



WELCOME TO OUR

July Newsletter

HELLO FROM SUTTON COLDFIELD NNS!

Welcome to our monthly Newsletter



Hello All!

We hope you're well. Last month the team represented Sutton Coldfield NNS at the Sutton Coldfield 'Shaping Birmingham's Future Together' Marketplace, at Sutton Coldfield United Reformed Church. It was a great opportunity to connect with Birmingham wide and local organisations as well as engaging with our local community. The feedback was really positive, I hope those who were there found it as useful as we did!

We've also recently had a busy grants panel with a fantastic bunch of new projects in the pipeline, do keep your eyes peeled for further updates.👁️

As usual, If you have any relevant snippets for our September newsletter (we are having a newsletter reprieve for August), 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

**Birmingham
Connect
to Support**

Home to the Community Asset Directory

Hundreds of groups and activities, to help support and keep Adults Independent in their community



**Birmingham
City Council**

**Find it with
this QR Code**



SPREAD THE WORD

Birmingham Connect to Support

Do you run a community activity? If so, are you registered on Birmingham Connect to Support? Connect to Support is a Community Asset Directory and a good way to get the word out. You can create a listing yourself or ask our team to add on your activity. Do email us: nns@ageconcernbirmingham.org.uk

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 next topic will be:

Tuesday 2nd September 2025

Disability Benefits

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

SPREAD THE WORD

Easy Read Panel – Casba Advocacy



CASBA helps people with disabilities in Birmingham speak up and have their rights heard. We work together and respect everyone.



Join our Easy Read Panel. Work in a team and share ideas. Know what makes good Easy Read.



Pay is £12.60 an hour. Work for 2 hours once a month or weekly. Training is needed to work as a Checker.



There is an assessment, but no interview. To apply contact Sarah on 07581 372568 or email sarah.hibberd-ford@casba.org.uk Closing date 1st August.

Casba Advocacy are looking for people with learning disabilities to join their Easy Read panels as Checkers.

To be a Checker you need to have a learning disability. You must be confident to speak up and be willing to share your expertise. You need to be good at time keeping and come to the meeting when you say you will. You don't 100% need to be able to read but you do need to be able to understand what makes good Easy Read. We provide training. You need to be very good at working as part of a team.

The pay for this role is £12.60 per hour. This job only happens when there is a Panel. You might work once a month or every week. A panel lasts 2 hours.

How do I apply to be a Checker? Contact Sarah to tell her you want to do it. She will tell you more. 07851 372 568. Call, text or WhatsApp Sarah.hibberd-ford@casba.org.uk

★CONGRATULATIONS★

To the recipients of our latest Grants Panel!

Sutton Coldfield NNS would like to say a big congratulations to the following organisations who have secured funding at our recent grants panel. We look forward to seeing the development of the following projects over the next few months...

★**The Cancer Support Centre** have been funded to deliver a two year wellbeing programme for those affected by Cancer, centred around nutrition, carers support, self-help and creativity.

★**Drumatised** have conceived a 'Holistic Healing project', which will look to improve mental and physical health through music, sound vibration and nutritional knowledge; balancing yogachi and meditation to bring inner holistic healing.

★**EcoGrow CIC** have been funded to develop a 'Women's Group', centred around growing, nutrition, cooking and artistic activities. They will also be trialing a ten week multigenerational gardening group at the weekends.

★**Our Place Support CIC** have been awarded funding towards their Advice and Community Navigator services.

We look forward to seeing development of these project in the near future. Watch this space!
The deadline for the next round of grant submissions is Wednesday 10th September 25.

Networkers Out and About



This month we follow Networker Manjit, who spent a morning taking part in a 'Womens Hormone Health' workshop, facilitated by Successful Ageing and funded by Sutton Coldfield NNS.

*"The session focused on raising awareness around **muscle strength and density**, with various exercises implemented. The workshop was well attended by a diverse group who found the experience very interactive and engaging, whilst building confidence through their menopausal journey."*

The group were joined by Jonny Quinlan from the University of Birmingham, who has decades of research into ageing, strength, and performance. They session uncovered, why muscle loss begins earlier than we think and the connection between muscle health, immunity, and mental wellbeing. Simple, evidence-based practices were also explored to sustain strength at any age.

The theme for next July session will be 'Wellness in Sync with the Moon'. To find out more about Succesful Ageing you can visit their Facebook page [here](#)

Birmingham Community Matters Capacity Building Workshops

★ Learn about: measuring the impact of your NNS funded project

 **Thursday 17th July 2025, 1-4pm OR Wednesday 6th August 2025, 10am-1pm**

 **Zoom**

Are you part of a community group currently funded by a Neighbourhood Network Scheme (NNS) or are you thinking about applying for an NNS grant?

If so, join Birmingham Community Matters (BCM) for an informal and practical peer learning session designed to help make data collection and reporting clear, manageable and meaningful for your project.

