974! Try and guess what it is....

Depending on numbers, we will be arranging this tour over the summer or early autumn, it will take about 90 minutes all in all. Children and families welcome too, it's an amazing educational experience for young and old alike! Just drop an email to express interest to

rob.pocock@birmingham.gov.uk by early July and I'll get back with the final arrangements. We hope to end with tea and cake in the newly reopened Edwardian Team Rooms in the adjoining Museum and Art Gallery. (And by the way, did you know there is a secret 'glass corridor' passageway that links straight between the Council House and the Art Gallery? All will be revealed...)



Max Hatton: Hello Gatepost readers! I hope you're all enjoying the summer so far – we've certainly been lucky with some beautiful weather this

Editor: Tony Willis, Tel: 0121 605 4947, or bgatepost@gmail.com Next deadline: July 31st

month! June has been a lively and rewarding time across our community, filled with events, familiar faces, and a real sense of togetherness. Early in the month, I had the pleasure of organising a visit from the Army Reserves to my workplace. They came along to speak with colleagues about the important role they play in supporting our Armed Forces and protecting the country. This idea actually came about after a great conversation I had with Sergeant Suresh, whom I met during an Army Reserves presentation at BMet College a few weeks earlier. It was inspiring to see how engaged my colleagues were with the session - many didn't realise the wide range of opportunities and responsibilities within the Reserves, and it sparked some great conversations about service. training, and community involvement. Later in the month, I had the absolute joy of attending the New Oscott Primary School Open Day. The event was brilliantly hosted by the school's dedicated teachers and staff, and it brought back a flood of memories. I had a lovely catch-up with Ms Harris, who taught in the infant school many years ago - back when I was a pupil myself! It was heartwarming to see the school one last time before it is demolished this summer, with the new school almost complete, ready for the next year of education this coming September. To top it all off, I ran into a few old school friends many of whom also grew up with me on Welshmans Hill. We shared some laughs reminiscing about the "good old days," and I even unearthed a Year 1 school photo of myself - a true blast from the past!

Of course, June wouldn't be complete without the return of the Boldmere Summer Festival, which took place last weekend – and what a fantastic

event it was! Despite a bit of typical British summer rain, the festival was a great success, drawing large crowds and plenty of smiles. For those who don't know, the Boldmere Summer Festival is Sutton's largest non-sporting summer event, and it continues to grow year after year.

This event wouldn't be possible without the incredible support from our public donors, stall holders, and the generous contribution from the Sutton Coldfield Charitable Trust. A huge thank you to everyone involved, from volunteers, stall-holders, business and the public – your support truly makes a difference. The range of stalls this year was outstanding, offering everything from handcrafted gifts to delicious street food. And the performance acts? Absolutely top-notch! While the heavens did open briefly during the early morning gazebo setup (we definitely got a bit soggy!), the skies cleared just in time to welcome the crowds. If you're interested in volunteering, performing, or hosting a stall at next year's festival, I highly encourage you to get involved – it's a brilliant way to connect with the community and support local causes. You can find more information at https:// www.boldmere.org/community-festivals/. Looking ahead, our next Full Town Council Meeting will take place on Tuesday 17th July at 7pm at the Trinity Centre, Sutton Coldfield. As always, all residents are welcome to attend - it's a great opportunity to stay informed and have your say on local matters.

That's all for now – thank you for reading, and I wish you all a joyful and sunny July. Until next time, take care!

Walmley Library Stories and Songs

STÄRT

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

Contact us today to find out more.

info@homestartbnw.org.uk

0121 323 5181



Birmingham North West

amymillichope@outlook.com

Sutton Vesey e-news Bulletin

City Councillors Rob Pocock and Kath Scott

For attention of all Residents and Community Groups in Sutton Vesey Ward. This e-news letter is to update you about local events in our local Sutton Vesey Ward. Please feel free to pass on to interested friends, neighbours or local street WhatsApp groups. It's totally non-political and non-adversarial:

- A. Sutton Coldfield Community Groups Roadshow Thursday 26th June
- **B. Sutton Park future Shared Partnership Agreement**. The BCC Sutton Vesey Ward Plan 2022-26 contains, at item 3(d), a commitment to work towards creating a 'Shared Partnership Agreement' between the City and Town Councils so the two Councils work together on jointly managing the future of Sutton Park. The 'rivalry' between City and Town Councils over this for the past 10 years has bedevilled the need to make improvements to the Park and the aim is to settle for once and for all the question of ownership. As your local Councillors on both the City and Town Councils, we have been beavering away behind the scenes to seek to bring this compromise about, and to bring people together. An agreed Shared Partnership Agreement and joint Council investment plan is the way forward, as confirmed in our publicly agreed Ward Plan. We are prioritising this work in the coming year and aim to 'get a deal signed' on this. We'll update on progress over the year.
- C. New announced Free Heritage Tour of the historic Birmingham City Council **House** (Victoria Square, City centre) – we are announcing a new scheme inviting groups of local Sutton Vesey residents to a guided tour of this historic civic building, built exactly 150 years ago this year. Get a private official guided tour, covering the celebrated Lord Mayor's Parlour (where Joseph Chamberlain's original desk is still there and being used), historic chains of office, the signed visitors book (with celebrity sign-in guests ranging from Bill Clinton to Charles and Princess Diana) the decorated Victorian Banqueting Suite (where the historic G8 summit reception of world leaders was hosted in 2000), enter the original oak-panelled Victorian Debating Chamber (where current City Council meetings are still held) - plus the Lord Mayors Gallery with photos of Birmingham's famous mayors from Joe and Neville Chamberlain, Sir Wilfrid Martineau, George Canning and may more. There are also fine portrait paintings of historic Victorian figures such as Rev George Dawson who was the original architect of the 'civic gospel' which led to much of the Victorian municipal enterprise that took off in the mid-1850s both in Birmingham and also other major industrial cities such as Manchester. The tour also reveals the secret emblem embedded within the Birmingham Civic Crest that marks Sutton Coldfield's arrival as an integral part of the City in 1974! Try and guess what it is....Depending on numbers, we will be arranging this tour over the summer or early autumn. Children and families welcome too, it's an amazing educational experience for young and old alike! Just drop an email to express interest to rob.pocock@birmingham.gov.uk by the end of June and we'll get back with the final arrangements.
- **D. Highbury Theatre Centre (Sheffield Rd)** the summer season at our excellent local community mini-theatre is under way, a reminder to view the link below to see their updated current summer programme <u>Highbury Theatre Centre</u> A good theatre never stands still

With our very best wishes,

Rob & Kath

Councillors Rob Pocock and Kath Scott

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

John Cooper: John.cooper@suttoncoldfieldtowncouncil.gov.uk
As I have said previously we certainly live in interesting times and
these times get more interesting by the day. The closure of the Main
Library in the Red Rose Centre has been confirmed to be 27 June, no
doubt when you read this the Library will be no more. This is a very

sad day indeed, I know of nobody other than Labour BCC Councillors who think this is a good idea and I think that it is yet another expression of the City Council's Labour Administration view of the residents of the Royal Town. I have been working hard with Anja Pawson to try and find a way to save key local libraries including Boldmere Library, including regular meetings with Cllr Simon Ward the Leader of the Town Council. Following those meetings the Town Council has agreed to look at an options appraisal to see if they are able to save Sutton Coldfield's Libraries from Birmingham City Councils axe. The Town Council has 5 options to consider in its reaction to these closures to ensure that any change in the management of Libraries will be on a sustainable basis. Another Birmingham City Council project is to charge residents to park in Sutton Park, amongst other considerations it is suggested by The City Council administration that the Town Council might like to reinstate the pre1974 arrangement whereby Sutton Residents were issued with a windscreen sticker that allowed free access to park in Sutton Park. Another attempt by BCC to take away the precept we all pay and simply pass it to BCC. The implications of such a move, issuing just one pass per property would cost ALL of the precept, simply passing it to BCC. The flowers now planted throughout the Town, the Christmas Lights, the Christmas Trees, the Rangers service would be no more, Funding of various charities and events in the Town would be no more, in fact no more Town Council. One could say mission accomplished by the ruling administration at BCC.

