

The Gatepost Supplement June 2025



Banners Gate & Parklands Community & 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.

Harold recently attended his second Buckingham Palace Garden Party. Here is a selection of the photos taken on the day.















A large, colorful float in the shape of a teapot and teacups, part of a parade, moving down a street. The float is decorated with bright colors and patterns. A sign on the float reads "TEA CUPS". People are gathered on the sidewalk watching the parade. The background shows brick buildings with shops like "Psychotron Records" and "Subsonic Mobiles".









Paul Long, Director of Boldmere futures CIC

International ME/CFS Awareness Day: May 12th. 2025

ME Awareness Week May 12th to May 18th 2025

The following story was written thirty-four years ago while living alone in a rented house, three weeks after my two-year old illness was instrumental in ending a nine-year relationship. Nothing about the illness, treatment or cure, has changed since. You just learn to live with it.

Lost In Space

The stranger opened his eyes. He was greeted by total darkness, save for a distinctive light that radiated through a narrow opening a short distance away. It burned his eyes and made his head ache. It belonged, he knew, to one of the minor stars in that part of the galaxy but he was not sure which. Thoughts with canine connections began to fill his almost empty mind but he knew they were irrelevant and forced them out. Something was wrong. Obviously, it should not be like this. Why, he did not yet know, but, without doubt, it would come to him in the fullness of time.

Knowing it was the right thing to do he shifted to remove a covering on his body and felt a sharp ache in his back and legs. He welcomed a vague feeling of familiarity with the pain as nothing else now occupied his thoughts, except another familiar feeling - of a fullness that desperately needed alleviation. Having sunk back into whatever it was that surrounded him, he attempted once more to remove the covering.

It came away fairly easily but was immediately replaced by a cold ambience. This, too, quickly became familiar and the coldness increased in intensity as he stood unsteadily upright and, instinctively, began to move along an obstruction he felt on his left side. Within a short distance the nature of the obstruction changed, from rough and slightly warm, to smooth and cold. This was, he somehow knew, the means of reaching the place where he must take himself.

The cold, smooth surface eventually moved gently towards him as he experimented with the application of various forces, mainly on a projection he had found at the level of his hand. The coldness increased even more and additional pains began to creep around his limbs and head. He altered the direction of the forces he was applying and the surface moved easily to one side. Continuing his progress, as laboured and painstakingly, as if on Saturn's surface, he was not quite sure what next to expect, but somehow knowing that, when and where he would be, he would automatically cope. A pain, deep in his guts, urged him on, stirring memories he did not want to recollect.

To his right he sensed there was a void as cooler sensations played on that side of his body. There was another high blockage on his left, similar in feel and temperature to the one he had first felt. He followed it to wheresoever it was going. On and on it went. His legs hurt and felt heavy, as if encased in magnetic boots. They were weakening quickly, perhaps too quickly for safety.

Continued on next page...

...continued from last page.

The barrier he was using as a guide abruptly changed its nature, again becoming smooth and cold, feeling just like the one, a while earlier, that had barred his course. He stopped, trying to think, failing. His instinct told him to carry on, not to attempt trans-positioning this one. Fortunately, he listened and continued forward. Abruptly, his passage was impeded. It startled him, even more so, when he realised he could fully open his eyes. They had unaccountably decided to remain all but shut a second after the peculiar radiation had irritated his eyes and head.

This realisation upset him. He was not sure why, he just knew that this, and other intelligence yet to be uncovered, was not to his advantage. His newly found vision did not assist him greatly as there was not much radiation in this section. Nonetheless, he saw enough to move to his right, towards an obvious opening he intuitively knew was appropriate. In the faint iridescence, more by something innate than judgmental, he managed to negotiate a rapid variation in the surface over which he was moving. Obviously, subconsciously, he knew where he was and where he was going but he would have much preferred a conscious cognisance of his environment.

The aches and pains had now increased to a point where, whatever physical comforts, if any, he had experienced, were long gone. This added to his general confusion. The bewilderment was increasing as vague recollections began to permeate his mind. He moved, as quickly as conditions would allow, towards where he was sure all would be revealed. Another of those smooth, cold surfaces barred his way, but this time, with little hesitation, he knew what to do. It was becoming all too familiar.

This surface trans-positioned easily as he applied forces opposite to those previously used. He found himself in a small, enclosed space. Most of what he observed was white. Everything within reach was cold to the touch. His instinct took over, knowing what he must do. Quickly and efficiently that he did, levering a small metallic control arm when he had concluded. The enclosure filled with sound.

Turning from the whiteness his bleary gaze fell upon a highly reflective surface, level with his eyes. With difficulty he focused on the image - and remembered! The full significance of his recollection dragged his mind screaming and reeling out of its confusion and thrust it viciously into reality.

He had just gotten out of bed having fallen asleep ten hours earlier reading a short science fiction story. It was the start of another long day.

He still had M.E.

100% Free Food
100% convenient
100% delicious!

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

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



order your first box today at
slimmingworldkitchen.co.uk

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WORLD
touching hearts, changing lives

Need help with your daily housework chores?

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

Flexible, reliable, trustworthy and with complete discretion.

Call Jackie, local ex-carer.

Telephone 07847 501696

Feel good fitness - free event at Mercia Grange



[BOOK NOW](#)

Continued on next page...

Last Thursday of every month, 2pm - 3pm

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

Event: Feel good fitness

Date: Last Thursday of every month

Time: 2pm- 3pm

Location: Mercia Grange Care Home,
538 Lichfield Road, Sutton Coldfield,
B74 4EH

[REGISTER YOUR INTEREST](#)

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

Best wishes,

Rachel Mackay
Customer Relations Manager



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Centres for Warmth

WHEN?

Every other Tuesday
From 10.15am - 12.15pm

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

WHERE?

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

WHAT IS A CENTRE FOR WARMTH?

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

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

AGEconcern
Birmingham

Centre for
Warmth

in partnership with
Codent
the energy company

CONTACT US

0121 362 3650

energy@concernbirmingham.org.uk



Sutton Coldfield Sea Cadets & Royal Marines Cadets

Volunteers needed!

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

Sea Cadet
Adult
Volunteer,
aged 30



Gain new skills and
qualifications.



Develop leadership and
teamwork abilities.



Make a positive impact
on young lives.



admin@suttoncoldfieldseacadets.com



www.sea-cadets.org/suttoncoldfield



HOME CARING ANGELS



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

Walsall | Wolverhampton | Sutton Coldfield | Great Barr |
Birmingham

Our Services:

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



Why Choose Us?



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

Contact Us Today!

Office: 01922 351351

Mobile: 07429081222

Email: homecaringangels@outlook.com

Website: www.homecaringangels.co.uk

Please Bring
Donations
to:

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



Urgent!
Food
Donations
Needed!
Now!

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




Love cooking? Enjoy hosting?

Want to meet new people?

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



Volunteer with FoodCycle!

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

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




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

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

Scan me to find your nearest location and sign up!