In this session, BCM will help you understand what data you need to collect, why it matters, and how to report it effectively. They will also break down the public health measurement requirements and show you how to use the tools and templates provided.

★ Get to know: current funding opportunities for your small community group

 **Thursday 7th August 2025, 6-7pm**

 **Zoom**

This online information session is for you if you are running a small voluntary group in Birmingham and would like to know more about the funding options that are out there for you.

During this event we will explore:

- New grant funds that are live and relevant to small and micro groups
- Existing grant funds and an overview of how to apply
- Questions from you about the funds or how to apply
- Information about further support for your group to make sure you are ready for funding

To reserve your space on a Birmingham Community Matters session, please visit:

<https://www.birminghamcommunitymatters.org.uk/events/>



WOMEN AND ASTHMA

Stories of Breath

Step into a multi-sensory world where stories unfold through imagery, sound and hands-on making.

Everyone 7+ welcome – Children must be accompanied by an adult

 Library of Birmingham, Centenary Square

 Saturday 27 September 11:00-16:00

FREE IMMERSIVE EXPERIENCE

Women and Asthma is led by Imperial College London in partnership with The Sewing Rooms (Salford), Craftspace (Birmingham) and Stitches in Time (Tower Hamlets). Women and Asthma is funded by Wellcome.

IMPERIAL  **womenandasthma.net**


 Register on Eventbrite


 Library of Birmingham, Centenary Square

 Saturday 27 September 11:00-16:00

SPREAD THE WORD Stories of Breath

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 Library of Birmingham, Centenary Square

 **Saturday 27th September 2025, 11am-4pm**

Onwards – Peer Support Social Group



Onwards were awarded an NNS grant to support their peer support social group for families affected by ADHD, Autism and Anxiety. They meet on a Friday evening, and are able to relax and socialise together, engaging in fun and meaningful activities in an accepting and supporting community. With attendees ranging from ages 14 to 70, we were touched to hear how the group has impacted one girl in particular (aged 18.)

"My daughter was the child at primary school who did all the activities. As she moved into secondary school, she gradually became more and more unwilling to participate in the things she had always enjoyed and by the time lockdown ended, she had dropped everything. Getting joint diagnoses of ADHD and Autism for her in Year 11 certainly answered a lot of questions, but as her social anxiety grew, she became more and more stuck at home. We looked for SEN social groups that she could attend where she wouldn't feel the pressure to fit in, talk to people, be in a competitive situation etc., but could only find groups for younger children or those who weren't attending school during the day. Then we found Onwards.

We found Onwards via a Facebook post about 18 months ago and found a group which welcomed everyone. There are no expectations and members can be as involved in the programme of activities, or not, as they like. A quiet space caters for those who need to regulate, arts and game stations are always available for those who prefer solo activities, whilst those with lots of energy to run off can use the table tennis, play football or table football. Weekly themed activities provide structure and points of interest and the Summer Prom and Christmas party give those who can't attend such events at school some wonderful memories.

My daughter doesn't talk to many people, but that's okay. Others have formed friendships, and that's okay too. Members can come as they are when they can, with no pressure.

For me as a single parent, Onwards is invaluable. I don't know anyone else who has children with additional needs, and the chance to meet and talk with other parents and carers has meant the world to me. It's wonderful to sit down with a hot drink and feel that I am amongst people who understand the battles of daily life with red tape, hospital appointments etc. and to be

able to share the ups and downs of what can be a very lonely parental experience.

What Onwards has created is a wonderful haven, and I hope it is here for many years, many members and many parents to come!"

Moving on... an update...

*"This young lady is desperate to go to University and decided to apply to several this year expecting to have a gap year so that she could gain further confidence to gain a place and become a university student. Not only has she received several offers but she has managed to secure an unconditional offer at her first choice University and course. She has enjoyed the interviews and had some extremely positive feedback. She has decided to go ahead and not take a gap year. **She feels Onwards has given her the strength, confidence and motivation** to do this. Her mother has said that this mostly is due to her continued attendance at Onwards. Her mother is absolutely thrilled. She believes it has all been lifechanging. **For her as a parent it has given her hope and encouragement for them both for the future.** She is a single parent with absolutely no family or peer support so the importance of our group for both young adult and adult has been immense."*

SPREAD THE WORD

Sutton Connect Green Travel District Online Survey

The pioneering Sutton Connect Green Travel District (GTD) has been launched for Sutton Walmley and Minworth, and Sutton Reddicap, to help improve sustainable and active travel for residents, workers and visitors. GTD would like to better understand how people currently travel in and through the area. The information collected will be valuable in identifying future improvements to public transport services and walking and cycling routes.

You can view their survey [here](#), the **deadline is 3rd Aug 2025**





Do you offer activities for older people or adults with additional needs?


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](#)