The suggestion that any surplus money will be "Ploughed back into Park Services" is really quite laughable as the loan to equip the park/s will have to be paid back first and "Park Services" means throughout the BCC area e.g. all parks in Birmingham, so Sutton Park will receive about what it gets now, and we can all see the downward spiral the park has been in for several long years. None of this considers the impact to residents of adjoining roads or grass verges such as those along Monmouth Drive, the cash provision for Traffic Regulation Orders (TROs) is wholly inadequate to cover the roads around the park also TROs are only as good as the enforcement to support them. John Cooper June '25

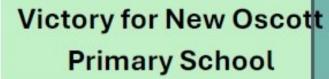
https://suttoncoldfieldtowncouncil.gov.uk/wp-content/uploads/2024/10/Strategic-Plan-Consultation.pdf
townrangers@suttoncoldfieldtowncouncil.gov.uk
johncooper@suttoncoldfieldtowncouncil.gov.uk



Anja Pawson

Local Campaigner in Sutton Vesey

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





'Health hazard' at school after bins not collected for 9 weeks









We would like to highlight a recent and important success

from our community action. For over 10 weeks, New Oscott Primary School struggled with a serious waste issue as overflowing bins went uncollected. Once we became aware of the problem on 7th June, we took immediate and persistent action—reporting the issue to the Council, engaging the media, and publishing an open letter. Our efforts paid off: by 19th June, the school grounds were finally cleared. We are sincerely grateful to the refuse workers for helping restore a clean, safe environment for everyone.

Contact Anja and John: veseyward@gmail.com

Facebook/Instagram: VeseyNews

Simply School Supplies



Simply School Supplies is the new trading name of Uniform Reborn. Our mission is to distribute donated school uniform and supplies from the local community to families in the North Birmingham and surrounding areas.

Upcoming Events

Every 3rd Sunday of each month a scheduled pop up is held in conjunction with St Columbas C of E Church, Banners Gate, B73 6TX – 'Crafternoon' session that runs between 4 and 5pm.

Other pop ups will be advertised as and when they occur in the lead up to the new school year.

More Information can be found at www.simplyschoolsupplies.co.uk or contact us directly at enquiries@simplyschoolsupplies.co.uk



ALLOTMENTS

Allotments have been around for centuries, a simple plot of land rented and cherished by an individual typically used for growing vegetables.

Previously an allotment plot was measured in "poles" (rod, pole or perch), approximately 5.5yds long (5metres) now measured in metres and a standard allotment plot is approximately 400sqm. Some see their plot as a sanctuary, a place of therapy and peace of mind, where one can enjoy the simplicity of nature and wild life. There are frustrations with weather, climate and unwanted nature (bugs, viruses, moulds etc.,)

Boulevard Allotments, Wylde Green

The Boulevard Allotments were first recorded about 1919. Allotments really came into their own during WW2, when people were encouraged to "Dig for Victory"

They fell out of favour in the 70s/80s but became much more popular in the 2000s, Gardeners World influence? and now most allotment sites have a waiting list for people wishing to have a plot.

The Boulevard Allotment site is managed by the Boulevard Allotment Association (all volunteers), who manage the site on behalf of Sutton Coldfield Town Council. There are approximately 77 " plot holders " on site, some manage a full plot others half or quarter plot. Over the last few years, The Association has installed a Community Building, used for social events, schools and general meetings. The Association has also installed extra water storage tanks and a community polytunnel. There are beehives on site, again run by volunteers, who sell the honey produced by the bees. The sales contribute towards the upkeep of the site. Open days (this year Sunday 22nd June) are held on site, where the Association sells " spare " produce as well as cakes and other donated items.

Plans in 2025 include a refurbishment of the roads and car parks, this work will be financed by the Town Council.

Speak to the Town Council, if you would like to learn more about this rewarding hobby and getting an allotment plot in Sutton Coldfield.

Things people actually said in court and taken down into the formal record by court reporters

- Q: Are you sexually active? A: No, I just lie there.
- Q: What is your date of birth? A: July 18th.
- Q: What year? A: Every year.
- Q: What gear were you in at the moment of the impact? A: Gucci sweats and Reeboks.
- Q: This myasthenia gravis. does it affect your memory at all?
- A: Yes.
- Q: And in what ways does it affect your memory? A: I forget.
- Q: You forget? Can you give us an example of something that you've forgotten?
- Q: How old is your son. the one living with you? A: Thirty-eight or thirty-five. I can't remember which.
- Q. How long has he lived with you? A: Forty-five years.
- A. What was the first thing your hus-band said to you when he woke up that morning? A: He said, "Where am I, Cathy?
- Q: And why did that upset you? A: My name is Susan.
- A. Do you know if your daughter has ever been involved in voodoo or the occult? A: We both do.
- Q: Voodoo? A: We do.
- Q: You do? A: Yes, voodoo.
- Q: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning? A: Did you actually pass the bar exam?
- Q: The youngest son. the twenty-year-old, how old is he?
- Q: Were you present when your picture was taken?
- Q: So, the date of conception (of the baby) was August 8th. A: Yes.
- Q: And what were you doing at that time?
- Q: She had three children, right? A: Yes.
- Q: How many were boys? A: None.
- Q: Were there any girls?
- Q: How was your first marriage terminated? A: By death.
- Q: And by whose death was it termi-nated?

Our reliable milk man . . . Up at the crack of dawn and through rain, wind and shine and ice to bring our deliveries. - often attacked by blue tits, pecking through the foil caps to reach the gorgeous cream! But . . . When frozen solid, you had to wait for it to thaw before you could make a cuppa!!! But so useful to have a sturdy glass bottle once empty to water your house plants and always



shine with glistening cleanliness even put out for collection, complete with a little note with your requirements for next day! Much healthier than plastic bottles, imparting microplastic particles for us all to ingest!!! Rarely see a milkman any more - such a loss!!!

We all remember the bus conductor



Another blast from the past Tony !!!!! Do vou remember when we RAN to catch the bus, often jumping onto the platform whilst the bus was moving !!!! Wish I still had that athleticism now hey ?!!!!!! Pat x



FUNDING BULLETIN

Neighbourhood Development and Support Unit (NDSU)

FUNDING BULLETIN Neighbourhood Development and Support Unit (NDSU)







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

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

You may already be aware of / subscribed to our **NDSU Newsletter**, which shares information relevant to VCFSEs in the city - <u>read the June edition</u> <u>online</u>.

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

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

Recently we heard from <u>Victoria Road Evangelical Church</u> in Aston, who discovered the <u>Anchor Foundation</u> via our newsletter, they have been awarded £7500 for a retreat for 50 people to Yorkshire, to provide a refreshing getaway for the group that will foster community bonding, spiritual reflection, and shared responsibilities in a relaxed, countryside setting.

Kind regards

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

Learn more about NDSU



Feel good fitness - free event at Mercia Grange



BOOK NOW

Last Thursday of every month 2pm—3pm

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

Event: Feel good fitness

Date: Last Thursday of every month

Time: 2pm-3pm

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

4EH

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

Best wishes,

Rachel Mackay



Healthy eating and managing diabetes - free event at Mercia Grange



See next page...

...from last page

Wednesday 9th July 2025, 2pm - 4pm

In our interactive workshop, learn the science behind eating healthily with diabetes with interesting insights, practical tips, and simple food swaps. A chance to ask questions, sample healthier twists on classic recipes, and share experiences with other people living with diabetes in a relaxed group setting.

We will cover:

- Symptoms and possible causes of high blood sugar levels
- Problems caused by high blood sugar levels
- The Public Health England's 'Eat well plate'
- Recommended options from each food group
- Test your diabetes knowledge with our fun challenge and try delicious alternative recipes

Event: Healthy eating and managing diabetes - free event at Mercia Grange

Date: Wednesday 9th July 2025

Time: 2pm - 4pm

Location: [care_home]

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





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



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

But two rose bushes are growing well.





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

Book a household recycling centre appointment

Unite the Union is currently taking industrial action, which may impact collections and waste disposal.

See how this may affect your bin collections and what you can do with your waste.

If you would like to know more, you can find more details on our <u>Waste</u> and recycling industrial action - FAQ for residents page.

Sutton Coldfield

Norris Way, B75 7BB

Monday to Friday: 7:00am to 9:00pm Saturday and Sunday: 8:00am to 6:00pm

Booking

You can book:

- not less than 2 hours before the time you want to attend the HRC
- no more than 3 days before your visit

2 visits at the same time - these could be on the same day or in the same week

Your confirmation should be emailed to you within an hour. This email will tell you the 15-minute slot that you have been allocated. If you cannot see this email in your inbox, check your spam or junk folder.

When you have 2 visits booked, you can book further visits from the day after you have attended the first visit. For example, if you book for Monday and Thursday then you can book your next visit from Tuesday.

From Monday 12 May, the booking system will be temporarily removed from the Castle Bromwich HRC, and a pre-booked slot won't be required to visit the site. This is subject to change. You still need to bring proof of address to show you live in Birmingham. The booking system remains in place for the other 4 HRCs.

Book an appointment

You need to bring proof of address to show you live in Birmingham. This evidence could be:

- driving licence
- utility bill

Council tax bill - paper or digital

Read the instructions on the booking website carefully. For example, there are height restrictions at some sites.



