



Banners Gate & Parklands Community & Neighbourhood Forum

196th August 2025

bannersgateneighbourhoodforum.com

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

Cancer screening bus is coming to Tesco, New Oscott, on Wednesday 10th September, 9.30am - 3.30pm



Rob Pocock: SUTTON PARK AUTUMN NATURE AND WILDLIFE TOUR

I'm writing this Gatepost piece this month from sunny Swanage on the Dorset coast – my favourite summer holiday hideaway! Looking ahead to autumn however it's already time to plan for the annual woodland and heathland wildlife walk that I have arranged for several years now in Sutton Park, led by Matthew, our amazingly knowledgeable Senior Park Ranger. This year it's scheduled for the **morning of Saturday 27th September, starting 11am** from the Visitors Centre. If you're interested in coming along it's by invitation to control numbers, so just drop me an email to rob.pocock@birmingham.gov.uk

I started these tours when the felling started in the holly woods, and then moved on to overgrowth and silver birch woods on the heathland area. "What's going on?" I kept getting asked. "Birmingham Council is trashing our precious woodlands!". Well nothing is further from the truth, as is now becoming ever more apparent as the years go by. The work is part of the long-term restoration of the 'medieval managed landscape' which has its history stretching back to the Tudor period. Don't forget, Sutton Park is not a natural open space, it is man-made, everything from the pools to the woodlands to the heathland, all was created by land management in the medieval period and even stretching back to the first human

inhabitants who took up residence here 6,000 years ago.

So the annual tour is a brilliant showcase for how, after a century or more of neglect, the original managed landscape is now being restored through a planned schedule of woodland and heathland restoration. On the walks we can now see sunny woodland glades springing up where once the woodland floor was dark and dead. New undergrowth is sprouting with saplings of rowan trees and bilberries, and on the heath there is new scrub and gorse where excessive birch cover had removed this valuable habitat.

So come and witness the rebirth of a world first created many years ago! It's just 90 minutes with the excellent guide ranger Matt, a trip you will never forget.

A LAST WORD ON FLAGS...

Finally, as I have said before, I keep party politics out of these Gatepost articles, this is not a place for all that. So, in regard to the current discussion about 'flags', all I want to say is to clarify any misunderstandings about the Council's position. Anyone is free and welcome to display a national flag on their property. Flags or posters can indeed also be put on to Council items such as lamp posts if a recognised community group applies for permission in the proper way – as is done for the Sutton Fun Run, scouts' events,

Boldmere Futures signage etc. The permissions state which posts can be used and the safe attachment of the item. Random residents putting up random flags without approval is not permitted, whoever they are and whatever the item.



Max Hatton: Hello Gatepost Readers!

I hope you're all soaking up the last few days of the summer holidays – whether you're making the most of the sunshine or enjoying some well-earned rest

before the busy autumn season begins. We've had some excellent weather over the last few weeks, I've put my BBQ to good use! I also enjoyed a few days in Barmouth, North Wales at the start of August, a holiday hotspot close to many Brummies hearts! Barmouth beach is only a two-and-a-half-hour drive from Birmingham, or you can even get the train direct at a reasonable price! In fact, the train passes through a section of the Cambrian Coast, a beautiful part of our country.

A huge congratulations to all GCSE and A Level

students who've recently received their results! No matter what grades you achieved, be proud of the hard work you've put in. And if things didn't go exactly to plan – don't be disheartened. I didn't get into my first-choice university either, but my insurance choice turned out to be a far better fit in the end. Sometimes, life's detours lead us exactly where we need to be.

In local news, we're excited to share that the Sutton Coldfield Farmers Market is back on Sunday, 31st August! It's a fantastic opportunity to support local producers, sample fresh seasonal goods, and enjoy the vibrant community atmosphere. Whether you're after artisan bread, locally grown veg, or a treat or two, there'll be plenty to explore.

Our next Full Town Council meeting will be held on Tuesday 23rd September from 7pm at the Trinity Centre, hope to see you there. Until then Gatepost readers, have a great month!

The next Banners Gate Neighbourhood Forum meeting is on Thursday, 25th September, 7.30pm at the Community Hall in Reay Nadin Drive, B73 6UR. It is an open meeting and all are welcome. Coffee/tea and nibbles provided.

BANNERS GATE COMMUNITY ASSOCIATION

Together with

GUIDE DOGS FOR THE BLIND

ARE ORGANSING A FASHION SHOW OF OVERMAKES OF HIGH STREET STORES.

PRICES OF GARMENTS ARE REASONABLE.

SATURDAY 22ND NOVEMBER 1-30 AT

THE COMMUNITY HALL. REAY NADIN DRIVE.

TICKETS ARE LIMITED. COST OF £5 ENTRY TO INCLUDE A GLASS OF WINE.

ALL PROCEEDS GO TO GUIDE DOGS.

TO OBTAIN TICKETS PLEASE TEXT 07964 213 229, STATING NUMBER REQUIRED. YOUR NAME AND EMAIL ADDRESS.

WE ARE ALSO LOOKING FOR SIX MODELS FOR THIS EVENT, WHICH IS A VERY RELAXED, FUN AFTERNOON.

John Cooper: John.cooper@suttoncoldfieldtowncouncil.gov.uk



Another month passes and another matter comes to the fore, presenting residents of the Town with yet another invasion into our lives. This time it is Labour BCC charging to park your car in Sutton Park, the fact that there are very few suitable parking places in the park doesn't seem to matter.

Until 29 August Labour BCC is running a consultation* to get a feel for your thoughts on this proposal, hoping I assume that we will all be very happy to pay to park in our park. On the 26th August they plan a Teams* (on Line) meeting to allow us all to raise questions and offer views. The last time they introduced this plan they held a face to face meeting at the Town Hall, in the words of the officer who headed the meeting they got "Roasted" when the financial madness was illustrated and withdrew the whole idea.

Parks are a place to take your leisure, to play games with children, to meet friends, to walk your dog, or just walk or run with friends or in many cases just sit and enjoy the views, nature and wildlife, not to mention it being contrary to BCCs "Well Being" policy. Do they presume that everyone walks to hire a bicycle at Banners Gate to exercise in the park?

As an individual if I "max out" my credit card the solution does not improve by getting another card to borrow more. In this case we have a Bankrupt Labour City Council and its solution is to take a loan of £700,000 to equip the park in some way to allow us to pay for parking. They plan to pay this back over two years and then they just might spend a few pennies on the park, desperately in need of maintenance following 50 years of neglect. They have already illustrated to us all they are financially incompetent, they really don't need to keep proving it.

I would urge you all to express your views on this unwanted madness by opposing the plan or of course support the plan if you feel it to be a good plan. Whether Labour BCC will have taken any of this into account must be viewed as doubtful, as it seems minds were made up and closed to any other views long ago.

It must be clear that Labour BCC see RSC as over privileged and undeserving, they have raised over £10m in the last two Council Tax rises and not one penny of which has been spent in our Town, this absence of investment following the closure of the Red Rose Library with two of our remaining libraries in Boldmere and Walmley, under threat of closing soon. We have also lost our Nursery on Coleshill Road, our Police Station reduced to a cottage facility to cover our 100,000 population. The Town Council has taken on all florals throughout the Town, which it now has to buy outside and also cover planting and maintenance of same. After eight long years negotiating with Labour BCC the Town Council is nearing the end of taking over ten allotment sites in Sutton Coldfield, these have been progressively invested in to make improvements, so very neglected by Labour BCC. The Town generally looks good because of the work of the Town Rangers, often unnoticed and taken for granted. Your Precept is wholly spent to the good of our Town.

Time for change May '26

*Sorry to say that by the time you read this, both the Teams meeting and the consultation period will have ended, I sincerely hope that you expressed your view for or agin.

John.cooper@suttoncoldfieldtowncouncil.gov.uk

John Cooper August '25

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

townrangers@suttoncoldfieldtowncouncil.gov.uk

johncooper@suttoncoldfieldtowncouncil.gov.uk



Anja Pawson

Local Campaigner in Sutton Vesey

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

Our Community Action across Sutton Vesey



Fly-tipping reported and cleared in **Sutton Park**.

Some highlights from our hands-on action in August — from graffiti clean-ups and litter picks to working with PCSOs to keep Sutton Vesey safe and welcoming.



Graffiti removed from substation fence in **Sutton Park** by National Grid.



'Cuppa with a Copper' with our PCSOs in our local Communittea Café in **Boldmere**.



Raising awareness of the City Council's consultation on parking charges in **Sutton Park**, which we are campaigning against.



Anja and John meeting residents at Banners Gate Community Hall on **Reay Nadin Drive**.

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

and

follow us on
Facebook/Instagram
via **VeseyNews**



Afternoon Tea

Saturday 2nd



SOLD OUT

- or Onion Pinwheel Wrap
- Smoked Salmon & Cream Cheese
- Ham & Tomato
- Egg Mayonnaise with Peashoots
- Fresh Homemade Scones with Jam & Clotted Cream
- A Selection of Sweet Treats

£12.50 Per Person Payable on Booking
Please speak to a member of the team to book or call
0121 362 3650



AGE concern
Birmingham

communithea cafe

What's On

September 2025

Opening Times
Monday to Saturday 8:30am - 4pm



76/78 Boldmere Road, Boldmere, B73 5TJ
Call us on 0121 630 2462 or email us
communithea@ageconcernbirmingham.org.uk

Monday

Carers Hub drop-in: 9.30am until 12pm - weekly
Our advisors can provide information and advice today. Pop in and have a chat, no appointment necessary.

Knit and Natter: 10am until 12pm - weekly
Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Tuesday

Allotment Group: 10am until 12pm - weekly
Talk all things gardening with the Communithea Allotment group, you will find us at the allotment if the weather is nice.

Dementia Carers drop-in: 10am until 12pm - weekly
Drop in advice and information for unpaid dementia carers.

Stroke Support Group: 10am - 2nd and 16th Only
Bringing together friends and families who have experienced the impact of stroke through our supportive group.

Friends For Life Veterans Group: 1pm until 3pm - weekly
Our group aims to bring together all ex service personnel to make new friends.

Wednesday

Community Police drop-in: 11am until 12pm - 3rd and 17th Only
Come along to meet and chat to a Police officer

Advice Cafe: 11am until 1pm - weekly
From benefits advice to saving energy at home. No need to book, just drop in.

Friendship Group: 11am until 1pm - weekly
Come down for a chat and a cuppa - everyone welcome!

Digital Inclusion 3pm until 4pm - weekly
Joe will be in the cafe lending a hand for all your tech needs!

Thursday

Parkinson's UK: 10am until 12pm - 4th and 18th Only
A group welcoming those with Parkinson's and their families and carers.

Social Worker drop-in: 10am until 1pm - weekly
Come along to meet and chat to a social worker - ask us anything

Knit and Natter: 2pm until 3:30pm - weekly
Join our team of knitters and enjoy some great company along with a cuppa and maybe even a slice of cake.

Craft and Knit Group: 10am until 12pm - weekly
Come along to our new craft group, previously held at the Sutton Library. Don't forget to get yourself a cuppa and maybe even a slice of cake.

Friday

Art Group: 10am until 11.30pm - weekly
A friendly art group working with various mediums from charcoal and acrylic paints to lino printing. We create artwork in a relaxed positive environment.

Advice Cafe: 11am until 2pm - weekly
One of our friendly Advice and Information team will be on hand to help with your queries - from benefits advice to saving energy at home. No need to book, just drop in.

Chatty Cafe: 2pm until 4pm - weekly
Come down for a chat and a cuppa - everyone welcome!

Saturday

Legal Services Drop In: 10am until 12pm - 6th September Only
Drop in to speak to our legal partner Jane from Wills Made Clear if you need advice on a will, lasting power of attorney or trusts!

Sutton Coldfield's new police station opens to serve community



Sutton Coldfield's newly re-developed police station opened today (Tuesday 22 July), to serve the community for years to come.

Existing police buildings on the Anchorage Road side of the site, have now been redeveloped with the addition of a former small business property next door.

This has created a bespoke new location for neighbourhood teams, emergency response officers, local crime investigators, offender management and other policing functions which were dispersed around the site previously.

One of the key developments was the creation of a public contact office where people can talk to us if they prefer face to face over telephone and online options.

Cash from the sale of the old site – which will also pay for the new station - will be reinvested into policing, safeguarding officer numbers and services at a time when budgets are under continued pressure locally and nationally. The sale of our surplus buildings on the Lichfield Road side of the site provides good value for the public purse and local people.

The old station cost over of £500,000 each year to run, excluding annual maintenance costs and essential upgrades such as those needed to its 66-year-old heating system as well as critical safety and security systems.

The decision to close the former station on Lichfield Road was made in March 2018 following careful scrutiny at a public meeting of the Police and Crime Commissioner.

As part of that decision, a pledge was made to maintain a police presence in the town.

The re-development was delivered on time and to a tight budget, using local businesses employing local people.

The old station was largely vacant due the way we work in the 21st century and my commitment to keep officers out on the streets serving their communities. The building was also very expensive to run.

Instead, we made use of the land and buildings we already had, and thanks to the purchase of an adjoining property, we've been able to create good, modern facilities for our officers and a public contact office.

There's no doubt that the redeveloped footprint is smaller than the old facility but there is no reduction in officer numbers serving the town. It is people with the right skills and equipment which keep people safe, not bricks and expensive empty rooms which cost a fortune to heat and maintain.

The new building benefits from new CCTV, solar panels, electric vehicle charging and LED lights to reduce energy costs.

Some officers had already moved into the new space ahead of the official opening.

The independent website crimerate.co.uk shows that Sutton Coldfield the safest place in the West Midlands.

[Current priorities for police in the area](#) include reducing business crime, stopping antisocial behaviour and increasing their visibility.

The Police and Crime Commissioner owns all West Midlands Police buildings. The Chief Constable is responsible for how we use those buildings, to enable police officers to keep people safe.

The decision to acquire or dispose of sites is made by the PCC, based on operational policing recommendations made by the Chief Constable. The recommendations are fully scrutinised in public meetings with the relevant documents published on the [PCC's website](#).

[**You can watch a film of the new station on our YouTube channel.**](#)



Sent By

Jan

s Police, Communications Manager, Corporate Communications)

Sutton Coldfield Family Hub at Holland House Children's Centre

Holland House Children's Centre

Holland Road, B72 1RE
Telephone, 0121 752 1860
Open 8:30 am – 4:30 pm

Emmanuel Church

Corner of Little Green Lane
and
Birmingham Road, B72 1YG

Car park available

Limited parking is
Pay and Display

Falcon Lodge Methodist Church

Newdigate Road, B75 7ER

Street parking only



In association with
Spurgeons



Sutton Coldfield Family Hub at Holland House Children's Centre

18/08/2025 — 22/08/2025

Tuesday

Music and
Movement

1:30pm-2:30pm
(0-5 years)

Holland House CC



Wednesday

Play and Learn

9:45am -11:15am
(0-8 years)

Emmanuel Church



Thank you
for spending
the summer
with us!