Connect with your community
Meet like-minded people
Gain new skills

We are an equal opportunity organisation and welcome volunteers with diverse abilities.
foodcycle.org.uk/volunteer/
Registered Charity Number 1134423


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


When
Monday


Time
1:00 pm


Contact
falconlodge@foodcycle.org.uk


Family Friendly
Yes


Accessibility - Disabled Toilet
Yes


Accessibility - Disabled Parking
Yes


Accessibility - Flat
Yes

SUTTON COLDFIELD



TUNELESS CHOIR

singing like no one is listening



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



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

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

Free Taster Session



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



Contact:

Lisa Martin on 07969 436059

E: suttoncoldfield@tunelesschoir.com

W: www.tunelesschoir.com

SUTTON COLDFIELD TUNELESS CHOIR



singing like no one is listening

What our members say



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

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



"Great place to meet/make friends"

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

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

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

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



SQUARE PEG ACTIVITIES

A disability leisure centre in North Birmingham



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

Mondays:

Gaming Club 4-6pm

(Monthly, dates advertised online)



Tuesdays:

Home Ed Group 12-2pm

Lego Club 4-6pm



Thursdays:

Pre-School Lil Club 9.30-11am

Disabled Adult Social Session 1-3pm



Fridays:

Story time Home Ed Group 1-3pm

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



Monthly Parent Carer Breakfast Meetups and Coffee Mornings

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



SQUARE PEG Activities
WHERE CHANGE BEGINS
Registered Charity Number 1185040

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

ExtraCare
Charitable Trust

New Oscott Village

SPRING Fayre

Saturday 29th March
10am-2pm

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

New Oscott Retirement Village
25 Fosseyway Drive B23 5LD

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



What people say...

“

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

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

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

”

Get in touch

If you...

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

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

Please contact:

Read Easy Birmingham North,
Tamworth & Lichfield

Referral Networker

T: 07590 829795

E: bntlnetworker@readeasy.org.uk

Visit us online:

readeasy.org.uk

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



Read Easy

Helping adults learn to read



Do you know someone who struggles to read?

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

It's friendly, flexible and fun!



What we do

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

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

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

Getting started is easy!

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

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

Who can learn?

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

Who can volunteer to help?

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

What books will we use?

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

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

* Published by Shannon Trust



Where do we meet?

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

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

How long will it take?

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

Certificates are presented at intervals to recognise progress.

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



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

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

- Qualified - Registered - Insured - DBS Checked

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



DANCE ARGENTINE TANGO

Every
Thursday 7.30-8.30pm
from 12th September



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

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

with

Franco & Julia

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

Contact: Julia 0779 008 4218



YOGA CLASS

One hour of
stretching and
relaxation for
your body & mind

Banners Gate
Community
Centre

saturday 10.15 -
11.15

Book
Now

Email

classeswithgem@outlook.com

PILATES CLASS

By Boutique Fitness and Wellbeing

Thursdays 10:15 am - 11:15 am

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

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

£7 per session

Contact Madge Reynolds for further details



07305330324



boutiquefitness66@gmail.com



2024 SINGING Course

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

Friends and family show 7th October

Sing yourself happy

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

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

Our group of musical artists want you!!!

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



Elaine - 0121 384 4729



members@secondcitysound.org.uk



Your free advert could
be here

Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options 1 2 3 6

My money doesn't stretch far enough

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

See option 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

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

BIRMINGHAM CITY COUNCIL

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

Help with options: 1 2 3 6

BIRMINGHAM SETTLEMENT

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

Help with options: 1 2 3 4 5 6

CITIZENS ADVICE BIRMINGHAM

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

Help with options: 1 2 3 4 5 6

SPITFIRE SERVICES

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

Help with options: 1 2 3 4 5 6

THE PROJECT

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

Help with options: 1 2 3 4 5 6

CENTRAL ENGLAND LAW CENTRE

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

Help with options: 6

Other Support

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

Shelter
Housing advice
0800 800 4444 | england.shelter.org.uk

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

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

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

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

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

For Migrants, Asylum Seekers and Refugees

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

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

Migrant Help
Asylum helpline available 24/7/365 and accessible to all asylum seekers in the UK
Asylum helpline: 0800 8010 503
ASCorrespondence@migranthehelpuk.org
www.migranthehelpuk.org (Webchat available)

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

About this leaflet

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

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



4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

Confidential advice

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

Other Support

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

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

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

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



GROWING OUR COMMUNITY TOGETHER



CAFÉ OASIS

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



So many Activities and Services for you!

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

FOOD4U FOODBANK

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

Telephone or email us at:

0121 355 1217

cafe.oasis@scurc.org.uk

Find out more by visiting us:

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

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

Useful Birmingham City Council phone numbers

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

SignVideo BSL interpreting service for deaf people

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

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

Next Generation Text

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

Dial 18001 before the full national phone number.

Admiral Nurse Service Useful Contacts for Carers/Dementia: Birmingham

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

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

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

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

Grace Cares is a not-for-profit organisation

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

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

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



**BUY PRE-LOVED
CARE EQUIPMENT**



**GET HELP &
SUPPORT**



**DONATE OR GET
INVOLVED**



Let's work together



EXPECTING A BABY TOGETHER?

Helping couples prepare for the birth
of their baby



Family Foundations will help you:

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

Course details

Date: Prenatal Session- 16th April

Time: 9:15am-2:45pm

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

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





Sutton Coldfield District Children's Centres

Activity Calendar

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

Nothing makes children happier than having someone to play with.

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

Sutton Coldfield Children's Centres

Activity Calendar

Monday

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

www.startwellbirmingham.co.uk



Health Visitor Hub

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

Tuesday

Duty

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

0121 752 1860

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

Little Talkers

1.15-2.15pm

(Referral Only)

Holland House CC

Please note:

Play and Learn activities are Term Time Only



Wednesday

Play and Learn 0-5yrs

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

EEE advice

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

For more information call your

Healthy Start

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



Thursday

KIDS Family Group (via referral to Kids West Midlands)

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

Stories and Songs

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

Stepping Stones

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

Friday

Preparing for Parenthood

9.30-3.30pm
Holland House CC

Saturday

Family Time Stay and Play

Delivered in partnership with
Holland House Day Nursery

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



Sutton Coldfield Children's Centres



in association with
Spurgeons
Together with families

Where can you find us?



Sutton Coldfield Family Hub at Holland House Children Centre

Holland Road, B72 1RE
Telephone: 0121 752 1860

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

Holland House Day Nursery

Holland Road, B72 1RE

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

Emmanuel Church

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

Mere Green Library

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

Stepping Stones

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

Footsteps

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

Preparing for Parenthood

Free antenatal session for
expectant families

Little Talkers

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

KID's Family Group

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

Other activities and services available at our centres



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



Sutton Coldfield Children's Centres



amy.mimicnope@birmingham.gov.uk

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

Then join us on Wednesdays, 5.45pm, at

EMMANUEL CHURCH
Little Green Lane, Wylde Green
Sutton Coldfield

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



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

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

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

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

theWI
INSPIRING WOMEN



thewi



womensinstitute



womensinstitute



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

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

Come and Find Out More

First Wednesday of Every Month

7 -9pm

Newman Community Centre

13A Boldmere Road

Sutton Coldfield

B73 5UY

**For More Information Email;
cathmarsh73@icloud.com**

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

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

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

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

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

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

Everyone found the tour of Wylde Green

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

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



CARER'S ASSESSMENT & WELLBEING PAYMENT

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

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

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

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

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

0333 006 9711

info@birminghamcarershushub.org.uk

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



Caring For Carers

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

caringforcarers.org.uk



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

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

forwardcarers.org.uk

Forward Carers is funded to operate Birmingham Carers Hub



CARING FOR A FAMILY MEMBER OR FRIEND?