"

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

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

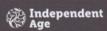
SUPPORT

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

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

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

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



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

independentage.org

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

StreetSafe

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

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

You can anonymously report behavioural or environmental concerns such as:

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

Visit Police.uk/StreetSafe

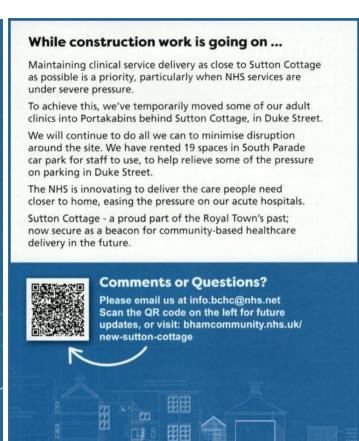
StreetSafe is not a crime reporting tool.

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



NW16022





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





comm**•**nitea cafe

part of Age Concern Birmingham

The Communitea Cafe is an accessible café situated within the Hawkesley Community Centre. It serves healthy food and drinks at a low cost. Social activities and events are offered to increase social interaction between different groups, creating stronger, friendlier local communities.



Adult Social Care drop-in clinics: 10.30 am-12.30 pm

For advice, support, guidance, signposting and information on the 25th of July

Mindfulness Meditation - Start your meditation journey with Ann, 11 am-12pm. Booking required.

Chuckles and Cheers Social Club 12.00-1pm

Chair Based Exercise by Inspiring Fitness - 12pm - 1pm

exercise for those over 55 who want to stay active and independent. Booking required.

Follow us on social media:-

Instagram - hawkesleycommunitycentrecafe Facebook - HawkesleyCommunityCentre

> Call us on **0121 399 0122** WhatsApp us on **07535 738 116**

or email us at hawkesley@ageconcernbirmingham.org.uk

Hawkesley Community Centre & Café What's On





AGE CONCERN Birminghan

Hawkesley Community Centre
51 Edgewood Road, Birmingham B38 9RN

The community centre is run and managed for the whole community by local independent Birmingham charity Age Concern Birmingham.

Monday

Advice and Information Drop-in: 10 am-1 pm from Birmingham Council Andrew Mullaney, Community Network Support Officer. For more information, please call: 07517590320

Easy Gardening - 10.30am-12.30 pm: This is a social gardening group where people can socialise and bond over their shared love of gardening.

Open House CIC -4.30pm-6.30pm activities for the youth Bounce Hawkesley - 7pm-7.45pm mini trampoline fitness for adults

You

CleanUp UK Litter Picking Hub at Hawkesley Community Centre You can borrow all the equipment you need for litter-picking adventures.

Tuesday

Line Dancing (by Friends First): 11am-12pm Come along and learn routines...free to attend

Chair Based Exercise by Inspiring Fitness - 11am-12pm

exercise for those over 55 who want to stay active and independent. Booking required.

3 Estates Youth Project - 3pm-6pm run by Birmingham City Council. Satori Martial Art - for children, 6pm-7pm

EXPLORE OUR SENSORY GARDEN

A sensory garden is a specifically designed outdoor space that encourages engagement with the five senses: sight, smell, sound, touch, and taste. It features plants and other elements chosen to stimulate these senses, creating an immersive and enriching experience for visitors, especially those with special needs or those seeking therapeutic benefits.

Wednesday

Dementia Carers Chit-Chatty Art Group: 10am-12pm

For people who look after someone with dementia.

Caring for someone? Need advice? Pop in and see an Advisor

Friends First Friendship Group/Lunch Club & Free Bingo: 1pm-2pm
Enjoy a £5 lunch special including a drink in our Cafe, renew old
friendships and make new ones. The Friends First Group start at 12.30.

Advice Café - 11 am-1:30 pm will be held on July 16th and July 30th. Lucy can provide you with information and guidance on a wide range of issues, including benefit checks and support with applications for blue badges, bus passes, and other relevant services.

Carer and Ex-Carer Support Group: 1.30pm-3.30pm

For anyone who provides care for a loved one or has done so in the past, come along and enjoy a variety of well-being activities.

Carers Hub Advice and Information Drop-In: 10am-12pm

System Fitness - 2pm-3pm Exercise for those over 50s who want to stay active and independent. Booking required.

Digital Advice - 12pm - 2pm on the 11th of June.

3 Estates Youth Project - 4pm-9pm run by Birmingham City Council

Thursday

B2W group Employability Drop in: 10am-12pm

Come and find out information about B2Wgroups Employability Programme and how it can help you find a job suitable to you. No booking necessary.

Waste Buddies - Community Litter Picking between 12pm-12.30pm (10th and 24th of July). Come along and help us to keep Hawkesley clean.

BCAT Art Therapy : 11am-1pm

Free weekly art sessions aimed at all abilities. Open to all adults.

Digikicks Computer Skills, Tea and Tinternet: 10am - 12pm. Beginners' computer skills sessions help those who've never used the internet gain confidence. Refreshments are available. Call Lewis on 07726 302 138 to sign up.

3 Estates Youth Project - 4pm-5pm run by Birmingham City Council. Bounce Hawkesley - 6pm-6.45pm mini trampoline

"ness for adults



FUNDING BULLETIN Neighbourhood Developm

Neighbourhood Developmen. and Support Unit (NDSU)







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

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

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

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

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

You may already be aware of / subscribed to our **NDSU Newsletter**, which shares information relevant to VCFSEs in the city - <u>read the April edition online</u>.

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

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

Kind regards

Neighbourhood Development and Support Unit (NDSU)

Neighbourhoods, City Operations, Birmingham City Council

Learn more about NDSU

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

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

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We part	iculari	v need o	annd c	mality.
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Clothes and Shoes

Bags and Accessories

Books, CDs and DVDs

Homewares

Toys and Games

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

British Heart Foundation

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

0121 355 5848

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

giftaid it

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

SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

Mondays:

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



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



Thursdays:

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



Fridays:

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



Monthly Parent Carer Breakfast Meetups and Coffee Mornings

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

SQUARE PEG Activities

www.squarepegactivities.org

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



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



£3 suggested donation

To book please email:
info@squarepegactivities.org

SQUARE PEG Activities Where square pegs fit in

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







Friends First

Safe local spaces to make new friends

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

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





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

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

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



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

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







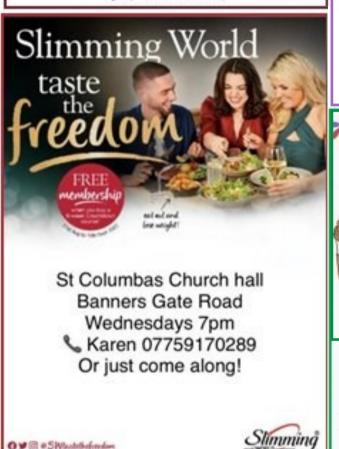
Under the new Friends First Project, Age Concern Birmingham are now able to offer their Befriending Service across Birmingham city.

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

Please contact 0121 362 3650 for more information if:

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





St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



Classes at St Columba's Church

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

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



slimmingworld.co.uk

Feeding our community in need

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

T: 07869 822502 E: <u>info@hopefood.org.uk</u>

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

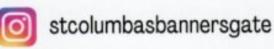
https://www.justgiving.com/hopefoodnb

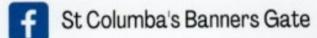
Hope Food – North Birmingham. A charitable incorporated organisation registered in England. Charity registration number 1195019. Registered office 407 Jockey Road, Sutton Coldfield B73 5XH

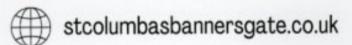
Church@4 a relaxed time for adults and children together

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

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







All are welcome - there is no charge for anything

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

Both physically & mentally, especially as we get older"



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

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

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

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

New Oscott Village Gym

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

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





ADVICE

COFFEE MORNING

ARE YOU 50+ AND LOOKING TO SOCIALISE?

JOIN OUR COFFEE MORNING WITH THE COMMUNITY

NAVIGATOR AND EXPLORE LOCAL

SUPPORT AND ACTIVITIES!

CONTACT RANJAN HOATH FOR MORE INFORMATION

DATES

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

10-12PM

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

FUNDED BY





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

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

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

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

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

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

Eric Jones

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







New Oscott Village SPECIAL SUMMER OFFER!

START TRAINING TODAY

Special offer for Banners Gate forum subscribers

Get 7 months for the price of 6

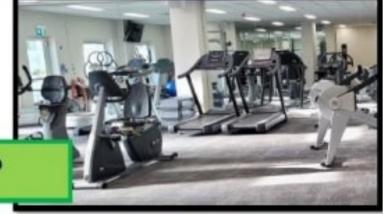
or

14 months for the price of 12

Monthly memberships

also available

Come and have a look around



Why Choose Us?