In association with
Spurgeons



ANGUS STEAKHOUSE –

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA –

Kids eat for £1 daily, with no adult spend

ASK ITALIAN –

Kids under 10 eat for £1 during school holidays

BEEFEATER –

Kids Eat FREE with Newsletter Voucher this Summer

BELLA ITALIA –

Children eat for £1 with any adult main

BILLS –

Kids Eat Free weekdays, 21st July - 29th Sept

BREWERS FAYRE –

Kids Eat FREE with Newsletter Voucher this Summer

BREWDOG –

2 Kids eat free with 1 adult, 19th July - 31st August

BURGER KING –

From 28th July - 31st August, Kids Eat Free (via app)

CHIQUITO –

Kids eat FREE Daily Until August 31st

DOBBIES GARDEN CENTRES –

Kids eat for £1 with an adult breakfast or lunch

FRANKIE & BENNY'S –

Kids Eat Free from 14th July - 31st August 2025

GORDON RAMSEY RESTAURANTS –

Kids under 10 eat FREE all day, every day

HARVESTER –

Kids eat for £1, Mon - Fri via the App

HUNGRY HORSE –

Kids eat for £1 on Mondays

LAS IGUANAS –

Kids under 12 eat FREE with 'My Las Iguanas' App

IKEA –

Kids get a meal for 95p daily from 11 am

MARCO PIERRE WHITE –

Kids under 12 Eat FREE daily with an adult spend

MORRISONS –

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM –

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE –

2 kids eat for FREE with 1 adult breakfast

PRETO –

Kids up to age 10 eat free with 1 paying adult

PUREZZA –

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS –

Kids eat for £1 on Wednesdays

SIZZLING PUBS –

Kids eat for £1, Every Monday to Friday, 3 - 7pm

TABLE TABLE –

2 Kids Eat free breakfast daily with 1 paying adult

TESCO –

Kids Eat FREE with a 60p spend until Aug 31st

TGI FRIDAYS –

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK –

Kids under 12 eat FREE Sundays with £10 spend

TOBY CARVERY –

Kids eat for £1 all day (weekdays) until Aug 29th

WHITBREAD INNS –

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI –

Kids eat free all day (weekdays) in school holidays

ZIZZI –

Kids eat free this summer holidays (ex Saturdays)



PHOTO COMPETITION

SOUL OF SUTTON - CALL FOR ENTRIES



THEMES

- 1 - CREATIVITY AND CULTURE
- 2 - SUTTON THROUGH THE SEASONS
- 3 - LIFE IN SUTTON COLDFIELD

Deadline:
Midday 10 September 2025

FIND OUT MORE:



[SUBMIT YOUR PHOTO](#)

ENQUIRIES@SUTTONCOLDFIELDTOWNCOUNCIL.GOV.UK



Simply School Supplies



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

Upcoming Events

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

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

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



The Allotment Year

Managing an allotment is hard work but very rewarding especially when you eat freshly harvested fruit and vegetables. The secret of managing an allotment is planning, noting that climate change and weather can alter that plan. Every year is different but starting an '1 annual plan" each year is the start of managing your allotment. Generally, the following basic monthly guide is the start of the plan.

January: **Plan** the planting for the coming Spring/ Summer seasons, thinking about crop rotation and companion gardening. Tidy up the allotment, build new raised beds if you use them. Plant Garlic, Rhubarb, Brussel Sprouts, young Apple, Pear and Plum trees and fruit bushes but don't dig the soil if there is a heavy frost.

February: **If** it is a mild winter think about digging in compost into the existing soil and adding nutrients ready for the coming Spring. Plant Broad Beans, Carrots, Leeks, Onions, Peas, Cabbage if the weather is right.

March: **Soil** should be warming now but don't start too early, it's better to be late if the soil is cold, crops will always catch up. Sow Brassicas, Beetroot, Lettuce, Parsnips, Radish Kale and plant early potatoes.

April: **Earth** up potatoes by covering up the soil to the top leaves. Rhubarb should be ready to harvest; the first crop is always the best!

May: Main planting season for vegetables, sweetcorn etc., Plant second early and main crop potatoes.

June: Summers now appear to be hotter and drier than in previous years, careful watering of crops in the early morning or late afternoon. Plants won't grow without water.

July and August: Start to harvest your crops and enjoy what you have grown.

September and October: Start to dig over harvested plots in preparation for the next year.

November: Plant fruit trees, add manure or compost to the soil and cover any plants with fleece to protect them from frost.

December: Always remember the wildlife. Birds and small animals will need some help with food and water.

And then it all starts again! Happy Gardening, it keeps you fit, you don't need Gym membership.

Birmingham Male Voice Choir

Featuring
Guest Artistes
Blue Sky Brass



Saturday 18th October 2025

Start 7.00 pm

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

Tickets £15 (to include light refreshments)

Available from

Meirion Bowen: 07766 301677

Warren Woodcock: 07305 971506

Francis Beirne: 07502 021179



WELCOME TO BIRMINGHAM BULLETIN

The latest news and events from Birmingham City Council.

 **RESET**

 **RESHAPE**

 **RESTART**

Improving standards in privately rented homes



£450K in fines issued as Birmingham City Council cracks down on unlicensed rental properties

We are encouraging landlords to act urgently and apply for a relevant licence or face fines of up to £30,000

FALCON LODGE COMMUNITY FORUM



COMMUNITY EVENT



Join us for a friendly and informative event bringing together a range of local organisations that provide services and support to the Falcon Lodge community.



FALCON LODGE METHODIST CHURCH

NEWDIGATE RD, B75 7LB



WEDNESDAY 17 SEPTEMBER



4:00PM - 7:00PM



For more information, please email
enquiries@suttoncoldfieldtowncouncil.gov.uk or call 0121 663 1765

Helping you find the right care, when it matters most

At CHS, we know arranging care can be emotional and overwhelming, whether it's for you or a loved one. That's why we're here: to simplify the process, listen to your needs, and offer trusted expert guidance every step of the way - at no cost to you.

We don't simply offer care options; we thoughtfully match you with the right providers tailored to your individual needs, preferences, and circumstances. With over 30 years' experience and a network of 4,000+ rigorously vetted, CQC-accredited care homes and home care agencies, you can be confident your loved one is in safe hands.

Confidence in every care choice.

Click [here](#) and scroll down to CHS Healthcare.

Visitors should read the full information on our website even if there is no need to book for a particular event, so that they avoid a wasted journey to an event that is perhaps not suited to them.

Disclaimer:

Visitors and participants in any of these activities must be aware of access arrangements, the nature of some historic buildings and the need to wear appropriate clothing and footwear.

Sutton Coldfield Heritage Network (SCHN) was formally constituted in 2023.

The current committee members are:
Marian Baxter, Claire Bridges, Benjamin Parker and Stella Thebridge (Hon. Secretary)

SCHN is a gathering of heritage and historical societies, venues and individuals currently including:

- Bishop Vesey's Grammar School
- Emmanuel Church, Wyde Green
- Friends of Chester Road Station
- Friends of Sutton Park Association (FOSPA)
- Friends of Wyde Green Station
- Holy Cross and St Francis' Church, Walmley
- Holy Trinity Parish Church
- New Hall Hotel
- New Hall Mill
- Nos 46 and 52 High Street
- Royal Sutton Coldfield Town Hall
- South Parade Methodist Church
- St Mary's College, Oscott
- St Michael's Church, Boldmere
- St Nicholas' Church, Boldmere
- St Peter's Church, Maney
- Sutton Coldfield Archaeological Society
- Sutton Coldfield Baptist Church
- Sutton Coldfield Civic Society
- Sutton Coldfield Local History Research Group
- Sutton Coldfield Masjid
- Sutton Coldfield Masonic Hall
- Sutton Coldfield Moviemakers
- The Driffold Gallery (The Smithy)
- The Highbury Theatre
- The Royal Cinema



Plans are shaping up to celebrate the 500th anniversary of royal charters secured by Bishop John Vesey from Henry VIII, which established what we now know as Bishop Vesey's Grammar School in 1527 and the establishment of local government together with the formal handover of Sutton Park to the Town in 1528.

We will be offering opportunities during Birmingham Heritage Week in September for you to tell us your stories of living in Sutton Coldfield – however long or short a time you have lived here, so we build up a picture of our Town and its people and places today.

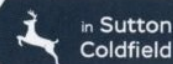
You can also let us know at any time your thoughts about ways you would like our community to celebrate during the period May 2027 to Dec 2028 and any legacy you would like to see as a result.

We would also love to hear from you if you are thinking of running a particular project as part of a local group or would like to support other events as a volunteer, so that we can collate all the activity that might be going on and enable good communication across the Town.

We would like to hear from people of all ages

Contact us on:

suttoncoldfieldheritagenetwork@gmail.com



celebrating
ARCHITECTURE

12th - 21st September

**EVENTS
PROGRAMME**

2025

Sutton Coldfield Heritage Network

SCCT

What's on

Buildings open

From the mediaeval Smithy and compact offices in Coleshill St to the Royal Cinema

Talks

From aspects of architecture to sweet-making

Film shows

Sutton Coldfield Moviemakers at The Town Hall and Highbury Theatre

Railway exhibition

The Spaghetti Line is celebrated in the 200th anniversary year of the first train journey

Open Days

Many churches, Royal Sutton Coldfield Town Hall, Masonic Hall and New Hall Mill

In Sutton Park

Three led walks and a Bronze Age sweat lodge experience

New for 2025

More churches are opening than ever before

5 Church of England, 2 Roman Catholic, Sutton Coldfield Baptist Church and South Parade Methodist Church

Costumed characters from Sutton Coldfield's past Meet these people at Open Days on Sat 13th Sept.

Agnes Bracken (historian), Lt-Col Richard Holbeche (diarist), WH Bidlake (architect) and Mary Branker (pioneer vet)



Buildings trail in High Street Conservation Area Follow the buildings of interest between the Town Hall and Holy Trinity Parish Church




How to book

Go to the SCHN website for full information on each event, and to avoid a wasted journey on the day

The website entry will then take you to Eventbrite, where this is essential because of limited numbers, and where an event incurs an admission charge.

For Open Day sessions (as identified in the calendar in this brochure) and any other events where there is good capacity and no admission charge, there will not be any Eventbrite booking option.

You just attend on the day as advertised.

Events marked with the symbol  must be booked in advance.

These and others where an entrance charge is levied can be booked from Saturday 9th August at 12 noon - when the main Birmingham Heritage Week website also goes live.

A link to Eventbrite will become available at that time from the SCHN website.



It is time to use the magnifying icons at the bottom right of the screen.



Birmingham Heritage Week



Sutton
Coldfield
Heritage
Network



in Sutton
Coldfield

EVENTS PROGRAMME

2025

12th - 21st September
celebrating ARCHITECTURE

Wed
17th

Tour of
St Mary's College,
Oscott

📍 B73 5AA

9.30am
- 11.30am



Wed
17th

Sutton Coldfield
Methodist Church
Open Morning

10.30am
- 12noon

📍 B72 1QY

Wed
17th

Tours of
SADL No.46 and 52
High Street

1.45-2.45pm
3-4pm

📍 B72 1UL



Thursday
18th

Scout jamboree
reminiscence walk
led by Alan Smith

11am - 1pm

📍 Boldmere Gate
B73 6LJ



Thursday
18th

The "Old Smithy"
(Driffold Gallery)
Drop in to view

11am
- 3pm

📍 B72 1QR

Thursday
18th

"Sweet heritage"
talk by
Emma Barran-Scott
Emmanuel Church
Wylde Green

7.30pm
- 9pm

📍 B72 1DP

Friday
19th

St Michael's
Boldmere
Open morning

10am
- 12noon

📍 B73 5RX

Friday
19th

St Chad's
Hollyfield Rd
Open Morning

10am
- 1pm

📍 B75 7SN

Friday
19th

Buildings
before 1528
Talk by
Dr Mike Hodder

2pm
- 4pm

📍 B72 1TF

Sat
20th

Holy Cross and
St Francis,
Walmley
(RC church)
Open Morning

10.30am
- 12.30pm

📍 B76 2RS

Sat
20th

Scout jamboree
reminiscence walk
led by Alan Smith

11am - 1pm

📍 Boldmere Gate
B73 6LJ



Sat
20th

St Michael's
Boldmere
Open Church

12noon
- 2pm

📍 B73 5RX

Sat
20th

Churchyard walk
Holy Trinity
Parish Church
by Marian Baxter

2.30-4pm

📍 B72 1TF



Sat
20th

"Sounds Historical"
concert at
Holy Trinity
Parish Church

7.30pm

📍 B72 1TF

"Events marked with the symbol
must be booked in advance."



These and others
where an entrance
charge is levied can
be booked from
Saturday 9th August
at 12 noon, 2025.

<p>Thursday 11th</p> <p>Buildings in Sutton Coldfield after 1528 - talk for the Civic Society by Marian Baxter</p> <p>7.30pm - 9pm</p> <p>at the Trinity Centre</p> <p> B72 1TF</p>	<p>Friday 12th</p> <p>Tours of the New Hall Hotel Grounds by Marian Baxter</p> <p>11am - 12.30pm 2pm - 3.30pm</p> <p> B76 1QX</p>	 
<p> B72 1TF</p>  <p>Holy Trinity Parish Church (CofE) Open Day 11am - 3pm</p>	<p>St Peter's Maney (CofE) Open day 10am - 2pm</p>  <p> B72 1JJ</p>	<p> B72 1TA</p>  <p>Sutton Coldfield Baptist Church Open Day 11am - 3pm</p>
<p> B73 6DA</p>  <p>Town Hall Open Day 10am - 4pm</p>	<p>Saturday 13th</p> <p>Sutton Coldfield Railway Station Foyer - exhibition 11am - 3pm</p>  <p> B73 6AY</p>	<p>OPEN DAYS</p> <p> B72 1TJ</p>  <p>Masonic Hall Open Day 10am - 2pm</p>
<p>Sunday 14th</p> <p>Sutton Park sweat Lodge reconstruction</p> <p>1pm - 4pm</p> <p> B74 2YT</p> 	<p>Sunday 14th</p> <p>Sutton Coldfield Heritage Films at Highbury Theatre</p> <p>11am - 3pm</p> <p> B73 5HD</p> 	<p>Sunday 14th</p> <p>New Hall Mill Open Day</p> <p>10am - 4pm</p> <p> B76 1QU</p> 
<p>Monday 15th</p> <p>Emmanuel Church</p> <p>Open Church</p> <p>Wylde Green</p> <p>12 noon - 2pm</p> <p> B72 1DP</p>	<p>Monday 15th</p> <p>Sutton Park's Roman Road: survey Illustrated talk by Matt Beamish</p> <p>at the Trinity Centre</p> <p>7.30pm - 9pm</p> <p> B72 1TF</p>	<p>Monday 15th</p> <p>St Nicholas Church Boldmere</p> <p>Open Sessions</p> <p> B73 5US</p> <p>ALSO OPEN - TUES 16th, WED 17th, FRI 19th 9.30am - 5pm (each day)</p>
<p>Tuesday 16th</p> <p>Holy Cross and St Francis, Walmley (RC church)</p> <p>Open Morning</p> <p>10.30am - 12.30pm</p> <p> B76 2RS</p>	<p>Tuesday 16th</p> <p>Sutton Park Archaeological Walk</p> <p>11am - 1pm</p> <p> B74 2YT</p>	<p>Tuesday 16th</p> <p>"Our Town at the Crossroads? Past and Present." Talk by Tony Whitehead</p> <p>the Royal Cinema</p> <p>1.30pm - 4pm</p> <p> B72 1QL</p>

Book a household recycling centre appointment

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

[See how this may affect your bin collections and what you can do with your waste.](#)

If you would like to know more, you can find more details on our [Waste and recycling industrial action - FAQ for residents page.](#)

Sutton Coldfield

Norris Way, B75 7BB

Monday to Friday: 7:00am to 9:00pm

Saturday and Sunday: 8:00am to 6:00pm

Booking

You can book:

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

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

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

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

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

[Book an appointment](#)

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

- driving licence
- utility bill

Council tax bill - paper or digital

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



**Independent
Age**



Free benefits check for people over 65

**Are you getting all the
financial support you're
entitled to?**

Many older people miss out on extra money they could be getting each week. They may not know what financial support is available, or how to apply. Don't let that be you.



“

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

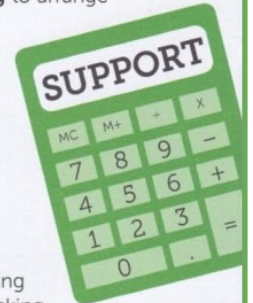
Call our Helpline for free on **0800 319 6789** (Monday to Friday, 8.30am to 5.30pm) quoting 'Free Guide 468'; or email helpline@independentage.org to arrange a benefits check.

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

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

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

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



**Independent
Age**

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

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

16-AMG-229-A

StreetSafe ONLINE REPORTING TOOL

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

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

You can anonymously report behavioural or environmental concerns such as:

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

Visit **Police.uk/StreetSafe**

StreetSafe is not a crime reporting tool.
To report a crime visit: **www.west-midlands.police.uk**



NYW10022

Sutton Cottage Redevelopment Plans



Extensive refurbishment

Integrated health service

Wellbeing hub for older adults

Work has begun on an £8.5 million scheme to transform Sutton Cottage into an integrated hub of healthcare services for older people.

Due to open to the public in the winter of 2025/26, the extensive transformation safeguards the future of the historic site as a one-stop health and wellbeing hub for over-65s.

The hub will provide an integrated set of secondary, community and primary care services (e.g. respiratory, diabetes, podiatry, dietetics, chronic kidney disease, frailty, musculoskeletal services).

That means patients will be able to see more than one specialist in a single visit, delivering a more personalised and holistic approach to healthcare.

NHS

While construction work is going on ...