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



0333 006 9711

birminghamcarershushub.org.uk

Carers Hub :

"Caring for a family member or friend?"

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

What do we do?

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

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

Continued on next page...

...continued from last page

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

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

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

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

Additionally the website has:

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

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

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

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



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

0333 006 9711

dementiacarers@birminghamcarershubs.org.uk

birminghamcarershubs.org.uk

Herbert Protocol Form

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



Dates & Times

Your Nearest Support Group is:

The next Carer Awareness Session is:

The next Dementia Carer Drop-in is:

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

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

Visit our website birminghamcarershubs.org.uk



SUPPORT FOR DEMENTIA CARERS IN BIRMINGHAM

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



AGE concern Birmingham

Birmingham ageUK

DEMENTIA CARERS COUNT

Dementia Carers Hub:

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

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

You will benefit from:

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

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

Friends First

Safe local spaces to make new friends

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

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



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

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

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



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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council

Befriending Service

Safe local spaces to make new friends

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

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



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

New friendship group:

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

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

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

AGEconcern
Birmingham

Birmingham
City Council

SUTTON COLDFIELD
NEIGHBOURHOOD
NETWORK SCHEME

Friends First

Safe local spaces to make new friends

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

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



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

New friendship group for over 50s:

Hargreave Community Lounge, Hargreave Close
Walmley. B76 1GR
Every Wednesday 11am to 12:30pm
Tea and coffee provided
Call Julia on 07985270599 for information

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

AGEconcern
Birmingham

Birmingham
ageUK

Birmingham
City Council



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

Alan Ledger

MEET THE PHOTOGRAPHER

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

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

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

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

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

ALAN'S BIOGRAPHY

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

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

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

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

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

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



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

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

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

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

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

Hi all,

A trip out before Christmas to see A4 class 60007 “Sir Nigel Gresley” on the down slow line storming through Lichfield Trent Valley working the 07.00 Chelmsford to Chester 1Z86 rail tour with a lovely rake of blood and custard coaching stock. A class 47 Diesel brings up the rear but fortunately is blotted out by the signage at the platform end. Lichfield High Level station over bridge on the Aston to Wichnor Junction line is right behind me and from there on the overhead supports are between the fast lines in the middle of the railway as well as Budliar growing which gives little scope here for photographs.

Friday 13th December 2024.

Regards Ledg.



Hi all,

Here we are at 4000 feet in the centre of South Africa looking at a Class 24 2-8-4, 24 3653 Working the 08.10 thrice weekly freight from Molteno, a small town that can be seen in the distance. The freight is heading for Jamestown the end of the line in the middle of nowhere. Imagine an American cowboy film and a dusty one street town and there you have it Jamestown in the middle of nowhere. We hadn't seen tarmac for some days! and the same could be said regarding a shower. No wonder they needed a railway here, the roads were just dusty tracks and our camper was in a right state.

05/09/1973.

Regards Ledg.



www.scrs.club

SUTTON COLDFIELD

RAILWAY SOCIETY



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

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



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

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



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

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

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



Opposite CEX on the corner.



CHOCOLATE WORKSHOPS

On the corner opposite CEX in The Parade

BIRTHDAY PARTIES
SCHOOLS
CORPORATE
TEAM BUILDING
CLUBS



PROSECCO NIGHTS
HEN/STAG
BABY SHOWERS
SOCIAL
AND MORE

MILITARYCHEF.CO.UK

VETERAN OWNED AND OPERATED



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

Love For Babies

Fun Interactive Baby & Toddler Sessions

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

Baby Sessions:
Tuesdays & Thursdays
Beacon Church
Pheasey

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

Contact us for more information or to
book your space



Contact:

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



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

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

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

Trio Of Love 4 Week Course

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

Baby Massage & Spa 5 Week Course

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



Love To Spa

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

Love To Play

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



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



Boldmere Ballet School and Sutton Stage School

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

Pre-School Ballet and Dance - 4pm Fridays

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

Royal Academy Classical Ballet - Ages 4+
Weekdays

Acrobatic Dance - Ages 5+ Fridays

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

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

EXAMS - FESTIVALS - SHOWS

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



Let Bridgewater Photography capture your special moments

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

Bridgewater Photography service covers:

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

BRIDGEWATER
PHOTOGRAPHY

Call Donna on 079 1321 3299

Customer comments:

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

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

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



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

You could get help to buy:

Plain cow's milk


Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

  @NHSHealthyStart

What can I buy?

Fruit and vegetables

✓ They can be:

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

✗ They cannot:

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

Plain cow's milk

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

✗ It cannot be:

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

Infant formula

✓ It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

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

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

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

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

Take your prepaid card with you when you collect them.

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

Or call us on 0300 330 7010

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



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

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



NHS Healthy Start

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



What is NHS Healthy Start?

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

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

You could also get free Healthy Start vitamins.

You'll get:

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

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



Who can apply?

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

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

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

You will also be eligible for NHS Healthy Start if:

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

How to apply

- Visit www.healthystart.nhs.uk
- Fill in the online application form
- Receive your prepaid card in the post
- You'll need to activate your card to get your PIN before using it
- Shop for healthy food and milk in most retail stores that sell the eligible food and milk items and accept Mastercard® payments
- You'll need to insert your card into the card reader and enter your PIN the first time you use your card

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

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



Alzheimer's Society Dementia Support

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



**Alzheimer's
Society**

Together we are help & hope
for everyone living with dementia



If you need help call **0333 150 3456**

Email us at enquires@alzheimers.org.uk

Or visit alzheimers.org.uk/get-support

Talk to someone who understands

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

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

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

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

“

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

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

”

Get the help and support you need

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

Call **0333 150 3456**

Or visit alzheimers.org.uk/get-support

Dementia Support Line opening times

Monday to Wednesday: 9:00am – 8:00pm

Thursday and Friday: 9:00am – 5:00pm

Saturday and Sunday: 10:00am – 4:00pm

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

Calls charged at the standard local rate.



Registered with
**FUNDRAISING
REGULATOR**



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

DSSU



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

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



JUNE 2025

WELCOME TO OUR June Newsletter

HELLO FROM SUTTON COLDFIELD NNS!
Welcome to our monthly Newsletter



Hello All!

Hope you are well. Sutton Coldfield NNS have had a busy few weeks with a definite 'developing new knowledge' theme! We've just completed a brilliant course with assets exploring 'Equity and Diversity', delivered by Ashebo. We recommend everyone should go on this! Last week, Cathy our Social Media and Marketing Officer, visited the Digital NNS Brum Connected Camp at the Kings Trust. We talked all things AI, LinkedIn, engaging hard to reach communities and email hygiene, a popular topic! It's an exciting, brave new world out there, we all learnt so much.