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

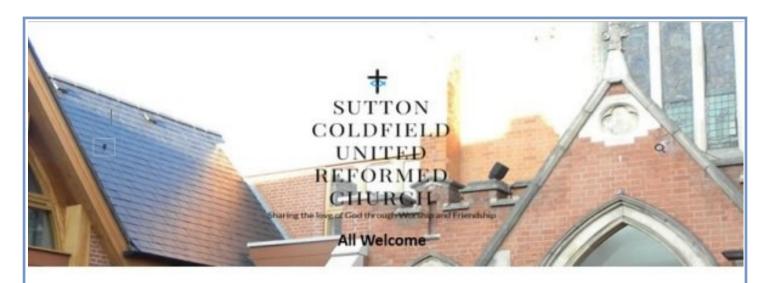
- ☆ Tailored Programs for Every Level: Our expert trainer understands the diverse needs of individuals. We offer personalized fitness programs catering to various fitness levels, ensuring everyone feels comfortable and supported on their wellness journey.
- Flexible Membership Options: We understand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

ExtraCare
Charitable Trust

0121 377 5000

Jackie.Taylor@extracare.org.uk

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



GROWING OUR COMMUNITY TOGETHER



CAFÉ OASIS

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



So many Activities and Services for you!

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

FOOD4U FOODBANK

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

food4u@scurc.org.uk

Telephone or email us at:

0121 355 1217

cafe.oasis@scurc.org.uk

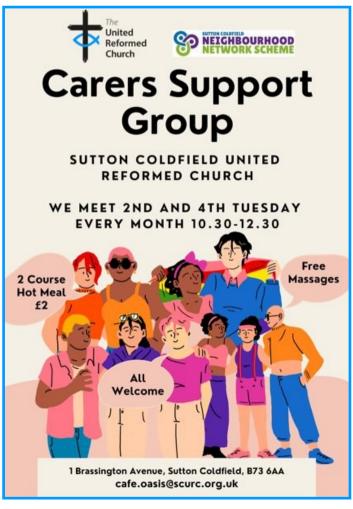
Find out more by visiting us:

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

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









I know some of you are allergic to puns so blame Margaret D. The rest are thanks to Hazel.



- 1. Justin Fletcher is better known by children as which TV character?
- 2. What is the only number that when written in English has all the letters in alphabetical order?
- 3. What is the capital of Switzerland?
- 4. In My Fair Lady, what was the occupation of Alfred, Eliza Doolittle's father?
- 5. Which city hosts the Australian F1 Grand Prix?
- 6. Which is the oldest university in the USA?
- 7. In which English county would you find Blenheim Palace?
- 8. Who in 1946 wrote the book "The Common Sense Book of Baby and Childcare"?
- 9. What exactly is Dry Ice?
- 10. What animal was artist George Stubbs famous for painting?
- 11. What was the name of the plane in which Charles Lindberg flew solo across the Atlantic?
- 12. The Agatha Christie novel "The Murder on the Links" featured which detective?
- 13. What is the home of a squirrel named?
- 14. Casterly Rock and Kings Landing are places in which cult TV show?
- 15. How are binary numbers expressed?
- 16. Which British fashion designer launched the mini-skirt?
- 17. Calcio is the Italian word for which sport?
- 18. Which Gilbert and Sullivan operetta had the alternative title "The Lass That Loved a Sailor"?
- 19.In which English city is Strangeways prison?
- 20. What military rank did James Bond hold?

I. MINTOLES 2. FORTY. 3 BEING. 4. PUSÉMAN. 5. MELBOUINE. 6. HAWAID

12. SPÍNÍE OF SE LOUÍS. IS. HEVOULE POÍVOÈ. IS. A DIEY. IA. GAME OF Thrones.

13. OXFORDSHÍVE. 8. DY BENJAMÍN SPOCK. 9. SOLÍD CAIBON DÍOXÍDE. IO. HOYSES.

15. OXFORDSHÍVE. 8. DY BENJAMÍN SPOCK. 9. SOLÍD CAIBON DÍOXÍDE. IO. HOYSES.

16. MANONESEEY 20. COMMANDAEY (ROYAL NAVY).

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

This ovalshaped, braided thing found in a box of antiques:

"A seal from a formal document of some sort. There are some pretty similar examples here."

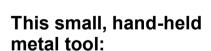




1

This slimy, orange goo covering some tree stumps in Germany:

Fusicolla merismoides is an orange fungus that can grow on tree sap." That is a fluxy stump! Its cause is that the roots aren't completely dead and send sap up, and there's a complex colony of microbes living off the sap."



Looks like an <u>antique</u> <u>knotter</u>."











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







Accessibility - Flat

Yes

Volunteer with FoodCycle!

DANCE ARGENTINE TANGO



with Franco & Julia

Now at: Oscott Social Club Witton Lodge Road. B23 5LX

Thursdays 8.30—8.45pm

Fundamentals and techniques with practise time

8.45-10pm

With practise time Improvers / intermediate level Taking your tango to the next level

Please wear non-rubber sole shoes



Contact: Julia 0779 008 4218

Answers from page 40

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



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



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

28th and 29th June 2025

10am - 4pm

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

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



www.suttoncoldfieldarttrail.wordpress.com

BTD

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







Are you interested in Art?

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

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

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

suttoncoldfieldsocietyartists







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

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

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



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



ABSOLUTE BEGINNERS TO IMPROVERS WILL LOVE THIS COURSE!



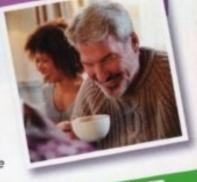
"The comprehensive introduction to a wide range of techniques means everyone can find their medium" Gerry, Burford Branch



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



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



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

STRICTLY LIMITED PLACES
CALL NOW

SIP 'N PAINT

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



Location:

St James Church Centre 59 Mere Green Road B75 5BW

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

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







Sutton Coldfield Photography Club





The friendly club

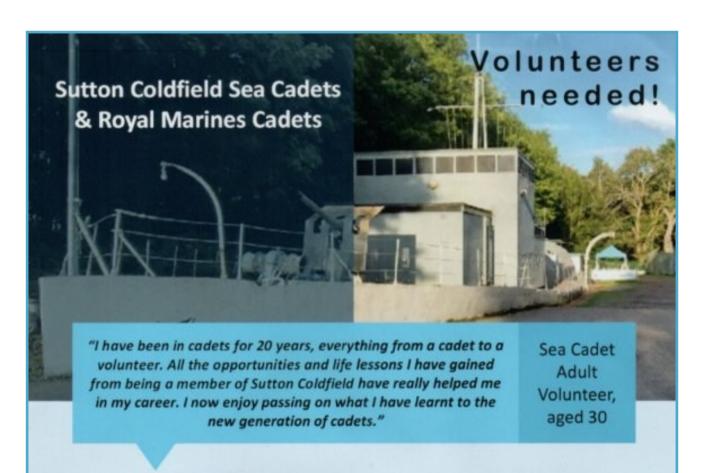
All visitors and new members welcome at any level of experience. We have a varied programme of talks, competitions and activities.





We meet on Friday evenings from September to April at: South Parade Methodist Centre Sutton Coldfield B72 1RB Contact us at
mail@suttonphoto.club
Find us at
www.suttonphoto.club
or scan the Flowcode here

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







Gain new skills and qualifications.





Develop leadership and teamwork abilities.





Make a positive impact on young lives.



admin@suttoncoldfieldseacadets.com



www.sea-cadets.org/suttoncoldfield





Tyler Shaw (She/Her)

Delivery and Outreach Coordinator

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

tyler@squarepegactivities.org

0121 824 0508 07782 171 954

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

www.squarepegactivities.org

(f) (iii) @squarepegcharity

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

Funded by











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

Working in conjunction with



View in browser



NDSU NEWSLETTER

Working together in Birmingham's neighbourhoods







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

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

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

Our one year anniversary newsletter includes;

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

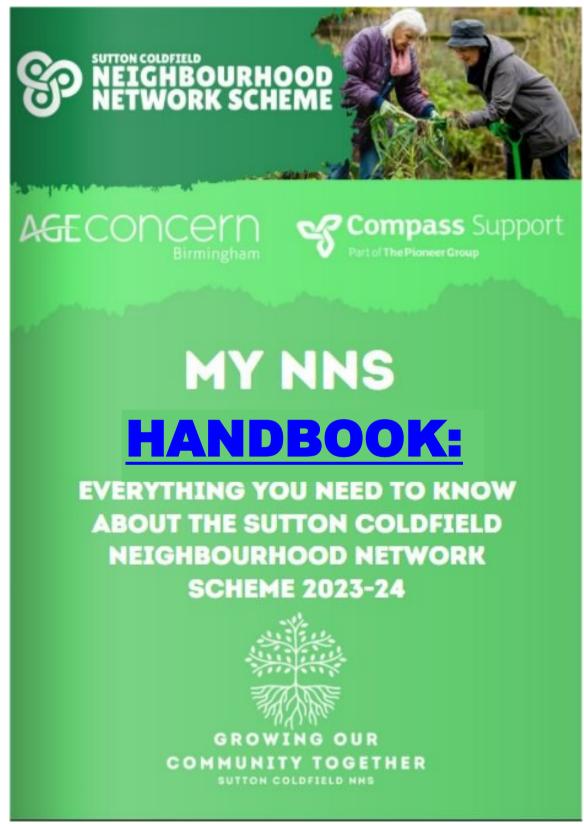
Kind regards

Neighbourhood Development and Support Unit (NDSU)

Neighbourhoods, City Operations, Birmingham City Council







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

https://birmingham.connecttosupport.org/



UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello Sutton Coldfield Community!