Maintaining clinical service delivery as close to Sutton Cottage as possible is a priority, particularly when NHS services are under severe pressure.

To achieve this, we've temporarily moved some of our adult clinics into Portakabins behind Sutton Cottage, in Duke Street.

We will continue to do all we can to minimise disruption around the site. We have rented 19 spaces in South Parade car park for staff to use, to help relieve some of the pressure on parking in Duke Street.

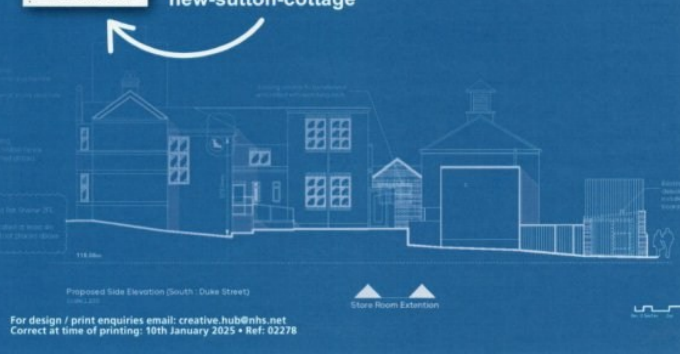
The NHS is innovating to deliver the care people need closer to home, easing the pressure on our acute hospitals.

Sutton Cottage - a proud part of the Royal Town's past; now secure as a beacon for community-based healthcare delivery in the future.



Comments or Questions?

Please email us at info.bchc@nhs.net
Scan the QR code on the left for future updates, or visit: bhamcommunity.nhs.uk/new-sutton-cottage




BRITISH ELDERLY CARE SERVICES

Delivering Complex care with independence

Our local caregivers provide home care while maintaining freedom.

Contact : **BRITISH ELDERLY CARE BIRMINGHAM**
Address : 68A Reddip Hill, Sutton Coldfield, Birmingham, B75 7BG
rose@britishelderlycare.com
Tel : 01213691699
www.britishelderlycare.com

• Hourly care • Complex • Live-in care • Short breaks
• Respite care • Companionship • End of life care • Night care

Compassionate care just for you.

Dementia
With our caregivers' high-quality training and experience means that they are well-equipped to deliver positive and compassionate support to anyone living with Alzheimer's, vascular and many other kinds of dementia.

Companionship
Even the most independent people appreciate the comfort of a smiling face and a friendly chat. Our hourly companionship care service provides regular home visits from a local caregiver, delivering peace of mind to clients and their family.

Respite
Even the most dedicated of family carers sometimes need a break. Our respite care package will ensure your loved one's wellbeing is maintained while you get the break you need to come back refreshed – a benefit for you both.

Complex care
Complex care, also known as long-term care or continuing care, is given to patients with significant, continuing healthcare issues such as chronic illness and disabilities that can arise after receiving hospital treatment. Complex care is usually provided to individuals by a team of healthcare professionals, including nurses, doctors, therapists, social workers, and case managers. We all work together to develop a care plan that meets the individual's unique needs.

After Stroke
Our trained and experienced caregivers can assist with recovery after a stroke. We will create a bespoke care package that ensures all recovery needs are met, while maintaining a dignified life at home.

BRITISH ELDERLY CARE SERVICES
• Supportive • Honest • Innovative • Credible

Building a Better Lifer for you and your loved ones.

YOUR LOCAL AUDIO NEWSPAPER - a real lifeline for hundreds, yes hundreds! of people across Birmingham.

[Birmingham Talking Newspaper For The Blind And Visually Impaired](#)

btnbvi.org

When my own mother-in-law's health was fading, we discovered this remarkable service and it gave her a new lease of life at 93!

Do you know anyone who is partially sighted or blind? If so, they may benefit from listening to a local audio newspaper. Or indeed a monthly magazine and a history talk? This is a completely free of charge service, including the loan of equipment to allow you to listen to these articles. It is enjoyed by many people of all ages, some of whom are housebound.

Blind and visually impaired people in the wider Birmingham area can obtain audio versions of local newspaper articles and a range of weekly and monthly audio magazines. These are provided free of charge for listeners who have registered with our service.

You can apply by filling out the registration form which can be found at www.btnbvi.org. Or by contacting 0300 330 1404 for more information. We will then explain the service that we provide, all completely free of charge.

Please note that we never pass your information to anyone else and you can unsubscribe from our service at any time.

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

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

We particularly need good quality:

- Clothes and Shoes ☐
- Bags and Accessories ☐
- Books, CDs and DVDs ☐
- Homewares ☐
- Toys and Games ☐

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

British Heart Foundation

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

0121 355 5848

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

giftaid it

©British Heart Foundation 2019, registered charity in England and Wales (225971) and in Scotland (SC039426). BH05372

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 SQUARE PEGS FIT IN

Registered Charity Number 1185040

www.squarepegactivities.org

info@squarepegactivities.org

Square Peg Activities Limited,
37-39 Gate Lane, B73 5TR

**Thursdays
1-3PM**



SOCIAL SESSION FOR DISABLED ADULTS & CARERS

Activities

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

A safe environment for disabled adults to meet new people and have fun. Session activities are individualised by attendees.

£3 suggested donation

To book please email:

info@squarepegactivities.org



**SQUARE PEG
Activities**

Where square pegs fit in

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

Regular activities include:

- Pool
- Table Tennis
- Scalextric
- Darts
- PS5
- Get Creative
- Chill & Chat
- Coffee Bar

The GATE
Youth Club

Fridays 7.30-9pm term time starts
7th March 2025
Ages 11-16

Banners Gate Community Church
Westwood Road
Email: bannersgatechurch@gmail.com



Your children will never be bored at

Rowans Holiday Club
Before and After School Club



You could claim up to 70% on tax credit
TSC's only

Open Monday-Friday during school holidays from 7.30am-6pm
(Price includes 3 meals a day, snack and drinks)

We also run exciting day trips and outings including

- Conkers activity centre • trips to the seaside
- Sutton park for picnics • Empire cinema
- All staff are qualified, experienced and DBS checked
- Rowans Holiday Club is Ofsted approved for your peace of mind

For more information visit www.rowans-nursery.com
email rowansnursery@live.co.uk
telephone Becky Jones or Amy Ganley on 0121 354 4120

Rowans Before and After School Club operates from St Columba Church Hall, Banners Gate Road, Sutton Coldfield B73 6TX (Opposite the Banners Gate entrance to Sutton Park)

Ofsted
"Children are happy and well settled with a flexible routine to pursue their own interests, the environment is bright, welcoming and friendly."

Banners Gate Community Hall

SOUL YOGA



Schedule

Monday
6pm Yin
7.30pm Hatha

Tuesday
6am Rise & Shine

Thursday
9.30am Hatha

Sunday (1st of month)
7.30pm Mellow & Yoga Nidra

07963 044364

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

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

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

Please contact 0121 362 3650 for more information if:

*You are feeling isolated, or would welcome the chance to meet new people in your community.

*Maybe you already run a coffee morning/community group and would like to work with us to widen your reach.

*You would like to increase your social opportunities.




*Sunday Mornings
at St Columba's*

Rev Becky invites you to a warm and welcoming service at 10am

The service lasts about an hour with tea, coffee and a chat in the hall afterwards. All are welcome: everything is explained as we go along and is on a big screen at the front. Come exactly as you are - full of questions, full of faith, full of doubts or completely empty and in need of an hour of peace.

You are welcome.



Slimming World
taste the freedom

FREE membership
when you buy a 4 week subscription

eat out and lose weight!

St Columbas Church hall
Banners Gate Road
Wednesdays 7pm
Karen 07759170289
Or just come along!

[slimmingworld.co.uk](https://www.slimmingworld.co.uk)

Feeding hearts, changing lives

St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com



Coffee Morning
every Friday 10:00 -12:00
St Columba's Church Hall
Banners Gate
(Sutton Park Corner)

Not on Friday 29th December

All welcome for Coffee, Tea, friendly chat, warm space

Church open for anyone who wants a peaceful moment or quiet chat

Classes at St Columba's Church

Monday	Brownies	6 o'clock
Tuesday	Brownies	6 o'clock
Thursday	Rainbows	
Friday	Coffee Morning, see above	
Sunday	Morning Worship	10 o'clock



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

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

IF YOU WOULD LIKE TO SUPPORT OUR WORK PLEASE MAKE A DONATION USING [THIS LINK](https://www.justgiving.com/hopefoodnb):

<https://www.justgiving.com/hopefoodnb>

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

Church@4

a relaxed time for adults and children together

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

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



stcolumbasbannersgate



St Columba's Banners Gate



stcolumbasbannersgate.co.uk



All are welcome - there is no charge for anything.

"Keeping your body active & healthy is the most important thing you can do for yourself. Both physically & mentally, especially as we get older"



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

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

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

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

New Oscott Village Gym

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



Contact us for prices
and more information:

Jackie.Taylor@extracare.org.uk



ExtraCare
Charitable Trust

our place

ADVICE

COFFEE MORNING

ARE YOU 50+ AND LOOKING TO SOCIALISE?
JOIN OUR COFFEE MORNING WITH THE COMMUNITY
NAVIGATOR AND EXPLORE LOCAL
SUPPORT AND ACTIVITIES!

CONTACT RANJAN HOATH FOR MORE INFORMATION

DATES

7TH AND 21ST AUGUST
4TH AND 8TH SEPTEMBER
2ND, 16TH AND 30TH OCTOBER
13TH AND 27TH SEPTEMBER
11TH DECEMBER .

10-12PM

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

FUNDED BY



A few funny WhatsApp received recently to give you a smile:

R.I.P. Steve whose wife sent him out to buy some sewing thread, but he ended up in the pub all day. Gone but not for cotton.

I got pulled over by police last night. I was told it was a spot check. I said I've got two blackheads and a boil on my bum.

The hardest pitch I ever played on made of crushed brick rubble and concrete, we won 3 2 on aggregate

A few years ago, I invented beach footwear for people with one leg. It was a flop.

I was thrown out of the staff room of my local Tesco yesterday. They asked me what I was doing there. Told them I was on a break. They said you do not work here. I said I have just finished using the self-service till so clearly, I do.

I hooked all my wrist watches together and made a belt. Turned out to be a waist of time.

Beverley does not want to date me because I only have 9 toes. It's true she's lack toes intolerant.

First date: Hi, I am 32 and a politician and I am honest. "Hi, I'm 29 a prostitute and I'm a virgin! "

The plumber called today and asked why I haven't paid my bill for the work he did last Friday. "I told him it's what you quoted". He said I didn't give you a quote. "Yes, you did I said when I called to ask when you could fix it, you said you were free on Friday"

Eric Aug 2025

Thank you, Eric



MEN WALKING AND TALKING
Est. 2021



SUTTON COLDFIELD GROUP
MEETING POINT - SUTTON COLDFIELD TOWN HALL ENTRANCE
WEDNESDAY'S @7:00PM

**GIVING MEN A SAFE SPACE TO OPEN UP ABOUT THEIR
MENTAL HEALTH AND SUPPORT EACH OTHER.**

- ✓ **NO NEED TO BOOK AND NO FEE**
- ✓ **NON JUDGEMENTAL, PEER SUPPORT**
- ✓ **PROMOTING POSITIVE MENTAL HEALTH**
- ✓ **WEEKLY GROUPS LOCATED AROUND THE COUNTRY**
- ✓ **ONLINE PEER SUPPORT GROUP AVAILABLE**

MENWALKINGANDTALKING.CO.UK

‘Talking Space’

Are You Having a Difficult Time ? We can help with ...

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

Just drop in between 6pm - 11pm (Over 18 only)
Thursday, Friday, Saturday & Sunday

Beechcroft Centre
Rear of 501 Slade Road, Erdington, B23 7JG

In Partnership with

Forward Thinking Birmingham

‘Talking Space’

Are You Having a Difficult Time ? We can help with ...

Low Mood Struggling to Cope

Mental Health Crisis Suicidal Thoughts

Just drop in between 6pm - 11pm (Over 18 only)
Wednesday, Thursday & Friday

Handsworth Hub
9 Park Avenue, Hockley, Birmingham B18 5NE

In Partnership with

Forward Thinking Birmingham

 **Sing Me Sunshine is my lovely singing group for all!**

Join me and spend a carefree afternoon of singing, laughter and chat in Sutton Coldfield.



Tuesdays 2 - 3pm | **Thursdays 2 - 3pm**

St Columba's Church hall | **All Saints' Church Centre**
Banners Gate Road/ | **Belwell Lane, Four Oaks,**
Chester Road North | **Sutton Coldfield B74 4TR**
Sutton Coldfield B73 6TX

£5
PER PERSON

If you are looking to do something new, feeling a bit lonely or living with health issues, I'd love you to come along and let Sing Me Sunshine brighten your day.
Make new friends, feel positive and have some fun!
Come on your own, bring a friend, family member or caregiver.

For more information, please contact Helen on
07981 957061 or email helenwilliamsmusic@gmail.com

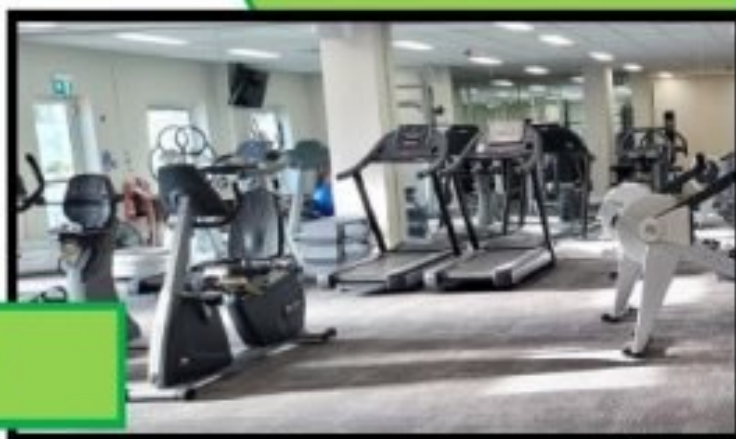
New Oscott Village **SPECIAL SUMMER OFFER!**

*Special offer for Banners Gate
forum subscribers*

*Get 7 months for the price of 6
or
14 months for the price of 12
Monthly memberships
also available*

Come and have a look around

START TRAINING TODAY



Why Choose Us?

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

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

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

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



0121 377 5000

Jackie.Taylor@extracare.org.uk

New Oscott Village, Fosseyway Drive, Chester Road, B23 5LD



**SUTTON
COLDFIELD
UNITED
REFORMED
CHURCH**

Sharing the love of God through Worship and Friendship

All Welcome

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

JOIN THE MEN'S HEALTH & WELLBEING GROUP

Fourth Tuesday in the Month **7pm - 9pm**



Safe Space
Welcome "Safe Space" to meet, chat & discuss

Regular Meetings
Meeting regularly to discuss enhancing wellbeing

Men Networking
Networking personally & professionally

Guest Speakers
Specialist Guest Speakers

Physical Activities
Engaging in a variety of fun physical activities

No costs to attend

"Men's Health Is Their Wealth"

Visit our website

Highcroft Community Centre, 485 Slade Road, Erdington, Birmingham, West Midlands, B23 7JG

07493 397272
info@menshealth-wellbeing.co.uk
www.menshealth-wellbeing.co.uk

Birmingham City Council

Sutton Social

Join us for a chance to socialise with other visually impaired adults!


£2
per session

Every Tuesday
10:30 am - 12:30 pm

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

If you'd like to know more, please contact
Hayley Phillips on **0121 281 5811**
or **0121 393 4849**

FOCUS
Birmingham



The United Reformed Church

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

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



Free monthly activity sessions for people aged 75 and over



Please register in advance by calling 0800 716 543

Activity: Boccia/Indoor bowl
Starting: Monday 11th March
Date: Every second Monday of the month
Time: 10:30am - 12pm
Venue: Oasis United reformed church hub
1 Brassington Avenue Sutton Coldfield B73 6AA

Bringing generations together

Reengage

Re-engage is a registered charity in England and Wales (1146149) and in Scotland (SC039377)
visit www.reengage.org.uk for more information

13 Fascinating & Funny UK Facts to Know Before Your Working Holiday in the UK — for Canadians



So many reasons to do a Working Holiday in the UK as a Canadian, but we are giving you here some very curious facts that will help you look like an expert before you even start your working holiday in the UK!