The team have also been getting to grips with some changes to our funding and reporting structures. A new Sutton Coldfield NNS handbook will be out soon to explain all!

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

THANK YOU! From Pete, Rachel, Suzy, Joe, Manjit, Joy and Cathy



SPREAD THE WORD

Focus Birmingham

The Sutton Social is designed to help visually impaired people connect with others, make friends and try out new activities. The group is open to any adult with a visual impairment living in Birmingham.

Every Tuesday from 10:30 – 12:30 pm

📍 Sutton Coldfield URC, 1 Brassington Ave. B73 6AA

£2 per session

To find out more, contact Hayley on 0121 281 5811 or 0121 393 4849

CAPACITY BUILDING

Monthly Welfare & Benefits Training sessions

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

Tuesday 1st July 25

National Insurance Based Benefits

Tuesday 2nd September 25

Disability Benefits

MONTHLY
JULY 2025

FREE!

WELFARE & BENEFITS TRAINING

National Insurance Based Benefits

Tuesday 1st July 25
9.30 registration, 10am start - 12.30pm
Boldmere Methodist Church
104 Boldmere Rd. B73 5UB

BOOK NOW

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

Boldmere Methodist Church, 104 Boldmere Rd. B73 5UB

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

CAPACITY BUILDING

Birmingham City Council - 5 Ways to Wellbeing Grant

Birmingham City Council's Mental Health and Wellbeing team is offering grants of £5-£10K (up to six organisations, total fund: £40K) to deliver projects using the Five Ways to Wellbeing framework.

The goal is to support long-term mental health and resilience in one of four priority groups:

- ★ **Neurodiverse individuals**
- ★ **Young people not in employment, education or training (NEET)**
- ★ **Long-term unemployed**
- ★ **Carers and caregivers**


Projects will run for up to 12 months starting August 2025, allowing time for setup, delivery, and evaluation. Strong outcomes may lead to future funding opportunities. If impact is well demonstrated in these projects, there may be opportunity for further funding in future financial years.


If you are interested in applying for this grant, please read the [full grant information document on the BCC website](#) which includes the [application form](#). Please ensure that all application forms are submitted to the MentalWellbeing@birmingham.gov.uk email by **5pm on Sunday 29th June.**


SPREAD THE WORD
Birmingham Disability Festival - 5th July 25



FREE EVENT - Birmingham Disability Festival

 **Saturday 5th July 2025**

 **12pm-6pm**

 **Aston University**

The citywide Birmingham Disability Festival will be taking place this year at Aston University! There will be a series of fantastic activities, performances, interactive workshops and games/sports with a spotlight on Human Books planned for the day.

Registration is available to get tickets via EventBrite now via the link shown here:-

[Birmingham Disability Festival Tickets](#)

Digital Inclusion Spotlight



This month we are catching up with Networker Joe, to see what is going on in the world of digital inclusion.

"Digital inclusion, whether it be learning skills, accessing devices or getting access to the online world through Wi-Fi or Mobile Data is so important. Luckily, help is at hand, with a number of crucial organisations and partnerships working around Sutton Coldfield and throughout Birmingham to bring support to those that feel excluded in an ever-digital world. Age Concern Birmingham continue to provide our popular Digital Drop-in from the Boldmere Communita Café on a Wednesday afternoon. There are a number of other excellent providers too, including Sutton Coldfield URC's 'Tea and Technical', Age UK (also at the Communita Cafe) and Chester Road Jobs Club, whilst Our Place Support are looking into providing something similar in the near future. From a wider perspective, Digital NNS provide citywide support, including their successful recent 'Birmingham Connects Camp' and a monthly Community Digital Skills Network (CDSN) meeting between local providers to share best practice and promote new activities. We are all needed to continue to make our constituency and city as digitally inclusive as possible and you can do your bit. From basic skills to device libraries, it all makes a difference. Here are just a handful of links that you may find useful to get you started on your journey: [Digital NNS](#), [BCC](#), [Good Things Foundation](#), [Clarion](#), [Barclays Digital Wings](#).

CAPACITY BUILDING

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

Community information and advice marketplace!

Free

| Date | Time | Venue |
|----------------------------|---------------------|---|
| Thurs 26th June 2025 | 10.30am- 12.30pm | United Reformed Church, 1 Brassington Avenue, Sutton Coldfield, B73 6AA |



Drop in
for friendly
advice and
support



Everyone
welcome



SHAPING BIRMINGHAM'S
FUTURE TOGETHER



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

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

Thursday 26th June 25

10.30am-12.30pm

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

To register your interest in attending, click [here](#) (although you are welcome to pop in!)

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

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

Get Grants - FREE Virtual Conference 7th & 8th October 25

Join Get Grants for TWO days of expert fundraising advice, top tips, Q&As, networking, peer-support, and lots of chat!

Learn more on their [website](#)

Across 7th & 8th October 2025, Get Grants are leading a FREE Virtual Conference full of celebration, inspiration, and practical advice and support. Following the success of our first-ever Virtual Conference in 2024, we're bringing back Get Grants FREE Virtual Conference for 2025! Over 2 days, Get Grants FREE Virtual Conference will bring together thousands of Fundraisers from across the UK for a programme led by Get Grants Experts, funders, and other speakers from across the sector.



STORY OF DIFFERENCE

Wyndley Inclusive Sports Hub - Birmingham Wheelchair Basketball



Birmingham Wheelchair Basketball (BWB) was created in 2016. Their mission was to support people with disabilities to get into accessible sports and activities. Initially based in the south of the city, they have since set up and run a project in Sutton Coldfield, creating an accessible sports hub at Wyndley Leisure Centre, which has proved to be very popular!

NNS funding was awarded back in January to enable sustainability and growth of the project in the North of the city. The Inclusive Sports Hub involves a variety of accessible sporting activities and games, including wheelchair basketball, soft axe throwing and inclusive squash.

We thought we'd find out how the project has got on... here are some of the experiences a couple of participants have encountered.

" At the very start of the sports hubs 'G' (who has Down's syndrome) was quiet and hardly engaged, however over the weeks of regularly attending the Wyndley inclusive sports hubs, and with support from Poppy Day Centre staff, and Andy's staff he has slowly started to feel more comfortable and get active. 'G' has now become very confident and enjoys the sessions, being an active participant and always wants to be involved, especially in team games as team captain or leader, last week Andy did karaoke and 'G' was the first to sing a song."

"'V' has been attending the session for eighteen months. The activities help maintain his strength and mobility. He enjoys having the opportunity to meet others. The games are fully accessible to all. The activities help improve his physical and mental well-being. Overall it's a wonderful opportunity to take part in innovative and inclusive games and sports."

Further Wyndley Inclusive Sports Hub sessions will be happening on:

📅 **June 19th, 26th July 3rd, 24th 2025**

🕒 **11am-2pm**

📍 **Wyndley Leisure Centre, Clifton Rd, B73 6EB**

To book please email makechangebwcb@gmail.com or call 07855 391871

SPREAD THE WORD

Falls Prevention Support-
Age Concern Birmingham

Centres for Warmth-
Age Concern Birmingham

FALLS PREVENTION SUPPORT



ARE YOU AT RISK OF FALLING?