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

Sowhat's new?

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

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

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

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





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

EASY LIVING MOBILITY.

EASY LIVING T 0121 350 7415







MOBILITY.

ASK ABOUT OUR HOME DEMONSTRATIONS -

0121 350 7415











Saving Service

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

HOW IT WORKS:

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

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

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

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

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

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

Call us now on 0800 060 7567

www.applyforleap.org.uk

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



ARE YOU ELIGIBLE?

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

· receive Housing Benefit

disability related benefit

· receive an income or

· have a low income

· receive tax credits



LOVE TO PLAY

ROLE PLAY SESSION

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

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

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







Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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

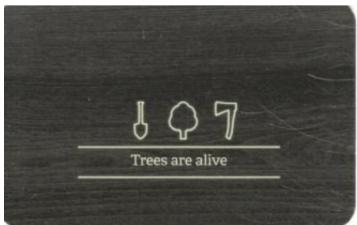
Tribunal Representation

















Action Fraud Alert: rise of extortion phishing email reports

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



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

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

Continued on next page ...

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

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

What to do if you receive an email like this:

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

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

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

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







Supporting Young People Away From Violent Crime



#Sceptre

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

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

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

Remember in an emergency, call 999.

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







U Cycle park 🖑



Help us reduce knife crime

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

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

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

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

Remember in an emergency, call 999.

Commissioner (westmidlands-pcc.gov.uk)

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



Message Sent By

Stefanie Sadler

West Midlands Police, Engagement & Consultation Officer, Birmingham

Partnerships)







Got a delivery you weren't expecting?



Continued on next page...

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

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

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

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

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

Remember in an emergency, call 999.









Police Museum - What's On

Hello Tony

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

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

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

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

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

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

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

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

Click on the links to get your tickets

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

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

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



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

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

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

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

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

This event is over 18's only

Click on the link to get your tickets

The Macabre Museum- Stories of Murder and Mayhem - (west-midlands.police.uk)

Tickets are priced from £15

The Macabre Museum- Stories of Murder and Mayhem





Message Sent By Stefanie Sadler

(West Midlands Police, Engagement & Consultation Officer, Birmingham

Partnerships)







Phone Scams

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

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

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

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

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

Protect: Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud here: <u>Action Fraud</u>

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

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

Attachments

Phone Scams Booklet - Final.pdf



Message Sent By

Stefanie Sadler

(West Midlands Police, Engagement & Consultation Officer, Birmingham

Partnerships)







New quishing alert: £3.5 million lost last year to fraudulent QR codes

Action Fraud is urging people to look out for rogue QR codes, after 784 reports of 'quishing' were made to Action Fraud between April 2024 and



April 2025, with almost £3.5 million lost.

A new alert has been issued by Action Fraud, warning about quishing, a form of phishing where a fraudulent QR code is scanned, designed to steal personal and financial information. The warning encourages people to stay vigilant and double check QR codes to see if they are malicious, or have been tampered with, before scanning them online or in public spaces.

Claire Webb, Acting Director of Action Fraud, said:

"QR codes are becoming increasingly common in everyday life, whether it's scanning one to pay for parking, or receiving an email asking to verify an online account. However, reporting shows cyber criminals are increasingly using quishing as a way to trick the public out of their personal and financial information.

"We're urging people to stop and check before scanning QR codes, to avoid becoming a victim of quishing. Look out for QR codes that may have been tampered with in open spaces, or emails and texts that might include

...continued from last page

rogue codes. If you're in doubt, contact the organisation directly. You can follow our advice on quishing, on our website at www.actionfraud.police.uk to help protect yourself."

Action Fraud can reveal that quishing happens most frequently in car parks, with criminals using stickers to tamper with QR codes on parking machines. Quishing also occurred on online shopping platforms, where sellers received a QR code via email to either verify accounts or to receive payment for sold items.

Reports also showed phishing attacks were taking place impersonating HMRC, or other UK government schemes, targeting people with QR codes designed to steal personal and financial details.

What can you do avoid being a victim of quishing?

- QR codes used in pubs or restaurants are usually safe to scan.
- Scanning QR codes in open spaces (like stations and car parks) might pose a greater risk. Check for signs that codes may have been tampered with (usually by a sticker placed over the legitimate QR code).
 If in doubt, do not scan them: use a search engine to find the official website or app for the organisation you need to make a payment to.
- If you receive an email with a QR code in it, and you're asked to scan it, you should be cautious due to an increase in these types of 'quishing' attacks.
- Finally, we recommend that you use the QR-scanner that comes with your phone, rather than using an app downloaded from an app store.
- If you receive a suspicious email, report it by forwarding it to phishing@report.gov.uk
- Find out how to protect yourself from fraud: https://stopthinkfraud.campaign.gov.uk
- If you've been a victim of fraud, report it at www.actionfraud.police.uk or by calling 0300 123 2040. In Scotland, contact Police Scotland on 101.









New Year, New Career? Join West Midlands Police!

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

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

Why join us?

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

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

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

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

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

Apply now and start your journey with West Midlands Police.

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

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

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



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

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

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

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

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

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

What to do if you receive an email like this:

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









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

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

Trusted to care.



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





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

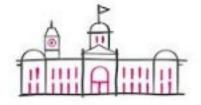
To discover everything you need to know about the Sutton Coldfield Neighbourhood Network Scheme as a whole, you can also read our NNS Handbook at https://www.calameo.com/read/00067546760ea7e9396a0



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

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

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









What's On at Streetly Community Library Spring 2025



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

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

1st Wednesday of each month 11-12 Adult Reading Group
2nd Wednesday of each month 10.30-12 Poetry Group
3rd Tuesday of each month 11-12 Crime Club Reading Group
3rd Wednesday of each month 10-12 Knit, Stitch and Chat
Every Wednesday 10-12 Knit, Stitch & Chat Extra—
drop in with your current project or just enjoy some company
Every Friday during term time 10.30-11 Story & Rhyme Time

Every Friday 10-11.30 Reading Friends Social Group—join us for a cuppa and a chat
Every Saturday 1-3 Board Games Afternoon—something for all, drop in and play

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

3rd Tuesday of each month 2-4 Resilient Communities Advice Surgery for Voluntary &

Community Organisations - no appointment needed

Saturdays 10-12pm Mental Health drop-in,

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

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

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

Saturdays 2.30-3pm—Saturday Story Time

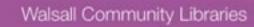
17th May, 14th June, 26th July, 6th & 20th Sept, 18th Oct

Saturdays 11-12.30 Lego Fun

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

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

01922 654864 streetlylibrary@walsall.gov.uk







Story & Rhyme Time

Every Friday in Term Time 10.30-11am and

Saturday Story Time

Every other Saturday from 5th October at 11am

at Streetly Community Library

Blackwood Road, Streetly, B74 3PL

01922 654864 streetlylibrary@walsall.gov.uk

Birmingham's Mobile Library Service

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

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

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

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

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

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

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

Phone: 0121 464 6171 Mobile: 07766 923344

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

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library













Kingstanding Library



developing communities, changing lives

Employability and Digital Skills Programme

unemployed and looking for work? We can help!

Our Employability and Digital Skills Programme offers support in:

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

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

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



Scan to learn more about our services:



w.birminghamsettlement.org.uk Registered Charity: 517303

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

Find us:

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

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

Active Wellber



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

Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



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



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

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

It's Free!



SPORT ENGLAND

See next page

Share Shack



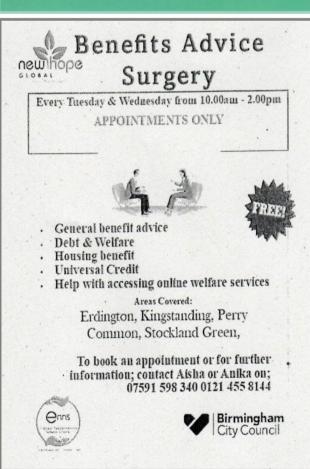


Need help with your daily housework chores?

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

Flexible, reliable, trustworthy and with complete discretion.