Yes, as a Canadian you can work in the UK for up to 3 years – yes! 3 years, how amazing is that? Besides speaking the same language, you will be ready to not only experience a working holiday in such a strategic location to visit so many European countries but also to be allowed to stay for a long enough period that many Canadians even are able to work in their careers or field of study there. Did you know this is the longest you can stay in a country working as a Canadian under the International Experience Canada program? Let's take advantage of it!

At Stepabroad we want to prepare you for your experience so even before landing, you are an expert about UK – we will help you look as a local pretty much

To start, did you know that the UK is the union of 4 different countries: England, Wales, Scotland and Northern Ireland? Ok, good start, let's know bring some cool facts that you will not forget!

1. French was the official language of the nation for 300 years, ending almost 700 years ago.

2.

Even when French is not spoken anymore in England, well, during your working holiday in the UK you will be so close to France, that we can foresee a few trips that you can arrange to France. The Channel Tunnel (often called the 'Chunnel' for short) is an undersea tunnel linking southern England and northern France, so you can do a road trip! But also you can fly for approximately 1 hour and you will be in Paris through a low cost airline for as little as CAD 80 onwards! Yes, flights in the Schengen zone can be very cheap and everything is very well connected!

2. Soccer, rugby, golf, boxing, and cricket were ALL invented in the United Kingdom.

Did you know that there are lots of sports groups you could join while in the UK during your working holiday and that way you can meet lots of locals! Well, now you know that these sports were invented there! Best way to start your conversation when you join the first Soccer team practice! Icebreaker maybe to meet people from the UK?

3. Stonehenge is older than the pyramids!

A must-visit during your working holiday!

Did you know those three? More next month.

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

MY FRIEND KEEPS SAYING
"CHEER UP MAN IT COULD
BE WORSE, YOU COULD BE
STUCK UNDERGROUND IN A
HOLE FULL OF WATER."

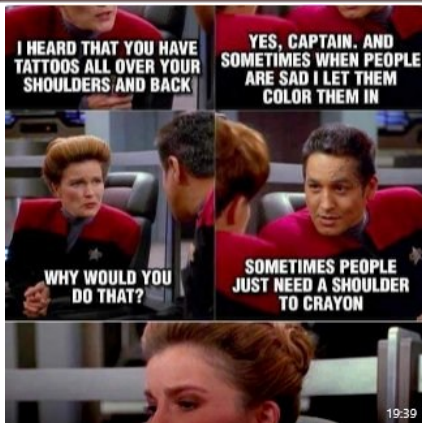
I KNOW HE MEANS WELL.

I entered ten puns into a
competition to see if one
would win.

No Pun In Ten Did

I DIDN'T THINK
ORTHOPEDIC SHOES
WOULD HELP.

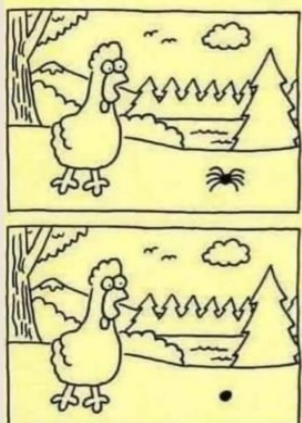
BUT I STAND CORRECTED.



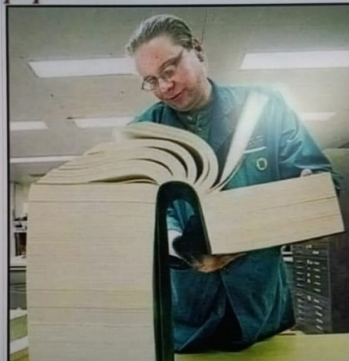
A weasel walks into a bar.
The bartender says,
"Wow, I've never served
a weasel before.
What can I get you?"
"Pop!" goes the Weasel.



SPOT THE 8 DIFFERENCES
BETWEEN THESE TWO PICTURES



Just letting you know that
the book, "Understanding
Women" is now out in
paperback



Over the years,
people have started calling
their kids
after expensive
luxury items like
Mercedes,
Chardonnay,
and Dior
I'm off out
with my 2 kids,
Gas and Electric 🤔

Nayan Parmar
12h • 🌐

Thank you, Hazel

Here's your quiz—some easy, some not so easy.

1. For which MLS side did Lionel Messi sign in July 2023?
2. In which book might you find Bigwig, Hazel and Fiver?
3. Canada's capital city, Ottawa, can be found in which province?
4. What flavour is the liqueur, Tia Maria?
5. Who played Rodney Trotter in the long running series "Only Fools and Horses"?
6. What was the name of the 80's musical duo that consisted of Andy Bell and Vince Clarke?
7. Which fashion designer popularised the Mini-skirt in the 1960's?
8. Who featured on the rear of a £10 from 1975 to 1992?
9. Which British explorer was the first to see Victoria Falls?
10. Which band had UK no.1 hits in the 1970s with "Rivers Of Babylon" and "Mary's Boy Child"?
11. How many DIFFERENT chess pieces does each player start a game of chess with?
12. Which novel has the opening line "Last night I dreamt I went to Manderley again"?
13. In the TV series what musical instrument does Lisa Simpson play?
14. By what name do we know the English dish of sausages in batter?
15. What tree is the symbol in the centre of the Lebanese flag?
16. What was the best selling Scotch whisky brand in the world in 2022?
17. Which of Henry VIII's wives was known as "The Flanders Mare"?
18. By what name is artist Domenikos Theotokopoulos better known?
19. Which blood group is known as "The Universal Donor"?
20. What is the name of the restaurant in which SpongeBob SquarePants works as a cook?

Answers

1. Inter Miami. 2. Watership Down. 3. Ontario. 4. Coffee. 5. Nicholas Lyndhurst. 6. Erasure. 7. Mary Quant. 8. Florence Nightingale. 9. David Livingstone. 10. Bonny M. 11. Six. 12. Rebecca. 13. Saxophone. 14. Toad in the Hole. 15. Cedar. 16. Johnnie Walker. 17. Arm of Cleves. 18. El Greco. 19. group 'O'. 20. The Krusty Krab.

Are you a good guesser?
What are these objects. Answers on the bottom of page 43

What are these five identical, thin, wooden planks with 3 level steps.



1

What are these pieces of black, corrugated plastic with a fabric cover, in the Gower peninsula.



2

What is this metal hatch in a garden in South Wales, attached to a neighbour's wall.



3

Please Bring
Donations
to:

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



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.

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



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/



Location

Falcon Lodge Chapel, 265 Reddipap
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

DANCE ARGENTINE TANGO



with Franco & Julia



Now at: Oscott Social Club
Witton Lodge Road. B23 5LX
Thursdays 8.30—8.45pm
Fundamentals and techniques with
practise time
8.45—10pm
With practise time
Improvers / intermediate level
Taking your tango to the next level
Please wear non-rubber sole shoes

Contact: Julia 0779 008 4218

Answers from page 35

1. These are for old sash windows that don't stay up. Each step is a level for how high you want the window...The joys of living in an old home!

2. These are used to survey for small animals, typically newts, frogs, snakes, etc., which will shelter under the plastic, making it easy to count them.

3. It's a cleanout to their flue pipe/chimney.
Plus, for chimneys with cooking ranges connected to them via horizontal flues, one could also light a very small fire in one of these things just to get the updraft in the chimney started so that the main fire in the grate would then draw properly.

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25 Boldmere Road, Sutton Coldfield B73 5UY



Are you interested in Art?

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

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

www.suttoncoldfieldsocietyofartists.co.uk

www.suttoncoldfieldsocietyofartists.co.uk



suttoncoldfieldsocietyartists



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

<http://messybeast.com/dragonqueen/real-haynes.htm>

Also, I'm going to assume you've heard this but just in case:

<https://www.airliners.net/forum/viewtopic.php?t=1113747>

Make New Friends Learn New Skills ☕

the
Seasons
Art Class

COME AND
WARM UP
WITH US!



THIS IS THE
**ART
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YOU'VE ALWAYS WANTED

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



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COURSE
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TODAY

ABSOLUTE BEGINNERS TO IMPROVERS
WILL LOVE THIS COURSE!



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



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



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



STRICTLY LIMITED PLACES
CALL NOW

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Sutton Coldfield Cricket
& Hockey Club, B75 7RS

SIP 'N PAINT

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



Location:
St James Church Centre
59 Mere Green Road
B75 5BW

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

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




Walfinch
REDEFINING HOME CARE



Sutton Coldfield Photography Club



The friendly club

All visitors and new members welcome at any level of experience.

We have a varied programme of talks, competitions and activities.



We meet on Friday evenings
from September to April at:
South Parade Methodist Centre
Sutton Coldfield B72 1RB



Contact us at
mail@suttonphoto.club

Find us at
www.suttonphoto.club
or scan the Flowcode here

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

Just in case you missed it, see page 10 for a competition.



2025

Christmas

at Holy Trinity

FREE ADMISSION

Carols by Candlelight

Sun 21st December at 6.30pm

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

Other Advent and Christmas Services

ALL FREE ADMISSION

A Merry Messy Christmas

Mon 8th - Thurs 11th December from 4pm to 7pm

Join us for a special Christmas experience. Crafts for all ages - art, construction and food-related - and a candlelit moment at 6pm each evening. Christmas gift sales table. Seasonal refreshments including mulled wine and mince pies.



Toy Service Sun 14th December at 10am

Bring new toys for children of all ages which will be donated to Action for Children for children who might otherwise not receive a Christmas present.

Crib Service Wed 24th December at 3.30pm

Our ever-popular service for the whole family, where little ones get the chance to help us tell the story of the nativity in an informal way.

Midnight Eucharist Wed 24th December at 11.30pm

Starting before midnight, we celebrate the arrival of the baby Jesus at Christmas with a service of Holy Communion.

Christmas Day Eucharist Thurs 25th December at 10am

Join us for Holy Communion as we celebrate the joyful arrival of Jesus on Christmas Day!

Christingle Sun 1st February 2026 at 10am

We make Christingles, which are then lit in a short service, suitable for all the family!

Become a Friend

of Holy Trinity



Becoming a member of the Friends of Holy Trinity offers you the chance to contribute to Royal Sutton Coldfield's historic parish church, complimentary programmes at events, priority updates and a quarterly newsletter.

Each year, the Friends aim to raise at least £10,000. Since foundation, Friends has contributed to:

- Specialist Cleaning and restoration of the 1914 CE Bateman chancel ceiling
- Improvements to the church sound system and hearing loop
- Additional Dais lighting to enhance worship and to support concerts and events.

A number of membership subscriptions are available

We offer a secure website to make membership and event payments quick and easy. This is our preferred option and this site accepts all major credit and debit cards.

Please visit htsc.org.uk








CONTACT US

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

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

Patron:
Rt Hon Sir Andrew Mitchell MP KCMG.

Holy Trinity Parish Church is a Registered Charity - No. 1133764.

   [HolyTrinityChurchSC](https://www.facebook.com/HolyTrinityChurchSC)
 [@HolyTnn](https://twitter.com/HolyTnn)

HOLY TRINITY PARISH CHURCH
ROYAL SUTTON COLDFIELD

CONCERTS AND EVENTS

2025-2026








htsc.org.uk

It is time to use the magnifying icons at the bottom right of the screen.



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

Volunteers Needed!



Are you looking to expand your CV, gain experience working with disabled people or just do some good? If so then volunteering with us could be just what you need. All our users, mostly children are disabled or the sibling of a disabled child. Our activities are all play based.



WHAT WE DO :

- We'll provide a DBS check if you don't have one already.
- Safeguarding training provided
- Autism Awareness training provided

SESSIONS:
DAY TIME AND AFTER SCHOOL
CLUBS IN TERM TIME AND
ALSO DURING THE HOLIDAYS

Please email a bit about
yourself to:

tyler@squarepegactivities.org


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



Tyler Shaw (She / Her)

Delivery and Outreach Coordinator

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

 tyler@squarepegactivities.org

 0121 824 0508
07782 171 954

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

 www.squarepegactivities.org

   @squarepegcharity

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



Funded by



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

Working in conjunction with





SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD NNS



SUTTON COLDFIELD
**NEIGHBOURHOOD
NETWORK SCHEME**



AGEconcern
Birmingham



Compass Support
Part of The Pioneer Group

MY NNS

HANDBOOK:

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



GROWING OUR
COMMUNITY TOGETHER
SUTTON COLDFIELD NNS

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

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



BSWA

UPDATES AT WOMEN'S AID CHARITY SHOP BOLDMERE

Hello

Sutton Coldfield Community!

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

So what's new?

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

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

We are also delighted to announce that we are now open on Sundays, even more opportunity for you to shop for a cause!

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

Women's Aid in Birmingham
Standing together to live free from violence, abuse and



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



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LEAP -

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FREE
FOR LOCAL
RESIDENTS

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

HOW IT WORKS:

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

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

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

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

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

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

Call us now on 0800 060 7567*

(Freephone) to book your appointment, or apply online:

www.applyforleap.org.uk

*8:45am-5:30pm Monday to Friday

ARE YOU ELIGIBLE?

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

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



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BECKY@LOVEFORBABIES.CO.UK
LOVEFORBABIES





Spitfire Advice and Support Services

At

Falcon Lodge Community Hub

Every other Monday

From Monday 13th November 2023

10 onwards

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

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



REFLEXOLOGY FOOT MASSAGE

"We are living in uncomfortable, crazy times"

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"RELAX"*

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- Deep relaxation
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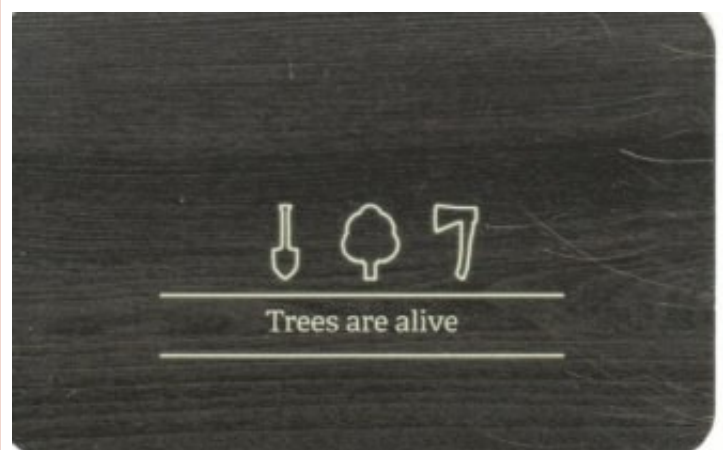


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or someone you love

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**West
Midlands
POLICE**

Investigation continues after fatal collision in Sutton Coldfield

Our investigation is continuing following a fatal collision in Sutton Coldfield this weekend.

Officers investigating after a woman was killed in Brassington Avenue are appealing for any witnesses who may have seen the collision to come forward.

Two pedestrians were hit by a car shortly before midnight on Friday.

A 21-year-old woman sadly died from her injuries at the scene, while another suffered a leg injury.

Two men were arrested on suspicion of causing death by dangerous driving, with one released with no further action.

The other man has been bailed with strict conditions while our enquiries continue.

Detective Sergeant Paul Hughes, from our Serious Collision Investigation Unit, said: "I would like to thank all those who have contacted us so far and all those that went to the aid of the two young women on the night.

"Our investigation is continuing, and we would particularly like to hear from anyone who saw the car involved, a silver Toyota Corolla immediately before the collision happened.

"If you have any CCTV from the surrounding area, you should get in touch with us to share what you know.

"This was a heartbreaking incident which has robbed a young woman of her life.

"Our officers are working with her family, who remain in our thoughts at this desperately sad time, and I would ask that their privacy is respected".

If you have any further information which could help with our enquiries, call 101 quoting log number 5911 of 22 August or email detectives directly at sciu@westmidlands.police.uk.

We would really appreciate your support in helping share this message with your contacts and on local community pages.

Thank you.

**Message Sent By**

West Midlands Police, Corporate Communications



Get Safe Online
Free expert advice

Keeping kids safe online this summer

Today's children are growing up in a connected world – but that doesn't mean they always know how to stay safe in it. As a parent, grandparent or guardian, your guidance can make a huge difference. Our new leaflet, attached, provides some practical ways to help your child explore the internet with confidence and care this summer holiday.

Alternatively, take a look at the advice on the Get Safe Online website: [Are you in touch with what your kids do online? - Get Safe Online](#)

Many thanks,
The Get Safe Online team

Attachments

[July25_Parents_Leaflet.pdf](#)



**WEST
MIDLANDS
POLICE**

Steelhouse Lane Museum - Trot on Regardless

Visit the West Midlands Police Museum, to join the ride with **Stefan Wild** as he trots through the brief history of police horses patrolling West Midland streets.