WOULD YOU LIKE THE OPPORTUNITY TO
DEVELOP YOUR OWN INDIVIDUAL PLAN
TO REDUCE YOUR RISK OF FALLS?

If you live in Sutton Coldfield we can help.
Please call our helpline on 0121 362 3650 to leave your
details and a member of our team will be in touch.



A new **Falls Prevention Support service**, run
by Age Concern Birmingham and funded by
Sutton Coldfield NNS has been launched.
The service offers an opportunity to develop
personalised plans for those living in Sutton
Coldfield **to reduce the risk of falls**.
To find out more please call 0121 362 3650 or
email info@ageconcernbirmingham.org.uk

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

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

Upcoming sessions will be happening on:

Friday 20th June 25, 10am-12pm
📍 Sutton Coldfield Baptist Church, B72 1TA

Saturday 21st June 25, 11am-1pm
📍 Communita Cafe, B73 5TJ

Monday 23rd June 25, 10am-12pm
📍 Mere Green Library, B75 5BT

For further information, please contact:
☎ 0121 362 3650

energy@ageconcernbirmingham.org.uk

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

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

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

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

☎ 0121 362 3650

✉ nns@ageconcernbirmingham.org.uk

Sutton Coldfield NNS

AGEconcern
Birmingham

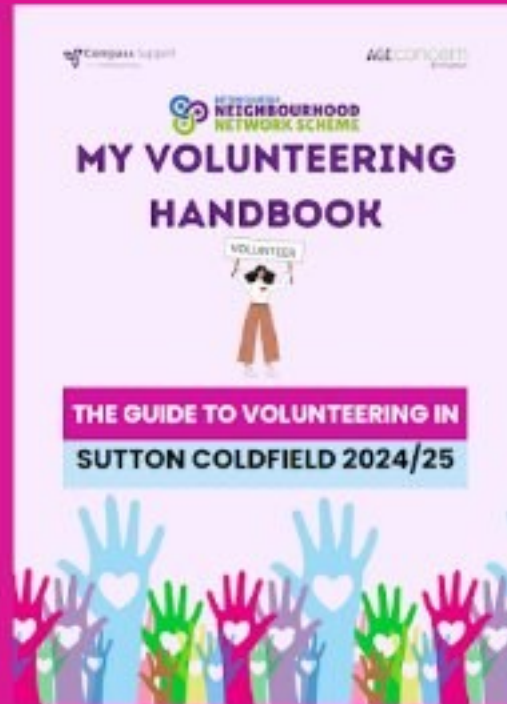
Compass Support
Part of The Pioneer Group

GET INVOLVED

READ OUR NEW VOLUNTEER HANDBOOK

FIND IT ON OUR BLOG OR AT:

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




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

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


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

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

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

 0121 362 3650

 nns@ageconcernbirmingham.org.uk

 [Sutton Coldfield NNS](#)



HIGHBURY PLAYERS

PLAYS FOR 2024/25 SEASON



The King's Speech

By David Seidler
10 – 21 Sept 2024
Let courage reign



IS SHEILA'S ISLAND

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



Notes from a
SMALL ISLAND

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



Home, I'm Darling

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



the father

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



LITTLE WARS

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



the heartless princess

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



HANSARD

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



STEPPING OUT

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

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

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



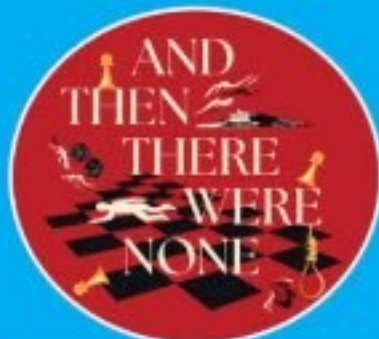
0121 373 2761

highburytheatre.co.uk



HIGHBURY PLAYERS

2025/26 SEASON



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



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



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



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

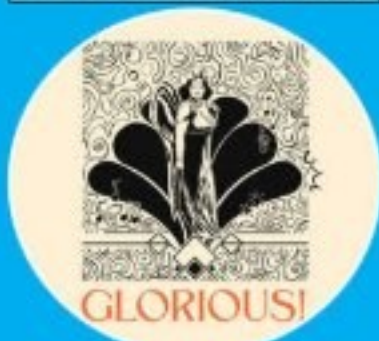


By Nick Payne
16 – 21 Feb 2026
One relationship. Infinite possibilities

Studio



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



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



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

Studio



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

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

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



0121 373 2761

highburytheatre.co.uk/



What's on next?

Highbury Players present

Stepping Out

10 - 21 June 2025 at
7.30pm

By **Richard Harris**

Directed by **Laura McLaurie**

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

Highbury Cinema presents

Thelma

7pm on 22 June 2025

Director **Josh Margolin**

Released **2024**

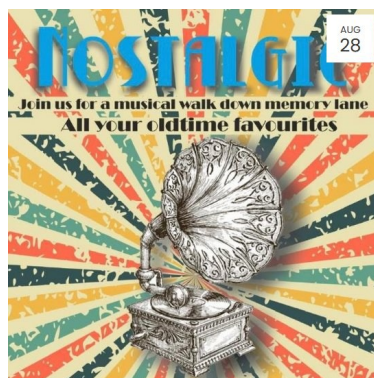
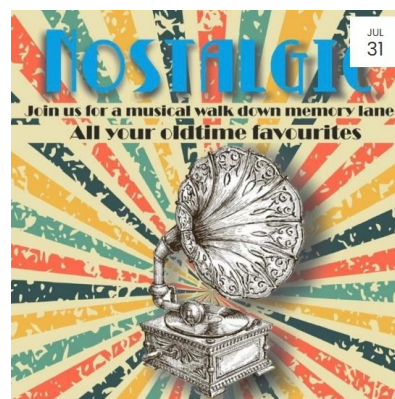
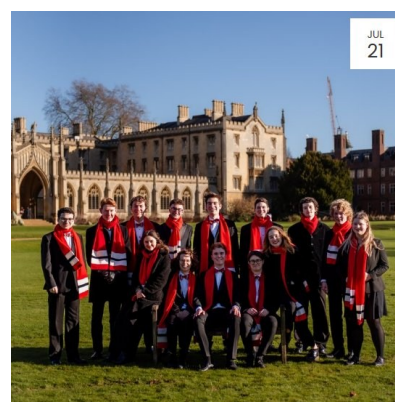
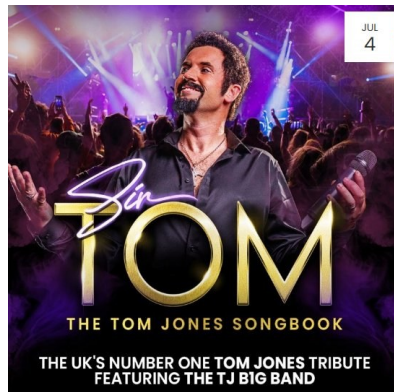
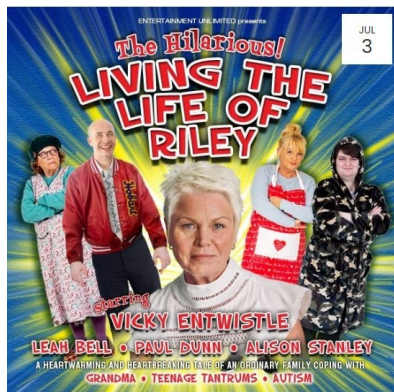
Duration **1hr 38m**