Call Jackie, local ex-carer. Telephone 07847 501696





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

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

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

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

- heated and free to access

The services at each space will vary but may include:

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

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

www.birmingham.gov.uk/warmwelcome

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

Benefits and Money Advice:

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

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

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

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

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

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

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

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

To find a foodbank or other food support please visit

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

Healthy Start card

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

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

To find out more and way to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

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

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

More Information Available

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

Other Support Available

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

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

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

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

Stop Loan Sharks

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

Turn2Us

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

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

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

The Active Wellbeing Society

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

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

Spitfire Services

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



Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

"Make a difference today!

Hands-on frst aid sessions for 14 - 25s



For more information visit www.sja.org.uk

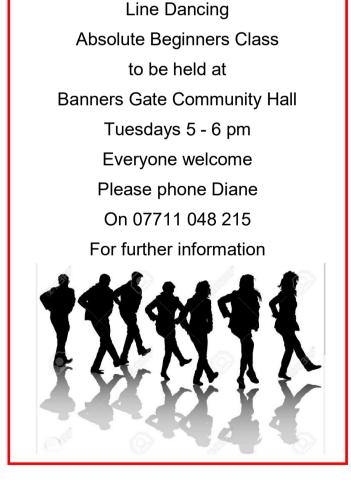


FREE first aid sessions in your local area

















Let your inner beauty emerge

Heal & Transform

Reiki Practitioner Transformational Mindset & Trauma-Informed Coach







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

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

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

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

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

Do you need guidance to a problem you are facing?

Would you like help to identify and set life goals?

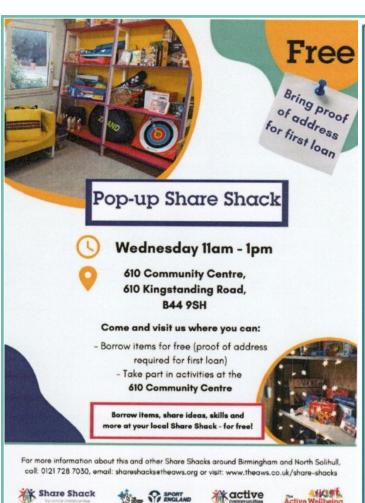
If these questions resonate with how you are feeling, Heal and Transform can offer you a number of services to help support and guide you to reach your goals.

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

To find out more please get in touch.

Telephone: 07773845454
Email: healandtransform@yahoo.com

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







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





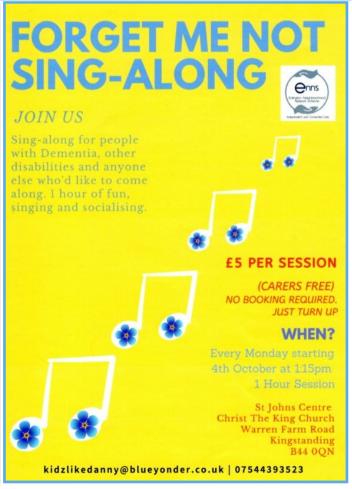
Home visiting Podiatrist



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

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

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





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

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

Shop

Join

RSPB Wildlife Enquiries takeover – your questions answered

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

Find the answers



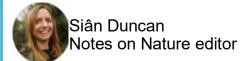
havens are home to an incredible 18,500 species. In a special report, we look at how populations of species like the Spoonbill and Great White Egret are growing, as well as how conservation efforts are helping Red-listed Ringed Plovers and Roseate Terns.

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

No future without nature

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

Thank you for supporting birds and other wildlife,





Scam Alerts

Safer online shopping after a cyberattack

Recent high-profile cyberattacks on businesses including Marks & Spencer and Co-op may have left you nervous about sharing your data when shopping online.

We look at the measures shoppers are taking to protect themselves and share some simple tips to keep your data safe and avoid scams.

Watch out for scams in Google ads

Dodgy websites are appearing at the top of Google search results, targeting drivers who are looking to pay the daily Ultra Low Emissions Zone (ULEZ) charge.

Search queries on Google for 'pay ULEZ charge' have been found to generate sponsored search results for websites that aren't affiliated with TfL and that could leave you vulnerable to scammers. We explain how to spot and avoid these suspicious sites.

Trending tax refund scams

Scammers impersonating HMRC are nothing new, but we've noticed that P800 (tax refund) scams are trending. This may be a result of scammers taking advantage of reported delays to tax refund requests.

Fraudsters might contact you by phone, text or email, but the real HMRC will never ask for your bank account details. We round up the warning signs to look out for.

Scam sharer tool

<u>cam sharer tool.</u> Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

Which? Scam Alert Team

P.S. Please share this information with your friends, family and neighbours – anyone who may find it helpful. Alternatively, they can <u>sign up here</u> to receive this directly to their inbox.

Which?

Holiday villas that don't exist

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

Latest scams doing the rounds

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

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

A convincing copycat website

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

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

Scam sharer tool

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

Which?

Scam Alerts

Sim-swap scammers exploit weak email security

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

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

How to block spam emails for good

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

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

Watch out for fake eBay emails

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

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

Scam sharer tool

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



Fake shopping ads on Google

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

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

When data breaches lead to scams

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

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

Task scams are circulating

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

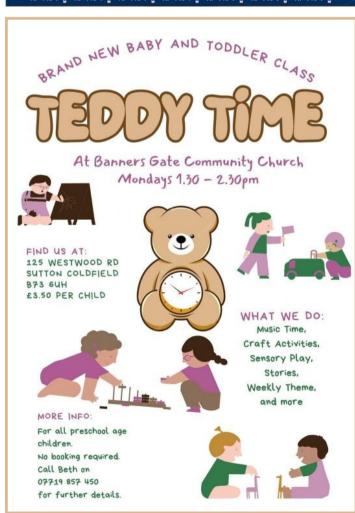
We've seen a recent example of this type of scam which claims to offer as much as £800 for carrying out simple tasks on eBay. Find out what to look out for and the tactics job scammers use to lure in victims.

Scam sharer tool

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











G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers. We also have a soft play for the 0-2 years old. To find out available dates please contact us on the following:
Facebook: Gandt party-hire Instagram: gandt_partyhire

Sunday running club

A RUN CLUB LIKE NO OTHER



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

Email: Gandtpartyhire@hot mail.com

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

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

Best wishes.

Grant & Natasha

Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS









TO BOOK YOUR PLACE PLEASE CONTACT







CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE!



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

01675 470105 07796 546172

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

Blythe Cottage, Dexter Lane Hurley, Atherstone CV9 2JQ

01675 470 105 / 077965 46172





...Your tech problems solved

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





Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team ?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/ budgeting



Personal care/ Dressing yourself



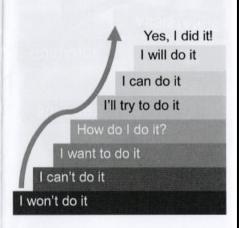
Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



developing communities, changing lives

Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding



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

www.birminghamsettlement.org.uk

Registered Charity: 517303







THE WALKING GROUP IS BACK!



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

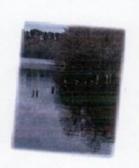
Anyone affected by Cancer is welcome.

All abilities catered for.

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











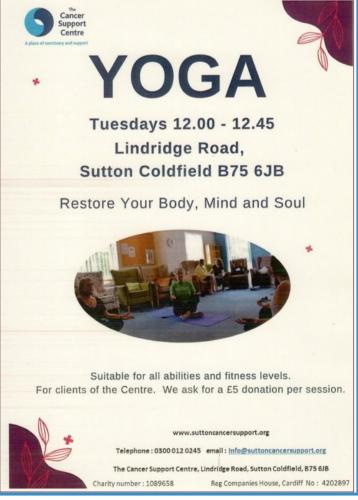
Come and learn new things about yourself, learn ways of helping yourself to stay well, have fun and meet new people!

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

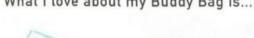
The Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 6JB

Website: www.suttoncancersupport.org

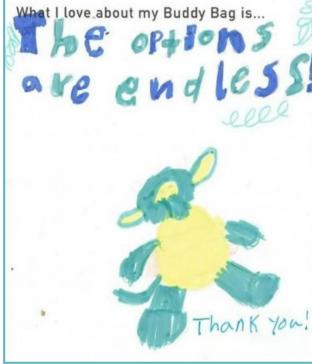
Telephone: 0300 012 0245 email: info@suttoncancersupport.org

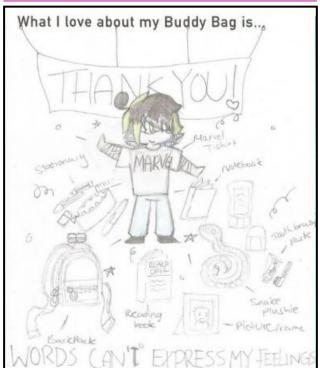












Ask your Four Oaks Financial Services Ltd adviser about our Lifestyle Financial Planning Service - we will be happy to show you how our cash flow modelling software can predict your financial future.