From Victorian ceremonial duties, to shocking scenes of 1980's football violence, Stefan tells the story of how a department evolved from a regimented, military style male bastion, to a modern-day operational, inclusive unit. Brought to life through pictures, colourful characters both equine and human, join us for a light-hearted talk, using handed down tales, and personal anecdotes.

Stefan Wild served with West Midlands Police between 1972 and 2005, working proudly, as a mounted officer from 1979 until 1991. During retirement he has written several short stories for police and historical publications, before publishing 'Longest Way Up Shortest Way Down', a five-star rated book about his time with the horses. Stef, writes with humour and always with tongue planted firmly in cheek.

Monday 11th August. Doors open at 17:30 for a 18:00 start.

[Trot on Regardless - A History of the Mounted Police - \(west-midlands.police.uk\)](https://www.west-midlands.police.uk/trot-on-regardless)



Message Sent By

Stefanie Sadler

(West Midlands Police, Engagement & Consultation Officer, Birmingham Partnerships)



**WEST
MIDLANDS
POLICE**

Dozens of arrests in Birmingham as part of Operation Advance

You're receiving this message following yesterday's update about Operation Advance arriving in Birmingham.

We wanted to share progress and results, demonstrating that we're not only listening, but actively taking action on the issues that matter most to our communities.



More than 40 people were arrested, vehicles were seized, and drugs recovered as Operation Advance came to Birmingham to drive down crime and make communities safer.

Continued on next page...

More than 40 people were arrested, vehicles were seized, and drugs recovered as Operation Advance came to Birmingham to drive down crime and make communities safer.

More than 300 officers took part in Advance yesterday, starting with dawn raids on suspects and running into the night with armed patrols targeting people linked to gangs and serious and organised crime.

We tackled a wide range of the crimes that impact communities the most – working with partners including the city council, Network Rail, business improvement district staff and more – resulting in more than 40 arrests. These arrests contributed to a total of 209 arrests made across West Midlands Police in the last 24 hours.



More results from Op Advance below:

- Stopped and searched 20 people
- Seized more than 10 vehicles
- Seized nine illegal e-bikes
- Targeted off-road bikes in Acocks Green, seizing three of them and arresting two people
- Arrested three people on Erdington High Street for drugs offences

- Worked with British Transport Police and immigration officials to disrupt and arrest those involved in County Lines at the city's train stations
- Recovered 30 cans of nitrous oxide from a shop and arrested a man for possession with intent to supply
- Ran patrols with gangs and firearms officers
- Used a drone to help arrest two suspected drug dealers
- Arrested three people for theft in Selly Oak
- Targeted dangerous drivers in Northfield

Ch Supt Tom Joyce, of Birmingham Police, said: "This was a fantastic day of really high-profile activity, using everyone from neighbourhood officers, to intelligence, traffic, firearms, gangs officers, investigators and more.

"The activity is designed to be really visible and reassuring, while making a real impact in communities across the whole city.

"This is all about making our town centres safe and welcoming for everyone, while making them hostile places for anyone wanting to commit crime.

"Advance will be returning to Birmingham later in the year when we will be out in full force again to have that significant impact that using teams from across the West Midlands brings.

"In the meantime, Birmingham officers will continue working 24/7 to make the city safer and help and support people when they need us most."



Thanks for taking the time to read. Please keep reporting crime through the right channels. It really does help us take action and make your community safer. If you need to report a crime, call us on **101**. Always dial **999 in an emergency**.

Want to be part of the action? We're recruiting more police officers to join us.

[Find out more and apply now](#)



Phone Scams

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

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

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

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

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

Protect: Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud here: [Action Fraud](#)

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

[45788196-0bc9-42a4-87cc-371f2710914e.pdf](#)
([neighbourhoodalert.co.uk](#))

Attachments

[Phone Scams Booklet - Final.pdf](#)



Message Sent By

Stefanie Sadler

(West Midlands Police, Engagement & Consultation Officer, Birmingham Partnerships)



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

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



April 2025, with almost £3.5 million lost.

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

Claire Webb, Acting Director of Action Fraud, said:

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

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

Continued on next page...

...continued from last page

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

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

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

What can you do avoid being a victim of quishing?

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



Message Sent By
Action Fraud

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@cinnamonncc.com to reserve your space.

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

CINEMA TICKET

TOP 20 CARE HOME GROUP

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@cinnamonncc.com to find out more.

RESIDENTIAL CARE | DEMENTIA CARE | RESPITE CARE

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

TAKE A PERSONALISED TOUR BOOK TODAY

TOP 20 CARE HOME GROUP



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 cafe! Meet Alzheimer's Society Dementia Advisors and gain valuable support and advice. Join like-minded members of the community, make new friends and enjoy a selection of home-baked treats in our warm 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 



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>

What's On at Streetly Community Library Summer 2025



Summer Reading Challenge starts Saturday 5th July!

New: Tuesdays 22nd July, 5th & 19th August, 10-12—Chess Club for Adults

1st Wednesday of each month 11-12 Adult Reading Group

2nd Wednesday of each month 10.30-12 Poetry Group

3rd Tuesday of each month 11-12 Crime Club Reading Group

3rd Wednesday of each month 10-12 Knit, Stitch and Chat

Every Wednesday 10-12 Knit, Stitch & Chat Extra—*drop in with your current project or just enjoy some company*

Every Friday during term time 10.30-11 Story & Rhyme Time

Every Friday 10-11.30 Reading Friends Social Group—*join us for a cuppa and a chat*

Every Saturday 1-3 Board Games Afternoon—*something for all, drop in and play*

3rd Saturday of each month 9.30-11.30 and other Saturdays 11-1 Local Councillors' Surgery—*no appointment needed*

3rd Tuesday of each month 2-4 Resilient Communities Advice Surgery for Voluntary & Community Organisations - *no appointment needed*

Tuesday 23rd July 10-11, 11-12 & 12-1 Family Bookmark Craft with Walsall College—*booking essential*

Saturdays 26th July, 16th August & 27th September 10-12 Mental Health drop-in—*no appointment needed, just ask for John or Carrie when you arrive*

Saturdays 26th July, 6th & 20th September 2.30-3 Saturday Story Time

Tuesday 19th August 9.30-1 Citizens' Advice Bus on Library Car Park—*no appointment needed*

Tuesday 19th August 8.30-4.30 Walsall Council Adult Social Care Advice Surgery—*no appointment needed*

Friday 22nd August 10.30-11 Story & Rhyme Time (Summer Adventure Passport)

Saturday 30th August 10-11 Become a Dementia Friend—*a free and informal session, no booking needed*

Saturdays 30th August & 27th September 11-12.30 Lego Fun

Drop-in Craft Sessions throughout the summer holidays—*see separate flyer for details*

Blackwood Road, Streetly, B74 3PL 01922 654864 streetlylibrary@walsall.gov.uk



Summer Fun at Streetly Community Library



Wednesday 23rd July 10-11, 11-12 & 12-1 Family Bookmark Craft Session with
Walsall College—booking essential

Saturday 26th July 2.30-3 Story Time—under 5s get a Summer Adventure
Passport stamp

Tuesday 29th July 10-12 Drop-in Craft - make a paper plate spider

Tuesday 5th August 10-12 Drop-in Craft— make a recycled watering can

Wednesday 13th August 10-12 Drop-in Craft— make a paper butterfly

Wednesday 20th August 10-12 Drop-in Craft — make a gnome

Friday 22nd August 10.30-11 Story & Rhyme Time — under 5s get a Summer
Adventure Passport stamp

Wednesday 27th August 10-12 Drop-in Craft— decorate a pot and grow some cress

Saturday 30th August 11-12.30 Lego Fun

**Don't forget to sign up for Story Garden, this year's Summer Reading
Challenge!**

Under 5s can collect a Summer Adventure Passport from the library



Blackwood Road, Streetly, B74 3PL

streetlylibrary@walsall.gov.uk 01922 654864

Birmingham's Mobile Library Service

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

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

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

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

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

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

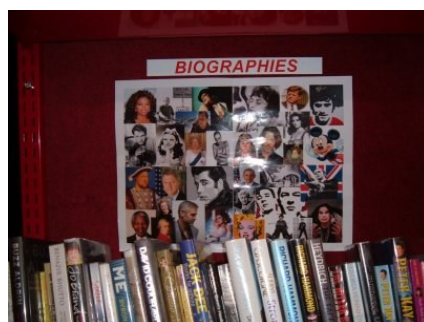
For more information, please use one of the methods detailed below -

Phone: 0121 464 6171 Mobile: 07766 923344

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

FaceBook: Mobile Library Service - Birmingham UK Twitter: bhammobilelib

www.birmingham.gov.uk/mobile-library



Kingstanding Library

birmingham settlement
developing communities, changing lives

Employability and Digital Skills Programme

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

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

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



Scan to learn more about our services:



www.birminghamsettlement.org.uk
Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

Find us:

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

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



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

www.birminghamsettlement.org.uk
Registered Charity: 517303

DROP-IN TO KINGSTANDING LIBRARY FOR HELP AND ADVICE



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



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

If your family is struggling financially and you would like some help with a food parcel, this can also be arranged.

OR CONTACT ELIZABETH: 07597 012 598

It's Free!

Free

Bring proof of address for first loan



Pop-up Share Shack



Wednesday 11am - 1pm



**610 Community Centre,
610 Kingstanding Road,
B44 9SH**

Come and visit us where you can:

- Borrow items for free (proof of address required for first loan)
- Take part in activities at the **610 Community Centre**

Borrow items, share ideas, skills and more at your local Share Shack - for free!



For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7030, email: shareshacks@theaws.org or visit: www.theaws.co.uk/share-shacks



See next page

ELIM LIFE CHURCH FOODBANK

Are here to help You!



COVERING:

- KINGSTANDING
- WYRLEY BIRCH
- PHEASEY

P.T.O

ELIM LIFE CHURCH COMMUNITY HUB

ELC 28 ROMNEY WAY
PHEASEY B43 7TL

OPEN WEDNESDAYS

Referrals:

WEDNESDAYS IN BY 12NOON

Parcel Collection:

WEDNESDAYS 12NOON-2PM

*Also available from ELC Kingstanding | B44 8QD

Donations:

WEDNESDAYS 9.30AM-2.30PM

EMAIL:

foodbank@elimlifechurch.co.uk

CALL:

0121 360 1239

ONLINE FORMS:

www.elimlifechurch.co.uk



PLEASE NOTE:

Referrals must be made by 12noon on Wednesdays
(Please note a request does not guarantee a parcel)



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



Benefits Advice Surgery

Every Tuesday & Wednesday from 10.00am - 2.00pm

APPOINTMENTS ONLY



- General benefit advice
- Debt & Welfare
- Housing benefit
- Universal Credit
- Help with accessing online welfare services

Areas Covered:

Erdington, Kingstanding, Perry
Common, Stockland Green,

To book an appointment or for further
information; contact Aisha or Anika on;
07591 598 340 0121 455 8144



Birmingham
City Council



HelpinBrum

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

Find some helpful contact details for advice and support.

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

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

Warm Welcome:

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

There are several existing Warm Welcome Spaces within local communities across the city. Warm Welcome Spaces are:

- inclusive and non-judgmental
- heated and free to access

The services at each space will vary but may include:

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

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

www.birmingham.gov.uk/warmwelcome

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

Benefits and Money Advice:

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

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

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

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

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

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

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

Energy Efficiency:

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

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

www.birmingham.gov.uk/energyhelp

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

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

www.birmingham.gov.uk/energyscam

Food Support:

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

Foodbanks:

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

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

To find a foodbank or other food support please visit

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

Healthy Start card

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

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

To find out more and way to apply visit

www.birmingham.gov.uk/healthystart

Free School Meals

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

Other Support Available

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

Age UK Birmingham

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

Birmingham Mind

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

Moneyhelper

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

Stop Loan Sharks

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

Turn2Us

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

Birmingham and Solihull Women's Aid

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

Shelter

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

The Active Wellbeing Society

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

The Refugee and Migrant Centre

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

Spitfire Services

Advice on money, benefits, housing and employment issues
0121 747 5932 | www.spitfireservices.org.uk

More Information Available

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

**St John
Ambulance**



Young Responders

Could you help a mate if they were hurt?

Learn first aid to keep you and your friends safe

**"Make a difference
today!"**

**Hands-on first aid
sessions for 14 - 25s**



**FREE first aid sessions
in your local area**

For more information
visit www.sja.org.uk



Play Bridge




Join us - Bridge is for everyone!



Sutton Coldfield Bridge Club
BEGINNERS BRIDGE LESSONS

A new course of Bridge Lessons for complete Beginners and those wishing to refresh their Bridge knowledge is starting on
16th May 2023 Tuesday Evening 7:00 pm until 10:00 pm.

Cost £30.00 Enrolment Fee plus £5.00 per lesson.

160 Walmley Road, Sutton Coldfield See our website for more information at www.suttoncoldfieldbc.co.uk

English Bridge Union, Broadfields, Bicester Road, Aylesbury HP19 8AZ - 01296 317200

email: playbridge@ebu.co.uk

www.ebu.co.uk/playbridge

Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

- The right way to socialise
- Eye contact
- Sit and stay
- Effect of food on behaviour
- Loose lead walking
- Recall
- Building confidence
- Toilet training
- Teething
- Gate and door manners
- Understanding threshold





Classes available now in
Sutton Coldfield - Saturday afternoon





TO BOOK YOUR PLACE PLEASE CONTACT ERICA

Text or call: - 07704 523 733

Email:- ecd23@icloud.com

Check out the QR Code for further details and reviews



Line Dancing

Absolute Beginners Class

to be held at

Banners Gate Community Hall

Tuesdays 5 - 6 pm

Everyone welcome

Please phone Diane

On 07711 048 215

For further information




CREATIVE PLANTS

A friendly unique plant nursery specialising in stunning Italian and Mediterranean plants



Bespoke Italian coffee, home made cakes and freshly cooked meals.

Birmingham Rd, Shenstone Woodend,
Shenstone, Lichfield WS14 0LB

OUR PLACE
Your Place for Support

Advice Service

FREE ADVICE ON:

- BENEFITS
- HOUSING
- EMPLOYMENT SUPPORT



SIGNPOSTING SERVICE TO PARTNER ORGANISATIONS OFFERING:

- DEBT ADVICE
- LEGAL ADVICE

For more information contact us on: 0121 354 4080
Email: advice@ourplacesupport.org
www.ourplacesupport.org
Facebook, Twitter, Instagram
@OurPlaceSupport



Supported By 

EHPSC
Early Help Partnership Sutton Coldfield



Early Help is a network of local organisations, here to ensure services are accessible for families who need support. Use the QR code to access our Early Connect Form. Fill in your details and what support you are looking for, and we will be in touch.

No longer available due to funding change

Food & Energy	Youth Support	Domestic Abuse	Emergency Funding	Money & Debt Advice
Data & IT	Under 5's Support	School Uniforms & Clothing	Parenting	Special Needs & Disabilities
Bereavement	Housing	Mental Health	Day	

If you need more information, or support filling out the form, contact your Community Connectors, Danielle & Louise
communityconnectors@ourplacesupport.org

 **OUR PLACE** 
Your Place for Support

Let your inner beauty emerge

Heal & Transform

with Tina Mistry

Reiki Practitioner
Transformational Mindset & Trauma-Informed Coach









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

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

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

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

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

Do you need guidance to a problem you are facing?


Would you like help to identify and set life goals?

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

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

To find out more please get in touch.

Telephone: 07773845454
Email: healandtransform@yahoo.com
Website: www.healandtransform.co.uk



Free
Bring proof of address for first loan

Pop-up Share Shack

Wednesday 11am - 1pm

**610 Community Centre,
610 Kingstanding Road,
B44 9SH**

Come and visit us where you can:

- Borrow items for free (proof of address required for first loan)
- Take part in activities at the 610 Community Centre

Borrow items, share ideas, skills and more at your local Share Shack - for free!

For more information about this and other Share Shacks around Birmingham and North Solihull, call: 0121 728 7030, email: shareshacks@theaws.org or visit: www.theaws.co.uk/share-shacks

Share Shack by active communities | SPORT ENGLAND | active communities | The Active Wellbeing Society



**Parish Nursing
Ministries UK**

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



Home visiting Podiatrist



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

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

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

FORGET ME NOT SING-ALONG



JOIN US

Sing-along for people with Dementia, other disabilities and anyone else who'd like to come along. 1 hour of fun, singing and socialising.