Certificate **12A**

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



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



SUPPORT US

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



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

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

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

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

ALEXANDRA THEATRE BIRMINGHAM

**Jukebox Idols**

The Alexandra Birmingham

Starts 22 Jul 2025

**The Last Laugh**

The Alexandra Birmingham

**Natural History Museum
presents Dinosaurs Live!****Go Your Own Way - The
Fleetwood Mac Legacy****Nina Conti: Whose Face Is It
Anyway?****The Horne Section's Hit
Show****Reverend Richard Coles:
Borderline National Trinket****Thank You For The Music**

The Alexandra Birmingham

**Strange but True Crime
with Jennifer Rees****The ELO Experience -
Electric Light Orchestra****Ardal O'Hanlon****Inside No. 9 Stage/Fright
Show****War Horse**

The Alexandra Birmingham

Starts 10 Jul 2025

**Stage Experience presents
West Side Story****Northern Live - Do I Love
You****Saving Grace****Auntie Donna****Al Stewart Farewell Tour****Cirque: The Greatest Show -
Reimagined****Queen by Candlelight**

The Alexandra Birmi

**Riverdance 30 - The New
Generation****Alan Davies: Think Ahead****Babatunde Aléshé: High
Expectations****2:22 A Ghost Story**

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



Written & Directed by Joe O'Byrne

THE HAUNTING OF BLAINE MANOR

Fri 27 Jun



FLOWERS & FRIENDSHIP BRACELETS

Sat 28 Jun



Norwich Theatre in association with
A. Cabbage presents

SPY MOVIE: THE PLAY!

Sat 28 – Sun 29 Jun



Presented by Lichfield Musical Youth
Theatre

LMYT 40th ANNIVERSARY CONCERT

Sun 29 Jun



Words & songs by Guy Unsworth |
Based on the books by Eric Hill

SPOT'S BIRTHDAY PARTY

Tue 1 – Wed 2 Jul



Please note this performance has
been cancelled. Ticket holders will be
refunded automatically.

HA! MILTON: MILTON JONES

Wed 2 Jul



JOHN ROBINS' COMEDY SPECIAL WITH GUESTS!

Wed 2 Jul



SCUMMY MUMMIES: HOT MESS

Thu 3 Jul



UKCFF BRITISH FINAL OF ONE ACT PLAYS (FRIDAY 4th JULY)

Fri 4 Jul



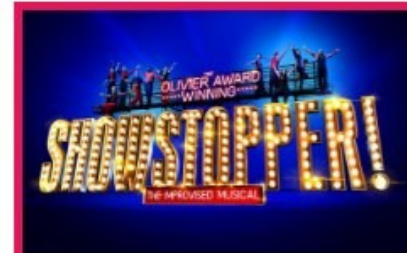
UKCFF BRITISH FINAL OF ONE ACT PLAYS (SATURDAY 5th JULY)

Sat 5 Jul



FORBIDDEN NIGHTS 2025

Thu 10 Jul



SHOWSTOPPER! THE IMPROVISED MUSICAL

Fri 11 Jul

THE WIZARD of Oz

Presented by Breakout Performing Arts

THE WIZARD OF OZ: YOUTH EDITION

Sat 12 Jul



Presented by the Lichfield Players

TWO

Wed 16 – Sat 19 Jul



COMEDY SPECIAL: LUCY BEAUMONT & GUESTS!

Wed 16 Jul



Celebrating the Music of Sir Tom Jones

SEX BOMB

Fri 18 Jul



Directed by Ray McVay

THE GLENN MILLER ORCHESTRA

Sat 19 Jul



A Family Friendly Physical Comedy about Art

SPLAT!

Tue 22 – Wed 23 Jul



NATURAL HISTORY MUSEUM: DINOSAURS LIVE

Wed 23 Jul



The Improvised Whodunnit

LOCOMOTIVE FOR MURDER

Thu 24 Jul



THE SPICE GIRLS EXPERIENCE

Fri 25 Jul



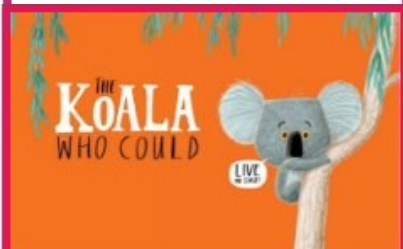
ROCK FOR HEROES

Sat 26 Jul



CIRQUE: THE GREATEST SHOW - REIMAGINED

Sun 27 Jul



Nicoll Entertainment present a Rose Theatre, Lowry, Northern Stage, Unicorn Theatre and MAST Mayflower Studios production

THE KOALA WHO COULD

Thu 28 – Sat 30 Aug



Musicals
TINA - The Tina Turner Musical
Discover the heart and soul behind the Queen of Rock 'n' Roll
Tue 17 Jun – Sat 28 Jun

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

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

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

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

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

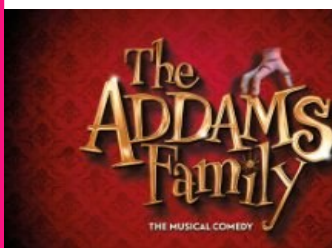
Please note that the tour does not include access to the Hippodrome stage due to the different needs of each production. Each tour is fully accessible apart from the auditorium boxes, which are accessed via stairs.

Events & Venue Tours

Behind The Scenes Tours

25/26

Sat 21 Jun – Sat 23 Aug



Family & Pantomime, Musicals
The Addams Family
MAKE THIS SUMMER AN ABSOLUTE SCREAM!
Thu 10 Jul – Sat 12 Jul

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

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

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

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

Cameron Mackintosh and **Disney**'s spectacular production of the classic multi award-winning musical **MARY POPPINS** is embarking on a UK and Ireland tour and is flying to Birmingham Hippodrome from Wed 16 Jul for 6 weeks only.

Acclaimed Australian stars, **Stefanie Jones** and **Jack Chambers** reprise their roles as **Mary Poppins** and **Bert**, having both received critical acclaim and nightly standing ovations for their performances in the recent Australian production.

Based on the stories of **P.L. Travers** and the **Walt Disney** film, the story of the World's favourite nanny arriving on Cherry Tree Lane is even more magical than ever before featuring dazzling choreography, incredible effects and unforgettable songs.

The timeless score includes the classic songs by **Richard M. Sherman** and **Robert B. Sherman**: *Jolly Holiday*, *Step in Time*, *Supercalifragilisticexpialidocious* and *Feed the Birds* with new songs and additional music and lyrics by the Olivier award-winning British team of **George Stiles** and **Anthony Drewe**.

Family & Pantomime, Musicals

Mary Poppins

Birmingham will be magic again!