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

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity foundation

MEMBER 2021 buddy bag

FT ADVISER

TOP 100 FINANCIAL ADVISERS

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

Registered in England and Wales, Registered Number 4814506

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

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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

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

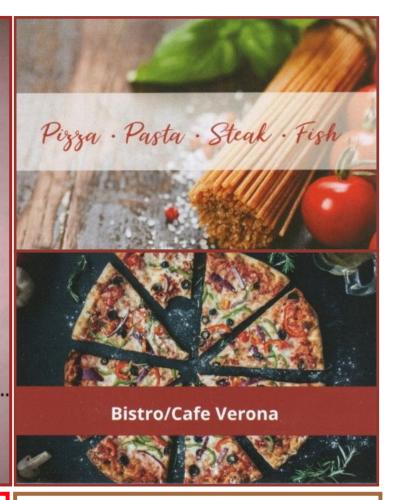
NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



SUTTON COLDFIELD JAZZ CLUB

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

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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

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

https:/

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

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

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

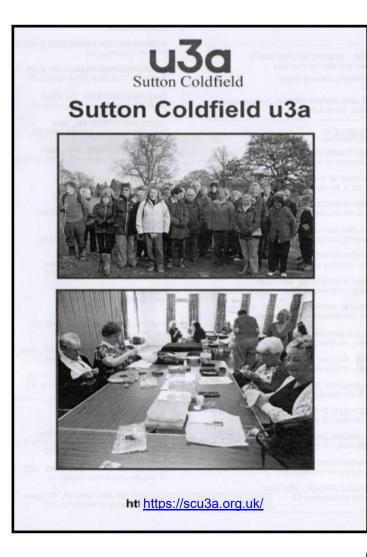


For more details, please see our Facebook Page as listed below: https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/

Or Contact: Sandra on 07932-395158









Who do you think you are?

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

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

Why not contact:

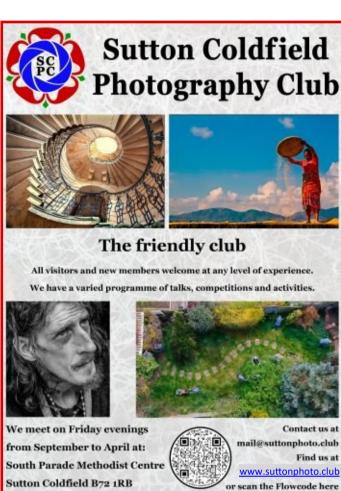
Sutton Coldfield U3A Genealogy Group

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

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





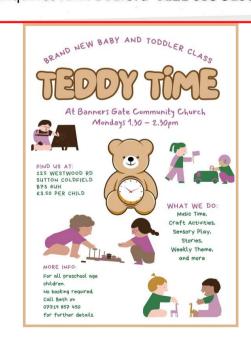


CYCLE-WITH US

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

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

Enquiries John Bedford 0121 353 5136



BIRMINGHAM COMPUTERS & COMPONENTS

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

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

0121 270 6180

www.birminghamcomputershop.co.uk

We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon
At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

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







STREETLY FLOWER ARRANGERS' CLUB



We meet monthly second Tuesday 2.15pm - All Saints Church Hall, Foley Rd East, Streetly B74 3EX.

We had a good show of Eastern promise on Tuesday from Minh Lane.

Minh originates from Vietnam. She tells some very interesting stories and used some very different materials like banana leaves, bamboo, orchids and proteas in some very unusual containers.

Next meeting - Tuesday 8th July - Demonstration with Marie Bradley 'Summer Fun'.

We are a friendly, enthusiastic Club and visitors are always welcome - why not join us?

Further details: Chris Reeves tel 0121 354 6264.





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

Come and join us at

"The Royal Sutton Coldfield Fuchsia & Gardening Guild"



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

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

Banners Gate Community Church, Westwood Rd, B73 6UH

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

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

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

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

See photos on next page.



Sutton Coldfield

Trinity Quilters



Interested in Quilting?

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

Everyone will receive a warm, friendly welcome

Join us for Quilting Inspired.....

Talks, Demonstrations, Workshops by Professional Quilters & Textile Artists

Annual Coach Trips

Malvern Spring Quilt Show Summer Outing to Fabric Outlet



Email: trinity.quilters@gmail.com

Sutton Coldfield Trinity Quilters

Monthly Meetings (except Aug/Dec)

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

Guests Welcome

Non-members £6 entry

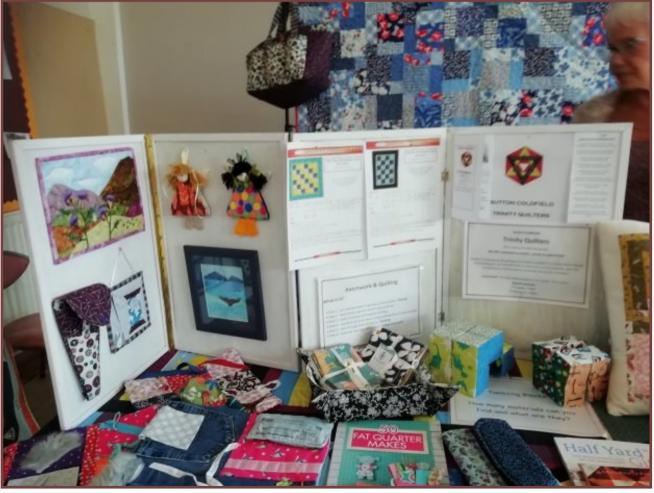
Membership includes

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

> Trinity Centre Off Mill Street Sutton Coldfield B72 1TF









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





COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

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

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

NEIGHBOURHOOD AGE CONCEYN

Everyone welcome

Gardening Group

Help us grow fresh produce for the cafe

Sunnybank Road Allotments, Boldmere

Meet our Neighbourhood Networker

CONTACT Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk





Angel beads ltd,

Melanie Wright

07490133151

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



Other Support

Birmingham and Solihull Women's Aid

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

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

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

Step Change

0121 227 6540

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

Central England Law Centre Accredited immigration and asylum

enquiries@centralenglandlc.org.uk

0121 213 5893 | www.asirt.org.uk

www.centralenglandlc.org.uk

advice. Legal advice to access services and financial support

Advice on immigration and support options for people facing destitution because of the precarity of their immigration status

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

Asylum helpline available 24/7/365 and

accessible to all asylum seekers in the UK Asylum helpline: 0808 8010 503

ASCorrespondence@migranthelpuk.org www.migranthelpuk.org (Webchat available)

& education, resettlement and citizenship 0121 374 0140 | infobham@rmcentre.org.uk

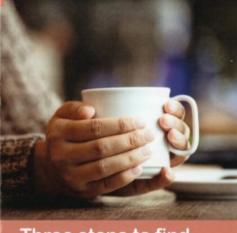
e Refugee and Migrant Centre Advice on immigration, housing & destitution, welfare & health, employment

Support is available in Birmingham

money?

about

Worrying



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options @@ @

My money doesn't stretch far enough

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

See option 00

I have debt

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

See option (6)

I am waiting on a benefit payment or advance

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

See options @ @



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.

For Migrants, Asylum Seekers and Refugees

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













www.rmcentre.org.uk

























Step 2: What are some options?

Ocuncil Support Schemes

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

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

Maximise Your Income

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

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

Benefit Advance

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

6 Hardship Payment

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

Challenge a Decision

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

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

BIRMINGHAM CITY COUNCIL

enquiries@bcabs.cabnet.org.uk

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

Help with options: 1 2 6 6

www.bcabs.org.uk



Advice on benefits, debt, housing and more

Help with options: 1 2 3 4 6 6

Help with options: 1 2 3 4 6 6

Benefit, debt and housing advice

0121 453 0606 www.theprojectbirmingham.org





BIRMINGHAM SETTLEMENT

www.birminghamsettlement.org.uk

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

Help with options: 1 2 3 4 6 6



SPITFIRE SERVICES

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

Help with options: 1 2 3 4 6 6







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

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

Help with options: (3)

DISABILITY RESOURCE CENTRE

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

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

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

Help with options: (6)

WARMER HOMES WEST MIDLANDS

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



Stop Loan Sharks

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

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

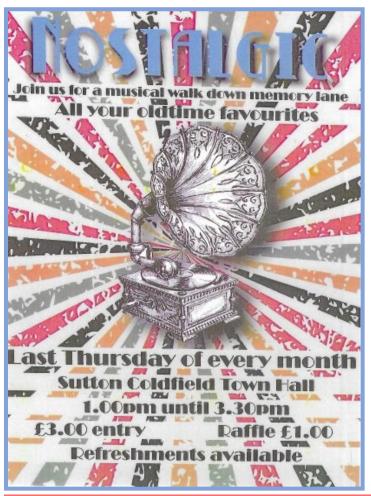
www.applyforleap.org.uk Age UK Birmingham

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

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

www.birminghammind.org







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

food and prepare food bags. We would need access in the day and evening Monday to Friday. We run 3 food banks weekly in Erdington, Falcon Lodge and Mere Green. If anyone has any premises with vehicle access that they would think would suit us, please get in touch. Thank you.