£5 PER SESSION

(CARERS FREE)
NO BOOKING REQUIRED.
JUST TURN UP

WHEN?

Every Monday starting
4th October at 115pm
1 Hour Session

St Johns Centre
Christ The King Church
Warren Farm Road
Kingstanding
B44 0QN

kidzlikedanny@blueyonder.co.uk | 07544393523

[Shop](#)[Join](#)

August's bird mysteries, solved

Missing garden birds, roof-nesting Starlings and travelling Cuckoos
– our expert answers your most asked questions this August.

[Our expert explains](#)

Ever wondered why your garden seems quieter in late summer? Our expert, India James, explains why you might be spotting fewer feathered friends and answers your top August nature questions.

We're also celebrating the news that a pair of the UK's rarest breeding birds, the Montagu's Harrier, have successfully raised four chicks. Discover how a dedicated farmer and RSPB conservation work helped them fledge safely.

Happy wildlife watching!



Siân Duncan
Notes on Nature editor

Which?

What to do if your email gets hacked

If you suspect a hacker has infiltrated your email inbox, you need to act immediately. With access to your emails, they could potentially take over your other online accounts by resetting your passwords.

[We explain how to recover your inbox](#), and even if you're not currently dealing with a security threat, it's still worth reading our advice to make sure you're prepared.

Steer clear of Apple iCloud scams

Watch out for four new scam emails impersonating Apple's iCloud service and using various claims to convince recipients to click on malicious links within the message.

These sneaky fake emails look like they're from iCloud and claim that your storage is full, your payment method is outdated or that there's suspicious activity on your account. [Find out how to spot and avoid this type of scam email](#).

Age verification checks: what are they, and is your data safe?

Under the new Online Safety Act regulations, websites hosting content which could be harmful to those under 18 must now carry out robust age verification checks.

This has led to a spike in people downloading virtual private networks (VPNs) to bypass checks. Reports of scam websites offering services to dodge the new checks are also on the rise. We explain the age verification checks, [what it means for your data and what risks you should be aware of](#).

Scam sharer tool

There's an easy way to make us aware of scams directly with our [scam sharer tool](#). Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

Which?

New parking fine scam texts

Convincing parking charge scam text messages continue to circulate, targeting people with warnings about a non-existent unpaid fine.

A recent example of this scam involves a copycat government website that aims to earn your trust by mimicking Gov.uk. [We examine this scam text and explain how you can identify it.](#)

Debt collection scam warning

Debt demands can be alarming, which makes them an effective scam. In recent weeks, there has been a spike in reports of dodgy debt collection letters and cold calls claiming to be from HM Courts & Tribunals Service.

If you receive a demand you're not sure about, don't pay it – [find out how to verify a genuine debt collection letter and spot the fakes.](#)

Mystery shopping job scams exposed

Scam victims are being hired as mystery shoppers by fake research companies and dumped with the bill.

We heard from a student who faced debts in the thousands when he took out expensive phone contracts as a 'secret shopper' for a sham agency – [find out how we helped him get his money back.](#)

Scam sharer tool

There's an easy way to make us aware of scams directly with our [scam sharer tool](#). Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

Which?

Convincing WhatsApp delivery scams

Watch out for WhatsApp messages from compromised verified business accounts, telling you that your delivery has 'failed' with links to copycat Evri websites.

We've recently found four new examples. [So find out what these delivery scams look like](#) – and how to spot and avoid them.

How vulnerable are you to scams?

Any of us can end up becoming a victim of a scam. While some might seem obvious to you, one could catch you out

[We reveal the traits, factors and triggers that make us all susceptible to scams.](#)

Copycat Which? website taken down

A fake Which? website featuring a bogus article about the best debit cards was set up by scammers looking to steal contact details.

Which? is no stranger to impersonation attempts and we caught this one early, but we're warning the public to [be on high alert for scammers impersonating our brand.](#)

Scam sharer tool

There's an easy way to make us aware of scams directly with our [scam sharer tool](#). Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud

Stay safe,

Which? Scam Alert Team

P.S. Please share this information with your friends, family and neighbours – anyone who may find it helpful. Alternatively, they can [sign up here](#) to receive this directly to their inbox.

Which?

The scale of Booking.com scams

Nearly one in 10 Booking.com customers in our survey believe they have been sent scam messages. These are often dangerously convincing messages sent by third-party scammers but which appear to come from Booking.com itself.

We're calling on Ofcom to investigate whether the site is doing enough to remove illegal content and protect users. [Find out how these scams work so you can protect yourself.](#)

Pension scam victims owed compensation

Around £81.5m in compensation has been paid out to victims of pension scams – and thousands more could still be eligible for a payout.

We explain how the compensation scheme works, who might qualify and [how to spot the warning signs and avoid falling victim to a pension scam.](#)

What are screen-sharing scams?

Santander's latest app feature aims to protect customers from scams involving remote access or screen-sharing tools by blurring their screens when the software is detected.

We look at what banks are doing to combat fraud [and give you tips to stay safe from screen-sharing scams.](#)

Scam sharer tool

There's an easy way to make us aware of scams directly with our [scam sharer tool](#). Tell us your experiences of phishing emails, fake texts, cold calls and other types of fraud.

ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ

SENIORS CLUB PUNJABI

Calling all 50+ Seniors near Sutton Coldfield

CUP OF TEA, GENTLE EXERCISES, HEALTH TALKS, SOCIALISING, DAY TRIPS & MORE...

EVERY MONDAY & WEDNESDAY
10am—12noon

Mondays at Methodist Church Centre, Four Oaks B74 2UU
(Buses 6, 78, 842, X3, X5)

Wednesdays at All Saints Scouting Hut, Four Oaks B74 4TR
(Buses 6, 72, 842)

ਜੀ ਆਇਆਂ ਨੂੰ

Completely FREE to attend
No registration required. Just drop-in or call
07548 006561

Brought to you by Sikhs of Sutton Coldfield
Winners of British Sikh Awards' Seva Group of the Year 2022

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

Please share with your family & friends

SCCT
Sutton Coldfield Charitable Trust

THE BRITISH SIKH AWARDS 2022 WINNER

ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ ਜੀ ਆਇਆਂ ਨੂੰ

Sanjha Chulha
a Punjabi Luncheon Group

Calling all in and around Sutton Coldfield

For a full vegetarian meal and soft drinks for only £3

EVERY FIRST MONDAY OF THE MONTH
Open from 12.30 TO 2.30pm

ENJOY THE PUNJABI MUSIC & ENTERTAINMENT WHILE YOU EAT

BRING YOUR FRIENDS ALONG OR MAKE NEW FRIENDS THERE!

Methodist Church Centre,
Opposite Four Oaks Train Station, B74 2UU

Please share with your family & friends

@SikhsOfSuttonColdfield @Sikhs_of_Sutton

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

BRAND NEW BABY AND TODDLER CLASS

TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 – 2.30pm

FIND US AT:
125 WESTWOOD RD
SUTTON COLDFIELD
B73 6UH
£3.50 PER CHILD

WHAT WE DO:
Music Time,
Craft Activities,
Sensory Play,
Stories,
Weekly Theme,
and more

MORE INFO:
For all preschool age children.
No booking required.
Call Beth on
07719 857 450
for further details.

Pregnant? Children under four?

Don't miss out on **HEALTHY START** food and vitamin vouchers worth **over £900** per child*

FREE fruit, veg, milk and vitamins for you and your family. Worth up to **£8.50** per week**

You may qualify for Healthy Start vouchers if you're **at least 10 weeks pregnant** or have a **child under four years old**. Your family must also receive one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month).

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

Sign up today www.healthystart.nhs.uk or telephone 0345 607 6823

Healthy Start
Give your family a Healthy Start

* If you sign up at the first opportunity, when you are ten weeks pregnant.
** If your child is under one, you'll receive two £4.25 vouchers per week.
If your child is 1-4 years old, you will receive one £4.25 voucher per week.

Birmingham City Council

HEALTHY START NHS





G & T
party hire

AVAILABLE FOR ALL OCCASIONS




G&T hire are available for all events. We have bouncy castles including disco castle, sumo suits, giant boxing gloves, popcorn and Candy Floss makers.

We also have a soft play for the 0-2 years old.

To find out available dates please contact us on the following:

Facebook: [Gandt party-hire](#)

Instagram: [gandt_partyhire](#)

Email: Gandtpartyhire@hotmail.com



Sunday running club

A RUN CLUB LIKE NO OTHER



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

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

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

Best wishes,

Grant & Natasha



Erica's Puppy Training Classes

FOR PUPPIES FROM 3 TO 6 MONTHS

Limited Places

A 5-week course that will cover the following:

- The right way to socialise
- Eye contact
- Sit and stay
- Effect of food on behaviour
- Loose lead walking
- Recall
- Building confidence
- Toilet training
- Teething
- Gate and door manners
- Understanding threshold



Classes available now in
Sutton Coldfield - Saturday afternoon



TO BOOK YOUR PLACE PLEASE CONTACT
ERICA

Text or call: - 07704 523 733

Email:- ecd23@icloud.com



Check out the QR Code for further details and reviews

BRAND NEW DANCE CLASSES IN YOUR AREA!

REPertoire DANCE STUDIO COMES TO SUTTON COLDFIELD IN 2023!

DO YOU HAVE A CHILD THAT IS FULL OF ENERGY?
DOES YOUR CHILD LOVE DANCE & MUSIC?
WHY NOT BRING THEM ALONG TO A FUN PACKED CLASS WITH US? BOOK YOUR FREE TASTER CLASS NOW

MORE INFORMATION

- ✓ WEEKLY REWARD INCENTIVES - STAR OF THE WEEK!
- ✓ FRESH, FUN DANCE CLASSES FOR CHILDREN AGE 3+
- ✓ WE OFFER A RANGE OF STYLES SUCH AS STREET DANCE, JAZZ, HIP HOP, BALLET AND
- ✓ A SAFE ENVIRONMENT FOR ALL CHILDREN TO HAVE FUN AND BUILD THEIR CONFIDENCE TOO!
- ✓ ESTABLISHED DANCE SCHOOL WITH MULTIPLE CLASSES ACROSS THE MIDLANDS
- ✓ FULLY QUALIFIED / INSURED / DBS CHECKED STAFF

CONTACT 07729477946 NOW TO RESERVE YOUR CHILDS PLACE !

**PRICE
£5
PER
CHILD**

WHEN?
EVERY FRIDAY
4PM - 5PM
OR
5PM - 6PM

WHERE?
BANNERS GATE
COMMUNITY HALL
SUTTON
COLDFIELD
B73 6UR



"W" (Double-u)

(an abbreviated term for a win)

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

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

Join the Winners Circle!

Peter Wilson - Director & Founder

double-u.co.uk

Caroline Howell MSc PGCE MCP

01675 470105
07796 546172

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

Blythe Cottage, Dexter Lane
Hurley, Atherstone CV9 2JQ

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...Your tech problems solved

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



Occupational Therapy

Who will come to visit me?

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

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

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

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



What is the Learning Disability Enablement Team?

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



Your visiting OTs

Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team



Learning Disabilities Enablement Service



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

Your journey with the Learning Disabilities Enablement Team:



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

An OT will:

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

The enablement team will:

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

Some examples of the goals we work on:



Cookery skills



Money management/budgeting



Personal care/
Dressing yourself



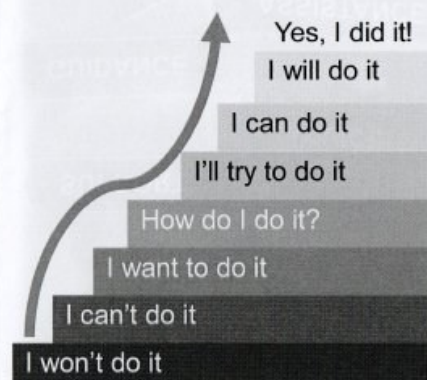
Laundry/Cleaning



Shopping and more....

Steps to self empowerment:

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



Please contact:

ASC 0121 303 1234

CSAdultSocialCare@birmingham.gov.uk

Ask for Learning Disabilities Enablement team

birmingham settlement

developing communities, changing lives



Are you
unemployed
and looking
for work?

We can
help!

Employability and Digital Skills Programme

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

If you would like to have a chat or book a place, please contact Nasar on 07885 210 369, or email

nasar.mahmood@bsettlement.org.uk



Scan to learn more
about our services:



www.birminghamsettlement.org.uk

Registered Charity: 517303

Our Employability and Digital Skills Programme offers support in:

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

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

610 Kingstanding



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

www.birminghamsettlement.org.uk

Registered Charity: 517303



The
Cancer
Support
Centre



THE WALKING GROUP IS BACK!

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

Anyone affected by Cancer is welcome.
All abilities catered for.

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



The
Cancer Support Centre

Welcome to Lindridge Road ...

Your Journey Our Support Your Choice



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

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

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

Website : www.suttoncancersupport.org

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



A place of sanctuary and support

YOGA

Tuesdays 12.00 - 12.45

Lindridge Road,
Sutton Coldfield B75 6JB

Restore Your Body, Mind and Soul



Suitable for all abilities and fitness levels.
For clients of the Centre. We ask for a £5 donation per session.

www.suttoncancersupport.org

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

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

Charity number : 1089658

Reg Companies House, Cardiff No : 4202897

Make a difference to a child in emergency care

[Donate now](#)



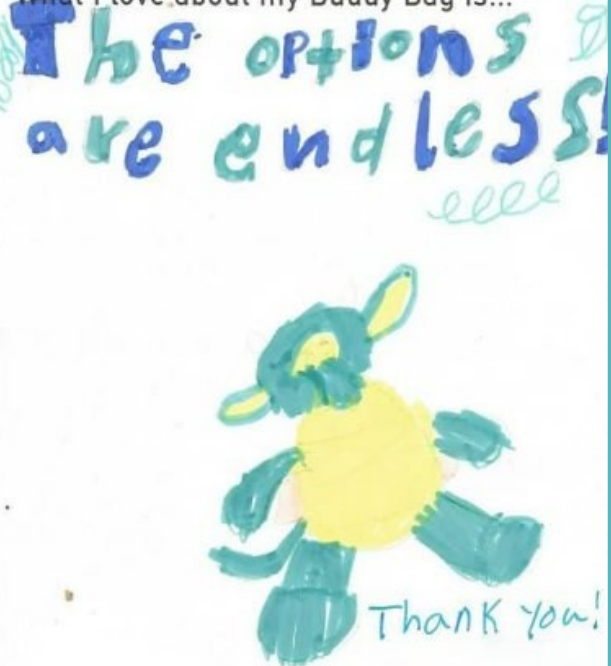
100% of money donated goes to the cause
£25 supplies a child entering emergency accommodation with their own Buddy Bag.

Recipient of The Queen's Award for Voluntary Services in June 2022 to recognise the outstanding work by all of our

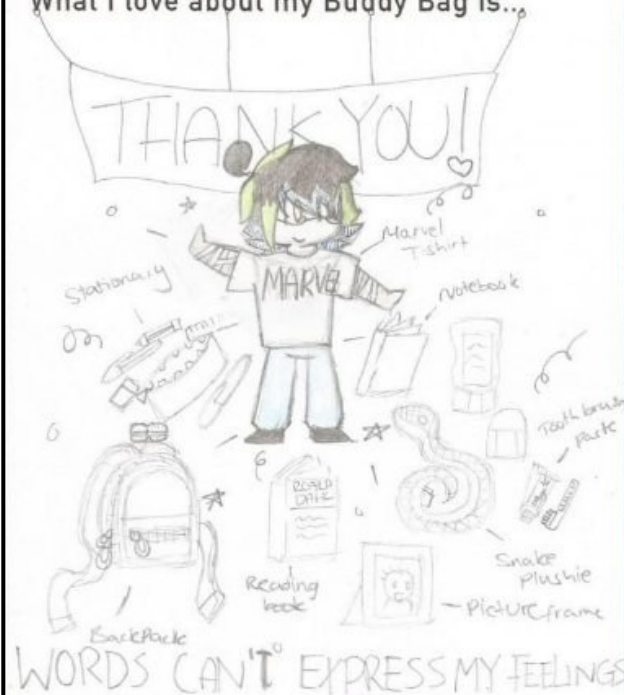
What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



What I love about my Buddy Bag is...