Wed 16 Jul – Sat 23 Aug



Musicals
Birmingham Hippodrome in association with Vicky Graham Productions
Hot Mess: Birmingham Hippodrome Previews
Earth and Humanity? It was never going to last...
Thu 24 Jul – Fri 25 Jul

From the creative duo behind **42 Balloons** comes a new pop musical about love, hope, and the ultimate break up – with Danielle Steers (*SIX The Musical*) and Tobias Turley (*Mamma Mia!*). **Don't miss the chance to preview this brand new musical at Birmingham Hippodrome before it premieres at Edinburgh Fringe Festival 2025.**

After a billion years of bad dates, Earth's finally found the one... Humanity. Sparks fly. Wheat is harvested. Technology flourishes. But what begins as a passionate love affair between the universe's most iconic couple quickly descends into a Hot Mess.

This production is supported by Charles Holloway OBE.

National Youth Music Theatre in partnership with Birmingham Hippodrome presents **Fame: The Musical** – an explosion of passion, dance and ambition. This vibrant production follows the final class of New York City's celebrated High School for the Performing Arts from their admission in 1980 to their graduation four years later. All of the struggles, fears, and triumphs are depicted with razor-sharp focus as the young artists navigate the world of Fame. NYMT takes on the challenge of this deep story to celebrate youth expression of art. It's time to live forever!

Musicals

National Youth Musical Theatre in partnership with Birmingham Hippodrome presents

NYMT 2025 - Fame

Where dreams meet destiny

Thu 7 Aug – Sat 9 Aug



Musicals
National Youth Musical Theatre in partnership with Birmingham Hippodrome presents
NYMT 2025 - Tuck Everlasting
What would you do if you could live forever?
Thu 14 Aug – Sat 16 Aug

National Youth Music Theatre in partnership with Birmingham Hippodrome presents **Tuck Everlasting**. Eleven-year-old Winnie Foster yearns for a life of adventure beyond her white picket fence, but not until she becomes unexpectedly entwined with the Tuck Family does she get more than she could have imagined. As her adventure unfolds, Winnie faces an extraordinary choice: return to her life, or continue with the Tucks on their infinite journey. **Tuck Everlasting** invites you to ponder life's greatest questions while rooted in a moving story of family fate and time.

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

the Rep



MARRIAGE MATERIAL

Wed 25 Jun–Sat 5 Jul 2025



HOME & HORIZONS FESTIVAL

Wed 9 Jul – Sun 20 Jul 2025



SHERLOCK HOLMES AND THE 12 DAYS OF CHRISTMAS

Fri 14 Nov–Sun 11 Jan

Three Generations. Two Love Stories. One Family Secret.

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

The Bains' corner shop in Wolverhampton has been at the centre of the family for three generations.

Against the backdrop of a changing 20th century, Mrs Bains is balancing running the business, caring for her ailing husband and the demands of her two headstrong daughters, who each have their eye on a different kind of future.

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

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

The Observer (on Sathnam Sanghera's original novel)

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

Sanghera (*Empireland*).

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

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

★★★★ **The Guardian**

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

Our Young Rep Festival is BACK this summer in our third annual celebration of the city's brilliant young talent!

Featuring more than 400 performers across 15 shows, **Home and Horizons**

Festival gives voice to the next generation as they explore adventure, community and self-discovery. How do we embrace where we belong while exploring what's beyond?

Their dedication, talent and passion have left an indelible mark on Birmingham's cultural landscape, promising a bright future for the arts in the city."

Theatre Village, on Love and Rebellion Festival 2024

I think you're a couple of ice creams short of an interval, Mr. Holmes. We don't do murders in the theatre. It's bad for audience numbers!"

It's Christmas in Victorian London but in the West End – where dreams come true and nothing bad ever happens – a flurry of performers are suddenly dying mid-scene. Scotland Yard rules out foul play... until the world's greatest consulting detective, Sherlock Holmes, discovers an intriguing link to *The Twelve Days of Christmas*. The game is afoot!

Racing against the clock to save French Hens, find Gold Rings and rescue Mother Goose, Sherlock plunges himself into mortal danger. Will this really be the last stand for our hero, or will his trusty sidekick Dr Watson and rival hotshot detective Athena Faversham ensure he lives to consume another Christmas Pudding...?

This World Premiere comedy whodunnit is penned by Fringe-favourites and comic geniuses, **The Penny Dreadfuls' Humphrey Ker** and **David Reed**, with brand new songs by legendary musical theatre duo **Tim Rice** and **Andrew Lloyd Webber**.

A laugh-out-loud festive murder mystery, join us at 221b Baker St this Christmas for mischief, mayhem and a Partridge in a Pear Tree!

For everyone aged 10 to 110!

Great rates for schools and groups! Find out more at ticketsservices@birmingham-rep.co.uk or call 0121 236 4455.

STUDIO27

TIMETABLE

ALL CLASSES ARE 45 MINS
UNLESS SPECIFIED

MONDAY

Circuit 9:30am

BoxFit 10:30am

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

Zumba 7:45pm

TUESDAY

Pilates 9:15am

Adult Dance 11am

Yoga 12:15am

Kids Yoga 4:30pm

Yoga 5:15pm

BoxFit 6:15pm

BoxFit 7:15pm

WEDNESDAY

Circuit 9:15am

Meditation & Mindfulness
10-10:45am

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

Under 12 Dance 5pm

Adult Dance 6:15pm

Zumba 7:15pm

THURSDAY

Circuit 9:15am

FRIDAY

Zumba 9:30am

SATURDAY

Circuit 7:15am

BoxFit 8:00am

Under 5 Dance 9am





Under 8 Dance 9:45am

Over 12 Dance 10:30am

Street Dance 11:15am

www.studio27wellbeinghub.co.uk

Additional wellbeing offerings here at Studio27 Wellbeing hub

 Personal Training
  1-2-1 Wellbeing Support
  Nutritional Guidance
 

- Membership & Pricing -

| Basic | Standard | Premium | Unlimited |
|-----------------------|-----------------------|------------------------|-------------------|
| £25 month | £45 month | £60 month | £99 month |
| 4 classes per 4 weeks | 8 classes per 4 weeks | 12 classes per 4 weeks | Unlimited classes |
| Youth | Under 12 | Under 8 | Under 5 |
| £37 month | £35 month | £30 month | £20 month |

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

Pay as you go
Current prices **Price from 1st July 2024**
 Adult £7 Adult £8.50
 Child £6 Child £7.50

To book and pay for a membership or class, please visit our website
www.studio27wellbeinghub.co.uk

Information and Advice

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

Call 0121 437 0033

www.ageukbirmingham.org.uk

www.ageuksandwell.org.uk

Useful Numbers

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

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

Local services

Birmingham Sandwell

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



0121 437 0033

info@ageukbirmingham.org.uk

www.ageukbirmingham.org.uk



info@ageuksandwell.org.uk

www.ageuksandwell.org.uk



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

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

Information and Advice

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

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



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

Opening Hours

Our phone lines are open:

Monday – Friday

9:30am – 3:30pm

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



Information Guides

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

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

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

Or through pre-booked appointments at:

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

Kenrick centre - Every Tuesday 9.30 - 3.30

Oscott Community centre - Every Wednesday 9.30 - 3.30

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

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



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

✉ dementiacarerhub@ageukbirmingham.org.uk

🌐 www.ageukbirmingham.org.uk

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

☎ 0121 437 0033



Carers Support Group

**SUTTON COLDFIELD UNITED
REFORMED CHURCH**

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

**2 Course
Hot Meal
£2**

**Free
Massages**

**All
Welcome**

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

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

Occupational Therapy Clinics

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

No need to book.