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

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

https://link.justgiving.com/v1/charity/donate/ charitvld/3143929?

tipScheme=TipJar2.1&reference=givingcheckout ti 21

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

Registered office 407 Jockey Road, Sutton Coldfield B73 5XH





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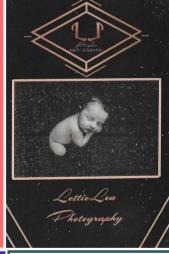


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Email: info@cw-sec.co.uk Website: www.cw-sec.co.uk



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- · Income-related Employment and Support Allowance
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- · Universal Credit (witha family take-home pay of £408 or less per month).

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

Sign up today www.healthystart.nhs.uk

or telephone 0345 607 6823









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Memory Cafes

Do you know someone living with memory loss?

Every Monday 10am-12noon

Erdington Methodist Church,

Station Road

Every Tuesday 10.30am - 12.30pm

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

All attendees must show proof of both covid vaccinations

> Every Thursday 10am - 12noon

Streetly Methodist Church Thornhill Road Streetly, B74 3EH

Every Monday "Musical Memories"

2pm - 4pm

Sutton Coldfield Methodist Church

South Parade, B72 1QV

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

"Friends on Fridays" 10.30am - 12.30pm

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

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

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



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

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



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





Cafe Oasis

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- Online with zoom (face-to-face if CV19 allows)
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- Taking on students
- jsw7fr@hotmail.co.uk



Do you want to learn Mandarin Chinese?

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

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

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



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

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

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

Where:

Walsall Arboretum Visitor Centre steps

Ambassador:

Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

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

info@5kyourway.org | @ www.5kyourway.org | @ @5kyourway

Don't forget to register with us her www.5kyourway.org/register

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Pregnancy YogaLates





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 - Neuralgia
 - Sports injuries

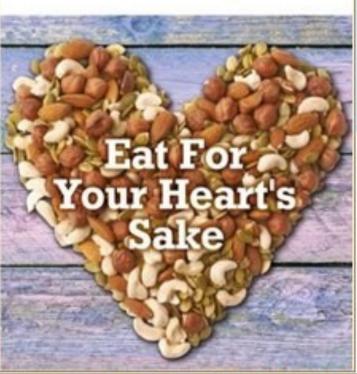
Call or email me for any questions or appointments on; 07855389528 or stephiescostoopathy@hotmail.com

The Clarence Spa, 312 Clarence Road, 874 4LT











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Worship and Communion Service Sunday 10:00am

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

Please look for the Beacon Room - Everyone welcome

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

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at the Gate with K & S CREatE

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

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





we are here to listen, call today

Val: 07964 213 229 / Kellvanne: 07986 952 546

New Horizons Counselling Services.

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

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

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

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

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

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

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



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





HATHA YOGA

Banners Gate

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Beginners class £5.50 per session

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Email: suttoncoldfield@babysensory.co.uk

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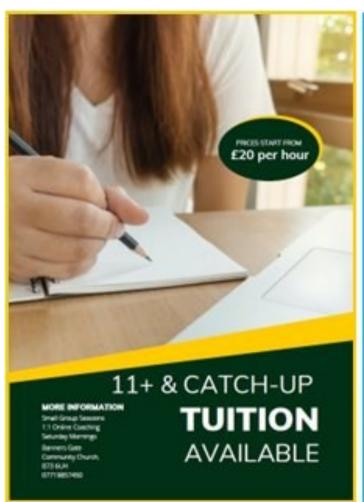
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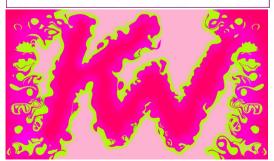




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Hall letting for St Columba's Church.

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

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

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All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

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

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

https://www.bannersgatechurch.com/

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

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on



01543 480151



Banners Gate Community Association

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



<u>welcome</u>

what's on

hire our hall

view our hall

committee

contact

<u>links</u>



Welcome to Banners Gate Community Hall & Association

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

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

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

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

If you need any information please message on 07964 213 229





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

For details see website at <u>www.stcolumbasbannersgate.co.uk</u> <u>www.bannersgatecnurch.com</u>						
DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.		
Sun (last) 10.30 –2.30 pm 10.00 am 10.30 am (fortnightly) 11.00 am 7.30—8.30pm	Family Communion Sunday Gathering Chikara Karate Kai Soul Yoga –last Sunday	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston Nigel Willis Paul Murphy Cath Hussey O7837	628 6651 354 5873 353 0230 39 57 89		
Mon 11.00 to 6.45pm 7.30 – 9.00 pm	Sign Language Classes	Community Hall Community Hall Community Hall Community Hall	Shakila Kosar Shakila Kosar Shakila Kosar Diane Pursall	255042 255042 255042 747 4659		
Tues 9.15 - 2.00pm. 3rd Tues 9.15 - 12.00pm 11.45am - 12.45pm 6.30 - 9.00 7.45 pm	Soul Yoga Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge Dave Cockbill Neil Rankine O7721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89		
Wed 9.30, 11.00 &12 10.30 - 12.00 6.30 — 7.30 7.00 pm	Guide Dog Training Dance Fitness	Banners Gate CC Community Hall Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89		
Thurs 10.00—11.00 am 7.30 on last Thursday 6.30 – 9.45 pm (3rd of each month) 7.00 pm	Yoga Neighbourhood Forum Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Tony Willis Warren 01902 Janice Jones 07955	40 39 43 605 4947 897 900 65 59 10		
Fri 11.30 - 3.30 5.00—6.30pm 7.00 - 8.00 pm	Sign language Classes Repertoire Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall	Shakila Kosar 07825 Chloe Lloyd 07729 Shakila Kosar 07825	25 50 42 47 79 46 25 50 42		
Saturday 9—10am	Soul Yoga	Community Hall				

Useful telephone numbers

Sutton and Kingstanding

Police: 101

Good Hope: 424 2000 Outpatients: 424 2000 NHS Health helpline: Call 111 it's 24/7 Citizens Advice 03444 111 444

BANNERS GATE COUNSELLING CENTRE

Accessible and Affordable Counselling to Adults in the Community. The Upper Room St. Michael's House 198 Boldmere Road Sutton Coldfield Tel: 0121 354 6544 For information or an appointment please ring after 10 a.m. daily, except Wednesday

Banners Gate Community hall Coffee Mornings The next is on 17th June starting at 9.30a.m. until noon, please note new times.

BOOKING SECRETARIES:

Community Hall mobile: 075 65 54 68 21
Banners Gate CC - Nigel Willis 07711 284562
St. Columba's - Alison Jolley st.columbahall@yahoo.com
Cout Hall - A & R Talliss 353 8166

UNIFORMED ORGANISATIONS:

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

The Townswomen's Guild

Thurs. 17th July Medical Detection Dogs NO MEETING IN AUGUST

Our vibrant Guild meets on the 3rd Thursday of the month, 7.00 - 10.00 in the Westwood Hall, Banners Gate Community Church. Janice Jones 07955 65 59 10

Monday

Banners Gate Community Church

Westwood Road, B73 6UH

We meet weekly on Sunday mornings from 10.30am for fellowship, worship, prayer and learning together in an informal setting, with other gatherings throughout the week.

To find out more visit our website at www.bannersgatechurch.com.

St Columba's Church

Coffee Morning

Every Friday of the month

10.00 - Noon

All Welcome

The 18th Sutton Coldfield West Scout Group and the 15th Sutton Coldfield West Scout Group have merged and are now named the 33rd Headquarters are at the Scout Hut, Coppice View Road. B73 6UE.

33rd Sutton Coldfield Scout Group,

H.Q. Coppice View Road

Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years Tuesday

Beavers 5.40 p.m. - 6.40 p.m. ages 6 - 8 years

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

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com

Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100 Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure girls in Banners Gate aged 10 - 14 can continue to enjoy games, projects, badges and outings at Guides.

There are also places available in both Brownie units in September for girls aged 7 or 8. For more information contact Carol Gardner on 350 7191.

	Day/Times	A =4:. ::4	Manua	Comtont	Tal
	Day/Time	Activity	venue	Contact	Tel
Girlguiding UK	Day/Time Mon 6.00 - 7.30pm	39th Brownies	St Columba's Hall		354 5873
	Tues 6.00 - 7.30pm	45th Brownies	St Columba's Hall	Carol Gardner	350 7191
	Thurs 5.00 - 6.00pm	39th Rainbows	St Columba's Hall		354 5873