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

Four Oaks
Financial Services Limited
providing positive solutions

Four Oaks Financial Services Ltd, 168 Birmingham Rd,
Shenstone Woodend, Lichfield, WS14 0NX

Tel: 0121 323 2070 www.fouroaksfs.com

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

Proud to support our nominated charity

buddy bag
foundation

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

Registered in England and Wales, Registered Number 4814506
Registered Address: 168 Birmingham Rd, Shenstone Woodend, Lichfield, WS14 0NX.

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NEW FRIENDS, NEW INTERESTS A WARM WELCOME

THE TUDOR CLUB

Speakers, Music, Meals

Meet Mondays 7.30-9.00pm £4

The Garden Room

FOUR OAKS METHODIST CHURCH

NOSTALGIC MUSIC CIRCLE

Exploring music from 1930s to 70s

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

SUTTON COLDFIELD TOWN HALL

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



Pizza · Pasta · Steak · Fish

Bistro/Cafe Verona

SUTTON COLDFIELD JAZZ CLUB

At Boldmere Sports & Social Club

323, Boldmere Road, Sutton Coldfield

West Midlands B73 5HQ

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

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

Live Jazz Bands, Bar, Parking, Dancing & Socialising

We look forward to seeing you to be entertained



for a great night out.

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



Contact: Colin – 07966-745741

[https://](https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/)

SUTTON COLDFIELD ACOUSTIC GUITAR CLUB

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

The First Tuesday of every month: 8pm to 10.30pm
(Doors open 7.30pm)

All Welcome- Guitarists, Guitar singers, and Listeners.

Pay at the Door (No Club Membership Fee) £3.00 entrance fee

Live Music, Bar, Parking, & Socialising

We look forward to seeing you to be entertained
for a great night out.



For more details, please see our Facebook Page as listed below:

<https://www.facebook.com/The-Sutton-Coldfield-Acoustic-Guitar-Club-109012558287876/>

Or Contact: Sandra on 07932-395158








Walking Netball Volunteers Needed

England Netball are looking for volunteers to become qualified Walking Netball Hosts in the Sutton Coldfield area. You will support the running of Walking Netball sessions for people 50+.



Contact Hope Bourton - **07458 106980**
hope.bourton@englandnetball.co.uk






Sutton Coldfield

Sutton Coldfield u3a

<https://scu3a.org.uk/>



learn,
laugh,
live

Who do you think you are?

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

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

Why not contact:

Sutton Coldfield U3A Genealogy Group
 we meet the third Tuesday of the month
 at the United Reformed Church Centre,
 Brassington Avenue in Sutton at 2.00pm

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



Trinity Photography Group

Do You Want To...

- Improve your pictures?
- Go on photography walks?
- Attend Social events?
- Learn about studio photography?
- Develop your camera skills?
- Learn about editing software?

If so... come and join us.

"TPG welcomes photographers of all ages and levels, from beginners to advanced. We encourage and support those who are new to photography.

We provide: Theme night & practical workshops, speakers, activities, competitions and social events. Above all we want to make photography enjoyable and fun"

**We meet 8-10pm every Monday at
The Royal British Legion on Rectory Road,
Sutton Coldfield, B75 7AL.**

We do have a small fee: member's £2.50/visit, non-member's £3.50/visit



www.Trinity-photography-group.com



www.facebook.com/groups/TrinityPhotographicGroup/

Affiliated to the Photographic Alliance of Great Britain through the Midland Counties Photographic Federation.



Sutton Coldfield Photography Club



The friendly club

All visitors and new members welcome at any level of experience.

We have a varied programme of talks, competitions and activities.



We meet on Friday evenings

from September to April at:

South Parade Methodist Centre

Sutton Coldfield B72 1RB



Contact us at

mail@suttonphoto.club

Find us at

www.suttonphoto.club

or scan the Flowcode here

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



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

Call Sue on 0121 580 7538



We invite you to free taster sessions:

Bridge for beginners

Bridge for improvers

A regular bridge session

Make new friends

Stimulate the brain

Comfortable and welcoming

Age no barrier



Call Sue on 0121 580 7538



North Birmingham Bridge Club

338 Boldmere Road, Sutton Coldfield. B73 5EU

CYCLE WITH US

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

Enquiries John Bedford 0121 353 5136

BRAND NEW BABY AND TODDLER CLASS TEDDY TIME

At Banners Gate Community Church
Mondays 1.30 - 2.30pm



FIND US AT:
125 WESTWOOD RD
SUTTON COLDFIELD
B73 6UH
£3.50 PER CHILD



WHAT WE DO:
Music Time,
Craft Activities,
Sensory Play,
Stories,
Weekly Theme,
and more

MORE INFO:
For all preschool age
children.
No booking required.
Call Beth on
07939 857 450
for further details.



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

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

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We look forward to being of service to you

Community Coffee Morning:

Every Wednesday 10:30am –12:00noon

At South Parade Methodist Centre

Sutton Coldfield, B72 1QY

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



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

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

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

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



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

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

See our programme on our website:

www.suttoncoldfieldcreativestitchers.co.uk

Beauty By Ella

•BIAB Gel nails

•Gel toes

•Manicures&pedicures

•Gel extensions



Based at...

The Luna Lounge

Sutton Coldfield

B74 4EU

To book in, message me

Instagram

on...

Facebook

_beauty_by_ella 07825001242

Beauty By Ella

Piano and Clarinet Tuition

Children and adults



Josephine Hughes

B.Ed (Hons)

Tel: 0121 3557355

email: sutton.piano.teacher@gmail.com



STREETLY FLOWER ARRANGERS' CLUB



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

Next meeting - Tuesday 9th September - Workshop with popular tutor Margaret Rumens 'A Horizontal Design'.

We are a friendly, enthusiastic Club and visitors are always welcome - why not join us - we'd be delighted to see you.

Further details Chris Reeves tel 0121 354 6264.

STREETLY FLOWER CLUB INVITE YOU TO

FLOWER WORKSHOP
£35

AUTUMN EXTRAVAGANZA

Join us for a fresh Autumn blooms flower workshop
Cost £35 To include all materials



TIME | SAT 27TH | ALL SAINTS
12 NOON | SEPT | CHURCH

Contact Barbara Collins - Call: 07428019790
or Email: barbaramcollins@me.com

ALL SAINTS CHURCH, FOLEY ROAD EAST, STREETLY, B74 3HR

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

Come and join us at
**"The Royal Sutton Coldfield Fuchsia & Gardening
Guild"**



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

Have a look at our Facebook page and website 'www.suttonfuchsia.co.uk' or telephone our secretary Gail on 0121 353 3373 for more information.

We meet on the 2nd Thursday of each month (excluding January)
at

**Banners Gate Community
Church, Westwood Rd, B73
6UH**

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

Refreshments available.



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

The Sutton Coldfield Fuchsia Society & Gardening Guild.

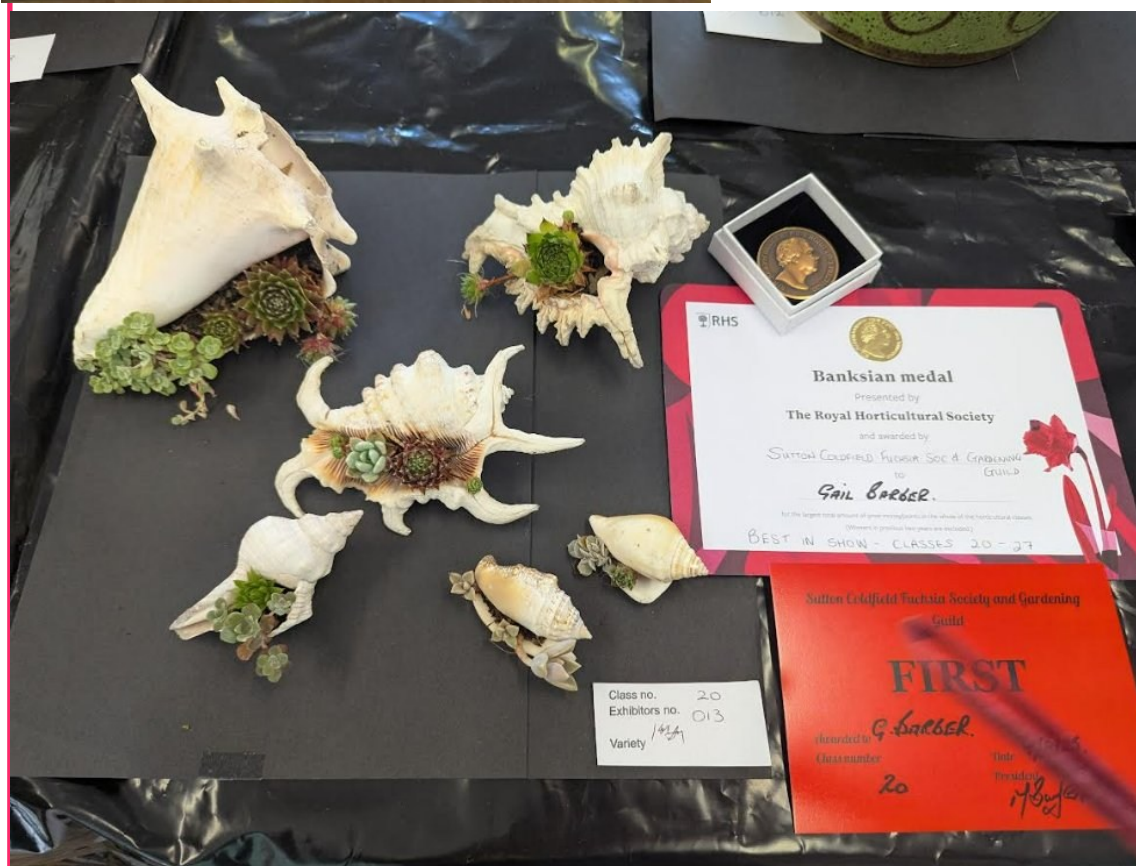
Our annual show took place on August 9th. And what a lovely afternoon was had by all. The weather was warm and sunny, and many people sat in the sunshine drinking tea and eating cake!! Hopefully they also took the time to look at some of the



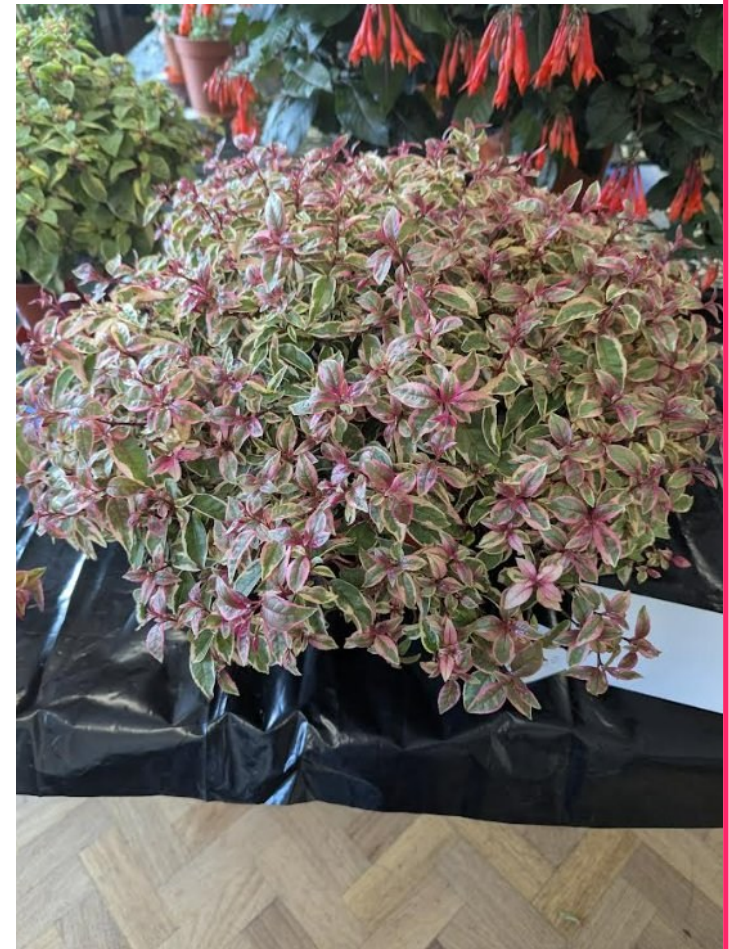
fabulous displays. In total, there were 19 classes of fuchsias, including hanging pots, beginners' class, species, and novelty classes including 'a fuchsia grown in an unusual container' & 'depict the name'. The size of some of these plants took your breath away, and the skill of growing plants, especially during the hot conditions of this summer cannot be underestimated!

In the open section there were eight classes, something for everyone! From flowers arrangements in a cup and saucer, to succulent displays, roses, dahlias, house plants, and outside a fabulous display of Hostas and patio pots.

The idea is that even if you are no longer able to physically garden, there are still classes that you can enter. We can allow ourselves a short rest before we start planning for next year!!



If you would like to join us, we meet on the second Thursday of each month at Banners Gate Community Church in Westwood Rd. Take a look at our Facebook page or website for all the information, or give our secretary, Gail, a call on 07307857440



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Trinity Quilters



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Summer Outing to Fabric Outlet

Monthly Meetings (except Aug/Dec)

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

Guests Welcome

Non-members
£6 entry

Membership includes

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



Email: trinity.quilters@gmail.com



Sutton Coldfield Trinity Quilters

Trinity Centre
Off Mill Street
Sutton Coldfield
B72 1TF



More on next page





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

SOUL YOGA



Schedule

Monday
6pm Yin
7.30pm Hatha

Tuesday
6am Rise & Shine

Thursday
9.30am Hatha

Sunday (1st of month)
7.30pm Mellow & Yoga Nidra

07963 044364



COMMUNITEA CAFÉ ALLOTMENT

TUESDAYS 10 TILL 12

Join our friendly gardening group - enjoy gentle gardening and a good chat - and help support our café.

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

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



Everyone
welcome

Gardening
Group

Help us grow
fresh produce
for the café

Sunnybank Road
Allotments,
Boldmere

Meet our
Neighbourhood
Networker

CONTACT

Suzy Summerfield

07940 709 314

Email: s.summerfield@ageconcernbirmingham.org.uk



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07305 564 108



Other Support

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

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

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

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

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

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

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

Apply online: www.healthystart.nhs.uk

For Migrants, Asylum Seekers and Refugees

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

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

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

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



Worrying about money?

Support is available in Birmingham



Three steps to find options and places to get help

Step 1: What's the problem?

I suddenly have no money

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

See options 1 2 6

My money doesn't stretch far enough

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

See option 1 2

I have debt

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

See option 3

I am waiting on a benefit payment or advance

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

See options 1 4

Step 2: What are some options?

1 Council Support Schemes

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

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

2 Maximise Your Income

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

3 Debt Advice

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

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.

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

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

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

THE PROJECT

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

Help with options: 1 2 3 4 5 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

SPITFIRE SERVICES

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

Help with options: 1 2 3 4 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@centrallenglandlc.org.uk
www.centrallenglandlc.org.uk

Help with options: 6

DISABILITY RESOURCE CENTRE

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

Help with options: 1 2 3 6

CHRISTIANS AGAINST POVERTY

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

Help with options: 3

WARMER HOMES WEST MIDLANDS

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

Help with options: 1 2 4 6

Other Support

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


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

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

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

NOSTALGIC

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All your oldtime favourites



Last Thursday of every month
Sutton Coldfield Town Hall
1.00pm until 3.30pm
£3.00 entry Raffle £1.00
Refreshments available



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

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

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https://link.justgiving.com/v1/charity/donate/charityId/3143929?tipScheme=TipJar2.1&reference=givingcheckout_tj21

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

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Contact number above if interested.

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[No Rogue Traders Here](#) works in partnership with Trading Standards to keep a list of traders across the West Midlands who have been interviewed and quality checked.

Click [here](#) for the link that takes you through the Birmingham City Council website for additional confirmation.

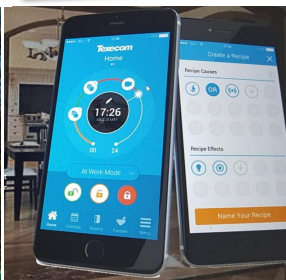


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E: norburymaintenance@gmail.com



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Memory Cafes

Do you know someone living with memory loss?