For more information about
clinic venues visit:

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



**Birmingham
City Council**

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

ERDINGTON WELLBEING HUB

196 High Street, Erdington B23 6SJ

Tel: 0121 827 6295

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

Jordanne Francis
Health and Wellbeing
Officer

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

WITTON LAKES ECO HUB

Witton Lakes, Gypsy Lane, B23 7XX

Tel: 0121 227 3200

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



ARTHRITIS HELPLINE

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

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

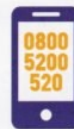
CALL US FOR FREE
0800 5200 520

VERSUS
ARTHRITIS



CALL US FOR FREE
0800 5200 520

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



✉ helpline@versusarthritis.org

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

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

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

PHYSICAL ACTIVITY RESOURCES AND INFORMATION FOR YOUR PATIENTS

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



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



VERSUS
ARTHRITIS

VERSUS ARTHRITIS RESOURCES

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

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

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

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

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

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



VERSUS
ARTHRITIS



Join us for
our next
event


**Mercia Grange care home,
Sutton Coldfield**

**Coffee, cake &
friendship cafe**

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

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

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

Trusted to care. 

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

care UK 



Join us for
our next
event

Mercia Grange care home,
Four Oaks

Feel good fitness

Last Thursday of every month,
2pm - 3pm

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

Trusted to care.



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

care UK



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

Dementia Friendly CINEMA

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

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

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

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



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



SUTTON PARK
GRANGE
CINNAMON LUXURY CARE

LUXURIOUS CARE HOME IN SUTTON COLDFIELD

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

At Sutton Park Grange, people will always come first

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

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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





British Sign Language (Birmingham)

Classes on:

Banners Gate Community Centre, Sutton Coldfield B73 6UR

The Great Barr Community Hub

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

10-week courses delivered by experienced Tutors

Topics such as

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



Contact 07825255042

Email bslsilver2022@gmail.com

www.bslsilver.co.uk



North Birmingham Cats Protection Direct Rehoming Scheme



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

Liaise directly, adopt directly - no fees involved.

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



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



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

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

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

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

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

Direct rehoming – helping owners, potential adopters – and cats

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

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

Sheila Pennell
sheilapennell@talktalk.net





Lucy

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



Terence




Polly



Jo Jo

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

** Team Cat Rescue is local and well-established in North Birmingham - and have been helping rescue and rehome cats and kittens for 25 years **



Birmingham and Solihull
Integrated Care System
Caring about healthier lives

Annual health checks for those who are diagnosed with dementia


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

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

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

What is an Annual Health check?

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



Why do you need an Annual Health Check?

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

How do you get an Annual Health Check?


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

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

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



How long does an Annual Health Appointment last?

- 20-30 mins




What help might you need?

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





What happens during the Annual Health Check?


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



Alzheimer's Society



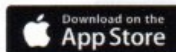
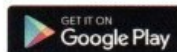
Birmingham Carers Hub



NHS
Birmingham and Solihull
Mental Health
NHS Foundation Trust

Can you help us save more food?

OLIO
The Food Sharing App



Yes you can!

It's easy to give back to the OLIO community



Spread the word

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



Add to OLIO

Your neighbours will
love your spare food or
household items.



Volunteer

Feel great
& do good
at the same time.

Learn more at

OLIOex.com/get-involved

Together we can make a difference!

OLIO

f @OLIOex i @OLIO_ex t @OLIO_ex

It's okay...

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



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



Talk to us online via Live Chat (10am-9pm):
birminghammind.org



Email us anytime on:
help@birminghammind.org

Get in touch today

- We're here to help you -



LivingWell
UK





COULD YOU VOLUNTEER?

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

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

CONTACT US

Senior youth worker
07565542976
gap.huboffice@gmail.com



gap.huboffice@gmail.com



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

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



@thegapsuttoncoldfield



the gap* Sutton Coldfield



SUTTON COLDFIELD

NEIGHBOURHOOD NETWORK SCHEME

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

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

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













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

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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



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

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

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

SCCT
Sutton Coldfield Charitable Trust



Banners Gaters clearing fallen leaves near Longmoor Pool.



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

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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk



Join FOPPs Regular Litter Pick

**every second sunday in the
month.**

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

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

Weather Permitting





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



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



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



Love For Babies

Fun Interactive Baby & Toddler Sessions

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

| | |
|---|---|
| Baby Sessions: Tuesdays & Thursdays Beacon Church Pheasey | Role Play Sessions: Wednesdays St Columba's Church Banners Gate |
|---|---|

Contact us for more information or to book your space 

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



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

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

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

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

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

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

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











Amalia's Elite Dance Academy

We offer

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

Contact us for more

★★★★★
★ Trustpilot

pyjama drama
Teaching life skills through drama and imaginative play

Fun classes that develop life skills in babies & young children

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

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

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



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

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



Book now! pyjamadrama.com

or contact sinead@pyjamadrama.com / 07581 236823



Prince's Trust

**START
SOMETHING**



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

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

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



INTERESTED?

Contact us for more information

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

wcg.ac.uk

0300 456 0049


info@wcg.ac.uk

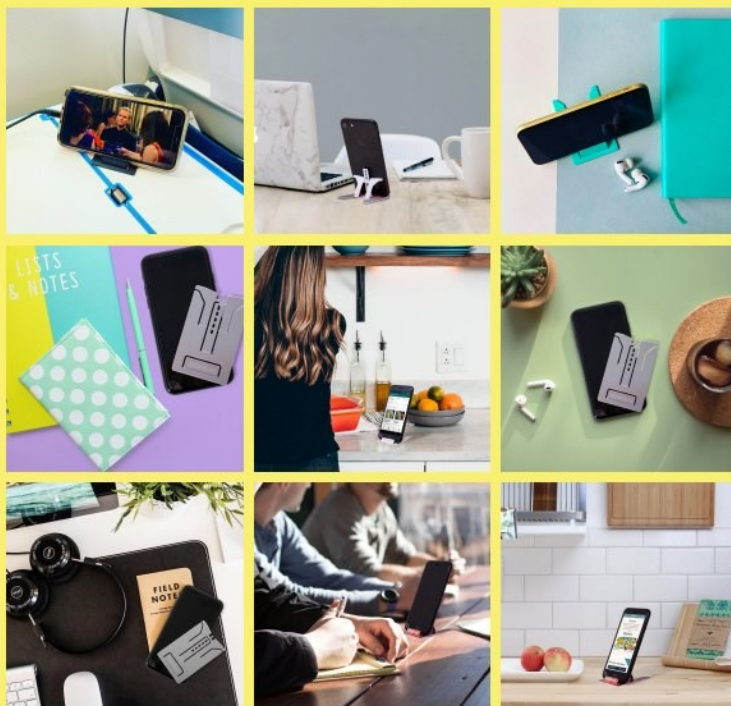
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when you order online with code **Stocking23**



Banners Gate Neighbourhood Forum Meetings

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

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

If you need any information please message on 07964 213 229