Every Monday
10am—12noon

Erdington Methodist Church,
Station Road

Every Monday
"Musical Memories"

2pm - 4pm
Sutton Coldfield Methodist
Church
South Parade, B72 1QY

Every Tuesday
10.30am - 12.30pm

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

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

All attendees must show proof
of both covid vaccinations

Every Thursday
10am - 12noon

Streetly Methodist Church
Thornhill Road
Streetly, B74 3EH

"Friends on Fridays"
10.30am - 12.30pm

Supported by
Sutton Coldfield Methodist
Church,
South Parade, B72 1QY

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

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

Pregnant? Children under four?

Don't miss out on **HEALTHY START**
food and vitamin vouchers worth
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fruit, veg, milk
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Worth up to
£8.50
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You may qualify for Healthy Start vouchers if
you're **at least 10 weeks pregnant** or have
a child under four years old. Your family
must also receive one of the following:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Child Tax Credit (with a family income of £16,190 or less per year)
- Universal Credit (with a family take-home pay of £408 or less per month).

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

Sign up today www.healthystart.nhs.uk
or telephone 0345 607 6823

Healthy Start

Give your family a Healthy Start

* If you sign up at the first opportunity, when you are ten weeks pregnant
** If your child is under one, you'll receive two £4.25 vouchers per week.
If your child is 1-4 years old, you will receive one £4.25 voucher per week.

Birmingham
City Council

HEALTHY
START

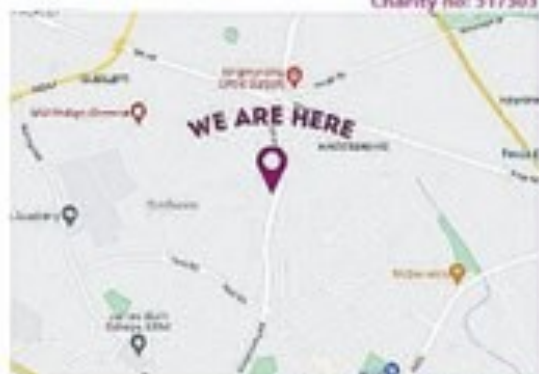
NHS



FREE WEEKLY WOMEN'S GROUP AT 610 COMMUNITY CENTRE

- Starting Monday 7th March 2022, 12.30pm – 2.00pm
- Come along for conversation and fitness: meet new friends and build your confidence.
- Share your voice, help us to shape this group and have fun getting a little bit fitter. We'd love to meet you!
- Refreshments and creche provided for 0-5years – limited spaces, will be booked on first come first served basis.
- Please wear comfortable clothing and rubber soled footwear
- For further information or to book your place please contact Shantel Carty on 07305 056450

www.birminghamsettlement.org.uk
Charity no: 517303



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or find us on Facebook

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*5% discount for advance payment of five or more sessions
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All ages and abilities are encouraged and welcome.
Lots of us will be walking.
Do as little or as much as you want. There is no need to walk the whole 5k.

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

Where: Walsall Arboretum Visitor Centre steps (meet at 8.45am)

Ambassador: Anne Kelsall, Sarah Hinkley & Jane Ford

It's Free!

Get in touch and let us know you will be coming.
 • 5k your way: move against cancer | • @cancer5kYourWay
 • info@5kyourway.org | • www.5kyourway.org | • @5kyourway

Don't forget to register with us here:
www.5kyourway.org/register
 And register with parkrun to get your barcode




Sutton Park Surgery

0121 353 2586

See front page

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Call or email me for any questions or appointments on:
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Sunday 10:00am

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Please look for the Beacon Room - Everyone welcome

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LoveWorld
SUTTON COLDFIELD

Specially invite you to

Worship WITH US

EVERY WEDNESDAY & SUNDAY

LoveWorld Sutton Coldfield: Banners Gate Community Hall
35 Reay Nadin Drive, Sutton Coldfield B73 6UR
Contact Details: 07565652762
loveworldsuttoncoldfield@gmail.com

Every Sunday 9am - 11am	Every Wednesday 6pm - 7pm	Communion service with Pastor Chris Every 1st Sunday of the month.
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CREATE at the Gate with K & S

We are a small group of crafters who meet on the first Sunday of every month, between 11.30am and 2.30pm. If you are interested in getting away for a few hours where you can bring whatever craft you wish, come and join us. There is a wealth of knowledge between us and we usually learn something new each month from each other at Banners Gate Community Hall. There is plenty of tea & coffee and usually some cake. Please call Kathy 077 06 64 51 37 for details or just come along when we are next there and have a look at what we do.

Banners Gate Community Hall Coffee Mornings.
The next is on 16th September
and will be from 9.30 a.m. to noon - note new times.

Hall's Gardens

Garden Maintenance Services

Gary Hall

54,
Coppice View Road,
Sutton Coldfield, B73 6UF
07833720015

garyhall7@blueyonder.co.uk



we are here to listen, call today

Val: 07964 213 229 / Kellyanne: 07986 952 546

New Horizons Counselling Services.

The Community Hall, Reay Nadin Drive, Sutton Coldfield.

If you would like to know about our service ring the number above

Or visit our web site www.newhorizonscounselling.org.

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

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

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

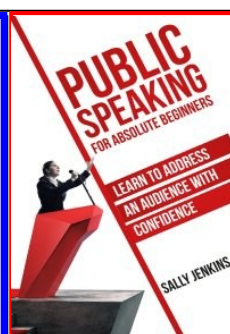
The Jarrett room is approx. 13' x 8'
(4m x 2.5m)

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

The building is step-free.

For further booking information go to:

www.bannersgatecommunityassociation.org



Public Speaking for Absolute

Beginners

by Sally Jenkins

Tips on constructing and presenting all types of speeches.

Available on Amazon or direct from the author:

sallysjenkins@btinternet.com 0121

Lucky & Buntys
Childrens Entertainment
0777 333 9214



HATHA YOGA



Banners Gate

Community Hall,

Thursdays 10.00 -11.00 a.m.

Beginners class £5.50 per session

Please call Tricia on 07954 403943.

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West Midlands North Branch

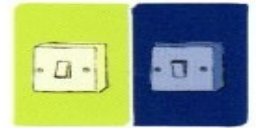
Paul White Electrical

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p.white.electrical@gmail.com
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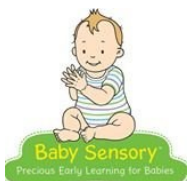
89 Blackwood Road, Sutton Coldfield B74 3PW
Tel: 0121 572 6527 | streetlyvets.co.uk | @streetlyvets



SWIMMING LESSONS

for ages 4 and upwards:
Wednesday & Friday Evenings
Local Pools ~ All Abilities
Badge Work ~ Qualified Instructors
0121 353 6616

www.swimminglessonsinsuttoncoldfield.co.uk



**0 - 13 months
Baby Development Class**
Wednesdays 9.30, 11.00 and 12.30

Music, singing, exercise, massage, signing, light shows, bubbles, bells, tickly feathers and many more!! For more details:

Call Tracy Jones on 07753 82 56 22

Email: suttoncoldfield@babysensory.co.uk

Plastering internal & external specialist
Includes: Dry lining - Plaster boarding - Artex re-skimming - Replacement walls & ceilings - Painting / Decorating - Carpentry

Lee Nugent

36 Banners Gate Road
Sutton Coldfield B73 6RX
Office: 0121 354 5446
Mobile: 07934 15 19 20
Lee.nugent1@virginmedia.com



Personal Training

Looking to lose weight?
Improve your fitness?
Improve your diet?

Katie Ingle

T: 0788 886 7850

E: kiltrfitness@outlook.com

IG: @kiltrfitness

FB: kiltrfitness

Personal training sessions available from £30 p/h at Pure Gym, Sutton Coldfield (+£5.99 for a day pass). Free consultation & monthly packages also available!

Muscle tightness / strains, Joint pain, Sciatica.
Shoulder & neck tension, headaches.
Sports Injuries (specialized in running injuries).



**Sports
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206 Westwood Road B73 6UQ 0770 7006802




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Key Stage Two SATs tuition:
English comprehension, spelling, punctuation, and grammar.

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Tracy: 0780 329 3351





PRICES START FROM
£20 per hour

**11+ & CATCH-UP
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AVAILABLE**

MORE INFORMATION
Small Group Sessions
1:1 Online Coaching
Saturday Mornings
Barnes Gate
Community Church
B75 6JH
0771 9857490

CARING FOR CARERS



Supporting carers through
loss and bereavement

Have you experienced a
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Do you need support to
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Contact our friendly team now
on 0121 809 5902 or
caringforcars@communitiesinsync.info
for more information





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f /OscarPetFoodsSuttonColdfield
@oscarstwelpline
www.oscars.co.uk




BERT & GERT'S
We are not just one independent shop, we are a collection of small independents. We are local businesses that have greater strength in working together.
The products we sell include items we have designed, made or sourced ourselves. Whether handmade with love or chosen with great care, shopping with Bert & Gert's will always be a different, unique experience.
Our aim is to support, encourage & promote small local businesses.
PROUD INDEPENDENT SMALL BUSINESS
WWW.BERTANDGERTS.CO.UK

Mary's
Where to find your Treat Day
Order for Postal
BROWNIES ♥ BLONDIES ♥ FLAPJACKS ♥ COOKIES
WWW.MARYSCUPCAKES.CO.UK
Or visit us at our weekly Markets
Sutton Coldfield The Parade
1st & 3rd Saturday of the Month
Plus scan here for a full list of additional dates..
Redditch Kingfisher Centre
2nd Saturday of the Month
Tamworth Ankerside
4th Saturday of the Month



Lovelight crystals and healing gemstone jewellery available at Bert and Gerts!



Calebs Rainbows is the dream of Rosemary Ferrell a great grandmother with a passion for making beautiful dolls with a story. "Every doll is different". Rosemary loves all things creative, be it sewing, knitting, drawing, or baking and she has, having been to college, decided to turn her hobby into a business as there is a demand for her products.

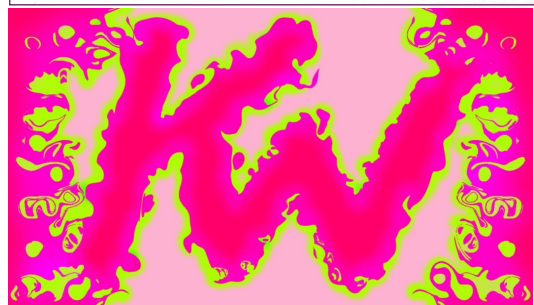
Page2Page book club
Independent Usborne Organiser
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Ruth A Ible
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St Columba's Church Hall

Hall letting for St Columba's Church.

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

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

Male, Female and disabled toilet facilities

All enquiries to Alison via email please.

st.columbahall@yahoo.com

Banners Gate Community Church - Events

Monday, Thursday, Friday - Baby Phonics

Contact email: Jenna@robotreg.co.uk for times and availability

Tuesday and Wednesday - Baby Sensory

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

Please visit our website at

<https://www.bannersgatechurch.com/>

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

Tai Chi Class

Every Tuesday morning at 11.45 to 12.45.

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

If anyone needs further details, please contact me on

01543 480151



Banners Gate Community Association

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

[welcome](#)[what's on](#)[hire our hall](#)[view our hall](#)[committee](#)[contact](#)[links](#)

Welcome to Banners Gate Community Hall & Association

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

If you are looking for a venue, simply telephone our [Bookings](#) Secretary on 0751 318 4845.

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

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

If you need any information please message on 07964 213 229

Banners Gate Community Hall - Coffee Mornings, third Tuesday of the month
The next is on 16th September - at 9.30 to noon, please note new times.

DAY/TIME	ACTIVITY	VENUE	CONTACT	TEL.
Sun (last) 10.30 – 2.30 pm 10.00 am 10.30 am (fortnightly) 11.00 am 7.30 – 8.30pm	Create at Gate with K & S Family Communion Sunday Gathering Chikara Karate Kai Soul Yoga – last Sunday	Community Hall St. Columba's Banners Gate CC Scout Hall Community Hall	Kathy Weston Nigel Willis Paul Murphy 07837 Cath Hussey	628 6651 354 5873 353 0230 39 57 89
Mon 11.00 to 6.45pm 7.30 – 9.00 pm	Sign Language Classes Sign Language Classes Sign Language Classes Line Dancing	Community Hall Community Hall Community Hall Community Hall	Shakila Kosar 07825 Shakila Kosar 07825 Shakila Kosar 07825 Diane Pursall	255042 255042 255042 747 4659
Tues 6.00 – 7.00 9.15 – 2.00pm. 3rd Tues 9.15 – 12.00pm 11.45am – 12.45pm 6.30 – 9.00 7.45 pm	Soul Yoga Born to Spa, Baby Spa Coffee Morning 3rd Tuesdays Tai Chi Line Dancing Chikara Karate Kai	Community Hall Community Hall Community Hall Scout Hut Community Hall St. Columba's	Anna Madge 07833 Dave Cockbill Neil Rankine 07721 Diane Pursall Paul Murphy 07837	45 70 74 67 09 13 747 4659 39 57 89
Wed 9.30, 11.00 & 12 10.30 – 12.00 6.30 – 7.30 7.00 pm	Baby Sensory Guide Dog Training Dance Fitness SlimmingWorld	Banners Gate CC Community Hall Community Hall St Columba's	Tracy Jones 0775 Madge Nightingale Karen 07759	82 56 22 360 0286 17 02 89
Thurs 10.00 – 11.00 am 7.30 on last Thursday 6.30 – 9.45 pm (3rd of each month) 7.00 pm	Yoga Neighbourhood Forum Zig Zag Dance Studio Townswomen's Guild	Community Hall Community Hall St. Columba's Banners Gate CC	Tricia 07954 Tony Willis Warren 01902 Janice Jones 07955	40 39 43 605 4947 897 900 65 59 10
Fri 11.30 – 3.30 5.00 – 6.30pm 7.00 – 8.00 pm	Sign language Classes Repertoire Dance Studio Sign Language Classes	Community Hall Community Hall Community Hall	Shakila Kosar 07825 Chloe Lloyd 07729 Shakila Kosar 07825	25 50 42 47 79 46 25 50 42
Saturday 9 – 10am	Soul Yoga	Community Hall		

Useful telephone numbers

Sutton and Kingstanding
Police: 101
Good Hope: 424 2000
Outpatients: 424 2000
NHS Health helpline:
Call 111 it's 24/7
Citizens Advice
03444 111 444

BANNERS GATE COUNSELLING CENTRE

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

**Banners Gate
Community hall
Coffee Mornings**
The next is on
16th September
starting at 9.30a.m.
until noon, please
note new times.

BOOKING SECRETARIES:

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

UNIFORMED ORGANISATIONS:

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



The Townswomen's Guild

Patron HRH The Princess Royal GCVO

Thurs. 18th Sept. Quiz - Tombola
Thurs. 16th Oct. Don't Fret - Guitarists

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

Banners Gate Community Church

Westwood Road. B73 6UH

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

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

St Columba's Church

Coffee Morning

**Every Friday of
the month**

10.00 - Noon

All Welcome

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

33rd Sutton Coldfield Scout Group,

H.Q. Coppice View Road

Monday Beavers 5.30 p.m. – 6.45 p.m. ages 6 – 8 years
Scouts 7.00 p.m. – 9.00 p.m. ages 10 ½ – 14 years
Tuesday Beavers 5.40 p.m. – 6.40 p.m. ages 6 – 8 years
Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years
Thursday Cubs 7.00 p.m. – 8.30 p.m. ages 8 – 10 ½ years

Contact 0121 353 5203

Email: margaretdrummond1@btinternet.com



Girlguiding gives girls and young women a voice.....has done so for 100 years.....be part of the next 100

Could you spare 1½ hours a week to help with the St Columba's Guide unit? Gain real satisfaction in volunteering and helping to ensure
girls in Banners Gate aged 10 – 14 can continue to enjoy games, projects, badges and outings at Guides.

There are also places available in both Brownie units in September for girls aged 7 or 8.

For more information contact Carol Gardner on 350 7191.



Girlguiding UK

Day/Time	Activity	Venue	Contact	Tel
Mon 6.00 – 7.30pm	39th Brownies	St Columba's Hall		354 5873
Tues 6.00 – 7.30pm	45th Brownies	St Columba's Hall	Carol Gardner	350 7191
Thurs 5.00 – 6.00pm	39th Rainbows	St Columba's Hall		354 5873